

against domestic abuse  
**bwda**

SUPPORT ● ADVOCACY ● REFUGE



# BERKSHIRE WOMEN'S AID (BWA)

## LIST OF SERVICES

Service	Bracknell	Reading	Wokingham	West Berkshire
24/7 Domestic Abuse Helpline	●	●	●	●
Refuge Accommodation	●	●	●	●
Outreach / IDVA Service	●	●		●
Choices Group Programme	●	●		
Aim For Change (perpetrator programme)		●		
Children and Young People's Programme		●		

For access to any of BWA's services, individuals can self-refer for support via the BWA Helpline or can be referred by a professional such as a social worker, police officer, housing officer or GP. Referral forms are available on the BWA website.

**Helpline telephone: 0808 801 0882**

**Helpline email: [helpdesk@bwaid.org.uk](mailto:helpdesk@bwaid.org.uk)**

**Website: [www.berkshirewomensaid.org.uk](http://www.berkshirewomensaid.org.uk)**

## 24/7 HELPLINE

The BWA Helpline offers information, signposting and support to a wide range of callers including professionals, those experiencing domestic abuse, or calling on behalf of a friend or family member.

It is the single point of entry for BWA services and operates 24 hours per day, seven days a week. Experienced call handlers support callers from out of the area, as well as those from areas in which BWA are commissioned to provide support.

Information can also be provided about other local and national services. An out of hours service is provided by Forestcare with out of hours backup provided by the BWA senior management team.

**Helpline can be accessed by  
calling 0808 801 0882 or emailing  
[helpdesk@bwaid.org.uk](mailto:helpdesk@bwaid.org.uk).**



# REFUGE

BWA have four refuges across Reading, Wokingham and Bracknell which are able to accommodate up to 32 women and 63 children. We also provide specialist provision for women from an Asian background.

BWA refuges provide a safe, confidential home where you will feel safe and have time and space to make informed choices and decisions about your future.

Staff will work directly with survivors via a keyworking programme to provide emotional and practical support. They can assist you with safety planning, managing finances, housing, legal support, accessing work, education or training, or health needs. They can also support with children's needs, including education and their health and wellbeing.

Once the survivor has discussed all her options the aim is that she feels empowered to make informed choices regarding her family's future. Keeping the support plan under regular review ensures it is survivor focused, updated and amended as needs change. Embedded within the process is clear risk assessment framework to assist staff and survivors manage risk.

## REFERRAL CRITERIA:

**Women at current risk  
of domestic abuse**

**Residing anywhere in the  
UK**

***Please note, for refuge accommodation an in depth assessment is completed with the survivor to individually assess safety and suitability of refuge accommodation.***

# OUTREACH/IDVA SUPPORT SERVICES

BWA's Outreach/IDVA service offers support to survivors of all genders who are experiencing domestic abuse and live in the community. The support consists of risk assessment, safety planning, emotional support and advocacy. BWA can provide those experiencing abuse information about legal and civil remedies, housing, finances and benefits, signposting or making referrals for specialist support where required.

BWA can also provide support at court, attend child protection proceedings and other meetings as required by the survivor. BWA regularly attend MARAC, MATAAC and MAPPA meetings.



## REFERRAL CRITERIA:

**Currently residing in  
Reading, Bracknell or  
West Berkshire**

**Aged 16 or over**

**Experiencing current domestic  
abuse**

**Consents to the referral**

# CHOICES GROUP WORK PROGRAMME

'Choices' is a group programme for women affected by domestic abuse. It is an integral part of our service, and is open to all survivors, regardless of their circumstances and level of risk. Developed by BWA, 'Choices' is delivered by experienced BWA domestic abuse workers and provides a supportive, safe and non-judgemental environment for those who have experienced abuse to be able to explore their experiences and build their resilience.

## REFERRAL CRITERIA:

**Women currently residing in Reading or Bracknell**

**Aged 16 or over**

**Has experienced current or previous domestic abuse**

**Consents to the referral**



# AIM FOR CHANGE

This is a 26 week programme for people who are perpetrating domestic abuse (the participant) and provides safety planning and support to the person at risk (survivor), and to any children over the age of five via our children and young people's services. The programme aims to increase the participant's awareness and understanding of domestic abuse and to reduce abusive behaviours.

The programme is divided into two stages and is designed to work with individuals who may not feel they behave abusively. Phase one explores a participant's readiness to change and raises awareness of abuse. If the participant acknowledges their behaviour, they can move to phase two to work towards making changes.

Aim for Change is open to those aged 18 and over living in the Reading area. Participants must have no current criminal investigations or outstanding court hearings and consent to the referral.



## REFERRAL CRITERIA:

**Survivor and participant live in the Reading area**

**Both survivor and participant consent to the referral**

*(Referral criteria continues on the next page.)*

## “AIM FOR CHANGE” REFERRAL CRITERIA *(continued)*:

Participants are seeking help in relation to domestic abuse: Domestic abuse is defined as any single incident, course of conduct or pattern of abusive behaviour between individuals aged 16 or over who are personally connected to each other as a result of being, or having been, intimate partners or family members, regardless of sex or sexuality

Participants do not have any active police investigations and are not awaiting a court hearing related to domestic abuse

Participants are motivated to take part

Participants must not pose a high risk of harm to others.

Participants are able to engage with the programme: BWA aims to support everyone to engage with their programme but in some cases, participants with additional support needs around mental health, alcohol or substance use may need to access support for this first



# CHILDREN AND YOUNG PEOPLE'S WORK

We offer support to children and young people through one to one and group work. Our programmes work with children aged 5-17 who are living in Reading or in one of BWA's refuges. Parental consent must be obtained for the referral.

## EXPECT RESPECT

BWA are advocates of the Women's Aid Expect Respect programme. Using this programme, we run sessions on healthy relationships with children and young people aged five and over. We work with children and young people who have experienced domestic abuse, with age appropriate activities that are designed to be fun and engaging. Our team of specialist workers support children and young people to resolve conflicts, safety plan and enhance their self-esteem tackling issues of domestic abuse in a safe and contained way.

## DOMESTIC ABUSE RECOVERY TOGETHER (DART)

Developed by the NSPCC, the DART programme works with children aged 7-14 and their parent to provide them with a safe space and the skills to speak to each other about domestic abuse, learn to communicate and rebuild their relationship.

### REFERRAL CRITERIA:

**Children and  
young people aged  
5-17**

**Living in Reading or in one of  
BWA's refuges**

**Parents/care givers  
consent to the referral**





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[@bwa\\_rdg](https://twitter.com/bwa_rdg)

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