

SOLICITORS

Biggs & CO <i>8 Broad Street, Wokingham</i>	0118 989 4511
Clifton Ingram & CO <i>22 Broad Street, Wokingham</i>	0118 978 0099
C J Giles & CO <i>63 Peach Street, Wokingham</i>	0118 978 1017
Herrington & Carmichael <i>8 Shute End, Wokingham</i>	0118 978 0017
Ratcliffe Duce & Gammer <i>86 Rose Street, Wokingham</i>	0118 978 3681
The Head Partnership <i>3 Chalfont Court, Lower Earley</i>	0118 975 6622

OTHER USEFUL ORGANISATIONS

Berkshire Family Mediation <i>Trained mediators for couples ending their relationship</i>	0118 957 1159
Sahara <i>Practical advice and counselling for Asian women</i>	0118 926 6333
Gingerbread <i>A support organisation for lone parents</i>	0800 018 4318
Rape Crisis <i>Support for female survivors of sexual violence and abuse</i>	01256 840224
Reading Survivors Group <i>Support group for women abused in childhood</i>	0118 931 1939
RELATE <i>Relationship counselling for couples & families</i>	0118 987 6161

SOCIAL SERVICES

Wokingham & District 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

Contact 0118 944 5300 Social Services - Duty Officer Referrals & Assessment Team (office hrs)
01344 786512 Out of Hours or
www.wokingham.gov.uk

Wokingham & District CAB

First Floor
26-28 Market Place
Wokingham
RG40 1AP
0844 499 4126
public@wokingham-cab.org.uk
www.wokingham-cab.org.uk
www.adviceguide.org.uk

the charity for
your community

citizens
advice
bureau

Domestic Abuse



You don't have to put up with it

Wokingham & District Citizens Advice Bureau

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 Violence 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

Contact 0118 953 6248 direct line to Domestic Violence Co-ordinator (office hrs) **0118 953 6000** central switchboard. **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 0118 958 6166

victimsupport.reading@virgin.net

0845 3030900 National link or supportline@victimsupport.org.uk

BERKSHIRE WOMEN'S AID

BWA believes that domestic abuse 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)

CITIZENS ADVICE BUREAU

The CAB 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

Contact 0844 499 4126 (office Hrs) or email public@wokingham-cab.org.uk

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.

Contact 03457 90 90 90 National link or website www.samaritans.org.uk