



USEFUL RESOURCES





The Money Panel® is committed to safeguarding and actively protecting others from Financial Abuse in all forms.

Many forms of Financial Abuse go unnoticed, even by those closest to the victim(s).

We have put together these resources for anyone concerned about Financial Abuse.

Economic abuse is a form of abuse when one individual has control over another individual's access to economic resources, which diminishes the victim's capacity to support him/herself and forces him/her to depend on the perpetrator financially. It is related to, or also known as, financial abuse, which is the illegal or unauthorised use of a person's property, money, pension book or other valuables (including changing the person's will to name the abuser as heir), often fraudulently obtaining power of attorney.

Women are more often the victims of financial abuse, as they are more likely to be the stay-at-home parent and caregiver for both children and elderly family members.

Most of us have insecurities of some kind, and predators often prey on this, along with their victim's good nature and willingness to trust. Financial abuse can occur as a stand-alone event, but it most often happens in conjunction with other forms of abuse, such as emotional abuse and/or domestic violence. Financial power is the abuser's main tool and the best weapon to gain the upper hand and exercise control over their victim(s).

If you have any concerns about yourself or a loved one, please do not hesitate to contact us confidentially at hello@themoneypanel.co.uk

****We have kept the pages of this guide deliberately plain.**

National Domestic Violence Helpline	https://www.nationaldahelpline.org.uk
Women's Aid – financial and economic abuse	https://www.womensaid.org.uk/information-support/what-is-domestic-abuse/financial-abuse/
Hourglass – charity aiming to end harm, abuse and exploitation of older people in the UK	https://www.wearehourglass.org/
Age UK	https://www.ageuk.org.uk/information-advice/money-legal
UK Government – Report abuse of an older person	https://www.gov.uk/report-abuse-of-older-person
The National Careline for elder abuse	https://thenationalcareline.org/AccessingHelp/ActionOnElderAbuse
HuffPost – 7 ways to help victims of financial abuse break free	https://www.huffpost.com/entry/7-ways-to-help-victims-of-financial-abuse-break-free_b_59e751d3e4b0153c4c3ec41e
UK Finance – the collective voice for the UK banking and finance industry	https://www.ukfinance.org.uk/

UK Finance and the Building Societies Association Financial Abuse Code of Practice	https://www.ukfinance.org.uk/financial-abuse-code-practice?fbclid=IwAR17oP5_vR9NI4OLPduOe2XGeOD--mTOEXp83gF8c0-rt-WpKmQ15WPF8uM
The Money Advice Service – Protecting against financial abuse	https://www.moneyadviceservice.org.uk/en/articles/protecting-against-financial-abuse
Money Saving Expert – Martin Lewis: Financial abuse, joint accounts and managing money within relationships	https://blog.moneysavingexpert.com/2019/06/martin-lewis--financial-abuse--joint-accounts-and-managing-money/
Women's Aid	https://www.womensaid.org.uk
National LGBT+ Domestic Abuse Helpline	Emotional and practical support for LGBT+ people experiencing domestic, emotional or financial abuse. Call them on 0800 999 5428 or send them an email to help@galop.org.uk **
Shelter	A free information and advice service and helpline on housing and homelessness in England, Scotland, Wales and Northern Ireland 0808 800 444 www.shelter.org.uk
Turn2Us	A website with information on benefits, charity, local authority grants and support services across England, Scotland, Wales and Northern Ireland www.turn2us.org.uk
Men's Advice Line	https://mensadviceline.org.uk/

KIT

Leave this list in a concealed place or with a trusted neighbour or loved one.

- Money (including coins)
- A change of clothes for yourself and your children
- Extra house and car keys
- A copy of birth certificates for yourself and your children
- Passports
- Medications and copies of prescriptions
- Insurance information
- Extra cheques/your cheque book
- A copy of credit card numbers
- A copy of legal documents such as marriage licence, leases, house deeds, jointly owned assets, separation agreements, protection orders, restraining order
- Recent pictures of yourself, your children and your abuser
- Print-out of all important business and personal phone numbers
- Toiletries
- Valuable jewellery or any pieces with particular sentimental value
- A spiritual or motivational book
- Sentimental toy(s).

LEAVING SAFELY

- Contact a family law solicitor.
- Keep a record of each incident. Take photographs of any physical harm to you, your home or things you own.
- Report each incident to your local police and doctor so that they keep a record.
- Make a safety plan in case you need to leave your home in an emergency.
- Gather important documents before you need to leave.
- If you have given a partner, family members, friends etc passwords. It's important to change them ASAP so the abuser doesn't have access to your personal accounts.

OPEN A NEW ACCOUNT

You might want to open a new account as this will help separate your money from the abuser.

If you don't want your personal documents to be delivered to your home, speak to your provider about getting them posted elsewhere.

To open a new bank account, you will need to provide identification and an alternative address. If you aren't able to get your hands on these documents, explain your situation to your financial services provider to see how they can help. They are often able to accept letters from a refuge, social worker or local authority.

DEBTS

Some abusers will take out loans, overdrafts or credit cards in your name, or use your property for security for a loan, either with or without your knowledge and consent.

It's worth accessing your free credit report online to see what credit is against your name.

SPEAK TO YOUR BANK

Your financial services provider may even contact you if they see anything that could raise concern, such as –

- Unexplained withdrawals from your account
- Unusual activity in your accounts
- Unpaid bills
- Unexplained shortage of money
- New people accompanying you to your financial services provider

FINANCIAL SUPPORT

If you want advice on housing or benefits Department for Work and Pensions Information on different benefits and what you need to apply. You can also apply online at www.gov.uk/browse/benefits

DECIDING TO STAY

Leave this list in a concealed place or with a trusted neighbour or loved one.

- Decide on a safe place to go if an argument occurs
- Plan and practise how to get out safely. Determine what escape options are available such as: stairwells, windows, elevators, doors, fire escapes. -Decide which you would use in an emergency.
- Identify people and places that will be able to help you, for example the police, local domestic violence shelters, your church, a hospital, your friend or neighbour
- Teach your children what to do in case you are harmed or in imminent danger
- Teach your children how to use your mobile phone and memorise important telephone numbers
- Teach children code words that you would use if you need them to make telephone calls to obtain assistance from family and friends.
- Protect online information and email accounts
- Programme your telephone with emergency numbers, including the police, a neighbour, a family member and/or a friend.
- Ask a neighbour to contact the police if they hear fighting, screaming and/or unusually loud noises
- Pack a Survival Kit

The Money Panel® aims to reduce financial anxiety and increase financial empowerment & resilience for women all around the world.

Please do not hesitate to contact us directly at hello@themoneypanel.co.uk at any time should you need advice or support relating to Financial Abuse. All communications kept strictly confidential.



AGAINST FINANCIAL ABUSE.