

Happy Even After – Further information and FAQs

Thank you for listening to the podcast, Happy Even After, by Human Story Theatre. More information about domestic abuse and support services available is included here.

Services information

In an emergency, contact 999

Victims First

Supporting those affected by crime, offering information and guidance to help people cope and recover.

Website: victims-first.org.uk

Phone: 0300 1234148

Oxfordshire Domestic Abuse Service (ODAS)

Home of Oxfordshire's Domestic Abuse Helpline and providing practical advice, guidance and emotional support for those experiencing domestic abuse in Oxfordshire or West Berkshire.

Website: a2dominion.co.uk/about-us/domestic-abuse-support-services

Freephone: 0800 7310055

Reducing the Risk

Charity providing information, guidance, signposting and advice for both those affected by domestic abuse and professionals.

Website: www.reducingtherisk.org.uk

Email: contact@reducingtherisk.org.uk

Message line: 01865 965055

Respect - Men's advice line

Domestic abuse support line for men offering non-judgemental emotional support, practical advice and information.

Website: mensadvice.org.uk

Freephone: 0808 8010327

Email: info@mensadvice.org.uk

Galop

LGBTQ+ anti-violence charity offering advice, support and advocacy.

Website: galop.org.uk/domesticabuse

Freephone: 0800 999 5428

Email: help@galop.org.uk

Oxfordshire Sexual Abuse and Rape Crisis Centre (OSARCC)

Charity offering emotional support, counselling service and information for women and girls who have experienced sexual violence, including sexual abuse and rape.

Website: osarcc.org.uk

Freephone: 0800 7836294

Email: support@osarcc.org.uk

Frequent concerns and questions

What is domestic abuse?

The use of power and control to cause fear, humiliation or intimidation sometimes leading to physical violence, between intimate partners including ex-partners, or family members.

I'm scared and don't know what to do

If you feel in immediate danger, you can call 999. There are services available to signpost and support you. We recommend you seek help and guidance before leaving a relationship, as this can cause more risk.

Who can help me?

The domestic abuse services listed are inclusive to everyone – this includes men.

Within your organisation or community, you can find Domestic Abuse champions, who belong to a network of frontline practitioners and you can find out more on the Reducing the Risk website.

What will happen if I leave?

There are a number of services available to support you with housing, finances, safety and children. There is the option for refuge, via ODAS.

Local housing organisations have a duty of care to their residents and work closely with DA services to ensure safety as a priority.

Does domestic abuse affect men?

Yes! Domestic abuse affects 1 in 6 heterosexual men and 1 in 4 gay men. Respect run a Men's Freephone advice line – details under services.

How do I join the DA Champion network?

Add your email to the mailing list sheet or check out the Reducing the Risk website.

Where can I find out more?

Information on our local strategy and pathways can be found at Oxfordshire.gov.uk/residents/fire-and-public-safety/domestic-abuse. Oxfordshire offers free domestic abuse training to anybody living or working in Oxfordshire. You can book training via the Oxfordshire Safeguarding Children's Board website.

