



Norfolk & Suffolk
Victim Care

ASSAULT ABH/GBH

Self-help booklet



What is an Assault?:

There are three types of assault offence:

Common assault is when someone is violent towards someone else, however minor this may be. It can also be when someone makes someone fear that they are about to be attacked.

Actual bodily harm (ABH) means that assault has caused physical harm to a victim. The harm sustained by the victim does not have to be permanent, but the person must experience some minor injuries, pain or discomfort during and/or after the assault has happened. Psychological harm can also be classified under this type of assault, however it must be more than just fear or anxiety.

Grievous bodily harm (GBH) means that assault has caused serious physical harm, but this does not have to be permanent or life-threatening. This must be carried out either directly or indirectly through deliberate or reckless actions.

What can you do?

If you are injured, then you may want to get medical attention. If this is urgent call 999 or go to your local A&E department, if it isn't an emergency speak to your GP or call 111.

Access Restorative Justice: Restorative justice is a voluntary process which offers you the opportunity to potentially communicate with the offender. You may be able to talk about the incident, the harm caused and ask any questions that you may have.

Although it may never undo what happened, you may be able to access compensation through The Criminal Injuries Compensation Authority (CICA). This is a government funded organisation that can make payments to victims of violent crime, including sexual violence.

Carrying a personal alarm might help to make you feel safer when going out in public, it will allow you to alert passers-by that you are in danger. Norfolk & Suffolk Victim Care may be able to provide you with one of these.

What can Norfolk & Suffolk Victim Care do?

Through our victim services, we are here to support anyone who has been affected by assault. Our person-centred approach aims to empower and build resilience; we provide the necessary tools to navigate your recovery journey and move forward from the impact of crime. Support offered by our victims' services is free, independent and confidential, and available to victims and witnesses regardless of whether the crime has been reported or not.

We can help in the following ways:

Emotional support

Practical Support including crime prevention and safety advice

Advocacy

Support through criminal justice processing

Signposting and onward referrals

Useful organisations

- [Criminal Injuries Compensation Authority \(C.I.C.A\)](#)
- [Offences against the Person, incorporating the Charging Standard | The Crown Prosecution Service](#)

Reporting

You can also report to the police:

- In an emergency always call 999.
- In a non-emergency call 101
- Report online - [Contact us | Police.uk](#)
- Visit a local police station
- To report a crime anonymously, contact Crimestoppers at 0800 555 111, or visit [Independent UK charity taking crime information anonymously | Crimestoppers](#)

For further information or to talk to somebody in your area please call or email Norfolk & Suffolk Victim Care on the details below:



contact@nsvictimcare.org



0300 303 3706



Opening hours: Monday to Friday, 9:00am – 5:30pm



Norfolk & Suffolk Victim Care
Oak Lodge Business Centre
129 School Lane
Little Melton
Norwich
NR9 3LB



Norfolk & Suffolk Victim Care
Suffolk Enterprise Centre
44 Felaw Street
Ipswich
IP2 8SJ



**Norfolk & Suffolk
Victim Care**

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