

BRAVE EMBRACE

Building resilience and valuing emotions

 Thames Valley Contact booklet

I was helped by the BRAVE group to survive the nightmare I was going through, With the help and fantastic support from BRAVE I have become a strong woman who will say I will have a go at that, So I took my newfound confidence and offered to help BRAVE with collating all information they need to help others, I had lots of time on my hands and love organising. I have never used word but thought I’m going to give it a go, and over the months I found I have increased my computer confidence, my self-confidence, self-worth to name a few.

Before BRAVE I would have listened to the voice in my head that would have said -

(You can’t do that, don’t make yourself look a fool)

Now I say if I don’t try you will never know, and this is how the BRAVE booklet was born

 THANK YOU BRAVE

Jane R

 DISCLAIMER: All resources included in the booklet are not endorsed by BRAVE but are recommendations from group members.

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# Children and Young Adults

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| Organisation / Website  | locality  | Description  |
| Berkshire healthcare www.berkshirehealthcare.nhs.uk  | Local   | Mental wellbeing and physical healthcare  |
| Bullying help line www.nationalbullyinghelpline.co.uk   | National  | Help for children who are being bullied  |
| Coram children’s legal centre www.childrenslegalcentre.com   |  National  | Children who need legal help  |
| Child line www.childline.org.uk   | National  | For children with worries, concerns and require help  |
| Child protection procedures www.berks.proceduresonline.com   |  Berkshire  | Knowledge of child protection procedures  |
| Child help www.childhelp.org.uk   |  National  | Child abuse hotline  |
| Dash www.thedashcharity.org.uk   | National  | *Support for children & adults of DA*  |
| Disrespect nobody www.disrespectnobody.co.uk  | National  | Teaching children & young people about respecting people  |
| The hide out www.thehideout.org.uk   | National  | To help them understand domestic abuse and positive action prevent it  |

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| Garden clinic www.sexualhealth.berkshirehealthcare.nhs.uk   | Thames’s valley  | Open to all for sexual health  |
| Information and guidance children www.sloughfamilyservices.org.uk   | Local  | *Support/advice for all ages*  |
| *Kooth* www.kooth.com   | National  | *Online mental wellbeing community for 11- to 24-year-olds*  |
| Love Respect www.loverespect.co.uk  | National  | Relationship help & advice  |
| The Mix www.themix.org.uk   | National  | Free online advice for under 25s  |
| Nyas www.nyas.net   | National  | Help with legal issues for young people  |
| Nspcc www.nspcc.org.uk   | National  | For children who have worries, concerns and require help   |
| No 22 www.number22.org.uk   | Local  | *Counselling for children & adults*  |
| PICADA www.family-friends.org.ukpicada    | National  | positive affected intervention for children (by domestic abuse) 9 to 11  |

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| Popryus www.popryus-uk.org   | National  | Help stop young suicide’s  |
| Reduce the risk www.reducetherisk.org.uk   | National  | Reduce the risk to children & adults of domestic abuse  |
| Safeguarding children in Berkshire www.rva.org.uk   | Local  | Reading voluntary group for children’s needs  |
| Safe project www.safeproject.org.uk   | Local  | Help for children aged between 8 & 25  |
| Sarah’s Law www.sarahslaw.co.uk   |  National  | Child sex offender disclosure  |
| *Samaritan’s* www.samaritians.org   | National  | *Phone line support for children & adults*   |
| Sanctuary scheme www.safepartnership.org.uk  | Local  | Securing homes for domestic abuse victims  |
| Scope www.Scope.org.uk   | National  | Disabled charity organisation  |
| Sign help www.signhelp.org.uk   |  National  | Help for adults and young people with hearing disabilities  |
|  Children firstwww.childrenfirst.co.uk   | Local  | *Foster care and adoption services*  |
| Slough children’s centres www.sloughfamilyservices.org.uk  | Local  | Offers advice and information about a range of issues, practical help  |
| Stalking help line www.supportline.org.uk   | National  | Advice for those being stalked/harassed  |
| Stop it now www.stopitnow.org.uk   | National  | Dedicated to the prevention of child sexual abuse   |
| Talk www.talk.org   |  National  | Talking therapy for all manner of problems  |
| Talk off the record www.talkofftherecord.org   | National  | Confidential help off the record  |

# Books and ideas for children with emotional and mental health needs

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| Organisation  | Description  | Website  |
| *Book trust*    | *Books to encourage mental wellbeing in troubled times*  | www.booktrust.org.uk   |
| *Canyonvista*    | *Books to explain addiction to children*  | www.canyonvista.com   |
| Don’t let your emotions run your life  | *Dialectical behaviour therapy skills for helping you*  | www.readbrightly.com   |
| Jonny Mathew   | *Information/inspiration for those with troubled children*  | www.jonnymathew.com   |
| Happy self-journal   | *6 to 12year olds helps children with emotions*   | www.happyselfjournal.com   |
| *My journal*    | *Growth mindset from 4 years to teens*  | www.biglifejournal.com   |
| *Outward bound*   | *Parenting books for communicating with your at-risk teen*  | www.outwardbound.org   |
| *Mindful Healthy mind,*    | *healthy life for children of any age. Help for parents*  | *www.mindful.org*    |
| *Love bombing* *by Oliver James*    | *Reset your child’s emotional thermostat*  | www.amazon.com   |
| *Nurture store*   |  *Free printable journal pages for children*  | www.nurturestore.co.uk   |
| *9 best inspirational books for teens*   | *Help your child feel confident and empowered*  | www.verywellfamily.com   |

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### Family

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| Organisation / Website  | Locality  | Description  |
| Adult social care www.optal.org   | Local  | Support and help for vulnerable adults  |
| Advocacy after fatal domestic abuse www.aafda.org.uk   |  National  | Help for relatives of those murdered by domestic abuse  |
| Adolescent to parent violence & abuse www.areyouok.co.uk   | National  | Help for parents who are being abused by children  |
| Home office guidance www.gov.uk   | National  | Domestic abuse Act statutory guidance  |
| BabyBank www.babybank.org   |  Local  | Providing essentials to families in extreme need  |
| Create Hope www.createhope.co.uk Mail@createhope.co.uk   | National  | Play therapy and therapeutic support for families  |
| Dogs trust freedom programme www.dogstrustfreedomproject.org. co.uk   | National  | Help for victims with pets  |
| Family based solutions www.familybasedsolutions.org.uk  |  National  | Help for parents of abused children  |

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| Family friends www.family-friends.org.uk   | Local  | Early help for families facing difficulties  |
| Kaleidoscopic www.kaleidoscopic.uk   | Thames’s valley  | Organisation of survivors for survivors of domestic abuse and all abuse  |
| Centre for Domestic violence www.ncdv.org.uk   | National  | Free, fast injunction and effective support for domestic violence, Legal help  |
| Our family wizard app www.ourfamilywizard.com  | App based  | Shared parenting help  |
| Recharge www.rechargeandr.org.uk   | Maidenhead  | Creating a safe space of activities to rebuild adult confidence  |
| Relate www.relatemtb.co.uk   | Maidenhead  | Adult help with relationship problems  |
| Stay safe www.staysafe-east.org.uk   |  National  | Disabled victims of hate crime and domestic abuse  |
| Slough family services www.sloughfamilyservices.org.uk   | Local  | Help for families suffering domestic abuse  |
| Victim first hub www.victims-first.org.uk  | National  | Support for victims and witnesses of domestic abuse  |
| Victim support - *Support* www.victimssuport.org.uk   | National  | For victims of crime *and abuse*   |
| Caffcass www.cafcass.gov.uk   | National  | Help for families of divorced parents and the children  |

Specialist Faith

## Support for victims of abuse, forced marriage and particularly honour - based abuse Non-English speakers available

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| Muslim women’s aid helpline  | www.mwnhelpline.co.uk  | 0800 999 5786  |
| Karma Nirvana  | www.karmanirvanan.org.uk  | 0800 5999 247  |
| Kiran Project  | www.kiranss.org.uk  | 0208 5581 986  |
| UK Forced marriage unit  | www.gov.uk /forced marriage  | 0207 0080 151  |
|   |   |   |

Slough family services help with female genital mutilation, honour-based abuse, forced marriage

www.sloughfamilyservices.org.uk

Freedom programme urdu/Punjab 10-week course to help recognise early signs of domestic abuse Email matharup@sewakhousingservicesltd.org.uk

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# Women

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| Organisation  | locality  | Description  |
| Aylesbury women’s aid charity www.aylesburywomensaid.org.uk   | Local  | Aimed at domestic abuse  |
| BRAVE www.enablingtownslough.com /opportunities/brave/   |  Local East Berkshire  | Victims of historic or recent trauma  |
| Berkshire women’s aid charity www.berkshirewomensaid.org.uk   | Local  | Service aimed at domestic abuse  |
| Berkshire safeguarding adults’ policies and procedures www.berkshiresafeguardingad ults.co.uk   | Local  | Policies and procedures to safe- guard procedures  |
| Bright sky app  |  National  | App for collating evidence that needs to be hidden  |
| Building better relationships www.mtgroup.org.uk   | National  | All repeat offender’s probation Thames’s valley  |
| Clare’s Law www.clareslaw.co.uk    |  National  | Domestic violence disclosure scheme  |
| Chayn www.chayn.co  |  National  | Survivors of abuse across boarders  |
| Child maintenance option www.gov.uk/making-child-maintenance-arrangements  |  National  | Help with child maintenance agreements  |

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| Citizen’s advice www.maidenhead.org.uk   | Local  | Free advice on many subjects  |
| Community mental health www.berkshirehealthcare.nhs. uk/mentalhealth   | Local  | Support for severe and complex mental health difficulties  |
| Dabs www.dabs.uk.com   | National  | Help and advice and books for women of abused children  |
| *Dash charity* www.thedashcharity.org.uk   | *National*  | *Support to adults of DA*    |
| 24-hour domestic www.nationaldahelpline.org.uk   | National  | abuse line - DA helpline 24hrs  |
| Domestic violence assist www.dvassist.org.uk   |  National  | Victims of domestic abuse & violence  |
| Family based solutions www.familybasedsolutions.org.uk   |  National  | Help for women of abused children  |
| Freedom programme www.freedomprogramme.co.u k   | *National*  | *Domestic violence programme*   |

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| Financial abuse www.survivingeconomicabuse. org   | National  | Help with economic abuse, manipulating, coercing your finances  |
| Flag DV www.flag.org.uk   |  Local  | Free legal advice group for those affected by domestic abuse  |
|    |   |   |
| Health place www.healthplace.com abuse   | National   | Abuse community help, help signs, symptoms  |
| Hestia (Slough) charity Provide www.hestia.org   | Local  | Charity provide advice, services, and referrals for abuse  |
| High Wycombe women’s aid charity www.wycombewomensaid.org.uk   | Local  | Service aimed at domestic abuse  |
| Hourglass www.wearehourglass.org   | National  | End the harm, abuse, exploitation of older people in the UK  |
| Information advice and guidance Slough  www.sloughfamilyservices.org.uk  | Local  | Support for you and your family  |
| Mk act (Milton Keynes) www.mkat.com   | Local  | Service aimed at domestic abuse  |

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| Military help www.ssafa.org.uk   | National  | Help for women in the military services  |
| Centre for domestic violence www.ncdv.org   |  National  | Free, fast injunction & effective support for domestic violence legal help  |
| Napac www.napac.org.uk    |  National  | Supporting adults recovering from childhood abuse  |
| *Number 22* www.number22.org   | Local  | *Counselling for adults and children*   |
| NSPCC Adult helpline www.nspcc.org.uk   |  National  | Adults’ helpline  |
| Oxfordshire domestic abuse www.reducingtherisk.org.uk   | Local  | service charity Service aimed at domestic abuse  |
| Paladin www.paladinservices.co.uk   |  National  | Help & advice for victims of stalking  |
| Popryus - www.popryus-uk.org   | National  | Help stop young suicide’s  |
| Rape crisis www.rapecrisis.org.uk   | National  | Help if you have been raped or sexually assaulted  |
| Reduce the risk www.reducingtherisk.org.uk  | National  | Help for Adults & children from domestic abuse  |

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| Revenge porn www.revengepornhelpline.org.uk   | National  | Advice and help  |
| Rights of women www.rightsofwomen.org.uk   | National  |  Help for adult women  |
| 7 Cups www.7cups.com   | National  | Provides online therapy and free support for people experiencing emotional distress, depression ect  |
| Sexual assault referral centre - www.solacesarc.org.uk   | National  | Support & advice on rape and sexual assault  |
| The survivors trust www.thesurvivorstrust.org   |  National  | Specialist support for Men, Women, Children of abuse  |
| *Talking therapies* www.talkingtherapiesberkshir e.nhs.uk   | Local  | *121 or telephone counselling*   |
|  Thame’s Valley violence reduction www.tvvru.co.uk   | Local  | Preventing violence in Thame’s Valley  |
| Thames’s valley police www.thamesvalleypolice.uk   | Local  | Police advice and help  |
| Victims first hub www.victims-first.org.uk   | Local  | Adults, children, Lgbt victims of abuse (all kinds)  |
| West Berks domestic abuse www.reducingtherisk.org.uk   | Local  | service charity - Serviced aimed at domestic abuse  |
| Women’s Aid www.womensaid.org.uk   | National  | Aid for women in need of help with domestic abuse  |
| Windsor & Maidenhead community forum www.windsorandmaidenheadcommunityforum   | Local  | Forum for Windsor & Maidenhead community  |
| Windsor Christian aid www.windsorchristianaction.o rg   |  Local  | Vulnerable people in Windsor  |

# Lesbian & Gay

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| Organisation / Website  | Description  | Locality  |
| Galop www.galop.org.uk  | Lesbian & Gay help line  | National  |
| Dabs www.dabs.uk.com  | Help and suggested books for both parents of abused children   | National  |
| Family based solutions www.familybasedsolutions.org.uk  | Support for families of abused children  | National  |
|  LGBT & mental health www.mind.org.uk  | Help with mental health  | National  |
| Mind out www.mindout.org.uk  | Help online – email and phone only  | Brighton  |
| Napac www.napac.org.uk   | Supporting adults recovering from childhood abuse  | National  |
| 7 cups www.7cups  | Free, confidential support to people experiencing emotional distress  | National  |
| Stay brave www.staybrave.org.uk  | Help for Domestic abuse/sexual assault  | National  |
| Stone wall housing www.stonewallhousing.org  | Safe spaces for LGBT  | National  |
| Swish help www.swishproject.org.uk  | Confidential advice & support for sex workers or adult industries  | National  |
| Switch board charity - www.switchboard.lgbt  | LGBT Helpline  | National  |
| Solace www.solace.org.uk  | Help for Children, Women, Men, LGBT who have been a victim of sexual abuse  | Local  |
| Talking therapies www.talkingthreapiesberkshire.nhs.uk  | Telephone & 121 counselling  | Local  |
| Respect www.mensadvivelone.org.uk  | Support for gay and straight men who suffer domestic abuse  | National  |

# Men

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| Organisation / Website  | Description  | Locality  |
| BRAVE www.enablingtownslough.com  | 121 help for men of recent and historic abuse  | Local  |
| Calm  www.thecalmzone.net  | Male suicide prevention  | National  |
| Dabs www.dabs.uk.com  | Help and books for parents of abused children  | National  |
| DV assist www.dvassist.org.uk  | Victims of domestic abuse  | National  |
| Freedom programme www.freedomprograme.co.uk  | 2-day intensive whether abusive & wanting to change attitude or a victim of DA  | Local  |
| Flag DV www.flag.org.uk  |  Free legal advice group for those affected by domestic abuse  | Thames’s valley  |
| Help guide www.helpguide.org  | Help for men who are being abused  | National  |
|  Mankind initiative - www.mankind.org.uk  | Help men escape domestic abuse  | National @ Regional  |
| Maidenhead citizens advice www.maidenhead.org.uk  | Free nonjudgmental advice on all problems  | National  |
| Male survivors’ alliance - www.safeline.org.uk  | Help line for men and boy’s  | National  |
| Men’s advice line - www.mensadviceline.org.uk  | Help for men suffering DA  | National  |
| Napac www.napac.org.uk  | Supporting adults recovering from childhood abuse  | National  |

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| Paladin www.paladinservices.co.uk  | Help & advice for victims of stalking  | National  |
| Papyrus - www.papyrus-uk.org  | Preventing young suicides  | National  |
| Reducing the risk www.reducingtherisk.org.uk  | Reducing the risk of domestic abuse  | National  |
| Revenge porn www.revengepornhelpline.org.uk  | Help getting personal pictures taken down from the web  | National  |
| 7 cups www.7cups.com  | Support to people experiencing emotional distress  | National  |
| Stay Brave www.staybrave.org.uk  | Domestic abuse/Sexual assault help for men  | National  |
| Solacearc www.solacearc.org.uk  | Victims of abuse  | National  |
| Soldier, Sailor & Airmen’s families association - www.ssafa.org.uk  | Help for persons in the forces  | National  |
| Survivors uk www.survivorsuk.org  | Support for suffers of sexual abuse, rape 13 to 18 +  | National  |
| The survivors trust www.thesurvivorstrust.org  | Help to anyone who wants to talk about what happened  | National  |
|   |   |   |
| Talking therapies www.talkingtherapies.berkshire.nhs.uk  | Telephone & 121 counselling  | Thames’s valley  |
| TVVRU www.tvvru.co.uk  | Thame’s Valley violence reduction unit  | Thames’s valley  |
| Respect www.mensadviceline.org.uk  | Support for men in heterosexual and gay  | National  |
|  | relationships who are being abused  |  |

# Legal

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| Organisation / Website  | Description  | Locality  | Number  |
| *Citizen’s advice bureau*  www.citizensadvice.org.uk   | *Free Initial advice about divorce and other areas of help*  | National  |   |
| Direct access barrister www.barcouncil.org.uk   | Find a barrister  | National  | 020 7242 0082  |
| Financial dissociation www.equifax.co.uk   | Advice and help to remove financial links with your ex  | National  |   |
| Flagdv www.flagdv.org.uk hello@flagdv.org.uk   | Free legal advice group for domestic abuse victims  | National  | 0808 2000 247  |
| Legal.com www.legal.com   | Information and resources to better understand legal problems, including legal forms   | National  |   |
| Law society www.lawsociety.org.uk   | Independent professional body for solicitors  | National  | 0207 7242 1222  |
| Rights of women www.rightsofwomen.org.uk   | Legal advice by women for women  | National  | 0207 251 6577  |
| Domestic abuse and violence emergency legal protection www.ncd.org.uk  | Fast, free emergency injunction service  | National App  | 0800 970 2070  |

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## Housing & Finances

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| Organisation / Website  | Description  | Locality  | Number  |
| Crisis www.crisis.org.uk  |  Help and support for homeless people through free advice  | National  | 08000 384838  |
| Shelter  www.shelter.org.uk  | *Helping with* housing/rent/tenancy/eviction *and* homelessness  | National  |   |
| Step change Charity www.stepchange.org  | Help with debt management, mortgage arrears, bankruptcy Free debt test  | National  | 0800 138 1111  |
| Entitled to www.entitledto.co.uk  | Advice on what you are entitled to from all benefits  | National  |   |
| Turn 2 us www.turn2us.org.uk  | Benefits calculator help  | National  |   |
| Gingerbread www.gingerbread.org.uk  | Money in an emergency  | National   | 0207 428 5400  |
|   |   |   |   |

# How to keep safe

Seek help and advice from domestic abuse groups & websites provided

Keep a diary/log of incidents only if safe to do so, consider the Bright sky app www.brightskyapp to keep safe what is happening

Have a fully charged phone ready if needed to call for help (in car, shoe, boot, a safe place)

Have a code- word/signal for friends, family & children that recognise when you need them to call the police on your behalf when it is not safe for you to do so

Ask your neighbours to call the police if they hear noise that is violent or disturbing

Call Police 999 or 112 and tell them you are in danger, where you are and what is happening

If you call the police and are unable to talk dial 999 then press 555 and cough and the police know by this that you are in danger

# Police advice If you are staying in the relationship

Plan & practise an escape route out of the address in an emergency

Identify a safe room/space at home with a lockable door, away from potential weapons and with a phone connection or leave a charged mobile there hidden

Have a safe address (family, friend) you can escape to if needed

Consider how agencies can contact you safely, work or a friend’s phone

Have a list of contacts in a safe place if your phone is lost or damaged

Take precaution to minimise the harm being caused to you, know the signs of risk and seek help to be safe

# Police advice If you are planning to leave an abuser

Recognise that planning to leave or leaving can increase the risks you face from the abuser so plan carefully and be cunning. Avoid making any unusual changes to routine which may alert them to your plans before you leave

Be careful who you trust with any plans you are making to leave. Devise a plan with a trusted friend or a professional from a support organisation so you can leave safely

Avoid using a satnav when traveling to a prospective destination (home) Wipe the history if you do

Consider if a civil order can protect you from harm. Seek advice from DV assist www.dvassist.org or NCDV www.ncdv.org.uk legal assistance websites

Make an extra set of keys for home and car and store in a safe place or leave with a trusted person

Make a bag of spare Clothes, Telephone numbers, Keys, Money, and keep it safe or with a trusted friend if you must make a quick exit

Have the following things available or make a copy to keep a copy with a trusted friend, in case you need to leave quickly

* Important papers Birth certificates, social security cards, driving licence, divorce papers, lease or mortgage papers, passports, insurance information, school & medical records, welfare and immigration documents, court documents, civil injunctions
* Credit cards, bank account numbers, online passwords, especially for banking and social media
* Take identification to help agencies, such as a photo of the abuser and their car details and anything that will help to protect you
* Medications & prescriptions, including those for children
* Clothing and comfort items for you and Children…. Toys, blanket, books
* Phone numbers and addresses for family, friends, doctors, Lawyers, agencies of help ü Valuable items such as jewellery and sentimental items such as photographs
* Talk to your children about the possibility of leaving and try to take all the children when you go, whatever long term arrangement’s you might make

Police Advice

# If you have separated and live apart

Consider a court order to reduce the scope for further abuse or establish formal childcare arrangements. Seek advice from a solicitor or organisation such as women’s aid www.womensaid.org.uk and domestic violence assist www.dvaassist.org.uk

Do not answer the door to the abuser if you do not want to speak to them despite what they may say

Review security settings and call information on your phone. Consider using a separate dedicated phone if you need to contact the abuser to help manage contact

Always keep a copy of any txts, emails, messages & videos they may be needed for proof later

Change all online, banking, passwords, and check all privacy settings, that the abuser may have or know

Take your satnav with you and wipe the history of any device that you are leaving behind

Change the locks and install a security system, smoke alarms and outside lighting system at your new address

Notify neighbours, employers & schools about any injunction or court order you have obtained and ask them to call the police immediately if they see the abuser

Make sure the schools and those who care for your children know who has the authority to collect them

Be vigilant before, during and after contact visits with children to ensure that the abuser cannot follow or locate you if they do not know where you live now

Consider changing children’s schools, work patterns (hours & route taken) or route to school

Avoid places that you frequented when you lived with the abuser such as banks or shops if you do not want them to know where you live