



West Wales Domestic Abuse Service provides a range of support to adults, children and young people who have experienced or are currently experiencing domestic abuse. We work with individuals who are both in refuge or living in the community across Ceredigion.

If you, or someone you know, are experiencing domestic abuse you can contact us now:

24 HOUR HELPLINE
Our 24 hour helpline allows individuals and families to access out of hours advice and support.

NORTH CEREDIGION
01970 625585

SOUTH CEREDIGION
01239 615385

www.westwalesdas.org.uk

Registered Charity: 1131539
 Company Limited by Guarantee Number: 06926414



FLOATING SUPPORT

Floating Support is a range of services we offer to individuals who are experiencing or have experienced domestic abuse but who are not currently living in refuge. Our floating support is a one to one service that aims to enable you to feel safe .

- Helping to assess your needs.
- Providing you with access to services that meet your identified needs.
- Helping with housing, legal and benefits options.
- Recognising the emotional and educational needs of children involved and referring them onto the CYP Service if needed.

REFUGES



We have **refuges** that provide temporary, emergency accommodation to individuals who are fleeing domestic abuse.



West Wales Domestic abuse service
Children's & young people services

The Children and Young People service provides a range of support to those aged 0-25 years and who have experi-

enced any domestic abuse in their family or in their own relationships.

We Offer:

- One to one support .
- Group work programmes to help children and young people understand and recover the trauma of domestic abuse .

FREEDOM PROGRAMME



The Freedom programme raises awareness of issues surrounding violent and abusive behaviour, including domestic abuse, aiming to encourage individuals to gain confidence and skills to help develop healthy relationships.

- It is a 12 week programme
- It is open to women over 18 who wish to learn more about domestic abuse. You can attend whether you have left an abusive relationship or if you are currently in an abusive relationship and have not decided to leave your partner.

Awareness training

We aim to educate and inform individuals and related service providers through training which helps raise awareness of the issues surrounding domestic abuse and understand the pathways of support.



The Recovery toolkit is a programme designed to support individuals who have experienced domestic abuse to look at ways to develop positive lifestyle coping strategies and aid individuals to recover and develop a new life free of abuse.

- It runs for 12 weeks (term time).
- An assessment is made before starting the programme

Referrals and Signposting

- We accept referrals from the individual family, health, education, social services, police, youth services and anyone involved with the individuals.
- We listen and provide non-judgemental support.

How can we help?

Information Centre

Trained Professionals provide a range of domestic abuse support and advice services

Private Rooms

Providing a safe and confidential place to talk

Training Room

Regular training courses are held here, including the Freedom Programme and the Recovery Toolkit

Charity Shop (Branwen centre, Cardigan)

Help support our organisation's vital services to families suffering from the effects of domestic abuse by purchasing new and second hand items, clothing and household goods.

When are we open?

Weekdays: Monday to Friday 9am-5pm

The Branwen Centre
6 Bridge Street
Cardigan
SA43 1HY
01239 615700

42 Portland Road
Aberystwyth
SY23 2NL
01970 612225

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