



# GWASB

Bwrdd Diogelu Oedolion Gwent Gyfan  
Gwent-wide Adult Safeguarding Board

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## ***VAWDASV Services - Gwent*** ***DIRECTORY***



*Produced by:*



# **VAWDASV**

Violence Against Women, Domestic Abuse and Sexual Violence  
Trais Yn Erbyn Menywod, Cham-drin Domestig a Thrais Rhywiol

# Contents

<a href="#"><u>Introduction and how to use this guide</u></a>	Page 2
<u>Local services</u>	
<a href="#"><u>Blaenau Gwent County Borough Council</u></a>	Page 3
<a href="#"><u>Caerphilly County Borough Council</u></a>	Page 4
<a href="#"><u>Monmouthshire County Borough Council</u></a>	Page 5
<a href="#"><u>Newport City Council</u></a>	Page 6
<a href="#"><u>Torfaen County Borough Council</u></a>	Page 7
<a href="#"><u>Regional services</u></a>	Page 8
<a href="#"><u>National Services</u></a>	Page 9

## How to use this Guide

This guide is intended as an aide meiore for staff working in the health and social care sector. This includes social services staff, provider agencies, health board staff, police, probation and other staff who come into contact with people and may be faced with disclosures of abuse.

The directory contains details of services in each local authority area including how to contact social services departments. It then lists regional and national services.

Within the National Services section, you will find a range of support services that are often accompanied with domestic abuse. i.e drugs and alcohol or mental health.

For confidential support and information on domestic abuse, sexual violence and violence against women in Wales. *(For victims and their families and professionals seeking to support)*

### **Live Fear Free Helpline**

**0808 80 10 800**

[info@livefearfreehelpline.wales](mailto:info@livefearfreehelpline.wales)

[www.Livefearfree.gov.wales](http://www.Livefearfree.gov.wales)



**Live Fear  
Free Helpline**

Providing confidential support  
and information on domestic  
abuse, sexual violence and  
violence against women in Wales

**Llinell Gymorth  
Byw Heb Ofn**

Darparu gwybodaeth a chefnogaeth  
cyfrinachol ynghylch trais domestig,  
trais rhywiol a thrais yn erbyn merched  
yng Nghymru

**0808 80 10 800**

## Blaenau Gwent County Borough Council

<u>Service</u>	<u>Description</u>	<u>For who?</u>	<u>Contact Details</u>
<b>Social Services</b>	Children Services involve a wide range of provisions and legislative requirements which are designated both to promote the welfare of all children in need and their families and to protect children from harm.	Children and young people under 18 and their families.  Young people 16-25 years who the Council has looked after.	Anvil Court Church Street Abertillery NP13 1DB  (01495) 354680  DutyTeam@blaenau-gwent.gcsx.gov.uk
	Adult Services provide a very wide range of help for broad groupings of people with many support and care needs.	Adults and Older People with physical disabilities, learning disabilities, mental health or drug or alcohol related problems.  Carers, that is family and friends who look after others	info@blaenau-gwent.gov.uk  SEW Emergency Out of Hours Social Services; 0800 328 4432
<b>Blaenau Gwent Domestic Abuse Service</b>	Gwent Domestic Abuse Services (GDAS) is a registered charity established in 2002 to provide free and confidential information and support service to those affected by domestic abuse within the borough of Blaenau Gwent.	Women Men Youth Support	Phoenix House, Surgery Rd, Blaina, Blaenau Gwent NP13 3AY  01495 291202  <a href="mailto:info@gwentdas.co.uk">info@gwentdas.co.uk</a>
<b>Hafan Cymru</b>	<b>Amber House</b> - offers support and accommodation to woman and families who have experienced Violence, Domestic Abuse or Sexual Violence.- including coercive control, physical abuse, honour-based violence and sexual violence.	Women and Families	Contact  01495 711807
	<b>Floating Support</b> Offering support to both men and women who are experiencing or have experienced Domestic Violence	Women Men	Housing and Advice centre 20 Church Street Ebbw Vale NP23 6BG 01495 304154
<b>Independent Domestic Abuse Advocate details:</b>	Name: Yvette Horner Telephone Number: 01495 291202 Email address: <a href="mailto:Yvette@gwentdas.co.uk">Yvette@gwentdas.co.uk</a>		

## Caerphilly County Borough Council

<u>Service</u>	<u>Description</u>	<u>For who?</u>	<u>Contact Details</u>
<b>Social Services</b>	Adults Services Duty and Information Team (ASDIT) and the Children's Services Contact and Referral Team (C&R Team) have been amalgamated to form the Information, Advice and Assistance Service (IAA).	Children and young people under 18 and their families.  Adults and Older People with physical disabilities, learning disabilities, mental health or drug or alcohol related problems.	Unit 3, Foxes Lane, Oakdale Business Park, Oakdale, Blackwood. NP12 4AB  0808 100 2500  SEW Emergency Out of Hours Social Services; 0800 328 4432
<b>New Pathways</b>	SARC - Sexual Assault Referral This includes access to a forensic medical examination, which is carried out by an experienced and qualified doctor, and the opportunity to speak to the Police about what has happened to them if the client wishes to do so. Crisis Workers can offer to support them and stay with them throughout the process.	SARC - is a special facility where recent victims of rape or sexual assault can receive immediate help and support.	<b>Laburnum House</b> Tredegar Street Risca Gwent NP11 4YA Tel: 01495 233971/2
<b>The Caerphilly Multi Agency Centre (MAC)</b>	Multiple Agencies based at this "one stop shop" offering advice to those who are affected by Domestic Abuse, Violence Against Women and Sexual Violence including; <ul style="list-style-type: none"> <li>• Independent Domestic Violence Advocate</li> <li>• Llamau <ul style="list-style-type: none"> <li>○ Specialist Homelessness Prevention Worker</li> <li>○ Domestic Abuse/Substance Misuse Worker</li> </ul> </li> <li>• BAWSO,</li> <li>• Victim Support</li> </ul>	Women Men Children	Llamau Suite 1 Declare House 4 Sir Alfred Owen Way Pontygwindy Industrial Estate Caerphilly CF83 3HU  029 2086 0255
<b>Independent Domestic Abuse Advocate details:</b>	Name: Liz McClure Telephone Number: 07834775112 Email address: <a href="mailto:MCCLUE@CAERPHILLY.GOV.UK">MCCLUE@CAERPHILLY.GOV.UK</a>		

## Monmouthshire County Borough Council

<u>Service</u>	<u>Description</u>	<u>For Who?</u>	<u>Contact</u>
Social Services	The services for adults within Monmouthshire cover a range of services that help adults to live as independently as possible.	Adults	County Hall, The Rhadyr, Usk, NP15 1GA <ul style="list-style-type: none"> <li>• Monmouth/Usk/Raglan 01600773041</li> <li>• Abergavenny 01873 735885</li> <li>• Chepstow/Caldicot 01291 635666</li> </ul>
	Children's social services offer support for families – including child protection, children in need, fostering and adoption. We work closely with other agencies to protect children and young people & have a duty to take action where we feel a child or young person is at risk of harm or abuse.	Children	Children <ul style="list-style-type: none"> <li>• Children &amp; Young People's Support Team – 01291 636355</li> <li>• Placement &amp; Support Team – 01873 735950</li> <li>• Family Support Team – 01291 635669</li> <li>• Disability Team – 01291 635721</li> </ul> SEW Emergency Out of Hours Social Services; 0800 328 4432
Monmouthshire Multi Agency Centre	Monmouthshire Multi Agency Centre or MAC is a One Stop Shop offering free and confidential advice and support for people suffering from or at risk of domestic abuse. It is based in Abergavenny, but serves the whole of the county. Services include; <ul style="list-style-type: none"> <li>• Independent Domestic Violence Advocate</li> <li>• Llamau</li> <li>• Cyfannol Women's Aid</li> <li>• Victim Support</li> </ul>	Women Men Children	26 Monk Street Abergavenny Monmouthshire NP7 5NP  01873 733590
Monmouthshire Community Learning Disabilities Team	The Learning Disability Team supports adults with Learning Disabilities within the Community. The team provides a range of support. This includes assessment, support planning, Care and Treatment planning (where appropriate) and safeguarding.	Women Men	Monmouthshire CLDT, Town Hall, Abergavenny, NP7 5HD Tel: 01873 735412 / 01873 735455
<b>Independent Domestic Abuse Advocate details:</b>	Name: Llamua Telephone Number: 01873 733590 Email address: <a href="mailto:carolinereynolds@llamau.org.uk">carolinereynolds@llamau.org.uk</a>		

## Newport City Council

<u>Service</u>	<u>Description</u>	<u>For who?</u>	<u>Contact</u>
<b>Social Services</b>	<p>Children's Services:</p> <p>Newport City Council gives the highest priority to protecting vulnerable children. Where there is evidence that a child is at risk of harm, the children and family services team will make an assessment and investigation and take appropriate action when the evidence justifies it.</p>	Children	<p>Information Station, Queensway, Newport NP20 4AX</p> <p>(01633) 656656</p> <p>SEW Emergency Out of Hours Social Services; 0800 328 4432</p>
	<p>Adult Services:</p> <p>Newport City Council provides a very wide range of help for broad groupings of Adults with many support and care needs.</p>	Adults	
<b>Newport Domestic Abuse Unit</b>	<p>Newport Domestic Abuse Unit is a One Stop Shop offering free and confidential advice and support for people suffering from or at risk of domestic abuse. Services include;</p> <ul style="list-style-type: none"> <li>• Llamau</li> <li>• Independent Domestic Violence Advocate</li> <li>• BAWSO</li> </ul>	Women Men Children	<p>Newport City Council Floor 1 Information Station Queensway, Newport NP20 4AX</p> <p>01633 210920</p>
<b>Newport Women's Aid</b>	<p>An organisation run by women, serving women in the community, who are suffering from domestic abuse. We now have two refuges in Newport, we also have outreach and aftercare workers that support women in the community.</p>	Women, Men, Children	<p>56 Stow Hill , South Wales NP20 1JG</p> <p>01633 840258</p>
<b>New Pathways</b>	<p>New Pathways is a registered charitable company that provides a range of specialist counselling and advocacy services for women, men, children and young people who have been affected by rape or sexual abuse. . Our clients come from every walk of life and are of all ages. To date our youngest client has been three years of age and our oldest has been in their nineties.</p>	Women, Men, Children, Young People	<p><b>Maple Tree Centre</b> 20-21 High Street Newport NP20 1FW Tel: 01633 250205</p>
<b>Independent Domestic Abuse Advocate details:</b>	<p>Name: Carole Parsons Telephone Number: 01633 851536 Email address: Carole.Parsons@newport.gov.uk</p>		

## Torfaen County Borough Council

<u>Service</u>	<u>Description</u>	<u>For who?</u>	
<b>Social Services</b>	<p>Children’s services have a legal duty to protect children and young people from abuse and neglect and will investigate all allegations of abuse or concerns which are reported.</p> <p>Torfaen County Borough Council are committed to ensuring that vulnerable adults are protected from abuse and neglect, and will take immediate action where necessary, to keep vulnerable adults safe from harm.</p>	<p>Adults Children</p>	<p>Torfaen County Borough Council Civic Centre Pontypool NP4 6YB (01495) 762200</p> <p>SEW Emergency Out of Hours Social Services; 0800 328 4432</p>
<b>Chrysalis Centre</b>	<p>Torfaen’s multi agency Centre where people suffering from domestic abuse can get information and support in a safe environment. Services include;</p> <ul style="list-style-type: none"> <li>• Cyfannol Women's Aid,</li> <li>• Hafan Cymru</li> <li>• Victim Support</li> <li>• CommunitySafety Partnership</li> </ul>	<p>Women Men Children</p>	<p>Town Bridge Buildings, Park Rd, Pontypool NP4 6JE 01495 742052</p>
<b>Independent Domestic Abuse Advocate details:</b>	<p>Name: Rebecca Giovnilli Telephone Number: 01495 291202 Email address: <a href="mailto:rebecca@gwentdas.co.uk">rebecca@gwentdas.co.uk</a></p>		



## Gwent Regional Services

Service		Contact
<p>Gwent Violence Against Women, Domestic Abuse and Sexual Violence Team</p> <p>Team members include:</p>	<p>The VAWDASV team are a Regional team working across Gwent. The team work to embed the VAWDASV (Wales) Act 2015 and bring strategic coordination to matters relating to VAWDASV.</p>	<p>Address: Newport City Council Civic Centre, Children and Families Safeguarding Unit, Godfrey Road Newport NP20 9LY</p> <p>Telephone number: 01633 233632</p> <p>Email address: <a href="mailto:Vawdasv.gwent@newport.gov.uk">Vawdasv.gwent@newport.gov.uk</a></p>
<p>Barnardo's</p>	<p>Barnardo's Cymru reach out to the most disadvantaged children, young people, families and communities in Wales to help ensure that every child has the best possible start in life.</p>	<p>01633 612712</p>
<p>Citizens Advice Bureau</p>	<p>CAB provides free, confidential and impartial advice. Our goal is to help everyone find a way forward, whatever problem they face</p>	<p>01633 265 688</p>
<p>Domestic Abuse Investigation Team Gwent Police</p>	<p>Specialist Domestic Abuse investigation and case management team</p>	<p>01633 838111</p>
<p>DYN Project</p>	<p>The Safer Wales Dyn project provides support to Heterosexual, Gay, Bisexual and Trans men who are experiencing Domestic abuse from a partner.</p>	<p>029 2022 0033</p>
<p>Gwent Drug &amp; Alcohol Service (GDAS)</p>	<p>Providing Direct Support &amp; Intervention For Service Users and Families</p>	<p>0333 999 3577</p>
<p>M.A.L.E (male victims, heterosexual, gay, transgender or bi-sexual)</p>	<p>Advice and support for men experiencing domestic abuse and violence</p>	<p>0845 064 6800</p>
<p>MARAC Coordinator</p>	<p>Coordinates MARAC process</p>	<p>01495 768407 <a href="mailto:marac@gwent.pnn.police.uk">marac@gwent.pnn.police.uk</a></p>

Missing Person Team	The team assesses every incident of a child or young person reported to the police as missing or absent.	01495 745600
New Pathways	Provides a range of specialist counselling and advocacy services for women, men, children and young people who have been affected by rape or sexual abuse.	01685 379 310
Safer Wales	An independent charity and believe that everyone has the right to feel safe and not live in fear because of attitudes or actions taken by other people.	02920 461564
Witness Service	Advice and Information on Court proceedings	08456 121 900
Victim Support, Connect Gwent Hub, Blackwood	We are a service that is working to ensure that victims of crime receive the support, information and guidance that they need in Blaenau Gwent, Caerphilly, Monmouthshire, Newport and Torfaen	0300 123 21 33 <a href="mailto:connectgwent@gwent.pnn.police.uk">connectgwent@gwent.pnn.police.uk</a>

## National Services

<b>Alcohol and drugs</b>			
<b>Name</b>	<b>Description</b>	<b>Contact details</b>	<b>Website</b>
Alcoholics Anonymous (AA)	Help to recover from alcoholism.	00800 9177 650 <b>(24hr)</b>	<a href="http://www.alcoholics-anonymous.org.uk">www.alcoholics-anonymous.org.uk</a>
Al Anon Family Groups	Support for family & friends of problem drinkers.	0207 403 0888	<a href="http://www.al-anonuk.org.uk">www.al-anonuk.org.uk</a>
DAN 24/7	Wales Drug & Alcohol Helpline	0808 808 2234 or TEXT 81066	<a href="http://www.dan2467.org.uk">www.dan2467.org.uk</a>
FRANK (Talk to Frank)	Friendly confidential drug advice	0300 123 6600 <b>(24hr)</b> Text: 82111	<a href="http://www.talktofrank.com">www.talktofrank.com</a>
National Ass. of Children of Alcoholics (NACOA)	Providing information, advice and support for everyone affected by their parent's drinking	0800 358 3456	<a href="http://www.nacoa.org.uk">www.nacoa.org.uk</a>
Narcotics Anonymous (NA)	Society for recovering addicts who meet regularly to help each other stay clean	0300 999 12 12 <b>(24hr)</b>	<a href="http://www.ukna.org">www.ukna.org</a>
<b>Benefits</b>			
Child Benefit Helpline	Information and Advice over the phone	0845 302 1444	<a href="http://www.gov.uk/child-benefit">www.gov.uk/child-benefit</a>
Child Support Agency (CSA)	Support with child maintenance payments	0845 713 3133	<a href="http://www.gov.uk/child-support-agency">www.gov.uk/child-support-agency</a>
Job Centre Plus	Job seekers service	0800 0556688	<a href="http://www.gov.uk/contact-jobcentre-plus">www.gov.uk/contact-jobcentre-plus</a>
Tax Credits Helpline	Information and Advice over the phone	0845 300 3900	<a href="http://www.gov.uk/topic/benefits-credits/tax-credits">www.gov.uk/topic/benefits-credits/tax-credits</a>
The Pension Service	Eligibility, payments and claims	0345 606 0265	<a href="http://www.gov.uk/contact-pension-service">www.gov.uk/contact-pension-service</a>
<b>Bereavement</b>			
Cruse Bereavement Care	Support, counselling, education, advice and information.	0844 477 9400	<a href="http://www.cruse.org.uk">www.cruse.org.uk</a>
Advocacy After Fatal Domestic Abuse (AAFDA)	support, counselling, education, advice and information.	07768 386922	<a href="mailto:info@aafda.org.uk">info@aafda.org.uk</a>
<b>Black Minority or Ethnic</b>			
MEWN Cymru	A strategic umbrella body representing ethnic minority women in Wales	029204064445	<a href="http://www.mewn-cymru.org.uk">www.mewn-cymru.org.uk</a>
BAWSO	Provides generic and specialist services including the provision of temporary accommodation in Wales for those suffering from domestic	029 20644 633	<a href="http://www.bawso.org.uk">www.bawso.org.uk</a>

## Children and Young People

Barnados	Transforms the lives of children across the UK through projects, campaigning and research expertise on a range of issues such as child poverty, sexual exploitation, disability or domestic violence.	029 20493387	<a href="http://www.barnados.org.uk">www.barnados.org.uk</a>
Children in Wales	The national umbrella organization for those working with children and young people in Wales	South Wales - 029 2034 2434  North Wales- 01286677570	<a href="http://www.childreninwales.org.uk">www.childreninwales.org.uk</a>
Meic	National advocacy and advice for children and young people in Wales.	0808 8023456/ text 84001 <b>(24hr)</b>	<a href="http://www.meiccymru.org">www.meiccymru.org</a>
NHS 'The Room' website	Offers information for 13-17year olds on all aspects of health (inc bullying, sexual health)		<a href="http://www.theroom.wales.nhs.uk">www.theroom.wales.nhs.uk</a>
Tros Gynnal	Children's rights charity offering info, advocacy and support representing vulnerable children and young people.	02920 396 974	<a href="http://www.trosgynnal.org.uk">www.trosgynnal.org.uk</a>
Travelling Ahead	A Save the Children project set up to support young Gypsies and Travelers in Wales and give them a voice and a say on decisions that affect them	029 2039 6838	<a href="http://www.travellingahead.org.uk">www.travellingahead.org.uk</a>
Childline	Free 24-hour confidential information and support helpline for children feeling worried, scared, stressed or who just want someone to talk to.	0800 1111 <b>(24hr)</b>	<a href="http://www.childline.org.uk">www.childline.org.uk</a>
NSPCC Child Protection Helpline	The UK's leading children's charity specialising in child protection. Their vision is to end cruelty to children in the UK.	0808 800 5000 <b>(24hr)</b>	<a href="http://www.nspcc.org.uk">www.nspcc.org.uk</a>
(NYAS) National Youth Advocacy Service	Advocates on behalf of children in need & in care.	0808 808 1001	<a href="http://www.nyas.net">www.nyas.net</a>
Runaway Helpline	Helpline for children and young people whom have run away or forced to leave.	0808 800 7070 <b>(24hr)</b>	<a href="http://www.runawayhelpline.org.uk">www.runawayhelpline.org.uk</a>
The Hide Out	Online domestic abuse information for children & young people	0808 2000 247	<a href="http://www.thehideout.org.uk">www.thehideout.org.uk</a>

## Counselling

(BACP) British Association. for Counselling & Psychotherapy	Professional body representing counselling and psychotherapy.	01455 883 300	<a href="http://www.bacp.co.uk">www.bacp.co.uk</a>
Counselling Directory	Counselling Directory was launched in 2005 and continues to work closely with counsellors, psychotherapists and our visitors, to ensure they provide the very best service. They have over 10,000 qualified counsellors listed	0844 803 0252	<a href="http://www.counselling-directory.org.uk">www.counselling-directory.org.uk</a>
Relate "The Relationship People"	Relate offers advice, relationship counseling, sex therapy, workshops, mediation, consultations and support face-to-face, by phone and through this website.	0300 100 1234	<a href="http://www.relate.org.uk">www.relate.org.uk</a>
Parabl (North Wales)	Talking therapy service - short-term therapeutic interventions for individuals facing mental health difficulties impacting on emotional wellbeing i.e. DA/SV.	0300 777 2257	<a href="mailto:ask@parabl.com">ask@parabl.com</a>

## Criminal Justice

Crime stoppers	Partnership between the police, the media and the community to fight crime	0800 555 111 (24hr)	<a href="http://www.crimestoppers-uk.org">www.crimestoppers-uk.org</a>
Crown Prosecution Service (CPS)	Prosecutes criminal cases investigated by the police in England and Wales		<a href="http://www.cps.gov.uk">www.cps.gov.uk</a>
The National Probation Service	Statutory criminal justice service that supervises high-risk offenders released into the community.	0300 047 6325	<a href="http://www.probation.homeoffice.gov.uk">www.probation.homeoffice.gov.uk</a>
Victim Support	Free and confidential help in England and Wales for victims, witnesses, family, friends, and anyone else affected by crime.	0808 1689111	<a href="http://www.victimsupport.org.uk">www.victimsupport.org.uk</a>

## Debt

Citizens Advice Bureau	CAB provides free, confidential and impartial advice. Our goal is to help everyone find a way forward, whatever problem they face	08444 77 2020	<a href="http://www.adviceguide.org.uk">www.adviceguide.org.uk</a>
National Debt line	A debt advice charity, with experts who care. Free help and advice on dealing with your debt in England and Wales	0808 808 4000	<a href="http://www.nationaldebtline.org">www.nationaldebtline.org</a>
Shelter Cymru Debt advice	Free, specialist, independent,	0845 075 5005	<a href="http://www.sheltercymru.org">www.sheltercymru.org</a>

	confidential debt advice across Wales.		<a href="#">uk</a>
Step change	Free debt and money advice	0800 138 1111	<a href="http://www.stepchange.org">www.stepchange.org</a>
Money Advice Service	Free & impartial money advice, set up by government. Advice and guides to help improve your finances. Tools and calculators to help you keep track and plan ahead	0800 138 7777	<a href="http://www.moneyadviceservice.org.uk">www.moneyadviceservice.org.uk</a>
<b>Domestic Abuse</b>			
Atal-y-fro: (Vale of Glamorgan)	Providing support for women and children within the Vale of Glamorgan who have experienced, or are experiencing Domestic Violence. Also deliver perpetrator programmes.	01446 744755	<a href="http://www.atalyfro.org">www.atalyfro.org</a>
BAWSO	Delivering specialist services to people from black and ethnic minority backgrounds who are affected by domestic abuse and other forms of abuse including female genital mutilation, forced marriage, human trafficking and prostitution.	0800 731 8147 (24hr)  029 2064 4633	<a href="http://www.bawso.org.uk">www.bawso.org.uk</a>
Broken Rainbow	Dedicated to confronting and eliminating domestic violence and abuse within and against the LGBT communities.	0800 999 5428  0845 260460	<a href="http://www.broken-rainbow.org.uk">www.broken-rainbow.org.uk</a>
Cardiff Women's Safety Unit	Cardiff Women's Safety Unit aims to increase the safety of victims of domestic abuse and their children, keeping them if possible in their own homes.	02920 222 022	<a href="http://thesprout.co.uk/en/organisations/cardiff-wome-safety-unit">thesprout.co.uk/en/organisations/cardiff-wome-safety-unit</a>
Freedom Programme	For women who want to learn more about the reality of domestic violence and abuse.	01547 520 228	<a href="http://www.freedomprogramme.co.uk">www.freedomprogramme.co.uk</a>
Gwent Domestic Abuse Services	Providing a free and confidential information and support service to those affected by domestic abuse within the borough of Blaenau Gwent.	01495 291 202	<a href="http://www.gwentdas.co.uk">www.gwentdas.co.uk</a>
Hafan Cymru	Hafan Cymru is a charitable housing association that	01267 225555	<a href="http://www.hafancymru.co.uk">www.hafancymru.co.uk</a>

.	provides housing and support to men, women, their children and young people across Wales. We primarily work with those escaping domestic abuse, helping them regain their independence		
Montgomeryshire Family Crisis Centre (MFCC)	Provide advice and support to families experiencing Domestic Abuse. Including info on male & female safe houses.	01686 629 114 <b>(24hr)</b>	<a href="http://www.familycrisis.co.uk">www.familycrisis.co.uk</a>
Welsh Women's Aid	Direct services for women and children who have experienced, or who are experiencing domestic abuse.	0808 80 10 800	<a href="http://www.welshwomensaid.org">www.welshwomensaid.org</a>
White Ribbon Campaign UK	Charity which engages men in speaking out about violence against women and challenging negative gender stereotypes which underpin abuse.	0808 801 0321	<a href="http://www.whiteribboncampaign.co.uk">www.whiteribboncampaign.co.uk</a>

### **Domestic Abuse – child to parent**

Family lives	Free professional and non-judgmental support and advice in a way that all members of the family can access.	0808 800 2222 (24-hr)	<a href="http://www.familylives.org.uk">www.familylives.org.uk</a>
Young Minds Parents Helpline	Concern for child's emotional problems or mental health	0808 802 5544	<a href="http://www.youngminds.org.uk">www.youngminds.org.uk</a>

### **Domestic Abuse – Men's Services**

Anglesey Domestic Abuse Services (Caring Dads programme)	Caring Dads is devoted to ensuring the safety and well-being of children by working with fathers who have abused and neglected their children or exposed them to abuse of their mothers.	01248 750903	<a href="http://www.welshwomensaid.org.uk/index.php?option=com_content&amp;view=article&amp;id=135:anglesey-domestic-abuse-service-gorwel&amp;catid=38:groups&amp;Itemid=57">www.welshwomensaid.org.uk/index.php?option=com_content&amp;view=article&amp;id=135:anglesey-domestic-abuse-service-gorwel&amp;catid=38:groups&amp;Itemid=57</a>
Dyn Project	Free and confidential support to men who are experiencing domestic abuse from a partner	0808 801 0321	<a href="http://www.dynwales.org">www.dynwales.org</a>
Hafan Cymru - Wrexham	Support & refuge for males.	01978 823 077  01267 22 55 55	<a href="http://www.hafancymru.co.uk">www.hafancymru.co.uk</a>
Man Kind	Support for male victims of domestic abuse and domestic violence.	01823 334244	<a href="http://www.mankindcounseling.org.uk">www.mankindcounseling.org.uk</a>
Men's Advice Line	A free and confidential phoneline for male victims of domestic abuse, whatever the gender of their partner or ex partner	0808 801 0327	<a href="http://www.mensadviceline.org.uk">www.mensadviceline.org.uk</a>

Montgomeryshire Family Crisis Centre (MFCC)	Provide advice and support to families experiencing Domestic Abuse. Includes info on male & female safe houses	01686 629 114 <b>(24hr)</b>	<a href="http://www.familycrisis.co.uk">www.familycrisis.co.uk</a>
<b>Domestic Abuse – Older People</b>			
Age UK Information Line	Help, information and advice to older people.	0800 169 6565	<a href="http://www.ageuk.org.uk">www.ageuk.org.uk</a>
Age Cymru	Providing advice and guidance to older people in Wales.	08000 223 444	<a href="http://www.ageuk.org.uk/cymru/">www.ageuk.org.uk/cymru/</a>
The Silver Line	24hr helpline for older people.	0800 470 8090	<a href="http://www.thesilverline.org.uk">www.thesilverline.org.uk</a>
<b>Female Genital Mutilation</b>			
BAWSO	Delivering specialist services to people from black and ethnic minority backgrounds who are affected by domestic abuse and other forms of abuse including female genital mutilation, forced marriage, human trafficking and prostitution.	0800 731 8147 <b>(24hr)</b>  029 2064 4633	<a href="http://www.bawso.org.uk">www.bawso.org.uk</a>
FGM Helpline	Helpline offering advice, information and support to anyone concerned that a child's welfare is at risk because of FGM.	0800 028 3550 <b>(24hr)</b>  Operated by NSPCC	<a href="mailto:fgmhelp@nspcc.org.uk">fgmhelp@nspcc.org.uk</a>
<b>Honor Based Violence</b>			
Henna Foundation	Registered charity committed to strengthening families within the Muslim Community in Wales. Offering advice and support on Forced Marriage, HBV and Domestic Abuse.	029 2049 6920	<a href="http://www.hennafoundation.org">www.hennafoundation.org</a>
Home Office (FMU) Forced Marriage Unit	A joint initiative between the Foreign & Commonwealth Office and the Home Office giving advice or support to anyone affected by, or who may encounter, cases of forced marriage	0207 008 0151	<a href="http://www.gov.uk/guidance/forced-marriage">www.gov.uk/guidance/forced-marriage</a>
Honor Network Helpline (run by Karma Nirvana)	Supporting victims of honor based abuse and forced marriage	0800 5999 247	<a href="http://www.karmanirvana.org.uk">www.karmanirvana.org.uk</a>
Freedom Charity	Advice on your rights, how you can stay safe and how to get help if you are at risk of forced marriage	0845 607 0133	<a href="http://www.freedomcharity.org.uk">www.freedomcharity.org.uk</a>
<b>Housing</b>			



Shelter Cymru	24 hour helpline, housing advice, social services and advocacy work on behalf of homeless people.	0345 075 5005	<a href="http://www.sheltercymru.org.uk">www.sheltercymru.org.uk</a>
LGBT Housing Helpline (via Shelter Cymru)	A free and professional caring service for Lesbian, Gay, Bisexual & Transgender people in Wales.	0800 840 2069	<a href="mailto:lgbthousinghelpline@sheltercymru.org.uk">lgbthousinghelpline@sheltercymru.org.uk</a>

## Legal

Citizens Advice Cymru	CAB provides free, confidential and impartial advice. Our goal is to help everyone find a way forward, whatever problem they face	03444 772020	<a href="http://www.citizensadvice.org.uk/wales">www.citizensadvice.org.uk/wales</a>
Reunite International Child Abduction Advice Line	UK charity specialising in the movement of children across international borders.	01162 556234	<a href="http://www.reunite.org">www.reunite.org</a>
UK Border Agency	Border and Immigration Agency	0901 226 20000	<a href="http://www.gov.uk/government/organisations/uk-border-agency">www.gov.uk/government/organisations/uk-border-agency</a>
Rights of Women (ROW) Advice Lines	Family Law (DV, divorce, children)  Criminal Law (SV, DV & harassment)  Immigration & Asylum Law (inc. trafficking, DV & immigration, NRPf)	020 7251 6577  020 7251 8887  020 7490 7689	<a href="http://www.rightsofwomen.org.uk">www.rightsofwomen.org.uk</a>

## Lesbian, Gay, Bisexual and Transgender

Rainbow Bridge	Victim Support & Specialized LGBT Domestic Abuse Service	0300 3031 982	<a href="mailto:RainbowBridge@victimsupport.org.uk">RainbowBridge@victimsupport.org.uk</a>
LGBT Excellence Centre Wales	A social enterprise and charity that provides free advice and support to people, organisations and businesses on issues concerning sexual orientation and gender identity	0800 023 2201	
LGBT Housing Helpline (via Shelter Cymru)	Helpline providing targeted housing advice and support for lesbian, gay, bisexual and transgender	0844 264 2554	<a href="mailto:lgbthousinghelpline@sheltercymru.org.uk">lgbthousinghelpline@sheltercymru.org.uk</a>
Stonewall	Information & signposting helpline for LGBT people	08000 502020	<a href="http://www.stonewall.org.uk">www.stonewall.org.uk</a>

## Mental Health

Community Advice & Listening	Offers emotional support and information/ literature on	0800 132 737 <b>(24hr)</b>	<a href="http://www.callhelpline.org.uk">www.callhelpline.org.uk</a>
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Line (CALL)	mental health and related matters to the people of Wales		
Mind	Mind offers two confidential mental health information services	0300 123 3393 0300 466 6463	<a href="http://www.mind.org.uk">www.mind.org.uk</a>
Young Minds Parents Helpline	Anyone with concern for child's emotional problems or behaviour.	0808 802 5544	<a href="http://www.youngminds.org.uk">www.youngminds.org.uk</a>
Saneline	A national, out-of-hours mental health helpline offering specialist emotional support and information to anyone affected by mental illness, including family, friends and carers.	0845 767 8008	<a href="http://www.sane.org.uk">www.sane.org.uk</a>
Samaritans	A registered charity aimed at providing emotional support to anyone in emotional distress, struggling to cope, or at risk of suicide throughout the United Kingdom and Ireland, often through their telephone helpline.	08457 909090 (24-hr)	<a href="http://www.samaritans.org">www.samaritans.org</a>
Bristol Crisis Services for Women (BCSW)	National organisation that supports girls and women affected by self-injury or self-harm.	0808 800 8088	<a href="http://www.selfinjurysupport.org.uk">www.selfinjurysupport.org.uk</a>
TESS	Text and email support service for girls up to 25 years old only	07800 472 908	<a href="http://www.selfinjurysupport.org.uk">www.selfinjurysupport.org.uk</a>
National Self-Harm Network	Provides crisis support, information and resources	0800 622 6000 (7pm – 11pm)	<a href="http://www.nshn.co.uk">www.nshn.co.uk</a>
Self injury & related issues (SIARI)	SIARI provides a comprehensive source of information and resources on self-injury/self-harm and related issues		<a href="http://www.siari.co.uk">www.siari.co.uk</a>
The Basement Project (Abergavenny)	runs support groups for those who have been abused as children and people who self-harm	01873 856524	<a href="http://www.selfinjurysupport.org.uk/resources/basement-project">www.selfinjurysupport.org.uk/resources/basement-project</a>
<b>Suicide</b>			
Hopeline UK	Prevention of young suicide	08000 684141	<a href="http://www.thehopeline.com">www.thehopeline.com</a>
Samaritans	A 24 hour confidential service for anyone in the UK who may be experiencing feelings of distress or despair, including those which may lead to suicide	08457 909090 Welsh Language Line 0300 1233011	<a href="http://www.samaritans.org">www.samaritans.org</a>

## Parenting

Family Lives	Parenting and family support helpline and website	0808 800 2222	<a href="http://www.familylives.org.uk">www.familylives.org.uk</a>
Lone Parent Helpline/Gingerbread	UK charity providing expert advice, practical support and campaigns for single parents	0808 802 0925	<a href="http://www.gingerbread.org.uk">www.gingerbread.org.uk</a>

## Perpetrator

Montgomeryshire Family Crisis Centre (MFCC)	Supporting anyone experiencing or affected by domestic abuse in North Powys.	01686 629 114 <b>(24hr)</b>	<a href="http://www.familycrisis.co.uk">www.familycrisis.co.uk</a>
NSPCC Cardiff Children's Services	Domestic Abuse Prevention Project for male perpetrators. Supports partners plus group/individual support for children.	02920108080	<a href="http://www.nspcc.org.uk">www.nspcc.org.uk</a>
Relate	('Choose to Change')	0300 100 1234	<a href="http://www.relate.org.uk">www.relate.org.uk</a>
Respect Phonenumber	UK membership association for Domestic Violence Prevention Programmes and integrated support services; Male and female perpetrators	0808 802 4040	<a href="http://www.respectphonenumber.org.uk">www.respectphonenumber.org.uk</a>

## Pets

<b>RSPCA Pet Retreat</b>	Through its network of animal fosterers, the service provides a retreat for pets belonging to families who are going into a refuge	0300 123 8278	<a href="http://www.pet-retreat.com">www.pet-retreat.com</a>
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## Police

Call 999 for emergencies	Call 101 for non-emergency calls		<a href="http://www.police.uk/contact/101">www.police.uk/contact/101</a>
Dyfed Powys Police		0845 330 2000	<a href="http://www.dyfed-powys.police.uk">www.dyfed-powys.police.uk</a>
Gwent Police		01633 838 111	<a href="http://www.gwent.police.uk">www.gwent.police.uk</a>
North Wales Police		0845 607 1002	<a href="http://www.north-wales.police.uk">www.north-wales.police.uk</a>
South Wales Police		01656 655 555	<a href="http://www.south-wales.police.uk">www.south-wales.police.uk</a>
Independent Police Complaints Commission (IPCC)	Oversees the police complaints system in England and Wales	08453 002 002	<a href="mailto:enquiries@ipcc.gsi.gov.uk">enquiries@ipcc.gsi.gov.uk</a>

## Sexual Violence

National Association for People Abused in Childhood		0800 085 3330	<a href="http://www.napac.org.uk">www.napac.org.uk</a>
Mid Wales - Rape Support Centre		01970 610124	<a href="http://www.midwalesrsc.org.uk">www.midwalesrsc.org.uk</a>
New Pathways	Provides a range of specialist counseling and advocacy services for women, men, children and young people who have been affected by rape or sexual abuse.	01685 379 310	<a href="http://www.newpathways.org.uk">www.newpathways.org.uk</a>
Rape Crisis		0808 802 9999	<a href="http://www.rapecrisis.org.uk">www.rapecrisis.org.uk</a>
Rape and Sexual Abuse Support Centre (North Wales)		0808 8010800	<a href="http://www.rasawales.org.uk">www.rasawales.org.uk</a>
Sexual Assault Referral Centres (SARCs) in Wales	Provides a comprehensive service to women, men, children and young people who experience rape, sexual assault or sexual abuse.	0808 801 0818	<a href="http://www.thesurvivorstrust.org/sarc/">www.thesurvivorstrust.org/sarc/</a>
Stepping Stones	Providing therapeutic services to adults who have been sexually abused as children across the region of North Wales.	01978 352717	<a href="http://www.steppingstonesnorthwales.co.uk">www.steppingstonesnorthwales.co.uk</a>
Survivors UK	Male childhood sexual abuse and rape.	0845 122 1201	<a href="http://www.survivorsuk.org">www.survivorsuk.org</a>
Survivors Trust Wales: Support Line	Support, information and advice for victims, survivors and their families.	0808 801 0818	<a href="http://www.survivorsuk.org">www.survivorsuk.org</a>
Support SMS	Provides a range of counselling, therapeutic and support services working with women, men and children who are victims/survivors of rape, sexual violence and childhood sexual abuse.	07860 022956	<a href="http://www.survivorstrustcymru.org">www.survivorstrustcymru.org</a>

## Sexual Health

NHS Direct	Advice on Health Matters, including sexual health. To find your local sexual health clinic:	0845 46 47	<a href="http://www.nhsdirect.wales.nhs.uk">www.nhsdirect.wales.nhs.uk</a>
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## Slavery

Modern Slavery Helpline	Provides information on slavery and helpline to report any concerns regarding modern slavery in the UK. Helpline is available 24 hours a day and is	0800 0121 700	<a href="http://www.modernslavery.co.uk">www.modernslavery.co.uk</a>
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	free from most landlines and mobile phones.		
BAWSO	Delivering specialist services to people from black and ethnic minority backgrounds who are affected by domestic abuse and other forms of abuse including female genital mutilation, forced marriage, human trafficking and prostitution.	0800 731 8147 029 2064 4633	<a href="http://www.bawso.org.uk">www.bawso.org.uk</a>
New Pathways	Providing support and specialist services to those that have been subject to modern slavery, particularly those involved with prostitution and sexual exploitation	01685 379 310	<a href="http://www.newpathways.org.uk">www.newpathways.org.uk</a>
Gang masters Licensing Authority	Government organisation protecting vulnerable and exploited workers.	0800 432 0804 or 0115 959 7032	<a href="http://www.gla.gov.uk">www.gla.gov.uk</a>

## Stalking

National Stalking Helpline	Provides free confidential information and guidance to anyone affected by stalking	0808 802 0300	<a href="http://www.stalkinghelpline.org">www.stalkinghelpline.org</a> <a href="mailto:advice@stalkinghelpline.org">advice@stalkinghelpline.org</a>
Network for Surviving Stalking	Providing online info & advice	0808 802 0300	<a href="http://www.scaredofsomeone.org">www.scaredofsomeone.org</a>
Paladin - National Stalking Advocacy Service	Assists high risk stalking victims in England and Wales	020 7840 8960	<a href="http://www.paladinservice.co.uk">www.paladinservice.co.uk</a>

