

# THE WOMEN'S RAILROAD

2026

**THE ROUTE:  
GET MONEY  
GET OUT  
GET RID**



**MADE FOR YOU.  
IMGG. 2026**

# WHAT'S IN THIS?

- **GET MONEY: SLIDE 4**
- **GET OUT: SLIDE 5**
- **GET RID: SLIDE 6-14**
- **HANDLING THE MONEY  
SIDE OF IT ALL: SLIDE 15**

**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 PAST 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**



# GET MONEY



WHERE CAN  
I  
KEEP SOME  
MONEY?

**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**

# 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?



**LONDON:** REFUGE WESTMINSTER: 07787255816

**EDINBURGH:** EDINBURGH WOMEN'S AID: 0131 315 8110

**CARDIFF:** CARDIFF WOMEN'S AID: 02920 460 566

**24HR HELPLINE:** REFUGE: 0808 2000 247

# 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

- 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.



## 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.

**\*MUST BE 18+**

## WHERE DO I GET THE FORM ?

**HERE**

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



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# 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



# 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.**



# 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  
OCCUPATIONAL 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 OCCUPATIONAL 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?**
- **DO YOU HAVE LESS MONEY OR FEWER FINANCIAL RESOURCES THAN THE OTHER PERSON?**
- **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?**

# 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?



**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 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.**



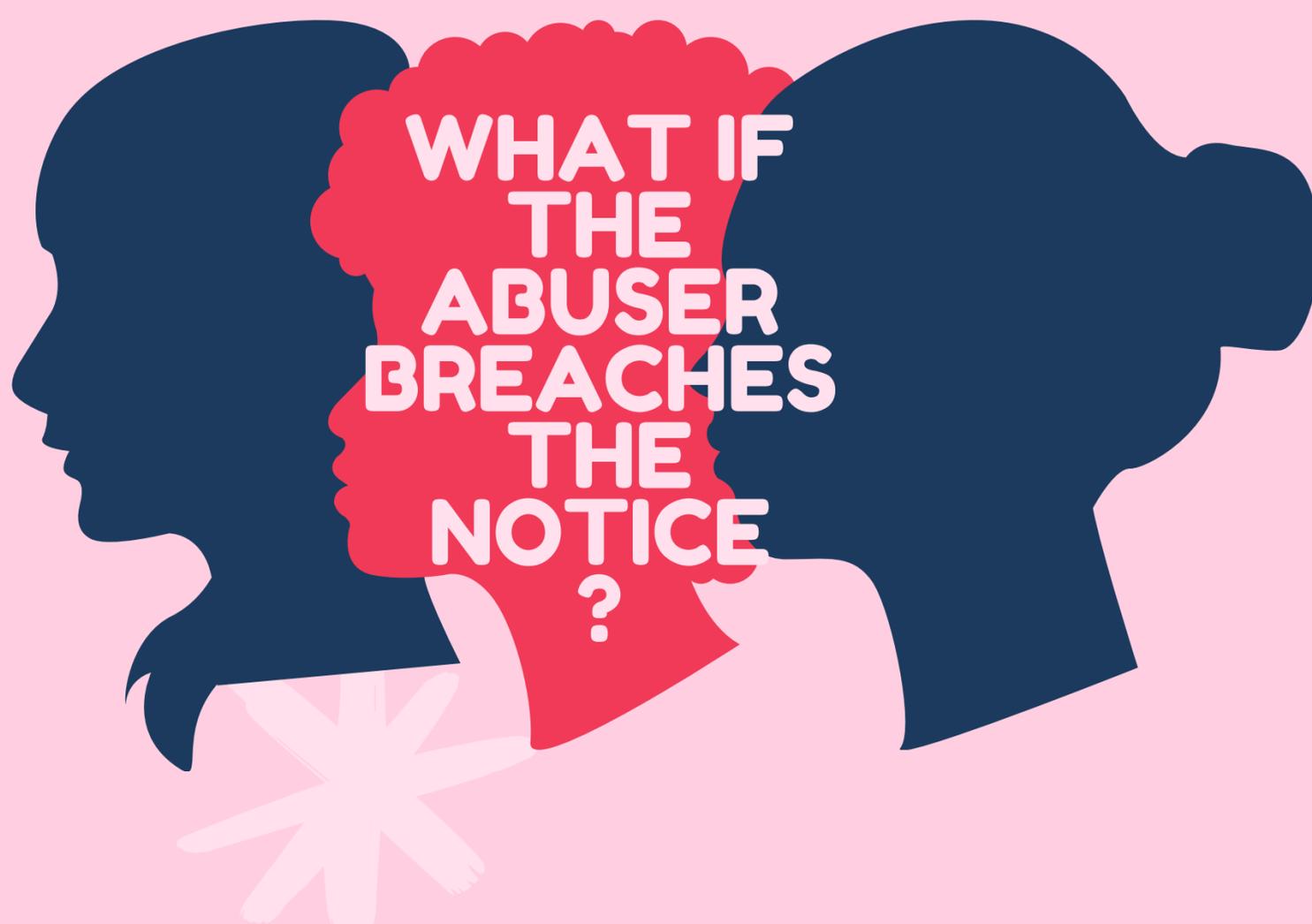
**IF THERE HAS BEEN A BREACH OF THE ORDER, THE PERSON SUBJECT TO THE NOTICE CAN BE ARRESTED WITHOUT A WARRANT**

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

# OTHER PROTECTIONS

## DAPN

**A DOMESTIC ABUSE PROTECTION NOTICE 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.**



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

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



# 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.**



**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

**THIS GUIDE MAY BE SHARED FREELY BY  
REFUGES, CHARITIES, AND SUPPORT  
ORGANISATIONS HELPING VICTIMS OF  
DOMESTIC ABUSE, PROVIDED IT IS NOT  
ALTERED AND NO FEE IS CHARGED.**



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THE WOMEN'S RAILROAD GUIDE  
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(IMGG), 2026.

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