

Believe change is possible

Need help picking yourself up?

The Nelson Trust Women's Centre was created to support women who may be facing life's difficult challenges.

It is a community-based service, which offers a wide range of in-house activities at our Women's Centre in Bridgwater and access to specialist support within Somerset.

The centre was established by The Nelson Trust in 2019. We support, guide and empower women to make positive changes in their life. We provide a warm and safe women-only environment to talk about problems and challenges in a non-judgemental way. We believe trust and respect will bring about long lasting change and build a brighter future.

We are a trauma-informed, gender responsive service providing holistic support. We offer both practical and emotional support for women.

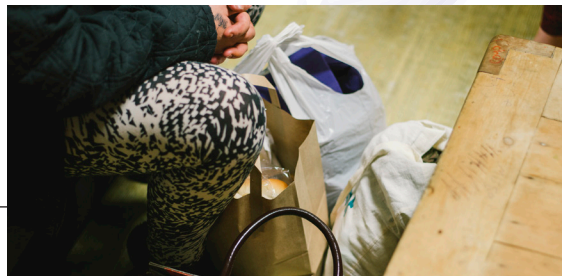
"It has been suggested that women with unmet needs may be at risk of offending, the consequences of which can be devastating." (Corston Report 2007)

"I feel that now I've got people who listen to me and understand me and that helps because a lot of the time I don't feel I'm understood or I'm listened to."

"I love it here, I do. So nice and kind. My probation officer referred me to come here and it's the best thing that's ever happened."

"I think girls off the street are just so vulnerable. People take advantage of them and this is somewhere safe for them to go."

"This is my first time at a Women's Centre and I couldn't have done it without them. Give them a try like I did. It could change your life and your outlook!"



What support do you need?

We will help you design your support plan to set out some goals you want to work towards. This plan will help you to take charge of your life, build your confidence and self esteem and improve your opportunities.

We offer:

- Debt, benefits and finance advice
- Drug and alcohol awareness
- Accommodation support
- Relapse prevention groups
- Self esteem and confidence building
- Parenting support
- Domestic abuse support
- Education, training and employment advice
- Anxiety and anger management
- One-to-one support
- Craft and art groups
- Lunch club

We have showers, washing machine and access to clothes and toiletries in a safe space. Our onsite crèche facility can provide care for your children (0-8 years) while you are in the centre. We also offer an outreach service.

Support is available for:

- Homelessness and housing issues
- Debts and benefits
- Education, training and employment
- Drug and alcohol issues
- Families, children and relationships
- Domestic and sexual abuse



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