

## **Do Not Raise More Than A Glass This Christmas**

Over 100 incidents of domestic abuse are reported to police in Bracknell Forest every month and over the festive period this number is expected to increase. Christmas is often seen as a stressful time of year but for anyone living in an abusive relationship or family, this time of year can be particularly fearful. Whilst alcohol does not directly cause domestic abuse, there is a definite relationship between the two. Alcohol can trigger arguments between partners and since arguments can trigger further drinking, a cycle of violence and alcohol misuse frequently characterises intimate partner violence.

To speak with someone in confidence or for outreach support, call Berkshire Women's Aid on 0118 950 4003.

If you are worried about your abusive behaviour, you can choose to stop. Men can call the Changing Ways East Berkshire & Wokingham Perpetrator Programme on 07818 054563. Women can call the Respect Phonenumber on 0845 122 8609.

For support with any substance misuse, New Hope, based in Bracknell town centre, is able to offer a range of services under one roof, including: advice, drop in (every Thursday 4pm-7pm), relapse prevention, housing advice, counselling, dual diagnosis and a Family and Friends Group on the last Thursday of every month from 7-9pm to offer practical advice and support. Self referrals can be made by calling 01344 312 360 or attending New Hope which is open from 9am - 5pm Monday to Friday.

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>