

# Horizons Independent Domestic Violence Advice and Therapeutic Services



Bedfordshire  
Police & Crime  
Commissioner



## About the service

An IDVA is an Independent Domestic Violence Advisor who can offer free, confidential, practical and emotional support to children and adults who are experiencing domestic abuse. We welcome referrals regardless of gender, race/ethnic origin, religious belief, disability or sexual orientation. We accept agency and self referrals.

## For more information and referrals, please contact us:



**DASH Helpline:**  
0300 002 0013



**Referrals email:**  
Horizons@ecpbedford.org



**Website:**  
<http://oneymca.org/idva>

## How can we help:

We provide emotional and practical support to children and adults in Bedfordshire who are experiencing domestic abuse. We offer 1-2-1 and group work programmes as well as counselling and Play Therapy. We can help you with:

- ✓ Tailored Safety Planning/Advice
- ✓ Access to Legal Advice
- ✓ Emotional Support
- ✓ Tech/Online abuse/Safety Advice
- ✓ Support Networks
- ✓ Power & Control
- ✓ Stalking & Harassment
- ✓ Health & Wellbeing
- ✓ Honour-Based Abuse
- ✓ Advocacy – helping explain your needs and wishes
- ✓ Therapy - 1-2-1 and via our therapeutic groups
- ✓ FGM - Female Genital Mutilation
- ✓ Housing Advice
- ✓ Access to refuge spaces
- ✓ Recovery / Wellbeing Programmes
- ✓ Signposting and referrals to other services
- ✓ Financial/benefits/debt advice
- ✓ Help reporting to police (if you choose to)
- ✓ Help in understanding the criminal justice process, what your rights are and what you can expect

**We are an independent service. We will stand side by side with victims of domestic abuse to help them become and remain safe.**

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