



We are **ADAS**.

We help **all people,**
with or without
children, regardless
of age, gender, sexual
orientation, disability,
ethnicity and religion.

Our services are **free of**
charge and confidential.

We can help you **whether**
or not you are currently
in a relationship with
your abuser.

Contact us

Call our helpline **0800 731 0055** or
email **DAS@a2dominion.co.uk**.

Our helpline is open **10am to 7pm**
Monday to Friday.

In an emergency:

Call **999** or 24-hour national helpline
0808 200 0247

We offer translation services if English is not
your first language.



In partnership with



Maybe they don't hit you, but...

their words hurt just as much they threaten to kill themselves if you break up with them if they did, they'd make you feel like it's your fault they use children and threaten to take them away from you they prevent you from making your own decisions they say you can't do anything right they are constantly putting you down they threaten to harm the people you love they look at you or act in ways that scare you they damage or destroy your property they pressure you to have sex or do things you don't want to they constantly check up on you or need to know where you are they don't allow you on social media they restrict your contact with other people they emotionally blackmail you the bad times outweigh the good they make you feel worthless you're afraid to be in your own home you don't think anyone will believe what you say

there is a way out

About ADAS

We offer emotional and practical support to people experiencing or fleeing domestic abuse in West Berkshire.

Our services

Phone and email helpline



Face-to-face support in a safe place



Safety planning



Places of safety for men, women and children

Support for children in refuges



Helping you recognise abuse



Support groups



Anchor program for people with complex needs

- Increasing access to services for people and their children
- Support workers for people in places of safety
- Outreach services
- Independent domestic violence advisors
- Domestic abuse training for external agencies and professionals
- Research, volunteering and apprenticeship opportunities.

You are not alone

Over **2 million people** in the UK aged 16 to 59 said they were **victims of domestic abuse** in 2015/16.

1 in 12 women and **1 in 25 men** in the UK said they **were victims of domestic abuse** in the same period.

1 in 4 women will be a victim of domestic abuse during their lifetime.

1 in 3 lesbian, gay or bisexual people and **1 in 2 trans** people **experience domestic abuse** during their lifetime.

On average, **high-risk victims live with domestic abuse for 2.3 years** before seeking support.

20% of all children in the UK been **exposed to domestic abuse**.

62% of children in families affected by domestic abuse **are directly harmed** by the abuser.

36 people each month are killed in a domestic abuse incident.

These figures are based on research quoted by various domestic abuse services across the UK. The actual values may be much higher as domestic abuse is severely under-reported.

Our promise

To provide a confidential service for you to explore your options, rediscover freedom-of-choice and self esteem.

Our service is person-centred, promotes independence and provides independent advice.

Our aims

- To provide a high-quality, confidential service to support people, with or without children, fleeing or at risk of domestic violence
- To help people develop the skills needed to live independently, and to manage their tenancy in order to secure their own permanent accommodation
- To help people access the right services for them and their children
- To be person-centred in our approach
- To empower adults and children and give them the opportunity to learn and develop to increased quality-of-life, and options for future employment
- To recognise everyone has individual needs
- To increase the self-esteem and self-image of adults and children fleeing domestic violence
- To work with other services to ensure each person's needs are met.

Our service is delivered in partnership with West Berkshire Council and affiliated with National Women's Aid.