

Who can access the service?

- Any woman 18 + seeking support because they are in contact or at risk of entering the criminal justice system.

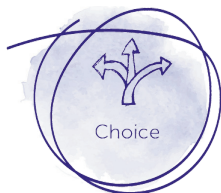
What can you expect?

- A dedicated key worker
- One-to-one support
- Group work
- On-site free creche facilities
- Access to food, clothes and toiletries.



We will allow you a safe space to talk to your keyworker.

We will listen 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.

A safe environment where everyone is welcome.



THE NELSON TRUST

“The women's centre is a safe space where no matter what, you've got someone to talk to.”

Cardiff Women's Centre

- 📍 56 Richmond Road, Cardiff, CF24 3AT
- ☎ 02920 023934
- ✉ wales.info@nelsontrust.com

Swansea Women's Centre

- 📍 31 The Kingsway, Swansea SA1 5LE
- ☎ 01792 000008
- ✉ swansea.info@nelsontrust.com

Newport Women's Centre

- 📍 Flr 2, Exchange House, High St, NP20 1AA
- ☎ 01633 740127
- ✉ newport.info@nelsontrust.com

Pontypridd Women's Centre

- 📍 15 Galliwastad Rd, Pontypridd, CF37 2BW
- ☎ 07561 107109
- ✉ cwmtaf.info@nelsontrust.com

🌐 www.nelsontrust.com/one-wales



Scan the QR code to refer yourself or another person



THE NELSON TRUST

HELPING >>>> WOMEN THRIVE

A service for women, delivered by women in South Wales & Gwent



Proud partner of



Believe change is possible

Group Programmes for Women

- Beyond Anger
- Body Image
- Building Skills for Recovery
- Cookery
- Crime & Its Impact
- Emotional Health & Wellbeing
- Growth Group
- Housing & Budgeting
- Health & Wellness
- Meditation & Yoga
- My Emotional Toolkit
- Pattern Changing
- Positive Parenting
- Self-Esteem
- Sexual Awareness & Wellbeing
- Steps to Healing
- Understanding Mental Health & Trauma

If you would like to self-refer, or would like to refer someone else, please contact us (see back of this leaflet for details).



The Nelson Trust's women's centres provide a warm and safe women-only environment where a wide range of problems and challenges can be addressed in a non-judgmental way, guiding and empowering you to make positive changes in your life.

The Nelson Trust is the lead partner organisation for the ONE Wales service; a partnership of local organisations working together to provide services to women and young adults across Wales.

