

We are **West Berkshire Domestic Abuse Services.**



We offer **emotional and practical support to people experiencing or fleeing domestic abuse** in West Berkshire.

We help **all people, with or without children, regardless of age, gender, sexual orientation, disability, ethnicity and religion.**

Our services are **free of charge and confidential.**

We can help you **whether or not you are currently in a relationship with your abuser.**

Call our helpline
0800 731 0055

or email

DAS@a2dominion.co.uk.

Our helpline is open **10am to 7pm**
Monday to Friday.

In an emergency:

Call **999** or 24-hour national helpline
0808 200 0247

We offer translation services if English is not your first language.

a2dominion 

A2Dominion Domestic Abuse Services
provided in partnership with



Maybe they don't hit you, but...

their words hurt just as much they threaten to kill themselves if you break up with them if they did, they'd make you feel like it's your fault they use children and threaten to take them away from you they prevent you from making your own decisions they threaten to harm the people you love they look at you or act in ways that scare you they damage or destroy your property they pressure you to have sex or do things you don't want to they constantly check up on you or need to know where you are they don't allow you on social media the bad times outweigh the good they make you feel worthless you're afraid to be in your own home you don't think anyone will believe what you say

there is a way out

Call our domestic abuse helpline
0800 731 0055

Our promise

To provide a confidential service for you to explore your options, rediscover freedom-of-choice and self esteem.

Our service is person-centred, promotes independence and provides independent advice.

Our aims

- To provide a high-quality, confidential service to support people, with or without children, fleeing or at risk of domestic abuse
- To help people develop the skills needed to live independently, and to manage their tenancy in order to secure their own permanent accommodation
- To help people access the right services for them and their children
- To be person-centred in our approach
- To empower adults and children and give them the opportunity to learn and develop to increased quality-of-life, and options for future employment
- To recognise everyone has individual needs
- To increase the self-esteem and self-image of adults and children fleeing domestic violence
- To work with other services to ensure each person's needs are met.

Our service is delivered in partnership with West Berkshire County Council and affiliated with National Women's Aid.

Our services



Phone and email helpline

Face-to-face support in a safe place

Support groups

Refuges and other places of safety

Support for children in refuges

The Anchor Programme - for people with complex needs

Help recognising abuse

Safety planning

Increasing access to services for people and their children

Support workers for people in refuges and places of safety

Outreach services

Independent domestic violence advisors

Domestic abuse training for external agencies and professionals

Research, volunteering and apprenticeship opportunities.

You are not alone

Over **2 million people** in the UK aged 16 to 59 said they were **victims of domestic abuse** in 2017/18.

1 in 12 women and **1 in 25 men** in the UK said they **were victims of domestic abuse** in the same period.

1 in 4 women and **1 in 6 men will be a victim of domestic abuse** during their lifetime.

1 in 3 LGBTQ+ people **experience domestic abuse** during their lifetime.

20% of all children in the UK been **exposed to domestic abuse.**

62% of children in families affected by domestic abuse **are directly harmed** by the abuser.

These figures are based on research quoted by various domestic abuse services across the UK. The actual values may be much higher as domestic abuse is severely under-reported.