

Rurality & Isolation

# SUPPORT FOR PROFESSIONALS SEEKING ADVICE AND SUPPORT

Specialist Support from West Wales Domestic  
Abuse Service (West Wales DAS)



- Safe Housing
- One-to-one support
- Group Work
- Children & Young People's Service
- Charity Shop in Cardigan
- Advocacy
- Child-to-parent Abuse
- Older People Specialist Support
- Training for Professionals

Based in Ceredigion in West Wales the service offers Support for Adult Survivors; Children and Young People.

They provide:

- Safe housing through refuge, dispersed unit and move on accommodation
- One-to-one support work to addresses trauma and effects of domestic abuse
- Support through group work such as the Freedom Programme which identifies abusive behaviour to programmes such as the Recovery Toolkit which empowers people to recover and build a positive abuse free life
- Access to counselling, legal advice and support through court processes
- Support whilst working with other agencies such as housing, CAB, IDVA service, drug services, New Pathways, MIND and others to support any one whether adult, young person or child who is worried about someone they know who is experiencing domestic abuse or are themselves experiencing domestic abuse

# SUPPORT FOR RURALITY & ISOLATION IN MID / WEST WALES



**Llinell Gymorth** Live Fear  
**Byw Heb Ofn** Free Helpline

**0808 80 10 800**

ffôn • tecst • sgwrsio byw • ebost  
call • text • live chat • email

For 24-hour support, call the  
Live Fear Free Helpline on  
0808 80 10 800



Calan DVS – Domestic Abuse  
Powys – 01874 625146  
Carmarthenshire – 01269 597474

**Threshold** DAS | A safe place for anyone  
affected by domestic abuse.

Carmarthenshire  
Enquiries@threshold-das.org.uk  
01554 752422



Independent Domestic Violence Advisors  
Carmarthenshire/Powys – 01267 221194  
Pembrokeshire/Ceredigion – 01646 698820



Domestic Abuse – Powys  
Admin@familycrisis.co.uk  
01686 629114

# SUPPORT FOR RURALITY & ISOLATION IN MID / WEST WALES



## Sexual Violence

Ceredigion – 01970 610124

Carmarthenshire – 01267 235464

Powys – 01267 226166

SARC Out of Hours (all areas) – 07423 437020



## Domestic Abuse

Pembrokeshire – 01646 698820



## Domestic Abuse – Refuge Only

Pembrokeshire – 0808 80 10 800



## Carmarthenshire

01267 238410 or 01267 234725

# MID / WEST WALES & NATIONAL SUPPORT CONTACT DETAILS

For Persons Displaying the Behaviour



Perpetrator Support

[gbranch@calandvs.org.uk](mailto:gbranch@calandvs.org.uk)

01639 794448

Perpetrators of Domestic Abuse

01554 752422

[Enquiries@threshold-das.org.uk](mailto:Enquiries@threshold-das.org.uk)

**Threshold** DAS | A safe place for anyone affected by domestic abuse.



Powys – Domestic Abuse

[Admin@familycrisis.co.uk](mailto:Admin@familycrisis.co.uk)

01686 629114

# Respect

Phoneline

Confidential helpline, email & webchat for domestic abuse perpetrators and those supporting them

0808 80 24 040

[www.respectphoneline.org.uk](http://www.respectphoneline.org.uk)