

Bawso

Providing specialist services for BME communities

BAWSO is a specialist service for Black and Minority Ethnic (BME) victims of domestic abuse, Female Genital Mutilation (FGM), Honour Based Violence (HBV) and Human Trafficking. You can call their free 24hr helpline for advice and support.

BAWSO has specialist IDSPA support at their refuges where language is not a barrier. Workers can also give you support with immigration issues, work with your children and the wider family, as well as provide advocacy and housing related support.

Although mainly a service for women, BAWSO will support men who have been trafficked and subjected to HBV.

Contact BAWSO:

- ⇒ **Call their 24 Hour Helpline on 0800 731 8147**
- ⇒ **Call (029) 20 644 633**
- ⇒ **drop-in to 9 Cathedral Road, Riverside**
- ⇒ **visit the website at www.bawso.org.uk**

Byw Heb Ofn

Live Fear Free

Managed by Welsh Women's Aid, the Welsh Government funded Live Fear Free Helpline (0808 80 10 800)

is a 24hr bilingual information signposting service. Specially trained workers can provide advice and support to victims, professionals, and also concerned friends and family. Visit www.livefearfree.gov.wales.

Other services available:



0300 303 0161

www.victimsupport.org.uk



Specialised LGB&T Domestic Abuse Service

0300 303 1982

www.reporthathe.victimsupport.org.uk/rainbow-bridge



ynys saff
safe island

(029) 2033 5795

www.cardiffandvaleuhb.wales.nhs.uk/ynys-saff-sarc



01685 379 310

www.newpathways.org.uk



GIG
CYMRU
NHS
WALES

Bwrdd Iechyd Prifysgol
Caerdydd a'r Fro
Cardiff and Vale
University Health Board



Cwmni Adsefydlu Cymunedol
Cymru
Wales
Community Rehabilitation Company



Domestic and Sexual Violence and Abuse Services in Cardiff

Are you, or is someone you know, a victim of domestic or sexual violence and abuse? The specialist services included in this leaflet can help victims of any age and will undertake an assessment of risk as part of their work. The main services provide specialist Independent Domestic and Sexual Violence Advocate (IDSPA) support.

Services will discuss all available options with you - you will be listened to and no judgement will be made about any choices you make.

There is no excuse for domestic abuse - please seek help.

Call 999 if you or your family are in immediate danger

Published by the Cardiff Domestic Abuse Partnership





The Women's Centre

Cardiff Women's Aid hosts this one-stop-shop which is the main route into services for female victims of domestic abuse within Cardiff. You can drop-in anytime Monday-Friday 9am-7pm, or an appointment can be made.

The Women's Centre provides advice, support and advocacy to any woman experiencing abuse. Assistance includes exploring your options, supporting you to access emergency or refuge accommodation, arranging safety measures so that you can remain in your home, providing access to legal advice, supporting you through the criminal justice system, and if necessary making a referral to the Multi Agency Risk Assessment Conference for women at very high risk of harm.

Contact the Women's Centre:

- ⇒ **Call (029) 2046 0566**
- ⇒ **drop-in to 16 Moira Terrace, Adamsdown**
- ⇒ **visit the website at www.cardiffwomensaid.org.uk/womens-centre**

Other services offered by Cardiff Women's Aid include specialist workers called IDSVAs who will support you when required. Your worker can provide counselling, practical support whilst in refuge and tenancy support when you are ready to make a new home.

Cardiff Women's Aid can also support you to identify different types of abuse and recognise abusive behaviours in the future; including through self-help groups.

Children and Young People

IDSVAs in the 'Safe As' service work with children and young people, male or female, aged 0-25 affected by domestic and/or sexual violence.

Services can include one-to-one or group work, whole family activities and counselling. Specific services are available to young people experiencing domestic abuse in their own relationships.



The Safer Wales Women's Safety Unit (WSU) provide IDSVAs support, advice and information to women regarding safety and health in relation to domestic and/or sexual violence.

The WSU also have a dedicated IDSVAs who works with Midwives and Health Visitors covering East Cardiff.

Other specialist support includes:

- alcohol and drug related information and advice
- the Butterfly Project to provide support for male and female victims of domestic abuse age 50+ who may have additional needs
- a recovery toolkit for women who have left an abusive relationship.

This document is available in Welsh / Mae'r ddogfen hon ar gael yn Gymraeg.

Support for Male Victims
Safer Wales also deliver the Dyn Project which provides accessible advice, risk management, information and support to men who live in Cardiff and who are experiencing (or are at risk of experiencing) domestic or sexual violence and abuse.

The Dyn Project also runs the national helpline - a confidential free-phone service for men experiencing abuse. The helpline is open every Monday-Tuesday 10am-4pm (excluding Bank Holidays) and Wednesdays 10am-1pm.

Contact Safer Wales:

- ⇒ **Call (029) 2022 0033**
- ⇒ **visit the website at www.saferwales.com**
- ⇒ **Call the Dyn Wales Helpline on 0808 8010321**
- ⇒ **Visit the Dyn Project website at www.dynwales.org**

