

Woman's Trust Workshops as 2 hour Webinars with support materials

Topic: Surviving Economic Abuse

The key points around this topic

1. Definition of the topic
Legal definition of domestic abuse and how economic abuse is part of this and the difference between financial abuse and economic abuse.
2. Who is at risk of economic abuse and why
How economic abuse is gendered and how abusers create economic risk by exploiting existing inequality and/or create economic dependency or instability.
3. Tactics used by abusers
How abusers restrict, exploit and/or sabotage economic resources and control women's ability to obtain, use and maintain resources and the long and short term effects of this.
4. Ideas on how to help protect yourself from the impacts of economic abuse such as getting debt advice, getting support from your bank and maximising income.
5. Suggestions on where to get further support:
 - Financial Support Line: [01323 635987](tel:01323635987)
 - Citizens Advice: [0344 488 9626](tel:03444889626)
 - Mary Ward Centre Debt Advice: [020 7269 0292](tel:02072690292)
 - Stepchange: [0800 138 1111](tel:08001381111)
 - National Debtline: [0808 808 4000](tel:08088084000)

- Charis Grants: www.charisgrants.com
- Thames Water Sure Scheme: 0800 980 8800
- Child Maintenance Options: 0800 083 4375
- CIFAS: www.cifas.org.uk
- Experian: www.experian.co.uk
- Equifax: www.equifax.co.uk
- TransUnion: www.transunion.com
- Financial Ombudsman: 0800 023 4567
- Communication Ombudsman Service: 0330 440 1614

