



SUPPORT FOR SURVIVORS OF ABUSE AND VIOLENCE

Freephone 0300 323 9985

**A Guide to the MARAC
(Multi-Agency Risk Assessment Conference)
For Victims and Survivors of Domestic Violence and Abuse in Brighton &
Hove or East Sussex.**

**You are not alone.
There is help and support available.**

 **theportal.org.uk**



info@theportal.org.uk



@SussexPortal



Safe in the city
Brighton & Hove Community Safety Partnership

What is the MARAC?

MARAC stands for Multi-Agency Risk Assessment Conference. The MARAC is a regular meeting where different agencies share essential information and consider the safety, health and well-being of people affected by domestic violence and abuse (and their children).

All attendees sign a confidentiality agreement. There is also a MARAC protocol stating what is expected of individual agencies, including how to store, manage and share information.

The MARAC will agree actions in order to support you and your family to feel safer.

Why have I been referred to the MARAC?

People are referred to the MARAC because they have been identified as being at high risk of harm from domestic violence or abuse. Normally this is because of the things that a former or current partner, or perhaps a family member, is doing or threatening to do.

If an agency has referred you to the MARAC this is because they are trying to make you safer by working with other agencies to get you help and support.

Who goes to the MARAC?

A number of different agencies attend regularly. These include:

- The Portal, a partnership of leading Sussex Domestic and Sexual Abuse charities, including RISE and cgl
- Sussex Police
- Local council services like Children's Services, Adult Social Care and the Community Safety Team
- Drug and Alcohol Services
- Representatives from local Housing Options Teams or housing providers
- Mental Health Services
- Representatives from local NHS organisations including GPs
- The National Probation Service and the Community Rehabilitation Company
- Other voluntary and community organisations

Do I need to be there?

No. If your case is referred to the MARAC, you don't attend the meeting itself. If it's safe, you will be offered support by a Domestic Violence Caseworker from 'The Portal'. Their role at the MARAC is to represent you at the meeting. They are independent of the police, council or any other agencies.

Ahead of a meeting, they will contact you to talk about your situation, identify if you have any views and wishes you want other professionals to hear and to help you make a safety plan. After the meeting, they will normally contact you, let you know any outcome and they may also act as link between different agencies.

How will the MARAC help me and my family?

Some of the actions a MARAC might take include:

- Helping you know what support is available in your local area.
- Making sure any agency you approach is aware of the situation so they can support you better.
- Writing a support letter if you need additional help (eg with housing or legal aid).
- Arranging joint meetings between agencies and helping coordinate any support you may need.

You have been referred to MARAC by:

.....

If you have any questions about your referral contact:

.....

Keeping safe

There are steps you can take to help keep yourself **(and your children)** safe:

- 1** Tell someone you trust about the situation. Ask them to keep an eye on you. Decide on a safe word or phrase you can use, or text to let them know you are in danger. Agree what they would do in this situation (e.g. call the police).
- 2** Plan what to do in an emergency. Decide which room at home feels safest and which friends or family you can turn to. If you can't leave the property try to block yourself in the safest room and call 999.
- 3** Teach your children when to call 999, what to do, and how to give their address. Ask neighbours to call 999 if they hear a disturbance.
- 4** Keep copies of important documents, along with some emergency money, any medication, and a packed bag for emergencies in a safe place or with a trusted friend or family member.
- 5** Keep your phone close and fully charged. Put important numbers on speed dial.
- 6** Keep a date, time and item record of unwanted contact and how it made you feel. Only do this if you have a safe place to store it.
- 7** If you are planning to leave ask for help and support to consider how to do it in the safest way possible.

THE PORTAL FREEPHONE :

0300 323 9985

NATIONAL

National 24hr Domestic Abuse Helpline

0808 2000 247

Men's Advice Line

0808 801 0327

National LGBT Domestic Violence Helpline

0300 999 5428

LOCAL

Brighton & Hove City Council

www.safeinthecity.info

East Sussex County Council

www.safeineastsussex.org.uk

Safe:Space Sussex

www.safespacesussex.org.uk

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