

BRACKNELL FOREST DOMESTIC ABUSE SERVICES MAP



INTERVENTION	NATIONAL/LOCAL	WEBSITE LINKS	CONTACT DETAILS	COMMENTS
24 hour Domestic Abuse Helpline	National	www.nationaldahelpline.org.uk	0808 2000 247	Provided by Refuge, telephone based support for women and children, offering help and advice or finding a refuge vacancy.
Adult Social Care (Bracknell Forest Council)	Bracknell	Protecting Adults	01344 351500 Out of hours 01344 351999	If you have concerns that an adult may be at risk of harm or neglect.
Advocacy After Fatal Domestic Abuse (AAFDA)	National with local Thames Valley funded support	www.aafda.org.uk	07887 488 464 help@aafda.org.uk	Specialist and expert advocacy and peer support for family and friends after the homicide, suicide or unexplained death of their family member or friend, following domestic abuse. The service is client led and includes the following: Listening with understanding and compassion; ensuring the voice of family members affected by fatal domestic abuse is heard; provision of specialist and expert Advocates; use of expertise to advocate for families during domestic homicide reviews, Inquests, serious case reviews, mental health reviews, and similar inquiries; peer support - bringing together of families to share their story.
Armed Forces Helpline (Domestic Abuse, Sexual Violence, Stalking)	National	www.aurorand.org.uk	0333 0912 527 Helpline (GMT): Monday - Thursday, 9am-3pm WhatsApp (GMT): Tues, 9am-3pm, Wednesday/Thursday 5-8pm, Sunday 10am-2pm	A helpline (delivered by Aurora New Dawn) for Royal Navy, British Army, and Royal Air Force personnel and their family members. UK or overseas. For victims and survivors of domestic abuse, sexual violence, stalking. Coverage is available for all UK forces personnel and their families, including those deployed abroad. The service is independent, confidential, and free - with phone and WhatsApp functionality available.
Aurora New Dawn	Thames Valley	www.aurorand.org.uk	023 9247 9254 Out of Hours Helpline (5pm - 8am Monday - Friday, 24hrs at weekends): 023 9421 6816	Providing advocacy, support and consultancy for victims of domestic abuse in the Thames Valley experiencing domestic abuse, sexual violence and stalking. Clients are not required to report to the police in order to access support.
Barnardos	National	www.barnardos.org.uk/domestic-abuse	Web based information	Providing support to families affected by domestic abuse.
Berkshire Child Protection Procedures	Berkshire	http://berks.proceduresonline.com	Web based information	Homepage for the Pan Berkshire Safeguarding Children Procedures. In addition to the shared procedures you can also access local guidance for your area by clicking on the local information section within the procedure.

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Berkshire Safeguarding Adults Policies and Procedures	Berkshire	www.berkshiresafeguardingadults.co.uk	Web based information	Homepage for the Berkshire Safeguarding Adults Policies and Procedures. The purpose of these Policies and Procedures is to support staff to respond appropriately to all concerns of abuse or neglect they may encounter, providing a consistent response across the county.
Berkshire Women's Aid (BWA)	Bracknell	www.berkshirewomensaid.org.uk	0808 801 0882 helpdesk@bwaid.org.uk	Commissioned domestic abuse service for Bracknell Forest, supporting all genders. Self and agency referrals accepted. Providing: refuge accommodation for women and their children and able to support men to find other refuge accommodation out of area; Outreach and IDVA (Independent Domestic Violence Advocate) service, including a specialist Diverse Communities worker; helpline and groupwork (Choices - currently on hold, and peer group support open to anyone who has already been supported by one of BWA's existing services).
Bracknell Forest Council	Bracknell	www.bracknell-forest.gov.uk www.itsneverok.co.uk	01344 352000	Local authority.
Bracknell Forest Council Public Health Portal	Bracknell	https://health.bracknell-forest.gov.uk/	Web based information	Website with a number of public health resources and support services.
Bracknell Forest Safeguarding Partnership	Bracknell	https://bracknellforestsafeguarding.org.uk/	Web based information	Co-ordinating the work of local organisations and supporting members of the community in order that they can safeguard vulnerable people living in the borough.
Bright Sky App	National	www.hestia.org/brightsky	Search Android & iPhone app store	A free mobile app, launched in partnership with the Vodafone Foundation, providing support and information to anyone who may be in an abusive relationship or those concerned about someone they know. Also designed to be used by specialist and non-specialist practitioners and other employers, and for anyone looking for information about issues around domestic abuse such as online safety, stalking and harassment and sexual consent.
Browns Community Services CIC	Thames Valley	www.brownscommunityservices.co.uk/services/counselling	dacounselling@browns.co.uk	Self-referrals and professional referrals are welcome. For adults aged 18 years old and over who have experienced any form of domestic abuse, sexual abuse or exploitation at any point in their lives. Providing up to 18 free counselling sessions in a safe, confidential space to explore experiences of abuse and any underlying issues. Counselling sessions are offered remotely via telephone or online using the Zoom platform.

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Cats Protection Lifeline	National	www.cats.org.uk/what-we-do/cp-lifeline	0345 260 1280 (Referrals: Mon-Fri 9am-5pm)	Lifeline (formerly Paws Protect) is Cats Protection's specialist cat fostering service for those fleeing domestic abuse. Offering a free and confidential fostering service for cats whose families are fleeing domestic abuse so they can rest assured their cat will be taken care of until they can be safely returned. Referrals (self and agency) are handled by a specialist and experienced team, who support owners referring to the service, arrange to collect cats, and organise foster placements through a wonderful network of dedicated Lifeline volunteers.
Centre for Age Gender and Social Justice	National	www.dewischoice.org.uk	General enquiries: hello@dewischoice.org.uk 07989 150979	Initiative combining service delivery with a research project for older men, women and non-binary people who have experienced domestic abuse from an intimate partner and/or adult family member.
Chayn	National	https://chayn.co	Web based information	Providing online help and resources in a large number of languages about identifying manipulative situations and how friends can support those being abused.
Childline	National	www.childline.org.uk	0800 1111	Service for children who have worries, concerns and require help and support.
Choices Groupwork Programme	Bracknell	www.berkshirewomensaid.org.uk/bwa-provides-help-domestic-abuse/group-sessions/	0118 950 4003	*CURRENTLY ON HOLD* A 6 week group programme for women affected by domestic abuse. Adapted and developed by BWA from the Freedom programme, delivered by experienced BWA domestic abuse workers and is available to all service users, regardless of their circumstances and the risk level they are at due to domestic abuse.
Citizens Advice East Berkshire	East Berkshire	https://caeb.org.uk/	0808 278 7914 Monday - Friday, 9am - 5pm	Charity helping people to resolve their legal, money and other problems by providing free, independent and confidential advice.
Connected Group	Bracknell	N/A	Emma - 07824 433119 Laura - 07788 724872	Run by the Family Safeguarding Model team, a group for anyone needing some advice and/or emotional support around domestic abuse, part of present. Relaxed group offering a coffee and a chat, great for signposting to DA groups, legal advice, housing/benefits advice etc. Runs every Friday morning (all year), children welcome.
Dash (Domestic Abuse, Stalking, Harassment and Honour Based Abuse) Risk Identification Checklist	National	www.safelives.org.uk/practice-support/resources-identifying-risk-victims-face	N/A	National risk identification checklist.
Disrespect NoBody	National	www.gov.uk/government/collections/disrespect-nobody-campaign	Web based information	Home Office campaign to help young people understand what a healthy relationship is.

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Dogs Trust Freedom Programme	National	www.dogstrustfreedomproject.org.uk	0800 298 9199	Offering pet fostering services specifically for dogs belonging to people accessing refuge or emergency housing.
Domestic Abuse Recovering Together (DART)	Bracknell	www.bracknell-forest.gov.uk/children-and-family-services/family-hubs/parenting-referrals	01344 312800	10 week group work programme for mothers and children (aged 7 to 14) who have experienced domestic abuse. The aim is to talk to each other about the abuse, learn to communicate and rebuild and strengthen their relationship in a creative and safe environment. Referrals through online form (see website listed).
Domestic Violence Disclosure Scheme (DVDS)	National	Home Office Guidance	101 Thames Valley Police - Clare's Law	The DVDS (also known as Clare's Law) enables the police to disclose information to a person at risk of domestic abuse about their current or new partner's previous abusive or violent offending. It has two elements: 'Right to Ask' and 'Right to Know'. 'Right to Ask' allows for a member of the public the right to ask the police if their partner may pose a risk to them (a third party such as a friend, family member or professional can also ask). If records show a risk, the police will consider disclosing this information. 'Right to Know' enables police to pro-actively make a disclosure if they receive information about the violent or abusive behaviour of a person that may impact on someone's safety.
DV Assist	National	www.dvassist.org.uk	0800 195 8699	Registered charity specialising in arranging Non-Molestation Orders, Prohibited Steps Orders and Occupation Orders.
Employers' Initiative on Domestic Abuse	National	www.eida.org.uk	Web based information	A growing network of large and small businesses with a mission to enable employers to take action on domestic abuse – raising awareness among all employees, supporting those affected, and providing support and education to help perpetrators to stop. Includes a toolkit for employers.
Family Safeguarding Model (FSM), Bracknell Forest Council Children's Social Care	Bracknell	www.bracknell-forest.gov.uk/children-and-family-services/family-safeguarding-model	N/A	Two full time Victim Caseworkers (Co-ordinator and caseworker). Working with victims of domestic abuse (longer term social care cases), helping them to recognise abuse and support them to make changes to protect their children and themselves. One full time 1:1 Perpetrator Caseworker (longer-term cases with CIN, CP or issuing care proceedings).

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FLAG DV (Free Legal Advice Group for Domestic Violence)	Thames Valley	www.flagdv.org.uk	01635 015854 (Mon - Fri, 11am - 1pm) enquiries@flagdv.org.uk	Helping people experiencing domestic abuse or violence from their partners, ex-partners or family members to access specialist advice and support. Offering a free legal advice appointment (telephone or face to face) with a volunteer solicitor, legal executive or barrister who specialises in Family Law.
Forced Marriage Unit (FMU)	National	www.gov.uk/guidance/forced-marriage	020 7008 0151	A joint Foreign, Commonwealth and Development Office and Home Office Unit which leads on the government's forced Marriage policy, outreach and casework. Operating a public helpline to provide advice and support to victims and potential victims of forced marriage and professionals dealing with cases. Information and practice guidelines for professionals online.
Freedom Programme	Bracknell	www.bracknell-forest.gov.uk/children-and-family-services/family-hubs/parenting-referrals	01344 312800	A 10 week programme for women who have experienced or are experiencing domestic abuse. The aim of the course is to help individuals make sense and understand what has happened to them and to look at the effects on children that have been exposed to domestic abuse, in a safe and supportive environment. Referrals through online form (see website listed).
Galop - National LGBTQ+ Domestic Abuse Helpline	National	www.galop.org.uk https://galop.org.uk/types-of-abuse/domestic-abuse/	0800 999 5428	Support for the LGBTQ+ community, information support and helpline.
Hollie Guard App	App Based	https://holleguard.com Video - www.youtube.com/watch?v=ot7qLV3HEoU	Search Android & iPhone app store	App developed by the Hollie Gazzard Trust. In danger? With a simple shake or tap it activates Hollie Guard, immediately notifying your chosen contacts, pinpointing your location and sending audio and video evidence directly to their mobile phones.
Home Office	National	www.gov.uk/guidance/domestic-abuse-how-to-get-help	Web based information	Government guidance and advice on domestic abuse - find out how to get help if you or someone you know is a victim of domestic abuse. Information available in different languages including Welsh, Spanish, French, Italian, Polish, Romanian, Somalian, Chinese, Arabic and more.
Hourglass	National	www.wearehourglass.org	0808 808 8141 Free text 07860 052906 helpline@wearehourglass.org	Providing information and support to an older person or anyone concerned about an older person who is at risk of, experiencing or recovering from any form of abuse or neglect.
involve Community Services	Bracknell	https://involve.community	01344 304 404 reception@involve.community	A small, local charity helping to support other charities and community groups throughout Bracknell Forest, Wokingham Borough and the surrounding areas.
Japanese-speaking Casework Service (Bromley and Croydon Women's Aid)	National	https://bcwa.org.uk/support-for-individuals	020 8313 9303 (Bromley and Croydon Women's Aid: Mon-Fri 9am-4.30pm)	In partnership with the Japanese Embassy in London, offering outreach advice in Japanese to Japanese survivors of domestic abuse who need help and support around domestic abuse, family law, housing etc.

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Jewish Women's Aid	National	www.jwa.org.uk	0808 801 0500 (Mon-Thurs, 9.30am - 9.30pm) advice@jwa.org.uk	The only specialist organisation in the UK supporting Jewish women and children affected by domestic abuse and sexual violence.
Kaleidoscopic UK	Thames Valley	www.kaleidoscopic.uk	kaleidoscopicuk@gmail.com	Survivor led support for adult and child victims of domestic abuse - providing a support network, 'Liberation from Abuse' programme (6 weeks), 'Fun with Mum', education, training and prevention programmes.
Karma Nirvana	National	https://karmanirvana.org.uk/	0800 5999 247	Supporting all those affected by Honour Based Abuse. Running the national Honour Based Abuse helpline.
Kooth	National	www.kooth.com	Web based information	A free, confidential online support and counselling service for young people aged 11-19 years old.
Life Housing	National	www.lifecharity.org.uk	0808 802 5433	Life is a UK pregnant support charity. There is a network of supported housing properties across the UK, run in partnerships with local authorities which support some of the most disadvantaged women, babies, children and young people. The Bracknell Life house is a 7 bed property for women who are 16-25 years old which presents as shared accommodation. Each property has an assigned Support Worker who will work with the client to achieve positive outcomes which includes healthy relationship work.
Love Respect	National	https://loverspect.co.uk/	Web based information	A website aimed at teens and young adults that explains what relationship abuse is and offers support.
Loving Me	National	https://www.lovingme.uk	07902 478958 (Mon-Fri, 10am-4pm) help@lovingme.uk	Support for Trans and Non-Binary victims of domestic abuse or sexual violence and offers emergency temporary accommodation (first ever national refuge) for those fleeing domestic abuse.
ManKind Initiative	National	www.mankind.org.uk	01823 334244 Weekdays 10am - 4pm	Confidential helpline for male victims of domestic abuse across the UK as well as their friends, family, neighbours, work colleagues and employers.
MARAC (Multi Agency Risk Assessment Conference)	Bracknell	N/A	Bracknell Forest MARAC Coordinator via 101 Modus	Monthly multi-agency meeting for practitioners/agencies to discuss high risk domestic abuse cases. Any partner agency can refer a case to the MARAC via the agency's Designated MARAC Officer (DMO) and online system Modus.
MASH (Multi Agency Safeguarding Hub)	Bracknell	www.bracknell-forest.gov.uk/health-and-social-care/keeping-adults-and-children-safe/protecting-children/report-child-abuse-or-concern-mash	01344 352005	Single Point of Contact for all safeguarding concerns about children and young people living in Bracknell. The MASH brings together a team of professionals from a number of partner agencies to deal with safeguarding concerns for a child or young person.

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MATAC (Multi Agency Tasking And Coordination)	Bracknell	N/A	BerkshireEastLCUHRU@thamesvalley.police.uk	Monthly multi-agency domestic abuse perpetrator focused process. It identifies the most harmful perpetrators, either by using police resources or by referral from external agencies and aims to: change offender behaviour; reduce reoffending of the most harmful and serial perpetrators; and safeguard victims and families.
Men's Advice Line	National	www.mensadvice.org.uk	0808 801 0327	National confidential helpline for male victims of domestic abuse and those supporting them.
Mental health and wellbeing	Bracknell	www.bracknell-forest.gov.uk/health-and-social-care/mental-health-and-wellbeing		Information on services in the area that can help children and young people, and adults experiencing mental health problems.
National Centre for Domestic Violence (NCDV)	National	www.ncdv.org.uk	0800 970 2070 office@ncdv.org.uk	A free, fast emergency injunction service to survivors of domestic abuse and violence regardless of their financial circumstances, race, gender or sexual orientation.
National Cyber Security Centre	National	www.ncsc.gov.uk		Helping to make the UK the safest place to live and work online. Includes guidance for practitioners supporting victims of 'domestic cyber crime' which needs to be requested directly from NCSC.
National Probation Service	National	www.gov.uk/guidance/offending-behaviour-programmes-and-interventions#offending-behaviour-programmes-and-interventions	Currently only available to perpetrators in the criminal justice system	Building Better Relationships (BBR) programme: for adult men convicted of an Intimate Partner Violence (IPV) offence. BBR is a moderate-intensity cognitive-behavioural programme which recognises that IPV is a complex problem which is likely to have multiple causes. BBR responds to individual needs and provides opportunities to develop skills for managing thoughts, emotions, and behaviours. A Domestic Abuse Safety Officer (DASO) provides support to partners/ex partners of those on the BBR programme.
National Stalking Helpline	National	www.stalkinghelpline.org	0808 802 0300	Run by the Suzy Lamplugh Trust, advice and support for anyone being stalked and harassed.
New Hope drugs and alcohol service	Bracknell	www.bracknell-forest.gov.uk/health-and-social-care/drugs-and-alcohol-advice/new-hope-drugs-and-alcohol-service	01344 312360 new.hope@bracknell-forest.gov.uk	Bracknell Forest's Drug and Alcohol Action Team (DAAT) are committed to making sure that anyone who lives in Bracknell Forest with either a drink or drug problem can access help and support. The DAAT is both a commissioner and provider of services.
No Recourse To Public Funds NRPF	National	www.nrpfnetwork.org.uk	nrpf@islington.gov.uk	Information and support for clients with no recourse to public funds. Providing options and pathways.
NSPCC Adult Helpline	National	www.nspcc.org.uk	0808 8005000	Help for adults concerned about a child.

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OPOKO - National Helpline in Polish	National	www.opoka.org.uk	0300 365 1700 (Polish) 0117 4270012 (English)	OPOKA aims to help women and children in the Polish community improve health, well-being, financial stability, and happiness by stopping domestic violence and abuse. Offering practical and emotional support, safe accommodation, counselling and therapeutic programmes for women and children.
Paladin - Stalking advice	National	www.paladinservice.co.uk	020 3866 4107	A trauma-informed service established to assist high risk victims of stalking in England and Wales.
Plain Talking	Bracknell	N/A	07826 951498 Plain.Talking@bracknell-forest.gov.uk	A free one-to-one therapeutic intervention for men and women who recognise that their behaviour in their relationship is becoming or has become problematic and need support to make positive, healthy and long term change.
Rape Crisis	National & Thames Valley	www.rapecrisis.org.uk	0800 802 9999 Every day 12-2.30pm and 7-9.30pm Sexual Assault and Abuse Support Service Buckinghamshire and Milton Keynes - 01296 719772 (call back service) Oxfordshire Sexual Abuse and Rape Crisis Centre (OSARCC) - 01865 726311 (call back)	Rape Crisis Centres provide specialist support and services to women and girls who have experienced sexual violence. Centres in the Thames Valley are Sexual Assault and Abuse Support Service Buckinghamshire and Milton Keynes or Oxfordshire Sexual Abuse and Rape Crisis Centre (OSARCC). The Rape Crisis National Helpline offers free, confidential emotional support and information.
Recovery Toolkit	Bracknell	www.bracknell-forest.gov.uk/children-and-family-services/family-hubs/parenting-referrals	01344 312800	A 10 week group programme for women who have experienced domestic abuse. The course follows on from previous domestic abuse support/courses and supports individuals with exploring positive coping strategies for day to day living, held in a safe and supportive environment.
Refuge Tech Safety Website	National	https://refugetechsafety.org	Web based information	Website with dedicated resources for survivors, offering step by step guidance for securing devices as well as chatbox in multiple languages offering real time automated guidance.
Relate (Bracknell Forest)	National & Bracknell	www.relate.org.uk	0118 987 6161 appointments.berkshire@relate.org.uk	Relate is the UK's largest provider of relationship support. For people of all ages, backgrounds, sexual orientations and gender identities to strengthen their relationships. Under 18s can use Relateteen.
Respect Phoneline	National	www.respect.uk.net	0808 8024040	Providing information and advice to domestic abuse perpetrators, as well as their partners or ex-partners, concerned family and friends and frontline workers.
Revenge Porn Helpline	National	www.revengepornhelpline.org.uk	0345 6000 459	A UK service supporting adults aged 18 and over who are experiencing intimate image abuse, also known as, revenge porn.
Rights of Women	National	www.rightsofwomen.org.uk	020 7251 6577 or (for women working or living in London) 020 76081137 info@row.org.uk	A women's charity working to help women through the law with a focus on addressing violence against women.

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Safeline	National	www.safeline.org.uk	01926 402 498 Monday - Friday, 9am - 5pm	A specialist sexual violence and abuse charity led by the needs of its clients.
SAFE!	Thames Valley	www.safeproject.org.uk	01865 582 495 or safe@safeproject.org.uk	Building Respectful Families (BRF): a service for families affected by Child to Parent Violence (CPV) where young people are aged 8 to 18 years old. Thames Valley Children and Young People Support After Crime Service: see individual entry below.
Safe Spaces	National	https://uksaysnomore.org/safespaces/	N/A	Safe Spaces are available in pharmacies across the UK (Boots, Morrisons pharmacies, Superdrug pharmacies, Well pharmacies, independent pharmacies) as well as HSBC and TSB banks. Once inside, all the specialist domestic abuse support information will be available to access. Some Safe Spaces are also prepared to respond to the Ask for ANI codeword, to provide victims with a discreet way to access help calling the police on 999 or specialist support services.
Samaritans of Bracknell, Wokingham, Ascot and Districts	National & Bracknell	www.samaritans.org/branches/bracknell	116 123 (free) 0330 094 5717 (local call charges)	Specially trained volunteers listen and help anyone that calls to talk through their concerns, worries and troubles. Phone or email. Also see the website for the self-help app and for tips on what to do if you're worried about someone else.
Sanctuary Scheme	Bracknell	www.safepartnership.org	0808 801 0882 (BWA)	Scheme to provide additional security in the homes of victims of domestic abuse from Bracknell Forest, allowing them to remain in their homes. Referrals are via Berkshire Women's Aid, Bracknell Forest Council or Thames Valley Police and installation carried out by Safe Partnership.
SignHealth Domestic Abuse Service	National	https://signhealth.org.uk/with-deaf-people/domestic-abuse	Text: 07800 003421	The only domestic abuse service that specialises in supporting Deaf young people and adults. Delivering prevention workshops as well as closed groups for Deaf survivors. Online referral form.
Solace Sexual Assault Referral Centre (SARC)	Thames Valley	www.solacesarc.org.uk	0800 970 9952	Based in Slough (Upton Court Hospital) and Bicester (Police House), the SARC (Sexual Assault Referral Centre) provide a service to men, women and children who have experienced rape or sexual assault. Also providing advice and online services for professionals.
Soldier's, Sailors and Airmen's Families Association (SSAFA)	National & Berkshire	www.ssafa.org.uk/berkshire	0800 260 6767 07385 031 180	Military staff and families face some unique challenges, our team provides comprehensive and confidential support, with a special focus on services for adults, but including children, young people and their families.

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Stay Ok	Thames Valley/national	www.stayok.uk	Web based information	<p>An easy read website for people with learning disabilities and autism living in the Thames Valley. Designed to provide information and guidance on staying safe whilst at home, and out and about in the community covering a range of topics such as healthy relationships, exploitation and grooming, online safety and hate crime. To keep the website interesting there are also quizzes, videos and games all designed to keep people safe. The website is split into two sections, one which is completely easy read and the other is a resources toolkit for parents, carers and professionals.</p> <p>The website was designed by Buckinghamshire Council in partnership with Talkback. Talkback is a local charity that supports people aged 16 or older with a learning disability and or autism. Focus groups from Talkback were used to test and choose all aspects of the website down to the name and the colour palette.</p>
Surviving Economic Abuse (SEA)	National	www.survivingeconomicabuse.org	info@survivingeconomicabuse.org	A registered charity raising awareness of economic abuse with a mission to transform responses to it. Not offering direct support or advice, however for financial support tailored to victim-survivors of economic abuse, see the Financial Support Line (see below) run in partnership with Money Advice Plus.
Surviving Economic Abuse (SEA) Banking Support Directory	Nation	https://survivingeconomicabuse.org/i-need-help/banking/directory/		The Banking Support Directory is an important new information tool that can help make it easier for survivors to get help. It brings together information about the ways in which the UK's major banks and building societies can support victim-survivors to regain control of their finances, including de-linking from the abuser.
Survivors UK	National	www.survivorsuk.org	0203 5983898	Help and support for male survivors of rape and sexual abuse.
Talking Therapies	Berkshire	https://talkingtherapies.berkshirehealthcare.nhs.uk	0300 3652000 Monday - Thursday, 8am - 8pm, and Friday 8am - 5pm talkingtherapies@berkshire.nhs.uk	NHS service that offers support if you're coping with challenges like depression, stress, anxiety or phobias. Age 17+. GP and self referrals accepted.
Thames Valley Police	Thames Valley	www.thamesvalley.police.uk/advice/advice-and-information/daa/domestic-abuse	999 - emergency 101 - non emergency	For police assistance.
The Ark	Bracknell	www.theark.org.uk	01344 266899 info@theark.org.uk	The Ark is committed to improve the quality of life and provide opportunities for people with disabilities, the disadvantaged and those that support them by encouraging their active participation in the community. Services include SIGNAL 4 Carers - support and information service for people who look after other people.

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The Financial Support Line for Victims of Domestic Abuse	National	www.moneyadviceplus.org.uk/advice-and-support	0808 196 8845	Providing short term advice and guidance to victim-survivors of domestic abuse. The aim of the service is to increase the economic safety for the victim-survivor.
The Hideout	National	www.thehideout.org.uk	Web based information	Website to help children and young people to understand domestic abuse, and how to take positive action if it's happening to them.
The Mix	National	www.themix.org.uk	0808 808 4994	The UK's leading support service for young people under 25 years old. Offering a confidential helpline and counselling service.
The Survivors Trust	National	www.thesurvivorstrust.org	0808 801 0818 info@thesurvivorstrust.org	Providing confidential information, advice and support for people who have experienced rape and childhood sexual abuse.
The Traveller Movement (Safe Spaces for Women website)	National	https://women.travellermovement.org.uk	0754 1637 795	Information and support for Gypsy, Roma and Traveller women. Includes information on legal rights, options and local available support as well as a Healthy Relationships Toolkit for young people and information for practitioners.
Trust House Sexual Abuse Support Centre	Thames Valley	www.trusthouse.org.uk	0118 958 4033 support@trusthouse.org.uk	Free confidential support to anyone affected by sexual assault in the Thames Valley.
Victim Support iMatter programme	National	www.victimsupport.org.uk/more-us/why-choose-us/specialist-services/imatter	0300 303 5881	10 week group programme, delivered virtually, for women aged 16+ who have been, or are currently, victims of domestic abuse. Suitable for those who are not high risk, and is available in the following languages: English, Welsh, Urdu, Bengali, Polish and Gujarati. The programme looks at the importance of self-worth, self-care and mindfulness.
Victims First Hub	Thames Valley	www.victims-first.org.uk	0300 1234 148 Monday & Wednesday, 9am - 5pm Tuesday & Thursday, 9am - 7pm Friday, 9am - 4.30pm	Acting as a 'one front door' to all services in Thames Valley to ensure victims of crime can get the support they need to cope and recover from the impact of their crime. Providing free, confidential, non-discriminatory emotional and practical support to all victims and witnesses of crime as well as family members of victims, in accordance with their needs and the harm caused by the crime. Victims First may refer into one of their specialist core services including: Victims First Thames Valley Sexual Violence Service, Victims First Thames Valley Adults Specialist Service, Victims First Thames Valley Children and Young People Support After Crime Service.

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Victims First Thames Valley Adult Victims Service	Thames Valley	www.victimsupport.org.uk/resources/thames-valley	Referrals through the Victims First Hub 0300 1234 148 www.victims-first.org.uk/what-we-do/contact-us	<p>Delivered by Victim Support, offering a service to support victims of all crime types (excluding sexual offences), and also has a particular focus on standard risk domestic abuse. For victims and witnesses of crime aged 18+ who reside or study in the Thames Valley.</p> <p>Referrals are via the Victims First Hub who will contact the victim or witness, make an assessment of their needs and then refer them to the most appropriate source of support, which may be the Thames Valley Adult Victims Service.</p> <p>Different interventions will be offered to different victims according to their needs. Some interventions available are: group work sessions (including topics such as impact of crime, understanding the CJS, moving forward from crime and understanding domestic abuse; peer support sessions; IDVA support; one to one support.</p>
Victims First Thames Valley Children and Young People Support After Crime Service	Thames Valley	www.safeproject.org.uk	Referrals through the Victims First Hub 0300 1234 148 www.victims-first.org.uk/what-we-do/contact-us	<p>Delivered by Safe! providing support to children and young people aged 5 up to 18 years old who have been a victim or witness of crime and who reside or study in the Thames Valley. Parents and carers can also receive support.</p> <p>Referrals are via the Victims First Hub who will contact the parent/carer of the victim or witness (unless no consent to contact parent/carer), make an assessment of their needs and then refer them to the most appropriate source of support, which may be the Thames Valley Children and Young People Support After Crime Service.</p> <p>Different interventions will be offered to different victims according to their needs. Some types of interventions available are: group work programmes (including PAACE Recovery Toolkit and DAY, both for CYP impacted by domestic abuse; parent support including peer support and groups; themed wellbeing group sessions, trips and activities; one to one support; therapeutic provision; CHIDVA and CHISVA support; digital support - text support service, online drop-ins, themed webinars.</p>

INTERVENTION	NATIONAL/LOCAL	WEBSITE LINKS	CONTACT DETAILS	COMMENTS
Victims First Thames Valley Sexual Violence Service	Thames Valley	https://hopeafterharm.org.uk/what-we-offer/victim-services	Referrals through the Victims First Hub 0300 1234 148 www.victims-first.org.uk/what-we-do/contact-us	<p>Delivered by Hope After Harm (formerly Thames Valley Partnership), offering a safe and confidential space for victims or witnesses of sexual offences aged 18+ who reside or study in the Thames Valley.</p> <p>Self and agency referrals are via the Victims First Hub who will contact the victim or witness, make an assessment of their needs and then refer them to the most appropriate source of support, which may be the Thames Valley Sexual Violence Service.</p> <p>Providing specialist one to one support, information and advice to those going through the criminal justice system, advocacy and can also help with onward referrals to other beneficial services. Also providing informal and structured group work to those using the service.</p>
Who's In Charge	Bracknell	https://whosincharge.co.uk/	Kirstie - 07879 668642 Jill - 07788 744955	<p>Who's In Charge is an 8 week programme for parents or carers of young people (age 10-18) who are struggling to manage behaviours that seem beyond control.</p> <p>Professionals are encouraged to refer to STOP (Supportive Programme for Parents of Teenagers) and other appropriate parenting courses before completing Who's In Charge - www.bracknell-forest.gov.uk/children-and-family-services/family-hubs/parenting-referrals</p>
Women's Aid	National	www.womensaid.org.uk	Web based information	A range of direct services for survivors, including a survivor's handbook and live chat service (Mon-Fri 10am-4pm and Sat-Sun 10am-12pm).
<p>Maintained by Sophie Wing-King (Domestic Abuse Strategic Lead, Bracknell Forest & RBWM) sophie.wing-king@bracknell-forest.gov.uk 07799 766570</p> <p>PLEASE ALSO REFER TO BOTH THE BRACKNELL FOREST MULTI AGENCY DOMESTIC ABUSE REFERRAL PATHWAY & THE DA CUECARD</p> <p>Last updated: July 2025</p>				