

SOLICITORS

C J Giles & CO 53 Peach Street, Wokingham	0118 978 1017
Herrington & Carmichael 27 Broad Street, Wokingham	0118 9774045
Clifton Ingram 22-24 Broad Street, Wokingham	0118 978 0099
The Head Partnership 9 Chalfont Court, Lower Earley	0118 975 6622

OTHER USEFUL ORGANISATIONS

Berkshire Family Mediation Trained mediators for couples ending their relationship	0118 957 1159
Gingerbread A support organisation for lone parents	0808 802 0925
Rape Crisis Support for female survivors of sexual violence and abuse	0808 802 9999
RELATE Relationship counselling for couples & families	0118 987 6161
Berkshire Women's Aid Support for women fearing or subject to abuse.	0118 950 4003
Mankind Support for male victims of domestic abuse. www.mankind.org.uk	01823 334244
Action on Elder Abuse www.elderabuse.org.uk	080 8808 8141

If you would like this leaflet in another format, please telephone 0118 978 7258

Wokingham Borough Council Social Services are responsible for helping those who need advice or practical assistance with everyday living requirements. Incidences of Domestic Abuse can take their toll on children and families, so Care Management Teams respond to those who are vulnerable or at risk.

What can they do?

- ⇒ Give information and advice about where to find help.
- ⇒ Arrange for essential services to support and protect vulnerable children and adults.
- ⇒ Improve the quality of life of those in disadvantaged circumstances.
- ⇒ Work with other services and departments to ensure complete support.

Where to find us:

Wokingham

Waterford House
Erftstadt Court
Wokingham RG40 2YF

Mon to Thu: 9am - 3pm
Fri: 9am - 1pm

Woodley

Headley Road
(next to library)
Woodley RG5 4JA

Mon & Wed
9:30am - 3:30pm

Advice line: 0300 3301189

Email: public@citizensadvicewokingham.org.uk

Web: www.citizensadvicewokingham.org.uk

Domestic Abuse

You don't have to put up with it

Free,
independent,
confidential
advice

**citizens
advice**

Wokingham

What exactly is Domestic Abuse?

Domestic Abuse is a crime

It is any physical, sexual, emotional or economic abuse that takes place in the home between two individuals.

It can take the form of threats, bullying or intimidation. It may be that someone deprives another of freedom by laying down rules or depriving them of money.

But it is hardly ever simple.

Sometimes there are no bruises to see.

Sometimes it's not just about your own safety.

Sometimes it feels like there is just no way out.

Anyone can be affected, no matter where you live or who you are.

But there is always someone to turn to...

The answer is only a phone call away.

POLICE

There is a dedicated Domestic Abuse Co-ordinator at Thames Valley Police who is a trained Police Officer with specialist expertise in this field.

What can they do?

Arrange legal protection * Arrest threatening or violent offenders if necessary * Provide comprehensive advice on matters of the law * Take action against violations of criminal laws e.g. harassment * Supply victims with domestic alarms * Refer victims to other agencies for support in other areas.

Call **101** for the central switchboard.

Call **999** for Emergency patrol assistance.

VICTIM SUPPORT

This is an independent national charity that helps people affected by crime. By providing free and confidential support and information they can help people deal with their experiences. They also aim to advance and promote the rights of victims and witnesses in all aspects of criminal justice, and raise public awareness and recognition of the effects of crime.

Contact 0808 168 9111 National link or supportline@victimsupport.org.uk

BERKSHIRE WOMEN'S AID

BWA believes that domestic abusive behaviour is a crime and that all women should live free from abuse or fear at home or in their relationships. This organisation is committed to empowering and enabling women to make informed choices.

What can they do?

Make help available 24 hrs a day * Listen to anything you want to share or discuss * Provide a non-judgmental, non-directive and confidential service * Help you find somewhere safe to stay - with or without children * Present you with options and choices * Provide information about housing, law, money, benefits, etc. Accompany you to appointments with courts and solicitors * Support you every step of the way in putting your life back together.

Contact 0118 950 4003 BWA Helpline (24 hrs a day)

Crossing Bridges 0118 959 7333 Help with obtaining injunctions

SAMARITANS

The Samaritans offer a totally confidential 24hr support service to anybody who is experiencing distress or despair and needs to talk about what they are going through. Anyone suffering domestic abuse does not need to feel that they are alone.

Freephone: 116 123 National link or website www.samaritans.org.uk

CITIZENS ADVICE

Citizens Advice is independent and impartial, and offers free and confidential advice on a wide range of topics:

Family and personal matters (including Domestic Abuse) * Welfare benefits * Housing * Legal matters * Debt * Disability/Community Care.

Research & Campaigns

As well as helping individuals with their problems, Citizens Advice also works to improve things by informing and challenging policy makers, such as our local councils and MPs, and by running local and national campaigns. We believe that this work is very important. Campaigns that we run make a real difference, and it starts with the individuals who contact us to identify and report the problems and injustices they faced.

Charity No: 1027729