

Breaking free from domestic abuse

More than 100 incidents of domestic abuse are reported to police in Bracknell Forest every month. But there could be many more people in the Borough who don't realise they are experiencing domestic abuse, don't know where to go for help, or may feel they can't leave.

But anyone being abused can get support. Families, friends, neighbours or work colleagues should encourage people to seek help if they are in such a relationship.

There are a number of support agencies in Bracknell Forest, including Berkshire Women's Aid, which provides refuge accommodation and runs a support group called Choices for victims of domestic abuse. Berkshire Women's Aid can be contacted on 0118 950 4003.

There is also the Changing Ways programme for men who are worried about their abusive behaviour, and want help to stop. The programme can be contacted on 07818 054563. Abusive women can call the Respect phonenumber on 0845 122 8609.

Residents are urged to remember that their safety and their children's safety is most important. Anyone in a dangerous or abusive situation should try and remove themselves from the danger, which could include telling someone who can help.

For more information and support details please visit the domestic abuse web pages on the Bracknell Forest Council website:

<http://www.bracknell-forest.gov.uk/domesticabuse>