

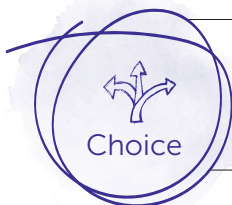
A safe women only service providing:

- A dedicated key worker
- One-to-one support
- Group work
- Women only spaces
- An on-site creche at our Women's Centre in Bridgwater



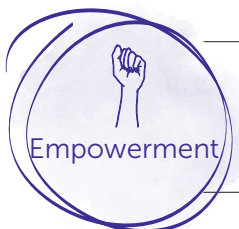
We will meet you at a place
that is safe for you.

We will listen to you
and be there for you.



Together we can explore
your options.

Together we can plan
your support.



When women support
each other incredible
things happen.



THE NELSON TRUST

Your key worker will be in contact with
you shortly however, you can call or
text us today on 07557 083952.

My key worker name is:

My first appointment is on:

Time: _____

Women's Centre & outreach service
Sedgemoor

Outreach
Taunton
West Somerset
South Somerset
Mendip
North Somerset

Open 9.30am - 5.00pm

Tel: 01278 557730
Email: somerset.info@nelsontrust.com
nelsontrust.com

Charity No 1056672



THE NELSON TRUST

Women's Service in Somerset



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

Believe change is possible



Finances
Debit, benefits and
finance advice.



Trauma and abuse
Domestic abuse
support.

*I am supported
a 100% by my
keyworker.*



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

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

*I would be in
trouble without
this service.*



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.

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



Drugs and alcohol
Drug and alcohol awareness
and relapse prevention groups



**Physical, emotional and
mental health**
Anxiety and anger
management, one-to-one
support, craft and art groups,
lunch club.



Education and training
Education, training and
employment advice.

Housing
Accommodation support:
helping women into safe and
appropriate housing.



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

*Discussed what
support I can get and
how to move forward*

*I have bettered myself and
my circumstances since
having involvement.*

We can help
you with: