THE WOMEN'S RAILROAD™

2026

THE ROUTE: GET MONEY. GET OUT. GET RID.™

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WHAT'S IN THIS?

- AM I BEING ABUSED
- GET MONEY
- GET OUT
- GET RID
- HANDLING THE MONEY SIDE OF IT ALL

THIS GUIDE PROVIDES GENERAL INFORMATION AND IS NOT LEGAL ADVICE. WHILE EFFORTS HAVE BEEN MADE TO ENSURE ACCURACY, LAWS AND SERVICES MAY CHANGE. THIS GUIDE IS NOT A SUBSTITUTE FOR LEGAL ADVICE OR SUPPORT FROM A QUALIFIED DOMESTIC ABUSE SERVICE.

EVERY SITUATION INVOLVING DOMESTIC ABUSE IS DIFFERENT AND ACTIONS TAKEN BASED ON THIS INFORMATION ARE AT THE READER'S DISCRETION.

INDIVIDUALS SHOULD SEEK ADVICE FROM QUALIFIED PROFESSIONALS OR OFFICIAL SERVICES BEFORE TAKING ACTION.
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LEAVE NO FOOTPRINTS

IF YOU'RE VIEWING THIS MAKE SURE TO EITHER:

- CLEAR YOUR HISTORY
- VIEW IN INCOGNITO MODE
- VIEW ON WORK COMPUTER
- VIEW ON FRIENDS PHONE
- VIEW AT THE LIBRARY

HOW DO I CLEAR MY HISTORY?

- ON MOBILE: CHROME + TAP 3 DOTS + CLEAR BROWSING DATA + FOR LAST HOUR
- ON MOBILE: SETTINGS + SAFARI + CLEAR HISTORY AND DATA
- ON COMPUTER: CTRL + H + SELECT ANY REFERENCE TO THIS GUIDE OR IF QUICKER, CLEAR HISTORY FOR THE LAST HOUR

IF YOU BELIEVE YOUR DEVICE MAY BE MONITORED, TRY TO ACCESS THIS INFORMATION FROM A FRIEND'S PHONE, A LIBRARY COMPUTER, OR A REFUGE SUPPORT WORKER.

IF YOU ARE IN IMMEDIATE DANGER CALL: 999

YOUR SAFETY IS THE MOST IMPORTANT PRIORITY

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AM I BEING ABUSED?

PSYCHOLOGICAL ABUSE

- [ ] HE MAKES ME DOUBT MY OWN MEMORY OF EVENTS
- [ ] HE TELLS ME I AM OVERREACTING OR TOO SENSITIVE
- [ ] HE HAS THREATENED TO HURT ME, MY CHILDREN, OR PEOPLE I LOVE
- [ ] HE ACCUSES ME OF THINGS I HAVE NOT DONE AND USES IT TO CONTROL ME
- [ ] HE MAKES ME FEEL LIKE I AM GOING MAD

EMOTIONAL ABUSE

- [ ] HE PICKS ON EVERYTHING I DO
- [ ] HE PUTS ME DOWN IN FRONT OF OTHER PEOPLE
- [ ] WHEN I DO SOMETHING HE DOES NOT LIKE, HE STOPS SHOWING ME AFFECTION
- [ ] HE MAKES ME FEEL WORTHLESS
- [ ] HE HAS TOLD ME NO ONE ELSE WOULD WANT ME

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AM I BEING ABUSED?

FINANCIAL ABUSE

- [ ] HE CONTROLS ALL THE MONEY
- [ ] HE HAS STOPPED ME FROM WORKING
- [ ] HE MAKES ME ASK FOR MONEY FOR BASIC THINGS
- [ ] HE HAS RUN UP DEBT IN MY NAME
- [ ] I HAVE STAYED BECAUSE I CANNOT AFFORD TO LEAVE

PHYSICAL ABUSE

- [ ] HE HAS HIT, SLAPPED, KICKED, PUSHED, GRABBED OR RESTRAINED ME
- [ ] HE HAS THROWN OBJECTS AT ME OR NEAR ME
- [ ] HE HAS STOPPED ME FROM SLEEPING OR EATING
- [ ] HE USES PHYSICAL CONTACT TO INTIMIDATE OR HARM ME

AM I BEING ABUSED?

SEXUAL ABUSE

- HE HAS PRESSURED OR FORCED ME INTO SEXUAL ACTIVITY
- HE MAKES ME FEEL I OWE HIM SEX
- HE IGNORES MY RIGHT TO SAY NO
- HE USES SEX AS A WAY TO CONTROL OR PUNISH ME

YOU MAY HAVE RECOGNISED YOURSELF IN ONE CATEGORY OR SEVERAL. ABUSE RARELY COMES IN JUST ONE FORM.

DOMESTIC VIOLENCE AND ABUSE IS: ANY INCIDENT OR PATTERN OF INCIDENTS OF CONTROLLING, COERCIVE, THREATENING BEHAVIOUR, VIOLENCE OR ABUSE BETWEEN THOSE AGED 16 OR OVER WHO ARE, OR HAVE BEEN, INTIMATE PARTNERS OR FAMILY MEMBERS REGARDLESS OF GENDER OR SEXUALITY.

WHATEVER YOU TICKED, NAMING WHAT IS HAPPENING TO YOU MATTERS. NOT FOR ANYONE ELSE. FOR YOU. BECAUSE WHEN YOU CAN PUT A NAME TO IT, YOU CAN BEGIN TO UNDERSTAND IT FOR WHAT IT IS.

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GET MONEY

NO 1. RULE TO CARRY INTO ANY RELATIONSHIP: **ALWAYS HAVE YOUR OWN MONEY**. RELATIONSHIPS CAN BECOME COMFORTABLE BUT A FINANCIAL SAFETY NET IS ALWAYS A MUST. IF YOU'VE NOT BEEN ABLE TO HANG ONTO YOUR SAFETY NET, THIS PAGE IS HERE TO HELP YOU RESTART OR START.

YOU CAN SET UP A BANK ACCOUNT REMOTELY QUICK AND EASY WITH JUST A FORM OF ID AND ADDRESS, SOME OF THE LISTED BANK ACCOUNTS IN THE MONEY SECTION OF THIS GUIDE WON'T EVEN REQUIRE AN ADDRESS.

CHECK FOR A PAPERLESS OPTION AND VIRTUAL CARD ON YOUR MOBILE IF YOU DON'T WANT ANYTHING COMING TO YOUR ADDRESS

SAVING ANY AMOUNT AT A TIME IS GOOD, EVEN IF IT'S JUST £1

IF OPENING A BANK ACCOUNT COULD PUT YOU AT RISK BECAUSE YOUR DEVICE OR FINANCES ARE MONITORED, TRY ACCESSING BANKING SERVICES FROM A SAFE DEVICE SUCH AS A FRIEND'S PHONE, A LIBRARY COMPUTER, OR WITH HELP FROM A REFUGE OR SUPPORT WORKER

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GET OUT

HOW TO GET OUT OF THE HOME WITHOUT THE ABUSER FINDING OUT?

GET TO A WOMEN'S REFUGE. TRY TO HAVE A TO GO-BAG READY SO YOU COULD LEAVE IN AN INSTANT. IF THAT IS NOT AN OPTION KNOW WHERE YOUR IDS ARE AND TRY TO GET A SPARE CHARGER FOR YOUR PHONE.

A REFUGE IS A SAFE HOUSE TO ESCAPE DOMESTIC ABUSE OF ALL TYPES. YOU DON'T NEED TO HAVE EXPERIENCED PHYSICAL ABUSE TO STAY IN A REFUGE. REFUGES ARE OPEN TO WOMEN ON THEIR OWN AND ALSO WITH THEIR CHILDREN.

HOW CAN I BE PUT IN TOUCH WITH A REFUGE?

CALL THE 24HR HELPLINE: 0808 2000 247
THEY CAN HELP FIND YOU A REFUGE SPACE ANYWHERE IN THE UK, BASED ON YOUR LOCATION AND SITUATION.

YOUR LOCAL AUTHORITY ALSO HAS A DUTY TO PROVIDE ACCOMMODATION TO ANYONE EXPERIENCING DOMESTIC ABUSE. PLACES ARE LIMITED AND DEMAND IS HIGH, SO CONTACT THEM AS EARLY AS POSSIBLE. YOU CAN FIND YOUR LOCAL AUTHORITY BY SEARCHING YOUR POSTCODE

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GET RID

WHAT ARE MY OPTIONS TO PROTECT MYSELF AGAINST MY ABUSER ONCE I'M OUT OF THE HOME?

1.NON-MOLESTATION ORDER
2.OCCUPATION ORDER

YOU CAN APPLY FOR THE ABOVE ORDERS AT 16 OR 17. THE COURT WILL CHECK YOU UNDERSTAND WHAT YOU'RE ASKING FOR, THEN DECIDE IF YOU CAN GO AHEAD WITH JUST A SOLICITOR OR IF A TRUSTED ADULT, LIKE A PARENT OR SOCIAL WORKER, NEEDS TO BE COURT-APPROVED TO ACT FOR YOU. CHECK THE MONEY SECTION FOR HELP FINDING A SOLICITOR.

3.DOMESTIC ABUSE PROTECTION NOTICE
4.DOMESTIC ABUSE PROTECTION ORDER

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NON-MOLESTATION ORDER

WHAT CAN IT DO FOR ME?

A NON-MOLESTATION ORDER IS A COURT ORDER THAT HELPS PROTECT YOU AND YOUR CHILD FROM ABUSE, HARASSMENT, OR THREATS.
IT CAN PLACE LEGAL RESTRICTIONS ON THE ABUSER, SUCH AS STOPPING THEM FROM CONTACTING YOU, COMING NEAR YOUR HOME OR WORKPLACE, OR BEHAVING IN A WAY THAT CAUSES YOU DISTRESS.

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HOW DO I APPLY FOR A NON-MOLESTATION ORDER?

BY FILLING IN FORM FL401. THE FL401 FORM IS THE APPLICATION THAT ASKS THE COURT FOR PROTECTION. YOU COMPLETE IT FIRST AND THEN SEND IT TO THE COURT. THIS CAN BE DONE ONLINE.

WHERE DO I GET THE FORM ?

HERE

IF YOU THINK YOU'LL STRUGGLE WITH THIS, CHECK THE MONEY SECTION FOR LEGAL REPS INFO.

WILL MY ABUSER BE NOTIFIED ABOUT THE NON-MOLESTATION ORDER?

ONCE THE ORDER IS GRANTED, IT MUST BE SERVED ON THE ABUSER BEFORE IT CAN BE ENFORCED.

A PROCESS SERVER IS USUALLY USED TO DELIVER THE COURT-SEALED ORDER TO THEM.

THIS MEANS THE ABUSER HAS OFFICIALLY RECEIVED THE ORDER AND MUST FOLLOW WHAT IT SAYS.

NON-MOLESTATION ORDERS CAN BE MADE WITHOUT NOTICE TO THE ABUSER.

ON THE FL401 FORM, MAKE SURE TO TICK “WITHOUT NOTICE” IF YOU ARE AT RISK OF HARM, INTIMIDATION, OR THE SITUATION ESCALATING. THIS MEANS THE ABUSER WILL NOT BE TOLD ABOUT THE APPLICATION BEFORE THE JUDGE MAKES A DECISION.

CONSULT A LEGAL PROFESSIONAL. CHECK THE MONEY SECTION FOR HELP ON THIS.

HOW AM I SUPPOSED TO GET A PROCESS SERVER?

NCDV (NATIONAL CENTRE FOR DOMESTIC VIOLENCE)

THEY WILL SERVE THE ORDER FOR FREE AND CAN DO A QUICK TURN AROUND OF 24 HOURS

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HOW LONG CAN A NON-MOLESTATION ORDER BE ENFORCED FOR?

CAN OFTEN BE FOR AROUND 6-12 MONTHS, BUT THE COURT CAN MAKE THEM LONGER.

THIS CAN BE EXTENDED IF YOU APPLY TO DO SO.

WHAT IF MY ABUSER BREACHES THE ORDER?

IF YOUR ABUSER BREACHES THE NON-MOLESTATION ORDER IT IS A CRIMINAL OFFENCE.

MEANING IT CAN RESULT IN IMPRISONMENT OR A FINE.

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OCCUPATION ORDER

WHAT CAN THE ORDER DO FOR ME AND HOW CAN I GET IT?

IT CAN DETERMINE WHO CAN LIVE AT THE PROPERTY AND CAN EXCLUDE YOUR ABUSER FROM THE HOME OR PART OF THE HOME.

BY FILLING IN THE FORM FL401 BUT FIRST, DETERMINING WHETHER YOU MIGHT BE ELIGIBLE.

ASK YOURSELF THESE QUESTIONS

I AM 18+ AND HAVE EXPERIENCED EITHER PHYSICAL, EMOTIONAL, FINANCIAL OR PSYCHOLOGICAL HARM?

AND

I AM 18+ AND EITHER A CO-OWNER OF THE PROPERTY, NAMED ON THE TENANCY AGREEMENT, A SPOUSE OR CIVIL PARTNER OF THE PROPERTY OWNER?

YOU MAY BE ABLE TO MAKE AN OCCUPATION ORDER.

I ANSWERED NO TO 1 OR BOTH QUESTIONS ABOVE, WHAT NOW?

YOU STILL HAVE AN OPTION TO MAKE AN OCCUPATION ORDER APPLICATION.

YOU COULD STILL HAVE AN OPTION TO MAKE AN OCCUPATION ORDER APPLICATION.
THE COURT LOOKS AT ALL THE CIRCUMSTANCES TOGETHER WHEN DECIDING WHETHER TO MAKE AN OCCUPATION ORDER.

YOUR ANSWER DOES NOT HAVE TO BE YES TO ALL OF THESE TO BE ELIGIBLE:

- DO YOU OR YOUR CHILDREN NEED SOMEWHERE SAFE TO LIVE RIGHT NOW?
- WOULD YOUR FINANCIAL SITUATION MAKE IT HARDER FOR YOU TO FIND SOMEWHERE ELSE TO LIVE?
- WOULD LIVING WITH THIS PERSON HARM YOUR HEALTH, SAFETY, OR WELLBEING (OR THAT OF YOUR CHILD)?
- HAS THIS PERSON TREATED YOU BADLY, THREATENED YOU, OR BEHAVED ABUSIVELY?
- HAVE YOU AND THIS PERSON ALREADY STOPPED LIVING TOGETHER?
- ARE YOU DIVORCED OR HAS YOUR CIVIL PARTNERSHIP ENDED?
- ARE THERE ALREADY COURT CASES BETWEEN YOU ABOUT MONEY, PROPERTY, OR DIVORCE?

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YOU CAN APPLY FOR THE ABOVE ORDER AT 16 OR 17. THE COURT WILL CHECK YOU UNDERSTAND WHAT YOU'RE ASKING FOR, THEN DECIDE IF YOU CAN GO AHEAD WITH JUST A SOLICITOR OR IF A TRUSTED ADULT, LIKE A PARENT OR SOCIAL WORKER, NEEDS TO BE COURT-APPROVED TO ACT FOR YOU. CHECK THE MONEY SECTION FOR HELP FINDING A SOLICITOR.

HOW LONG CAN AN OCCUPATION ORDER BE ENFORCED FOR?

OCCUPATION ORDERS ARE USUALLY MADE FOR SEVERAL MONTHS AND CAN SOMETIMES BE EXTENDED DEPENDING ON THE CIRCUMSTANCES.
USE A PROCESS SERVER TO SERVE THE ABUSER THE PAPERS, DO THIS AS SOON AS POSSIBLE.
ANY MORTGAGEE OR LANDLORD MUST ALSO BE NOTIFIED.

WHAT WILL HAPPEN IF THE ABUSER BREACHES THE ORDER?

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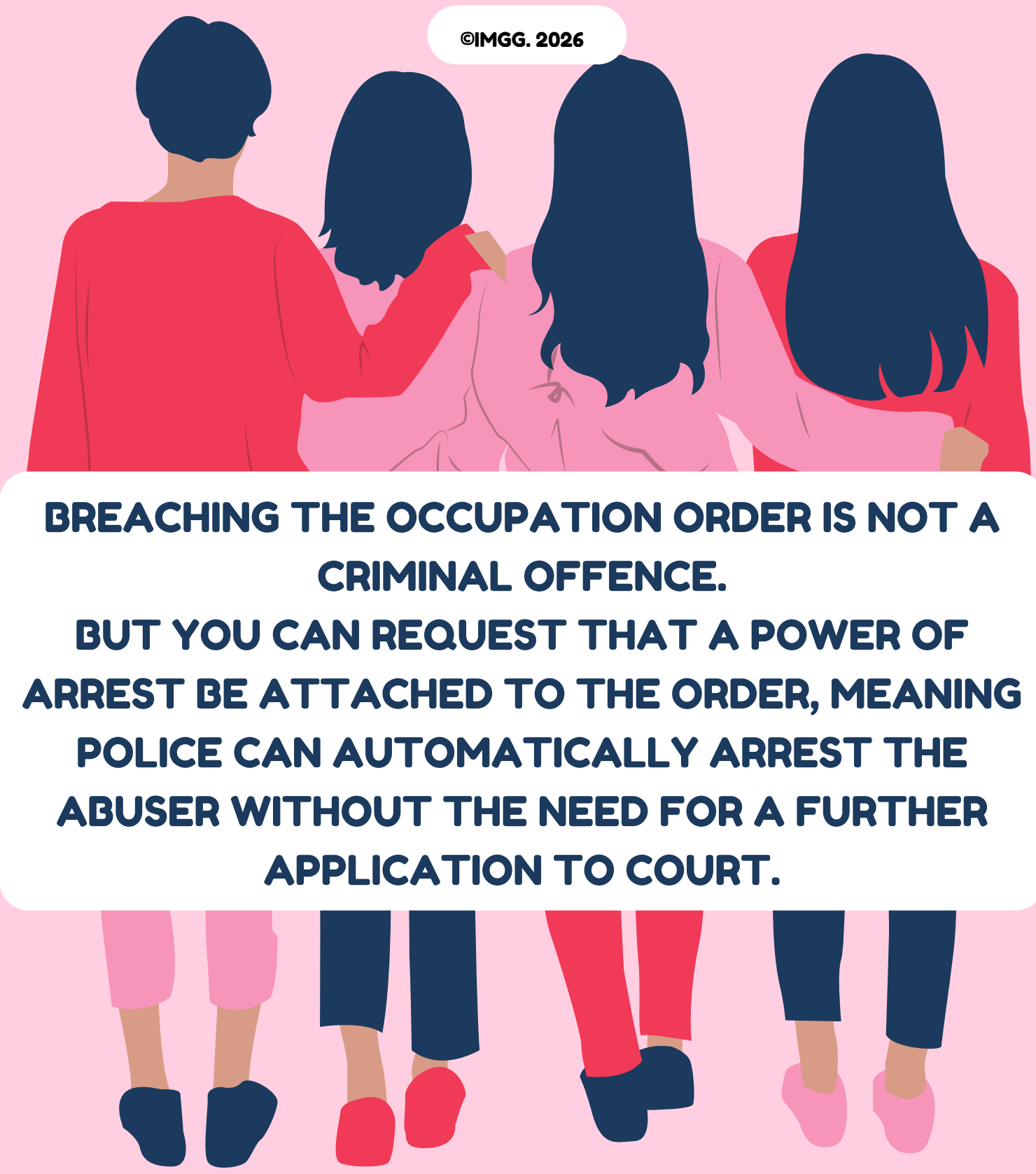

BREACHING THE OCCUPATION ORDER IS NOT A CRIMINAL OFFENCE.
BUT YOU CAN REQUEST THAT A POWER OF ARREST BE ATTACHED TO THE ORDER, MEANING POLICE CAN AUTOMATICALLY ARREST THE ABUSER WITHOUT THE NEED FOR A FURTHER APPLICATION TO COURT.

OTHER PROTECTIONS

DAPO

A **DOMESTIC ABUSE PROTECTION ORDER** IS A LONGER-TERM PROTECTION FOR VICTIMS AND CAN BE APPLIED FOR IN RELATION TO ALL FORMS OF DOMESTIC ABUSE.
AN ORDER MAY PREVENT A PERPETRATOR FROM RETURNING TO THE HOME OR HAVING CONTACT WITH THE VICTIM.

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IF THE ABUSER BREACHES THE DOMESTIC ABUSE PROTECTION ORDER IT IS A CRIMINAL OFFENCE BUT CAN ALSO BE DEALT WITH AS A CONTEMPT OF COURT.

DEPENDING ON WHERE YOU LIVE DAPO CAN BE REFERRED TO AS DVPO

PLEASE NOTE: DAPOS AND DAPNS WERE ONLY AVAILABLE IN CERTAIN AREAS PREVIOUSLY BUT THEY WILL NOW BE AVAILABLE FROM 25TH NOVEMBER 2026 ACROSS ENGLAND AND WALES. SOME ASPECTS OF THE ORDERS ARE BEING INTRODUCED ON A PHASED BASIS FOLLOWING THE ROLLOUT, SO IT'S WORTH CHECKING WITH YOUR LOCAL POLICE FORCE OR A SOLICITOR FOR THE MOST CURRENT POSITION IN YOUR AREA.

OTHER PROTECTIONS

DAPN

A **DOMESTIC ABUSE PROTECTION NOTICE** CAN BE ISSUED BY A SENIOR POLICE OFFICER AND CAN REQUIRE A PERSON REASONABLY SUSPECTED OF BEING ABUSIVE TO A CONNECTED PERSON OVER THE AGE OF 16, TO LEAVE THE VICTIM'S HOME FOR UP TO 48 HOURS, NOT CONTACT THE VICTIM AND NOT COME WITHIN A SPECIFIED DISTANCE OF THE HOME.

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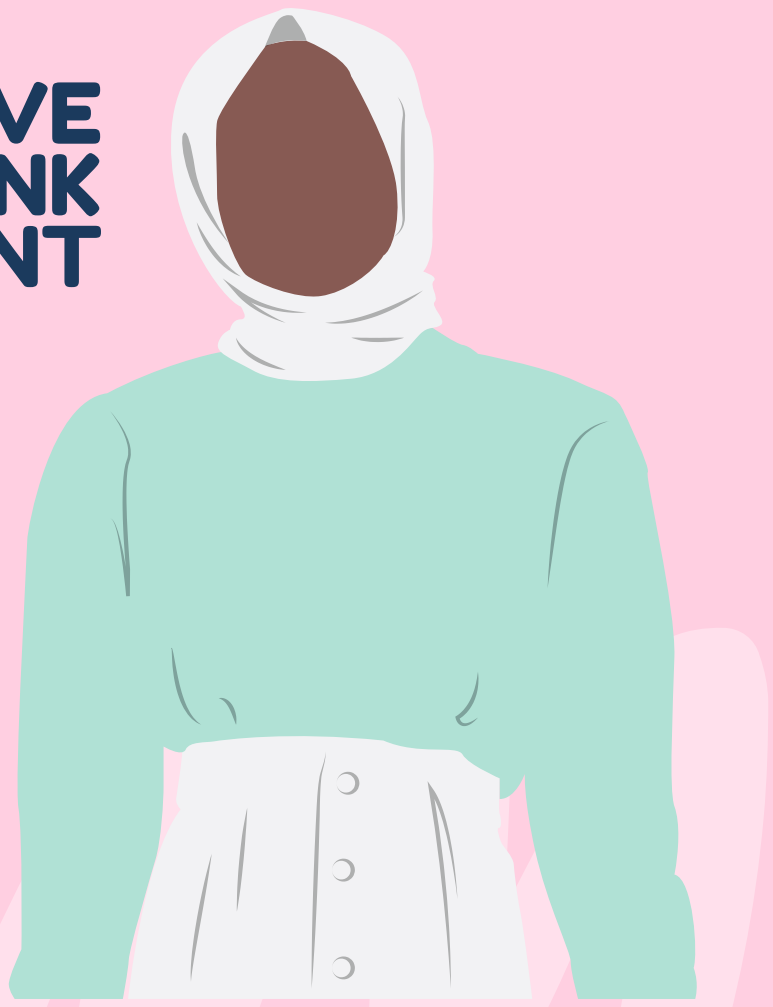
IF THERE HAS BEEN A BREACH OF THE NOTICE, THE PERSON SUBJECT TO THE NOTICE CAN BE ARRESTED WITHOUT A WARRANT

DEPENDING ON WHERE YOU LIVE DAPN CAN BE REFERRED TO AS DVPN

PLEASE NOTE: DAPOS AND DAPNS WERE ONLY AVAILABLE IN CERTAIN AREAS PREVIOUSLY BUT THEY WILL NOW BE AVAILABLE FROM 25TH NOVEMBER 2026 ACROSS ENGLAND AND WALES. SOME ASPECTS OF THE ORDERS ARE BEING INTRODUCED ON A PHASED BASIS FOLLOWING THE ROLLOUT, SO IT'S WORTH CHECKING WITH YOUR LOCAL POLICE FORCE OR A SOLICITOR FOR THE MOST CURRENT POSITION IN YOUR AREA.

MONEY SIDE OF IT ALL

I DON'T HAVE A BANK ACCOUNT



IT'S EASY TO SET UP A BANK ACCOUNT REMOTELY. HERE'S A LIST:

- MONZO
- REVOLUT
- STARLING BANK

*OPT FOR A VIRTUAL CARD

I DON'T HAVE MONEY TO GET TO A REFUGE

YOU COULD GET FREE TRAVEL TO A REFUGE. THE REFUGE CAN BOOK YOUR TRAIN OR COACH TICKETS AND SEND THEM TO YOUR PHONE. SPEAK WITH THE REFUGE CENTRES LIST ABOUT HELP WITH TRAVEL.

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I DON'T HAVE MONEY FOR LEGAL REPRESENTATION TO MAKE ANY ORDER OR NOTICE?

FILLING IN FORM FL401 IS FREE AND DOWNLOADABLE

YOU CAN GET LEGAL AID IF YOU OR YOUR CHILD ARE AT RISK OF HARM OR ABUSE. LEGAL AID IS FREE LEGAL SERVICES FOR THOSE WHO CANNOT AFFORD PRIVATE REPRESENTATION.

LIST OF LEGAL AID FIRMS

GET MONEY GET OUT GET RID™

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