

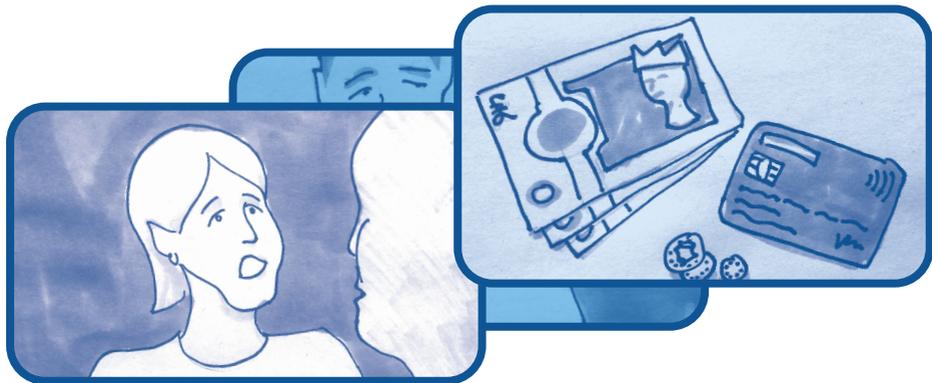


**Cambridgeshire
& Peterborough**
Domestic Abuse & Sexual
Violence Partnership

Opening closed doors

Economic Abuse

How to help a friend or someone in your family



This booklet was written by
**Cambridgeshire Domestic Abuse
and Sexual Violence Partnership**

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What is Economic Abuse?

Economic Abuse is sometimes called Financial Abuse



It is when someone controls how much money you have and how you can spend it; or how you use your belongings. The person might be a husband/wife, boyfriend/girlfriend or a close family member.



Economic Abuse can often happen to people who are elderly or people who have disabilities.

Economic Abuse could be things like:



- Taking your money or benefits
- Not letting you work or making you give your wages to them
- Telling you what you can and can't buy with your own money



- Taking money from your bank account without your agreement, or forcing you to agree even if you don't want to



- Damaging or taking your belongings, such as a mobile phone
- Deciding what you eat and when
- Controlling when you can use your car or taking your bus pass



- Using your home for something you don't want them to do, or locking you out



They might also try to make you take out loans or credit cards or they might do this in your name without your agreement. They might make you sign things or they might pretend to be you by forging your signature.



This could lead to debts or bills in your name, that you didn't agree to or you don't know about.



Economic Abuse can also involve property – they might make you sign your house over to them

Or they might pretend to be you to get this done.

Here are some examples of what has happened to some people:

'My boyfriend made me give him my bank card and PIN number. He goes to the bank and takes out all my money and spends it on himself. I can't buy anything for myself unless they say I can – not even food.'

'My daughter does my shopping each week and takes my bank card to pay for it. But I've noticed she is taking money from my bank account at the same time without my permission.'

'They made me sign something and said they wouldn't help me any more if I didn't sign it. I don't know what it was. Now I keep getting letters saying I owe money to a credit card but I haven't got a credit card.'

'He said it would be better if I signed my house over to him. I didn't want to but I was scared he would hurt me if I didn't agree.'

If things like this are happening to you, you can get help.

The **Money Advice Service** can give you help and advice.

You can call them free on [0800 138 777](tel:0800138777).

You can also visit their website at www.moneyadviceservice.org.uk

If you are an older person you can call free to **Hourglass** on [0808 808 8141](tel:08088088141)

or visit their website at

www.wearehourglass.org.uk

If you have a learning disability, you can call the **Learning Disability Helpline** which is

run by **Mencap** on [0808 808 1111](tel:08088081111). You can also email helpline@mencap.org.uk

The **police** can help you if someone is taking your money or making you do things you don't want to. You can call them on [101](tel:101) or if you are in danger you can call [999](tel:999)

If you have a **social worker or a care worker**, you could talk to them privately about what is happening and they will help you.

Surviving Economic Abuse are a charity that help women – they have information on their website at

<https://survivingeconomicabuse.org/>