



RECLAIM
FREEDOM from abuse

FREEDOM FROM ABUSE



RECLAIM

Respect, Dignity, Choice and Freedom

Reclaim is an organisation that offers counselling to anyone over 18 in North Somerset who has been affected by, or have experienced domestic abuse, but are no longer with the abuser/perpetrator. We provide this support to enable clients to explore their experience helping them move forwards to reclaim their lives.

What we can offer?

Counselling - We offer a free confidential service with trained experienced counsellors. We work in a variety of venues both in Weston-super-Mare and various locations throughout North Somerset.

Advice – we can direct you to the right agency for help and support.

**If you would like someone to talk to you in confidence, call: 07919 440233
or email: info reclaim@vansmail.org.uk**

DID YOU KNOW?

- During the year ended March 2018, an estimated 1.9 million adults aged 16 – 59, 1.3 million women and 695,000 men experienced domestic abuse. (Crime survey for England and Wales).
- Domestic stalking was experienced by 1.8% of women and 0.7% of men in the last year. (Crime survey for England and Wales).
- Around 1 in 5 children have been exposed to Domestic Abuse (NSPCC).
- Section 76 of the Serious Crime Act 2015 created a new offence of controlling or coercive behaviour in an intimate or family relationship.

WHY DO PEOPLE STAY IN ABUSIVE RELATIONSHIPS?

- Because very often they think they have no other choice.
- They may have been threatened with further abuse or injury if they seek help or try to leave.
 - They may fear rejection by their family and friends or may fear losing their children.
 - They may still love their abuser and just want the abuse to stop.
 - They may not know what their rights are.

ABOUT US

Originally known as the Women’s Project, we were set up in 1993 and since 1997 we have worked to help people affected by domestic abuse in North Somerset. In 2014 we changed our name to Reclaim and altered our constitution to enable us to provide services to all adults within North Somerset.

Reclaim has further evolved, and in 2018 we began working in partnership with Voluntary Action North Somerset. VANS has been in existence for over 30 years, part of their principal values are to recognise the benefit of working closely with other agencies. This is a means of improving value and efficiency of essential services to local communities. By coming under their governance Reclaim is provided with stability and longevity as we continue to develop and thrive.

OTHER SUPPORT SERVICES:

Next Link domestic abuse telephone help lines (Mon-Fri 10am - 4pm)	0800 4700 280
National Domestic Violence freephone helpline - 24/7	0808 2000 247
Mankind Initiative helpline (Mon-Fri 10am - 4pm)	01823 334 244
Men’s advice line (Mon-Fri 9am - 8pm)	0808 801 0327
To report an incident	101
If you are in immediate harm	999



Telephone: 07919 440233
Email: infoclaim@vansmail.org.uk
www.vansweb.org.uk