

Notes:

Cyfannol Women's Aid provides specialist support services for individuals and families affected by domestic or sexual abuse, harm, or violence across Gwent.

Did you know
1 in 4
women in Wales & England have experienced domestic abuse

Did you know
1 in 5
people in Wales who've experienced sexual harassment did not report it.



You are not alone

Our phone line is open **365** days a year, so you can reach out whenever you need to:

03300 564456

If you are in immediate danger, always dial **999**

Cyfannol Hwbs:

Torfaen Hwb

3 Town Bridge Buildings, Park Road
Pontypool NP4 6JE
Drop-in available Mon-Fri 9.30am-4.30pm

Monmouthshire Hwb

Monmouthshire Multi Agency Centre
26b Monk Street, Abergavenny NP7 5NP
Drop-in available Mon-Fri 9.30am-4.30pm

Blaenau Gwent Hwb

Rhys House, Unit A, James Street,
Ebbw Vale, NP23 6JG
Drop-in available Mon-Fri 9.30am-4.30pm

Newport Hwb

56 Stow Hill, Newport, NP20 1JG
Drop-in available Mon-Fri 9.30am-4.30pm

Caerphilly Hwb

Tŷ Mynyddislwyn Environment Centre,
Bryn Rd, Pontllanfraith, Blackwood, NP12 2BH
By appointment only (please phone first if you can)

Visit www.cyfannol.org.uk for:



- More information about our services
- Details of our Projects
- Self-Help Resources
- Other opportunities to link in with us



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CYMORTH I FENYWOD
CYFANNOL
WOMEN'S AID

Together we are stronger

Support for individuals and families who have experienced domestic or sexual abuse, harm or violence



You Are Not Alone



We believe everyone deserves to feel safe from abuse, harm and violence.

If you have experienced any form of violence against women, domestic abuse or sexual violence, we are here to support you confidentially, compassionately and without judgment.

Recognising abusive or controlling behaviour can be difficult - if you're unsure whether what you're experiencing is abuse, we can help you to make sense of your situation and explore your options.

What You Can Expect

We offer holistic, trauma-informed services for adults and children across Gwent, tailored to meet individual needs. Whether you're navigating a crisis, planning to leave an abusive situation, or rebuilding your life after harm, you'll be met with understanding and compassion.

We're here to help you find safety, regain control, and make empowered choices about your future.

Accessing Support

We recognise that domestic abuse and sexual violence disproportionately affects women, and is rooted in gender inequality. We also understand the importance of safe, women-only spaces, and some of our services are delivered on this basis.

However, many of our services - including those in Blaenau Gwent and Caerphilly, as well as our sexual violence support services - are open to all and delivered safely on a gender-responsive basis.

Anyone who reaches out to us will be connected with the most appropriate support for their needs.

Our specialist support includes:

- Refuge and accommodation services
- Immediate crisis support
- Community-based/floating support
- Drop-in and outreach support
- Women's coffee mornings

In addition, we also offer the following:

Domestic Abuse specific support services:

- Own My Life group programme
- Recovery Toolkit group programmes
- Children & young people's groupwork
- Children & young people's 1:1 support

Sexual Violence specific support services:

- Sexual violence counselling service
- Specialist sexual violence support
- Sexual Violence Recovery Toolkit
- Peer support groups
- Therapeutic interventions
- Sexual exploitation advocacy
- Specialist accommodation

*Support services can vary depending on where you live. This leaflet is correct as of **November 2025** - please visit www.cyfannol.org.uk for up-to-date service information.*

Scan to make a referral:



Or get in touch with us:

Torfaen

Torfaen@cyfannol.org.uk

Monmouthshire

monmouthshire@cyfannol.org.uk

Blaenau Gwent

blaenau@cyfannol.org.uk

Newport

newport@cyfannol.org.uk

Caerphilly

caerphilly@cyfannol.org.uk



Telephone

03300 564456

Website

www.cyfannol.org.uk