A safe women-only service providing:

- A dedicated key worker
- One-to-one support
- Group work
- Women-only spaces

safety

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

We will listen to you and be there for you.

Trust

Choice

Together we can explore your options.

Together we can plan your support.

Collaboration

Empowerment

When women support each other incredible things happen.

THE NELSON TRUST

Your keyworker will be in contact with you shortly but you can call or text us today on the number below.

My keyworker name is:

_____

My first appointment is on:

_____

Time: _____

Place: _____

The Nelson Trust
Cardiff Women's Centre
56-58 Richmond Road,
Cardiff
CF24 3UR

Open 9.00am - 5.00pm

Tel: 07719084451
Email: wales.info@nelsontrust.com
nelsontrust.com

THE NELSON TRUST
Women's Service in Wales

making change possible

This service is for:

- women on probation
- women released from prison
- women due to be released from prison

Believe change is possible

We can help you with:

Finances
Debt, benefits and finance advice.
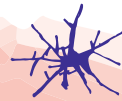
Trauma and abuse
Domestic abuse support.

Families and relationships
Help with relationship issues, rebuilding bonds with loved ones, and reuniting mums and children.

Housing
Helping women into safe and appropriate housing.

Attitudes, thinking and behaviour
Help with self-esteem, confidence building and life skills.

Education and training
Education, training, volunteering and employment advice.

Sexual exploitation
Supporting women towards safety and recovery.

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

Drugs and alcohol
Drug and alcohol awareness and relapse prevention groups.

I am supported 100% by my keyworker.

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

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

I would be in trouble without this service.

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

The women's service is a lifeline!! Saves lives.

I have bettered myself and my circumstances since having involvement.

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