



Office Opening Times

Monday to Thursday 9am – 3pm

Fridays Closed

How to Refer

If you would like to access this service or refer a friend/client, please visit our website.

Mission Statement

We have everything we need within ourselves to make the changes required to improve our lives, talking therapies enable us to discover this.

Who We Are?

About Us

Survivors supporting survivors to deal with the effects of abuse

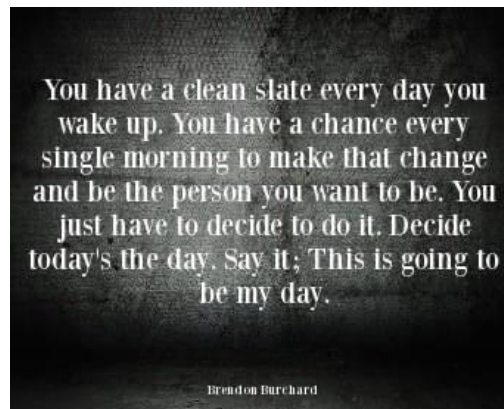
Contact Us

Phone: 01869 232461

Email: office@cleanslate.org.uk

Web: www.cleanslate.org.uk

Clean Slate,
The Chapel, Building 572
Brice Road, Upper Heyford, Oxon,
OX25 5TE



If you would like to donate you can donate through our website

All donations greatly received!



A Helping Hand To
Move On

**LISTENING AND
SUPPORT SERVICE
FOR MALE AND
FEMALE VICTIMS OF
PHYSICAL, SEXUAL,
EMOTIONAL AND
MENTAL ABUSE**

Registered charity: 1197726

ABOUT US

We provide a service that empowers, builds self-esteem, and develops the talking and coping skills of victims of abuse.

We have been providing this service for 12 years in Oxfordshire. The service has developed over the years as it has become more apparent that it is the individual's mental health that is worst effected as a result of abuse.

We support male and female victims of physical, sexual, mental, emotional, and financial abuse regardless of age, race, culture, sexuality. Our aim is to improve mental health and build healthy pathways for the future, for clients and their families.

Why do I need support or counselling?

Sometimes it is difficult to talk about trauma, the feelings and emotions associated with it, this is often because we are worried about being judged or burdening our family or friends or maybe they are involved in your history. Many people feel ashamed, guilty, sadness, anger, fear, and helplessness after their experience.

Talking can help you to get a better understanding of these feelings and emotions towards the events in your life, as well as how you might change things that are no longer working for you.

What we offer?

Counselling

Individuals, confidential support for men & women 16 and over who have been victims of abuse.

- Clients can self-refer or can be referred by agencies.
- Support is currently online; however, we can offer face to face sessions if necessary.
- Short-term & Long-term support offered.
- Evening and weekend appointments are available on request but is subject to availability.

Please note that we currently have 3 months waiting list for counselling.

Emotional Support Sessions

Sometimes it is good to be able to talk to someone to get some perspective and gain some emotional stability.

Each session is 30 minutes duration and is facilitated by experienced listeners. We offer a safe space where we provide information, signposting, advice, and emotional support.

Courses & Groups

Women's Support Group
Self-Love Journey
Wednesday's 10am -12noon

Freedom Programme - Online
Monday's 7pm - 9pm

Healing the Inner Child – Online
Healing the Inner Child – In person
Dealing with the Narcissist - Online

For more information on courses or workshops or to book a place please visit our website or call us on 01869 232461

Resources

Useful links to different services and support available, self-help guides, helplines, and assistance.

Cost

We offer affordable counselling and support to people who are otherwise unable to afford it. We cover part of the costs from charitable fundraising and donors. It costs us £40 to deliver a session and we ask for donations towards this cost to enable us to continue delivering the service.

No one will ever be turned away for lack of funds.