



# HORIZON

Grymuso Goroeswyr | Empowering Survivors  
Trais Rhywiol | of Sexual Violence

## Gwent-wide specialist sexual violence support services

A project by



CYMORTH I FENYWOD  
**CYFANNOL**  
WOMEN'S AID

# Supporting anyone who has been affected by:

**Sexual Bullying**

**Sexual Assault**

**Intimate Partner Sexual Violence**

**Rape**

**Childhood Sexual Abuse**

**Female Genital Mutilation**

**Online Grooming**

**Organised/Ritual Sexual Abuse**

**Forced Marriage**

**Trafficking**

**Sexual Exploitation**

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.

## Our Support Services

### Independent Sexual Violence Advisor (ISVA)

Our Independent Sexual Violence Advisors and support team listen and provide personalised support to men, women and children based on their individual needs. Our ISVA service is available to all survivors, whether they choose to report or not, offering:

#### Emotional and practical support:

Listening to survivors and responding to their needs, someone to talk to in a safe space, providing help with practical matters and support to access other agencies, as appropriate.

#### Support through the legal process:

Providing information about the legal process and rights; those who decide to make a report to the police will be supported by their ISVA in all stages of the legal process.

### Sexual Violence Counselling

Specialist counselling is available in confidential community spaces across Gwent for women, men and children aged 13+ who are currently experiencing, or have in the past experienced, sexual abuse.

Our counselling service can help individuals to bring about effective change in their lives, improving wellbeing and self-esteem, developing coping mechanisms and reducing harmful behaviours. The aim of the service is to provide freedom from the damaging effects of sexual abuse, supporting survivors to move on and regain control of their lives.

### Sexual Exploitation Advocacy Support Service (SEASS)

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

## Our Group Support Services

### **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.

### **Peer Support Group**

Our peer support groups bring together people with shared experiences to support each other, offering useful information on coping with the trauma of sexual violence and abuse and introducing ideas and approaches that others have found helpful.

Groups are facilitated by trained peer support volunteers and predominantly run online, but please get in touch to find out what options are available at present.

### **Creative Therapies**

We offer a range of creative therapies, including art therapy and equine therapy, as part of our commitment to providing holistic support.

Art therapy is delivered on a group basis, with participants meeting for weekly sessions (online or in-person) over the course of each programme.

New group-based support options are being developed all the time. Please contact us, visit [horizonsvs.org.uk](http://horizonsvs.org.uk) or follow us on Facebook or Instagram for latest details.

## Our Specialisms

### **Adult Survivors of Childhood Sexual Abuse**

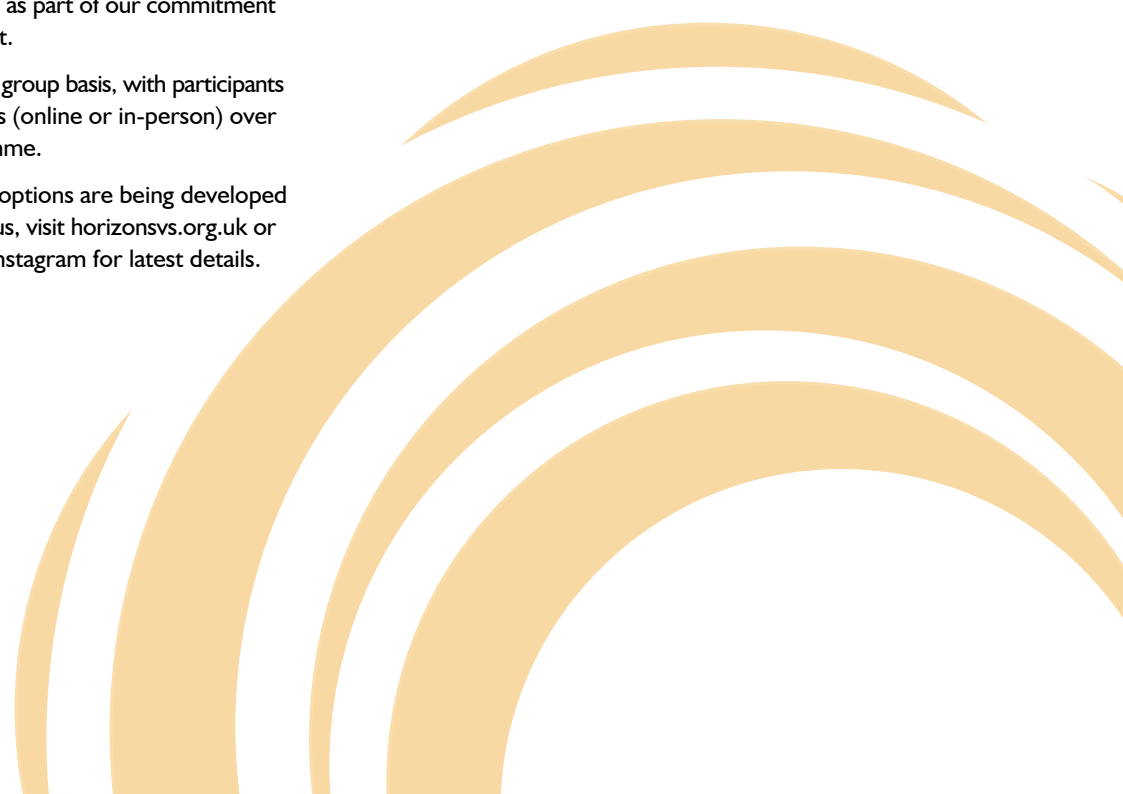
For 80% of the people we work with, their abuse started in childhood. We understand the barriers individuals face when disclosing such traumatic events.

### **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.

### **Support for Family and Friends**

The after effects of sexual violence can be felt by not just the survivor but by their partner, family members and friends. We offer support and promote understanding of the impact of sexual violence and abuse.



## Survivor-centred Services

Horizon values equality, diversity and inclusion. Our services are open to all genders, ages, disabilities, ethnicities or races, religions or beliefs, and sexual identities. Our goal is to offer and develop inclusive services for all to access.

We work closely with survivors to address barriers and ensure support is available to everyone how and when they need it. We offer:

### Online Support

For people who may not be in a position to attend face-to-face counselling or support sessions, online and telephone support is available.

### No Time Limits on Support

Support is available for as long as survivors need it and the option is always left open for individuals to access or return to support at a point that suits them.

### Safe Emergency Accommodation

When survivors have felt at risk or unsafe, we have been able to offer safe emergency accommodation.

### Outreach

For those already engaged with other services, our outreach worker can arrange to visit wherever is most comfortable.

## Accessing Support

Support is available across Gwent. For information about accessing support in your area, please contact us.

## 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. When you get in touch with us, we will discuss your needs to establish which service(s) you would like to access.

## 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.

## Helpful Contacts

**Live Fear Free Helpline**  
0808 80 10 800

**NAPAC**  
0808 801 0331

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

**NSPCC Helpline**  
0800 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 917 9996 (Monday 7pm-9pm)

**National Self Harm Network  
(online forum)**  
<http://www.nshn.co.uk>



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**Tel • 03300 564456**

**Email • horizon@cyfannol.org.uk**

 [www.horizonsvs.org.uk](http://www.horizonsvs.org.uk)  [@horizonsvs](https://www.facebook.com/horizonsvs)  
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A project by



**Head Office**

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

**Tel • 03300 564456**  
**(24 hours)**

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**HORIZON**



A project by



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 [www.horizonsvs.org.uk](http://www.horizonsvs.org.uk)  [@horizonsvs](https://www.facebook.com/horizonsvs)  [@horizonsvs](https://twitter.com/horizonsvs)  [@horizonsvs](https://www.instagram.com/horizonsvs)

**E-bost • horizon@cyfannol.org.uk**

**Ffôn • 03300 564456**

## Cysylltiadau Defnyddiol

**Llinell Gymorth Byw Heb Ofn**  
0808 80 10 800

**NAPAC**

0808 801 0331

Llinell gymorth i oedolion sydd wedi goroesi  
cam-drin plentyndod (Llun-Gwener)

**Llinell gymorth NSPCC**

0808 800 5000

Anfon neges destun: 88858

**Llinell gymorth MOSAC**

0800 980 1958

Cymorth i rieni a gofalywyr nad ydy'n nhw'n  
cam-drin yn rhywiol plant sydd wedi'u

cam-drin yn rhywiol

**C.A.L.L.**

**(Llinell Gymorth a Gwrando Gymunedol):**  
Llinell Gymorth Iechyd Meddwl Cymru

0800 132737

neu anfonwch neges destun 'help' at 81066

**Samaritans**

116 123

**Childline**

0800 1111

**Llinell Gymorth LGBT+ Cymru**

0800 917 9996 (Dydd Llun 7pm-9pm)

**Rhwydwaith Hunan Niwed Cenedlaethol**

**(fform ar-lein)**

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

## Gwasanaethau sy'n canolbwyntio ar oroeswyr

Mae Horizon yn gwerthfawrogi cydraddoldeb, amrwyiaeth a chynhywysiant. Mae ein gwasanaethau yn agored i bob rhywedd, oedran, anabled, ethnigrwydd neu hili, crefydd neu gred, a hunaniaethau rhywiol. Ein nod yw cynnig a datblygu gwasanaethau cynhywsol i bawb eu cyrchu.

Rydym yn gwethio'n agos gyda goroeswyr i fynd i'r atfael a rhywstrau a sicrhau bod cefnogaeth ar gael i bawb sut a phryd y mae ei angen arnynt. Rydym yn cynnig:

### Gymorth Ar-lein

Ar gyfer pobl nad ydynt efallai mewn sefyllfa i fynyachu sesiynau cwnsela neu gymorth wyneb yn wyneb, mae cefnogaeth ar-lein a ffôn ar gael.

### Dim Trefnau Amser ar Gymorth

Mae cymorth ar gael cyhyd ag y mae ei angen ar oroeswyr ac mae'r opsiwn bod amser yn cael ei adael ar agor i unigolion gyrchu neu ddychychwelyd i gymorth ar addeg sy'n addas i ddyn nhw.

### Llety Brys Diogel

Fan fydd goroeswyr wedi eimlo mewn perygl neu'n aniochel, rydym wedi gallu cynnig llety brys diogel.

### Allgymorth

I'r rhai sydd eisoes wedi cysylltu â gwasanaethau eraill, gall ein gweithiwr allgymorth drefnu ymweidd i lle bynnag sydd fwyaf cyfforddus.

## Cyrchu Gymorth

Mae cefnogaeth ar gael ar draws Gwent. I gael gwybodaeth am gyrchu cymorth yn eich ardal chi, cysylltwch â ni:

## Atgyfeiriadau

Mae ein gwasanaethau Horizon yn gyfrinachol ac am ddim ac rydym yn derbyn atgyfeiriadau ar draws Gwent. Gall unigolion gysylltu â ni'n uniongyrchol i gael mynediad at gymorth neu gael eu cyfeirio gan asiantaeth arall. Fan gysylltwch â ni, byddwn yn trafod eich anghenion i sefydlu pa wasanaeth(au) yr hoffech eu cyrchu.

## Cysylltwch

Rydym yn croesawu ymholiadau am ein gwasanaethau a'r cymorth y gallwn ei ddarparu, felly mae croeso i chi gysylltu â ni i gael rhagor o wybodaeth.

**Y Pecyn Cymorth Adfer Trais Rhywiol**  
Rhaglen 12 wythnos sy'n helpu goroeswyr, sydd mewn sefyllfa i gymryd rhan mewn grŵp, i ddod i brosesu eu profiadau a datblygu strategaethau ffordd o fyw ac ymdopi cadarnhaol.

### Grwpiau Cymorth Cymheiriald

Mae ein grwpiau cymorth cymheiriald yn dod â phobol sydd â phrofiadau a rennir ynghyd i gefnogi ei gilydd, gan gynnig gwylbodaeth ddefnyddiol ar ymdopi â thrawma trais a cham-drin rhywiol a chyflwyno syniadau a dulliau y mae eraill wedi'u cael yn ddefnyddiol.

Mae grwpiau'n cael eu hwyluso gan wirfoddolwyr cymorth cymheiriald hyfforddedig ac yn cael eu rhedeg ar-lein yn bennaf, ond cysylltwch â ni i ddarganfod pa opsiynau sydd ar gael ar hyn o bryd.

### Therapiau Creadigol

Rydym yn cynnig ystod o therapïau creadigol, gan gynnwys therapi celf a therapi celffau, fel rhan o'n hymrwymiad i ddarparu cymorth cyfannol.

Cyflwynir therapi celf ar sail grŵp, gyda'r cyfranogwyr yn cyfarfod ar gyfer sesiynau wythnosol (ar-lein neu'n bersonol) yn ystod pob rhaglen.

Mae opsiynau cymorth grŵp newydd yn cael eu datblygu drwy'r amser. Cysylltwch â ni, ewch i [horizonsvs.org.uk](https://horizonsvs.org.uk) neu dilynwch ni ar Facebook neu Instagram i gael y manylion diweddaraf.

### Oedolion sydd wedi Goroesi Cam-drin Plentynod

I 80% o'r bobl rydyn ni'n gweithio gyda nhw, dechreuodd eu cam-drin yn ystod plentynod. Rydym yn deall y rhwystrau y mae unigolion yn eu hwynedu wrth ddatgeliu digwyddiadau trawmatig o'r fath.

### Trais Rhywiol Partner Agos

Rydym wedi bod yn cefnogi dioddefwyr/goroeswyr trais rhywiol partner agos ers 40 mlynedd. Rydym yn cydnabod bod pob camdriniaeth yn ffynnu ar gyfrinachedd a bod bygythiadau a llwgrwobrwyon yn aml yn cael eu defnyddio i gynnal cydymffurfiaeth.

### Cymorth i Deulu a Ffrindiau

Gall ôl-ffeithiau trais rhywiol gael ei deimlo nid yn unig gan y goroeswr ond gan eu partner, aelodau o'r teulu a'u ffrindiau. Rydym yn cynnig cefnogaeth ac yn hyrwyddo dealltwriaeth o effaith trais a cham-drin rhywiol.

## Ein Gwasanaethau Cymorth

### Cyngorydd Trais Rhywiol Annibynnol (ISVA)

Mae ein Cyngorwyr Trais Rhywiol Annibynnol a'n tim cymorth yn gwrando ac yn darparu cymorth sydd wedi'iersonoleiddio i ddyfyn, menywod a phlant yn seiliedig ar eu hanghenion unigol. Mae ein gwasanaeth ISVA ar gael i bob goroeswr, p'un a yd'n dewis adrodd ai peidio, gan gynnwys:

#### Cymorth emosiynol ac ymarferol:

Gwrando ar oroeswr ac ymateb i'w hanghenion,

rhywun i siarad â nhw mewn man ddiogel, gan

ddarparu help gyda materion ymarferol a chymorth

i gael mynediad at asiantaethau eraill, fel sy'n briodol.

#### Cymorth drwy'r broses gyfreithiol:

Darparu gwybodaeth am y broses gyfreithiol a hawliau; bydd y rhai sy'n penderfynu cyflwyno adroddiad i'r heddlu yn cael eu cefnogi gan eu ISVA ym mhob cam o'r broses gyfreithiol.

### Cwntais Trais Rhywiol

Mae cwntais arbenigol ar gael mewn manau cymunedol cyfrinachol ledled Gwent ar gyfer menywod, dynion a phlant 13+ oed sydd ar hyn o bryd yn profi, neu sydd wedi profi cam-drin rhywiol yn y gorffennol.

Gall ein gwasanaeth cwntais helpu unigolion i sicrhau newid effeithiol yn eu bywydau, gan wella lles a hunan-barch, dablygu mecawentiau ymddopi a lleihau ymddygiadau niweidiol. Nod y gwasanaeth yw darparu rhyddid rhag effeithiau niweidiol cam-drin rhywiol, cefnogi goroeswyr i symud ymlaen ac i gymryd rheolaeth ar eu bywydau.

### Gwasanaeth Cymorth Eiriolaeth Camfanteisio Rhywiol (SEASS)

Prosiect arbenigol sy'n darparu gwasanaethau gwybodaeth, cynngor, cefnogaeth ac eiriolaeth i fenywod sydd ar hyn o bryd yn, neu sydd mewn perygl o, profi camfanteisio rhywiol neu ariannol.

Yn cefnogi unrhyw un sydd wedi cael ei effeithio gan:

Bwlio Rhywiol

Ymosodiad Rhywiol

Trais Rhywiol Partner Agos

Trais Rhywiol Cam-drin Rhywiol Plentynnod

Anffurfio Organau Cenhedlu Benywod

Meithrin Perthynas Amhriodol Ar-lein

Cam-drin Rhywiol Treinedig/Defodol

Priodas dan Orfod

Masnachu mewn Pobl

Camfanteisio Rhywiol

Gall hyn ddigwydd i unrhyw un, waeth beth fo'u hoedran, rhywedd, hill, crefydd, diwylliant neu statws cymdeithasol.

Mae adrodd am a chydabod yr hyn sydd wedi digwydd yn rhan bwysig o iachau.



Wasanaethau  
cymorth trais  
rhywiol arbenigol  
lledled Gwent

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