A safe women only service providing:

- · A dedicated key worker
- One-to-one support
- Group work
- Women only spaces
- On site creche



We will meet you at a place that is safe for you.

We will listen to you and be there for you.



Together we can explore your options.

Together we can plan your support.

Choice





When women support each other incredible things happen.



Your key worker will be in contact with you shortly however, you can call us today on 0117 2447249.

My key worker name is:

My first appointment is on:

Time:



Open Monday - Friday 9.30am - 5.00pm

Tel: 0117 2447249

Email: bristol.info@nelsontrust.com

Website: nelsontrust.com

Charity No: 1056672





A women-only support service when you need a helping hand with life's challenges.

Believe change is possible

Helped me find somewhere to live or I'd still be homeless.



Finances Debit, benefits and finance advice.



Trauma and abuse Domestic abuse support.



Families and relationships Help with relationship issues, rebuilding bonds with loved ones, and being reunited with

I am supported a 700% by my kenworker.

> I feel they look at me as a person, non judgemental.

> > I would be in

trouble without

this service.

Housing

Accommodation support: helping women into safe and appropriate housing

Discussed what support I can get and how to move forward



Education and training

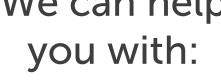
Education, training and employment advice.

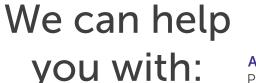
I have bettered myself and my circumstances since having involvement.



Physical, emotional and mental health

Anxiety and anger management, one-to-one support, craft and art groups, lunch club.







Attitudes, thinking and behaviour

Parenting support, self esteem and confidence building



The women's service is a life line!! Saves lives.

Sexual exploitation and sex working

Supporting women toward safety and exiting sex working.

Drugs and alcohol

Drug and alcohol awareness and relapse prevention groups

My kenworker's always there for me, doesn't give up on me.