

## Equal Opportunities

Bradford Cyrenians is committed to delivering its services to diverse communities. We will strive to challenge all forms of discrimination and aim to deliver an inclusive service to all vulnerable communities.



**BRADFORD  
CYRENIANS**  
*Building stronger communities*

## Contact Details

If you, or a man that you know is suffering from domestic abuse, you can contact us:

**Tel: 0300 3030167**

*Calls from UK landlines are free. Mobile and other providers' charges may vary.*

*Our office base has a confidential address to promote safety for our staff and service users*



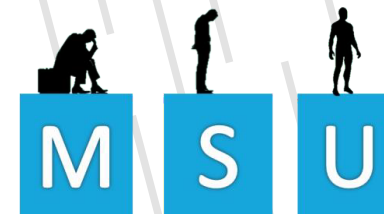
## Checklist

- Do you ever feel controlled by your partner or family?
- Are you unable to see certain friends or family members?
- Does your partner/family member constantly text you or check up on you?
- Are you ever frightened about how your partner/family member will react to you?
- Does your partner/family member make unreasonable demands on you?
- Does your partner/family member put you down or belittle you?
- Do you feel pressured or smothered in your relationship?
- Does your partner/family member pester you for money, control your money, withhold your money or credit cards?
- Are you criticised because of the things you say or do?
- Do you get the blame if your partner or family member gets angry?
- Are you ever punched, slapped, kicked or physically abused in any other way by a partner or family member?
- Do you feel that you don't have a say in your relationships with other people?

If you tick yes to any of the above then get in touch.

**MSU are here to help.**

## HOUSING & SUPPORT TO MEN WHO ARE VICTIMS AND SURVIVORS OF DOMESTIC ABUSE



## Men Standing Up

Freephone Helpline Tel:  
**0300 3030167**

*Calls from UK landlines are free.  
Mobile and other providers' charges may vary*

Office Tel:  
**01274 214631**

Or email  
**menstandingup@bradfordcyrenians.org.uk**

**www.bradfordcyrenians.org.uk**

## The Government's definition of domestic abuse is:



Any incident of threatening behaviour, violence or abuse. The abuse can encompass, but is not limited to:

- Emotional
- Physical
- Sexual
- Financial
- Verbal

It happens between adults who are, or have been, intimate partners or are family members, regardless of gender or sexuality.

## Who can be affected?

Anybody can be affected by domestic abuse, and anyone can be an abuser.

If you are a man aged 16 or over that has experienced domestic abuse currently, or in the past, you don't have to suffer in silence.

Bradford Cyrenians MSU service is here to help you.



## How can we help you?



### THROUGH OUR HELPLINE

We offer a confidential, free-to-use telephone helpline service. We can offer you emotional support and provide information and signpost you to other specialist services. Our staff are professionals who have experience of working with men who have suffered domestic abuse.

### EMOTIONAL SUPPORT

- Can offer support to increase your confidence and help you make changes to your life.
- Help you to realise that you are not to blame for your situation.
- Offer you confidential face to face support at our offices or at a safe place convenient to you.

### INFORMATION AND GUIDANCE

- How to report incidents to the police and who to approach for legal help
- Local services and support groups
- Support to help you to stay safe



## How can we help you?

### THROUGH OUR SUPPORTED ACCOMMODATION AND FLOATING SUPPORT

**CRASH PADS & SANCTUARY HOUSE**  
We have units of emergency accommodation for men in a crisis situation, needing immediate support.

**SUPPORTED ACCOMMODATION**  
We also manage term supported accommodation. Support will be provided by an experienced dedicated supported housing officer.

**FLOATING SUPPORT**  
We can offer you a floating support service to enable you to live safely in the community.

We can support you with issues around:

- Forced marriage
- Honour based violence
- Human trafficking
- Support around sourcing legal help and assisting you in court

