

Helpful Contacts

All Wales Domestic Abuse and Sexual Violence Helpline

0808 80 10 800

NAPAC

0808 801 0331

Support line for adult survivors of child abuse
(Mon-Fri)

NSPCC Helpline

0808 800 5000

Text: 88858

MOSAC Helpline

0800 980 1958

Support for non-abusing parents
and carers of sexually abused children

C.A.L.L. (Community Advice & Listening Line):

Mental Health Helpline for Wales

0800 132737

or text 'help' to 81066

Samaritans

116 123

Childline

0800 1111

LGBT Cymru Helpline

0800 840 2069 (Wednesday 7pm-9pm)

National Self Harm Network (online forum)

<http://www.nshn.co.uk>



Grymuso Goroesywr | Empowering Survivors
Trais Rhywiol | of Sexual Violence

Email • horizon@cyfannol.org.uk

Tel • 01495 742052

ISVA Contact: Nichola Williams

Mobile • 07970 638595

Email • nichola.williams@cyfannol.org.uk

A project by



CYMORTH I FENYWOD
CYFANNOL
WOMEN'S AID

Gyda'n gilydd rydym yn gryfach
Together we are stronger

The Chrysalis Centre, 3 Town Bridge Buildings

Park Road, Pontypool NP4 6JE

Open Mon-Fri 9am-5pm

Tel • 01495 742052 (24 hours)

Email • info@cyfannol.org.uk

Monmouthshire Multi Agency Centre

26b Monk Street, Abergavenny NP7 5NP

Open Mon-Fri 9am-5pm

Tel • 01873 859011 (24 hours)

Email • office@cyfannol.org.uk

www.cyfannol.org.uk



@horizonsvs



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Grymuso Goroesywr | Empowering Survivors
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**Gwent-wide
specialist
sexual violence
support services**

A project by



CYMORTH I FENYWOD
CYFANNOL
WOMEN'S AID

Supporting anyone who has been affected by:

Rape

Sexual Assault

Intimate Partner Sexual Violence

Childhood Sexual Abuse

Sexual Exploitation

Organised/Ritual Sexual Abuse

Forced Marriage

Sexual Harassment

Female Genital Mutilation

Trafficking

Online Grooming

This can happen to anyone, regardless of their age, gender, race, religion, culture or social status.

Speaking out and acknowledging what has happened is an important part of healing.

Horizon Services

Independent Sexual Violence Advisor (ISVA)

Our Independent Sexual Violence Advisors listen and provide personalised support based on individual needs, with an emphasis on informed choice. They provide information about the legal process and rights, and support individuals to access other agencies. Those who decide to make a report to the police will be supported by their ISVA in all stages of the legal process. Our ISVA service is available to all survivors, whether they choose to report or not.

Sexual Violence Counselling

Specialist sexual violence counselling is available in confidential community spaces across Gwent for adults who are currently experiencing, or have in the past experienced, sexual abuse.

The aim of the service is to help women and men bring about effective change in their lives, better manage feelings and relationships, enhance their well-being and lead lives of greater resilience and resourcefulness.

Counselling is a proven way of improving well-being and self-esteem, developing coping mechanisms and reducing harmful behaviours, providing freedom from the damaging effects of sexual abuse and enabling survivors to move on and regain control of their lives.

The Sexual Violence Recovery Toolkit

A 12-week programme that helps survivors, who are in a position to take part in a group, come to terms with their experiences and develop positive lifestyle and coping strategies.

Other services

- Safe emergency accommodation
- Support for family and friends

Our Specialisms

Adult survivors of childhood sexual abuse

For 80% of the people we work with, their abuse started in childhood. We understand the barriers individuals face when disclosing such traumatic events.

Intimate partner sexual violence

We have been supporting victims/survivors of intimate partner sexual violence for 40 years. We recognise that all abuse thrives on secrecy and that threats and bribes are often used to maintain compliance.

Referrals

Our Horizon services are confidential and free and we receive referrals from across Gwent.

Individuals can contact us directly to access support or be referred by another agency.

Get in touch

We welcome enquiries about our services and the support we can provide, so please feel free to contact us for further information.

Horizon Projects

The following projects have joined Horizon since its launch in 2018:

Sexual Exploitation Advocacy Support Service (SEASS)

A specialist project providing information, advice, support and advocacy services to women in Gwent who are currently, or are at risk of, experiencing sexual or financial exploitation.

No Sexual Harassment (No...SH!)

A peer-led project working with young women with learning difficulties or autism, supporting them to recognise sexual harassment and abuse, speak out and access support.