



THE NELSON TRUST



Un person Un ffordd Un cylluan
One Person One Story One Plan

Service for Young Women in Wales

Our young person's service is for women and girls aged 18-25 at risk of entering the criminal justice system, offering a wide range of support.

We will work with you to design a support plan tailored to your individual needs and help you reach your desired goals.

We can help you with:

- Finances
- Trauma and abuse
- Families and relationships
- Attitudes, thinking and beliefs
- Sexual exploitation and support women towards safety
- Drugs and alcohol
- Physical, emotional and mental health
- Housing
- Education and training



Contact us

Swansea Women's Centre

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