

## Bedfordshire Domestic Abuse Support Service Directory - Updated November 2021

(please note provided is a **summary** of service overview – full details should be reviewed via each providers websites)

Person/s affected	Service	Service overview / support available	Area	Details
<b>General domestic abuse support services</b>	BDAP website	Provides a comprehensive list of DA support services, MARAC details, news and training opportunities.	Bedfordshire	<a href="http://www.centralbedfordshire.gov.uk">Bedfordshire Domestic Abuse Partnership Website</a> <a href="mailto:bdap@centralbedfordshire.gov.uk">bdap@centralbedfordshire.gov.uk</a>
	Signpost	Telephone and face to face practical and emotional support and advice for all victims, and families of victims, of any type of crime. An individual does not have to report the crime to Police to access Signpost which is a confidential service.	Bedfordshire	<a href="http://www.signpostforbedfordshire.com">www.signpostforbedfordshire.com</a> 0800 0282 887 <a href="mailto:info@signpostforbedfordshire.com">info@signpostforbedfordshire.com</a>
	Victim Support	National charity to help anyone affected by crime, including their friends, family and any other people involved.  Providing a free and confidential support 24 hours a day, seven days a week, 365 days a year for people affected by crime and traumatic events – regardless if the crime has been reported to the police.	National	<a href="http://www.victimsupport.org.uk">www.victimsupport.org.uk</a> 0808 1689 111
	National Domestic Abuse Helpline	National 24-hour support for those effected by domestic abuse offering confidential information and expert support.  The helpline can also help access refuge accommodation, or other specialist domestic violence services depending on individual need.	National	<a href="http://www.nationaldahelpline.org.uk">www.nationaldahelpline.org.uk</a> 0808 2000 247

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	Change UR Life	Change Ur Life provides free, confidential, non-judgmental, and independent support to anyone who is living in Bedfordshire and experiencing any kind of domestic abuse. We are supporting victims who are still living at home with the alleged perpetrator(s), those that are still suffering the effects of historic abuse as well as those who are moving out of a refuge and those who are already living in a new community.	Bedfordshire	<a href="http://www.change-ur-life.org/">www.change-ur-life.org/</a> 07495825762 / 07533053669 <a href="mailto:bori@change-ur-life.org">bori@change-ur-life.org</a> Live chat is available Monday-Friday 9am-5pm on <a href="http://www.change-ur-life.org">www.change-ur-life.org</a>
<b>High risk victims of domestic abuse</b>	MARAC (Multi Agency Risk Assessment Conference)	For clients that are risk assessed as high risk of serious harm / death, where the client is aged 16 years and over. Support from an Independent Domestic Violence Advisor (IDVA) is offered to all MARAC clients.	Bedfordshire	Bedford Borough: <a href="mailto:DASupport@bedford.gov.uk">DASupport@bedford.gov.uk</a> Central: <a href="mailto:MARACenquiries@centralbedfordshire.gov.uk">MARACenquiries@centralbedfordshire.gov.uk</a> Luton: 01582 548103/ <a href="mailto:marac@luton.gov.uk">marac@luton.gov.uk</a> Referral Forms: <a href="https://bedsdv.org.uk/central-beds-and-bedford-borough-how-to-refer-to-marac/">https://bedsdv.org.uk/central-beds-and-bedford-borough-how-to-refer-to-marac/</a>
<b>Female victims / survivors of domestic abuse</b>	Stepping Stones	DA charity based in Luton which supports women who are victims of Domestic Abuse and/or substance misuse. Stepping Stones can offer one to one and group support covering various areas including parenting, trauma, domestic abuse, anger and mental wellness. They also offer counselling and legal advice through qualified volunteers.	Based in Luton, but will support women from Bedfordshire	<a href="http://www.steppingstonesluton.co.uk">www.steppingstonesluton.co.uk</a> 01582 457114 <a href="mailto:hello@steppingstonesluton.org.uk">hello@steppingstonesluton.org.uk</a>
	Luton All Women's Centre (LAWC)	Charity for women run by women based in Luton. Offering one to one support for domestic abuse and other forms of abuse and trauma; forced marriage, honour based abuse and FGM support; counselling service; Own My Life DA programme and Our Lives (for South Asian women – delivered in Urdu and Bengali) DA groups; legal advice; exploitation support; awareness raising in education settings, and awareness raising/training for professional's about LAWAC, DA and Harmful Practices.	Based in Luton, but will support women from Bedfordshire	<a href="http://www.lutonallwomenscentre.org.uk">www.lutonallwomenscentre.org.uk</a> 01582 416783 <a href="mailto:support@lawc.org.uk">support@lawc.org.uk</a>

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Female victims / survivors of domestic abuse		Support to employers in Luton through our Employers Against Domestic Abuse project – to enable employers to better support their staff wellbeing.		
	Bedford Women's Centre	Charity that supports women in the community to improve the quality of their and their family's lives. Offering one-to-one support, mentoring, workshops, support groups for women to promote healthy relationships and eradicate Domestic Abuse including Freedom programme and 'Own my life'. Also host a free Family Law legal clinic for women on the first Wednesday of every month in conjunction with Family Law Group. Bedford Women's Centre is able to provide support to access services for women who speak Mirpur, Urdu, Arabic and Punjabi.	Bedford	<a href="http://www.bedfordwomenscentre.org.uk">www.bedfordwomenscentre.org.uk</a> 01234 316801 <a href="mailto:admin@bedfordwomenscentre.org.uk">admin@bedfordwomenscentre.org.uk</a>
	Living Your Life	Support women and men across Bedfordshire affected by trauma - especially sexual or domestic abuse and violence. Our work with male victims has been nationally recognised. Experienced with criminal court processes, they offer pre-trial therapy. Our services include counselling, coaching and workshops (e.g. self-esteem).	Bedfordshire	<a href="http://www.livingyourlife.org.uk">www.livingyourlife.org.uk</a> 07792 938089 <a href="mailto:hello@livingyourlife.org.uk">hello@livingyourlife.org.uk</a>
Female victims / survivors of domestic abuse	Women's Aid Luton	WAIL support Women and Children who are fleeing Domestic Abuse, providing Refuge, Resettlement and Outreach Support and a local Helpline. Access to Legal advice and Immigration Services available.  We have a Dedicated Specialist Children and Young Persons Support Officer who supports children and families affected by Domestic Abuse both in Refuge and Outreach with one to one support and Group Sessions.  We run courses including Recovery Toolkit and Own My Life which are courses for women in the local area who have	Luton	<a href="http://womensaidinluton.org">womensaidinluton.org</a> 01582 391856 <a href="mailto:info@womensaidinluton.org">info@womensaidinluton.org</a>

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		<p>been subjected to Domestic Abuse delivered online and/or in a safe women only environment.</p> <p>We run a weekly Women's Only Drop In to support engagement with local services.</p>		
	Families First Bedfordshire	<p>Liberty group (16-week programme) for women who have children, and who have experienced or are still may be experiencing domestic abuse.</p> <p>Self-esteem groups (6-week programme) to increase self-image and empower women to leave relationships where there is abuse and go on to maintain healthy relationships.</p>	Bedford and Central	<p><a href="http://www.familiesfirstbedfordshire.org.uk">www.familiesfirstbedfordshire.org.uk</a> 01234 341977 <a href="mailto:admin@familiesfirstbedfordshire.org.uk">admin@familiesfirstbedfordshire.org.uk</a></p>
	The Freedom Programme	<p>The Freedom Programme is for women.</p> <p>Freedom examines the roles played by attitudes and beliefs on the actions of abusive men and the responses of victims and survivors.</p> <p>The aim is to help women to make sense of and understand what has happened to them over a period of 12 weeks in a group setting.</p>	Bedfordshire	<p><b>Bedford:</b> 01234 316801/ <a href="mailto:admin@bedfordwomenscentre.org.uk">admin@bedfordwomenscentre.org.uk</a> <b>Central Bedfordshire:</b> 0300 300 8585 (opt 3)/ <a href="mailto:Earlyhelp@centralbedfordshire.gov.uk">Earlyhelp@centralbedfordshire.gov.uk</a> <b>Luton:</b> 01582 457114/ <a href="mailto:hello@steppingstonesluton.org.uk">hello@steppingstonesluton.org.uk</a> 01582 518400/ <a href="mailto:familyworker@beechwoodprimary.org.uk">familyworker@beechwoodprimary.org.uk</a></p>
	Mindfulness Support Service	Deliver groups for female victims of domestic abuse.	Bedfordshire	<p><a href="http://www.mindfulnesssupportservice.org">www.mindfulnesssupportservice.org</a> 01438 960 040 <a href="mailto:info@mindfulnesssupportservice.org">info@mindfulnesssupportservice.org</a></p>
	Freedom Forever	The step-up programme after completing the 12-week Freedom Programme.	Bedford and Luton	<p><b>Bedford:</b> 01234 316801/ <a href="mailto:admin@familygroups.co.uk">admin@familygroups.co.uk</a> <b>Luton:</b> 01582 416783/ <a href="mailto:support@lawc.org.uk">support@lawc.org.uk</a> 01582 457114/ <a href="mailto:hello@steppingstonesluton.org.uk">hello@steppingstonesluton.org.uk</a></p>
	The Traveller Movement	Helpline for Gypsy, Roma and Traveller women – if a victim needs help leaving a violent relationship, support is available via call/WhatsApp	National	<p><a href="https://www.travellermovement.org.uk/">https://www.travellermovement.org.uk/</a> 0754 1637 795</p>
	Your local Children's Centre		All	You can find details of local children's centres at the end of this document.

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Victims / survivors of domestic abuse with children		Activities available in each children's centre will vary, make contact with your local children's centre to request their timetable and find out what they offer.		
	The Ebonista Project	<p>We are a Luton based service offering emotional and practical support to women and children who have been subjected to domestic abuse. We welcome women of any background to our service and have a strong focus on reaching women from the Black African and Caribbean community who may have experienced barriers accessing support due to systemic racism and a lack of cultural understanding in our society. Our organisation is led by a team who have both lived and professional experience which drives our passion and commitment to support others.</p> <p>We run a variety of group programmes to educate, raise awareness and empower women who have faced such trauma</p>	Bedfordshire	<a href="mailto:support@theebonistaproject.org.uk">support@theebonistaproject.org.uk</a> 07306 088816 - Dedicated helpline that is accessible Mon-Fri 10am-6pm
	FACES	Offering practical and emotional support to families, including through Bedford Domestic Abuse Support Service, a bespoke service for victims and their children (0-19) who have been assessed as low to middle risk. Victims are offered one to one emotional and practical support.	Bedford	<a href="http://www.facesbedford.org">www.facesbedford.org</a> 01234 270601 <a href="mailto:admin@facesbedford.org">admin@facesbedford.org</a>
	Families First Bedfordshire	Supporting families to build on their individual strengths and empower parents/carers to develop stronger family relationships.	Bedford and Central	<a href="http://www.familiesfirstbedfordshire.org.uk">www.familiesfirstbedfordshire.org.uk</a> 01234 341977 <a href="mailto:admin@familiesfirstbedfordshire.org.uk">admin@familiesfirstbedfordshire.org.uk</a>
Victims / survivors of domestic abuse with children	Home-Start Central Bedfordshire	Home-Start Central Bedfordshire helps young children and their families who are struggling with physical and mental ill health, disabilities, bereavement and domestic abuse. They offer programmes such as:	Central Bedfordshire	<a href="http://www.home-startcentralbeds.org.uk">www.home-startcentralbeds.org.uk</a> 01582 660061 <a href="mailto:office@home-startcentralbeds.org.uk">office@home-startcentralbeds.org.uk</a>

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		<ul style="list-style-type: none"> <li>- Own My Life a new 12-week course for women who have experienced domestic abuse and want to make sense of what happened and how they can recover. The sessions will be delivered via Zoom and replaces Pattern Changing</li> <li>- Helping Hands preventative programme for children to increase their understanding of feeling safe and to explore and promote behaviours which will contribute to a safe environment.</li> </ul>		
	The WAY Project	<p>The Walking Alongside You (WAY) programme is a creative approach designed to address the problems of women who have had children removed from their care, and where there is potential risk that if there was a future pregnancy this may also result in a child being removed.</p> <p>WAY offers an intense programme of therapeutic, practical and behavioural support individually designed around each woman's individual need.</p>	Central Bedfordshire	0300 300 6752 or 0300 300 5643 <a href="mailto:WAY@centralbedfordshire.gov.uk">WAY@centralbedfordshire.gov.uk</a>
	Sorted	Sorted offers a free and confidential counselling service for young people aged between 10 - 25 years.	Bedfordshire	<a href="http://www.sortedbedfordshire.org.uk">www.sortedbedfordshire.org.uk</a> <a href="mailto:info@sortedbedfordshire.org.uk">info@sortedbedfordshire.org.uk</a> Clinical Office 01582 363040 Admin Office 01582 674442
	The FORTIS Project (Sorted)	<p>Offers counselling to children and young people from 5-18 years who have experienced or witnessed domestic abuse. This therapeutic intervention seeks to alleviate emotional and psychological distress, helping to process traumatic memories and develop coping &amp; recovery skills. The sessions will also help to improve emotional literacy and communication skills.</p> <p>The 12 sessions will be delivered by experienced qualified counsellors in Dunstable. Referrals can be made by parents, schools or other professionals.</p>	Central Bedfordshire	<a href="http://www.sortedbedfordshire.org.uk">www.sortedbedfordshire.org.uk</a> <a href="mailto:info@sortedbedfordshire.org.uk">info@sortedbedfordshire.org.uk</a> Clinical Office 01582 363040 Admin Office 01582 674442

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	Multi-Agency Safeguarding Hub (MASH)	Protecting vulnerable children is everyone's business. Any concerns, acts of abuse, safeguarding issues involving a child should be reported to the MASH.	Bedfordshire	<p><b>Bedford:</b> 01234 718700 (office hours) or 0300 300 8123 (out of hours) <a href="mailto:multiagency@bedford.gov.uk">multiagency@bedford.gov.uk</a></p> <p><b>Central Bedfordshire:</b> 0300 300 8585 (office hours) or 0300 300 8123 (out of hours) <a href="mailto:Access&amp;referral@centralbedfordshire.gov.uk">Access&amp;referral@centralbedfordshire.gov.uk</a></p> <p><b>Luton:</b> <a href="mailto:mash@luton.gov.uk">mash@luton.gov.uk</a> 01582 547653 (office hours) or 0300 300 8123 (out of hours)</p>
<b>Male victims / survivors of domestic abuse</b>	The Mankind Initiative	This confidential helpline is available for all men across the UK suffering from domestic violence or domestic abuse by their current or former wife or partner (including same-sex partner). This can range from actual violence or object throwing to mental abuse such as constant bullying or constant insults. They provide both emotional support and practical information.	National	<p><a href="http://www.mankind.org.uk">www.mankind.org.uk</a> 01823 334244 (Mon-Fri 10am – 4pm)</p>
	Men's Advice Line	Confidential helpline for men experiencing domestic violence from a partner or ex-partner (or from other family members). They can help by giving you time to tell your story; offering emotional support; providing practical advice; signposting you to other services for specialist help.	National	<p><a href="http://www.mensadvice.org.uk">www.mensadvice.org.uk</a> 0808 801 0327 (Mon &amp; Weds 9am – 8pm / Tues, Thurs &amp; Fri 9am – 5pm) <a href="mailto:info@mensadvice.org.uk">info@mensadvice.org.uk</a></p>
	Mindfulness Support Service	Deliver free groups for male victims of domestic abuse.	Bedfordshire	<p><a href="http://www.mindfulnesssupportservice.org">www.mindfulnesssupportservice.org</a> 01438 960 040 <a href="mailto:info@mindfulnesssupportservice.org">info@mindfulnesssupportservice.org</a></p>
	Families First Bedfordshire	Male victim's group 'Talk 4 Men', supports male victims over 12 weeks through their experiences of domestic abuse.	Bedford and Central	<p><a href="http://www.familiesfirstbedfordshire.org.uk">www.familiesfirstbedfordshire.org.uk</a> 01234 341977 <a href="mailto:admin@familiesfirstbedfordshire.org.uk">admin@familiesfirstbedfordshire.org.uk</a></p>
	Change Ur Life	Provide an advocate service for men	Bedfordshire	Advocate for Men – Mikey Ronnie

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				Email: <a href="mailto:mikey@change-ur-life.org">mikey@change-ur-life.org</a> Mobile: 07865358093 <a href="https://www.change-ur-life.org/">https://www.change-ur-life.org/</a>
	Living Your Life	Support women and men across Bedfordshire affected by trauma - especially sexual or domestic abuse and violence. Our work with male victims has been nationally recognised. Experienced with criminal court processes, they offer pre-trial therapy. Our services include counselling, coaching and workshops (e.g. self-esteem).	Bedfordshire	<a href="http://www.livingyourlife.org.uk">www.livingyourlife.org.uk</a> 07792 938089 <a href="mailto:hello@livingyourlife.org.uk">hello@livingyourlife.org.uk</a>
<b>Victims / survivors from black and minority ethnic communities</b>	Luton All Women's Centre (LAWC)	Offering support to those from a black or minority ethnic community. Support can be offered in Urdu and Bengali.	Based in Luton, but will support women from Bedfordshire	<a href="http://www.lutonallwomenscentre.org.uk">www.lutonallwomenscentre.org.uk</a> 01582 416783 <a href="mailto:support@lawc.org.uk">support@lawc.org.uk</a>
	Muslim Women's Helpline	MWN Helpline provide support and advice to women who have experienced additional cultural barriers and require a faith and culturally sensitive service. MWN Helpline support women with a range of issues including, Domestic Abuse, Mental Health, Housing & Homelessness, Divorce and Forced Marriage. This is a confidential service, and we can support women in Urdu, Punjabi, Bengali, English.	National	<a href="http://www.mwnhelpline.co.uk">www.mwnhelpline.co.uk</a> 0800 999 5786 (Mon-Fri 10am – 4pm) / text 07415 206936 <a href="mailto:info@mwnhelpline.co.uk">info@mwnhelpline.co.uk</a>
	Southall Black Sisters	Southall Black Sisters, a not-for-profit, secular and inclusive organisation looks to meet the needs of Black (Asian and African-Caribbean) women.	National	<a href="http://www.southallblacksisters.org.uk">www.southallblacksisters.org.uk</a> 020 8571 0800 (Mon-Fri 9.30am – 4.30pm) (Helpline) 020 8571 9595 (Mon-Fri 9am – 5pm) (General enquiries) <i>Both lines close between 12.30 &amp; 1.30</i>
	ACCM (UK)	ACCM UK support victims of DV/sexual abuse and provide emotional support. ACCM (UK) works in Bedfordshire and surrounding areas to promote action to bring about positive social change to enhance the wellbeing and to protect the dignity of girls and women. ACCM (UK) is committed to eliminating of all harmful traditional and discriminatory	Bedfordshire and offering UK wide on illegal harmful traditional practices	<a href="http://www.accmuk.com">www.accmuk.com</a> 01234 356910 07767164804 <a href="mailto:info@accmuk.com">info@accmuk.com</a> Facebook: <a href="https://en-gb.facebook.com/accmuk.bedford/">https://en-gb.facebook.com/accmuk.bedford/</a> Twitter <a href="https://twitter.com/ACCMUK">https://twitter.com/ACCMUK</a>



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<p><b>Victims of honour-based abuse, female genital mutilation or forced marriage</b></p> <p><b>Victims of honour-based abuse, female genital mutilation or forced marriage</b></p>		practices that violate Human Rights of girls and women (boys and men), such as female genital mutilation and forced arranged marriage and honour-based violence, domestic violence, sexual abuse, we provide emotional support, legal advice and much more to rebuild the victims life.		
	Luton All Women's Centre (LAWC)	Support with forced marriage, honour based abuse and FGM offered to individuals and professionals in Luton and Bedfordshire. Support to employers in Luton through an Employers Against Domestic Abuse project – to enable employers to better support their staff wellbeing.	Based in Luton, but will support women from Bedfordshire	<a href="http://www.lutonallwomenscentre.org.uk">www.lutonallwomenscentre.org.uk</a> 01582 416783 <a href="mailto:support@lawc.org.uk">support@lawc.org.uk</a>
	NSPCC	NSPCC can support both professionals or family members concerned that a child is at risk of, or has had, Female Genital Mutilation.	National	<a href="http://www.nspcc.org.uk">www.nspcc.org.uk</a> 0800 028 3550
	FGM National Clinical Group	UK-based charity dedicated to working with women who have been affected by Female Genital Mutilation and other related difficulties.	National	<a href="http://www.fgmnationalgroup.org">www.fgmnationalgroup.org</a> 07791 462415 <a href="mailto:info@fgmnationalgroup.org">info@fgmnationalgroup.org</a>
	Karma Nirvana	UK-based helpline providing emotional and practical support to male and female victims of honour-based abuse and forced marriage. Helpline also supports professionals in need of guidance.	National	<a href="http://www.karmanirvana.org.uk">www.karmanirvana.org.uk</a> 0800 5999 247 (weekdays 9am – 5pm) <a href="mailto:support@karmanirvana.org.uk">support@karmanirvana.org.uk</a> / <a href="mailto:info@karmanirvana.org.uk">info@karmanirvana.org.uk</a>
	Orchid Project	Offers information and support in the UK, and also international work to end violence against women and girls. It has a dedicated project on FGM	International	<a href="http://www.orchidproject.org">www.orchidproject.org</a> 0203 752 5506
	IKWRO (Iranian And Kurdish		International	<a href="http://www.ikwro.org.uk/">www.ikwro.org.uk/</a> 0207 920 6460 (weekdays 9.30am – 5.30pm)

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	Women's Rights Organisation)	Supports victim of HBA and harmful practices in different community languages		
	Halo Project	The Halo Project Charity is a national project that will support victims of honour-based violence, forced marriages and Female Genital Mutilation by providing appropriate advice and support to victims.	National	<a href="http://www.haloproject.org.uk">www.haloproject.org.uk</a> 01642 683 045 <a href="mailto:info@haloproject.org.uk">info@haloproject.org.uk</a>
	Forced Marriage Unit	Contact the Forced Marriage Unit (joint unit between Home Office and Foreign and Commonwealth Office since 2005) if you need to report a forced marriage or you need help leaving a marriage that you've been forced into.	National	<a href="http://www.gov.uk/stop-forced-marriage">www.gov.uk/stop-forced-marriage</a> 020 7008 0151 <a href="mailto:fmufco.gov.uk">fmufco.gov.uk</a>
	Stonewater Asian Women's Refuge	A specialist refuge for South Asian women, young people and children fleeing domestic abuse, forced marriage, honour-based violence, female genital mutilation and Modern-Day Slavery.	National	<a href="http://www.stonewater.org">www.stonewater.org</a> 01234 261228 <a href="mailto:sawr@stonewater.org">sawr@stonewater.org</a>
<b>LGBTQ+ victims / survivors of domestic abuse</b>	Galop (LGBT+ anti-violence charity)	If you've experienced hate crime, sexual violence or domestic abuse, we're here for you. We also support lesbian, gay, bi, trans and queer people who have had problems with the police or have questions about the criminal justice system.	National	<a href="http://www.galop.org.uk">www.galop.org.uk</a> 0800 999 5428 (10am – 5pm Mon, Tues and Fri / 10am – 8pm Weds and Thurs) <a href="mailto:help@galop.org.uk">help@galop.org.uk</a>
	Terrence Higgins Trust	Providing a range of services to anyone who lives in the Luton area, from HIV testing, identity services, safety, health and wellbeing support	Luton	<a href="http://www.tht.org.uk">www.tht.org.uk</a> 01582 349373 <a href="mailto:info.luton@tht.org.uk">info.luton@tht.org.uk</a>

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	OK2B LGBT Project (TOKKO)	Luton based charity offering young person's LGBT Support Group for 13 to 19-year olds.	Luton	<a href="http://tokko.co.uk">tokko.co.uk</a> 01582 544990 <a href="mailto:info@tokko.co.uk">info@tokko.co.uk</a>
	London Friend	Health and well-being support for the LGBT community. Mental health, sexual health, domestic abuse, drug & alcohol use.	National	<a href="http://londonfriend.org.uk">londonfriend.org.uk</a> 0207 833 1674 <a href="mailto:office@londonfriend.org.uk">office@londonfriend.org.uk</a>
	Men's Advice Line	Offers support to gay or bi-sexual men experiencing abuse.	National	<a href="http://www.mensadvice.org.uk">www.mensadvice.org.uk</a> 0808 801 0327 (Mon & Weds 9am – 8pm / Tues, Thurs & Fri 9am – 5pm) <a href="mailto:info@mensadvice.org.uk">info@mensadvice.org.uk</a>
	Local Authority Housing Service	Support with re-homing for those who wish to move, or for those who are potentially going to become homeless or who are homeless	Bedfordshire	<b>Bedford:</b> <a href="http://www.bedford.gov.uk/housing">www.bedford.gov.uk/housing</a> <b>Central Bedfordshire:</b> <a href="http://www.centralbedfordshire.gov.uk/info/74/housing">www.centralbedfordshire.gov.uk/info/74/housing</a> <b>Luton:</b> <a href="http://www.luton.gov.uk/housing">www.luton.gov.uk/housing</a>
Victims of domestic abuse who need to flee / be rehomed	Shelter	The housing and homeless charity that provides housing advice for issues around homelessness, risk of homelessness, and financial housing issues.	National	<a href="http://www.shelter.org.uk">www.shelter.org.uk</a> 0808 271 3265
	Bedfordshire Women's Refuge (Butterfly House)	Bedford Women's Refuge run by Places for People Living+ has accommodation and support for 10 women and their children fleeing domestic abuse. They can also signpost on to other refuge services.	Bedford	01234 353592 <a href="mailto:butterflyhouse@placesforpeople.co.uk">butterflyhouse@placesforpeople.co.uk</a>
	IMPAKT Housing and Support	22 one and two-bedroom flats, providing safe accommodation & support for women and children fleeing domestic abuse and looking for refuge accommodation in the Central Bedfordshire area.	Central Bedfordshire	<a href="http://www.impakt.org.uk">www.impakt.org.uk</a> <a href="mailto:refugereferrals@impakt.org.uk">refugereferrals@impakt.org.uk</a>

Person/s affected	Service	Service overview / support available	Area	Details
<b>Victims of domestic abuse who need to flee / be rehomed</b>	IMPAKT Housing and Support Domestic Abuse Resettlement Team (DART)	Bedfordshire wide provision for anyone needing to be re-housed either within Bedfordshire or another local authority area. Clients can be supported irrespective of property status (home owner, tenant etc.) and family size.	Bedfordshire	<a href="mailto:DARTreferrals@impakt.org.uk">DARTreferrals@impakt.org.uk</a>
	Domestic Abuse Refuge (via the National DA Helpline)	The Freephone 24-hour National Domestic Abuse Helpline acts as the gateway to all services across the country and helps find a space in a refuge.	National	<a href="http://www.refuge.org.uk">www.refuge.org.uk</a> 0808 2000 247
	Women's Aid Luton	In addition to National DA Helpline also see Women's Aid Luton (Luton Charity supporting women who need refuge).	Luton	<a href="http://womensaidinluton.org">womensaidinluton.org</a> 0808 2000 247 or 01582 391856
	Stonewater Asian Women's Refuge	A specialist refuge for South Asian women, young people and children fleeing domestic abuse, forced marriage, honour-based violence, female genital mutilation and Modern-Day Slavery.	National	<a href="http://www.stonewater.org">www.stonewater.org</a> 01234 261228 <a href="mailto:sawr@stonewater.org">sawr@stonewater.org</a>
	Reactiv8	Reactiv8 have safe houses in Bedford, for single clients and children fleeing domestic abuse, we support clients with immigration, legal family law matters, courses for further education, mentors for children in and out of school and parents who wish to be mentored. We work with all communities who are in receipt of benefits or have DDV concessions in place. Reactiv8 have a 24/7 emergency/out of hours service. We offer move on accommodation or we will support clients to move on into private rented or social housing where support will continue.	Bedford	<a href="mailto:Nicole@reactiv8.org.uk">Nicole@reactiv8.org.uk</a> <a href="mailto:Reactive8housing@reactiv8.org.uk">Reactive8housing@reactiv8.org.uk</a>  Tel: 07950 867366 (Nicole) Tel: 07966 685530 (Michelle Crook – Director)

Person/s affected	Service	Service overview / support available	Area	Details
	Dogs Trust Freedom Project	<p>A dog fostering service for people fleeing DA and going into refuge. Dogs Trust offers a solution by providing free and confidential foster care, enabling the owner to access a refuge without the fear of what may happen to their dog if left behind.</p> <p>This service is free to access, Dogs Trust covers the cost of veterinary treatment, food and any equipment that the dog may need whilst they are in foster care. Offering fostering placements for 6-9 months and hope that we can reunite pets with their owners within this time. Dogs are placed directly into volunteer foster homes with experienced volunteer foster carers, who provide them with lots of love and care until they can be reunited with their owner.</p>	Able to take referrals from anyone fleeing to or from London and the Home Counties (including Bedfordshire)	<p><a href="http://www.moretodogstrust.org.uk/freedom-project/freedom-project">http://www.moretodogstrust.org.uk/freedom-project/freedom-project</a> 0800 298 9199 <a href="mailto:freedomproject@dogstrust.org.uk">freedomproject@dogstrust.org.uk</a></p>
Pets needing temporary care whilst owner is in refuge / temporary accommodation after fleeing domestic abuse	Paws Protect	<p>Paws Protect is a service offering help to the cats of families torn apart by DA. The service is open to anyone fleeing DA regardless of their gender identity.</p> <p>Paws Protect provides a free fostering service, taking care of cats until their owners are in a position to reclaim them. The cats referred will be health checked before going to the home of one of the foster carers, where they will be treated as a family pet.</p>	London and the home counties (including Bedfordshire)	<p><a href="https://www.cats.org.uk/what-we-do/paws-protect/accessing-paws-protect">https://www.cats.org.uk/what-we-do/paws-protect/accessing-paws-protect</a> 0345 260 1280 <a href="mailto:pawsprotect@cats.org.uk">pawsprotect@cats.org.uk</a></p>
	Homesafe Scheme	The Homesafe scheme assists people who are at risk of violence from someone who either still lives in the same property or has since left but occasionally returns, to be able to remain in their own homes in safety and without fear of further harm.	Luton	<p><a href="http://www.luton.gov.uk/housing">www.luton.gov.uk/housing</a> 01582 510370 <a href="mailto:homelessprevention@luton.gov.uk">homelessprevention@luton.gov.uk</a></p>
	Bobby Scheme	A home security service through Bedfordshire Police Partnership Trust providing and fitting home-safety devices	Bedfordshire	<p><a href="http://www.bedspolicepartnership.org/bobbyscheme.html">www.bedspolicepartnership.org/bobbyscheme.html</a> 01234 842619</p>

Person/s affected	Service	Service overview / support available	Area	Details
<b>Victims / Survivors of domestic abuse who want additional safety measures installed in their home</b>		such as new locks, door chains and door viewers free of charge for vulnerable victims of crime/domestic abuse.		
	CHUMS	Mental health and emotional well-being service for children and young people. Chums provides a range of specialist services to support children in difficult circumstances, these include one to one counselling and group support for children and young people in Central Bedfordshire and Bedford Borough with mild to moderate mental health difficulties. Anyone can refer a child to the service, they also accept self-referrals.	Bedford and Central Bedfordshire	<a href="http://www.chums.uk.com">www.chums.uk.com</a> 01525 863924 <a href="mailto:info@chums.uk.com">info@chums.uk.com</a>
<b>Children and young people affected by domestic abuse</b>	NSPCC	Provide a helpline to call for advice and support if you're worried about a child.	National	<a href="http://www.nspcc.org.uk">www.nspcc.org.uk</a> 0808 800 5000 <a href="mailto:help@nspcc.org.uk">help@nspcc.org.uk</a>
	Mindfulness Support Service	Deliver free groups for children and young people affected by domestic abuse.	Bedfordshire	<a href="http://www.mindfulnesssupportservice.org">www.mindfulnesssupportservice.org</a> 01438 960 040 <a href="mailto:info@mindfulnesssupportservice.org">info@mindfulnesssupportservice.org</a>
	Sorted	Sorted offers a free and confidential counselling service for young people aged between 10 - 25 years.	Bedfordshire	<a href="http://www.sortedbedfordshire.org.uk">www.sortedbedfordshire.org.uk</a> <a href="mailto:info@sortedbedfordshire.org.uk">info@sortedbedfordshire.org.uk</a> Clinical Office 01582 363040 Admin Office 01582 674442
	The FORTIS Project (Sorted)	Offers counselling to children and young people from 5-18 years who have experienced or witnessed domestic abuse. This therapeutic intervention seeks to alleviate emotional and psychological distress, helping to process traumatic memories and develop coping & recovery skills. The sessions will also help to improve emotional literacy and communication skills.	Central Bedfordshire	<a href="http://www.sortedbedfordshire.org.uk">www.sortedbedfordshire.org.uk</a> <a href="mailto:info@sortedbedfordshire.org.uk">info@sortedbedfordshire.org.uk</a> Clinical Office 01582 363040 Admin Office 01582 674442

Person/s affected	Service	Service overview / support available	Area	Details
Children and young people affected by domestic abuse		The 12 sessions will be delivered by experienced qualified counsellors in Dunstable. Referrals can be made by parents, schools or other professionals.		
	The Hideout	A space for children and young people to access online support and guidance to enable them to survive domestic abuse.	National	<a href="http://thehideout.org.uk/">http://thehideout.org.uk/</a>
	Embrace, Child Victims of Crime	We're solely focused on supporting children, young people and families who are victims of serious crime. We help them cope with what has happened, support their recovery and provide services that enable them to put events behind them, move on and fulfil their life's potential.	National	<a href="https://embracecvoc.org.uk/">https://embracecvoc.org.uk/</a> 0345 609 9960 <a href="mailto:info@embracecvoc.org.uk">info@embracecvoc.org.uk</a>
	Embrace, Child Victims of Crime – KIDVA Support	KIDVA provides support to Children who have been witness to or assaulted, abused by a parent or close family member. They aim to provide a child centred approach where children have a voice. KIDVA will work with other support professionals such as IDVA's to ensure the children's needs are being met by those responsible for their safety and wellbeing. The KIDVA will also ensure a child centred approach and work in close alignment with police and schools.	National	<a href="http://www.embracecvoc.org.uk">www.embracecvoc.org.uk</a> Referrals can be submitted through the website
	Embrace, Stalking Advocate	Embrace CVOC are currently accepting referrals for young people directly experiencing stalking or those indirectly affected by stalking. The support would include individualised safety planning, protective behaviours work, emotional support and any relevant signposting.	National	<a href="https://embracecvoc.org.uk/refer-a-child/">https://embracecvoc.org.uk/refer-a-child/</a> Referrals can be submitted through the website
	TOKKO	Luton based charity. Offering young person's counselling, youth space, disability projects, LGBT group.	Luton	<a href="http://tokko.co.uk/">http://tokko.co.uk/</a> 01582 544990 <a href="mailto:info@tokko.co.uk">info@tokko.co.uk</a>

Person/s affected	Service	Service overview / support available	Area	Details
<b>Children and young people affected by domestic abuse</b>	Families First Bedfordshire	Play therapy and counselling for children and young people (4 – 18yrs) impacted by domestic abuse. We also provide therapeutic group work and interventions.	Bedford and Central	<a href="http://www.familiesfirstbedfordshire.org.uk">www.familiesfirstbedfordshire.org.uk</a> 01234 341977 <a href="mailto:admin@familiesfirstbedfordshire.org.uk">admin@familiesfirstbedfordshire.org.uk</a>
	The Latitude Project (TOKKO)	The Latitude Project is for young people 13-18yrs who live in a DA household; where they are witnesses and victims of DA between their parents/carers. The project looks to build resilience and self-worth as well as reduce the potential risk of this vulnerable group from being exposed to and exploited by peers, on-line grooming and in the community.  Also offer the Freedom Programme once young person has built the trust with TOKKO staff; this will be delivered either on a 1:1 basis or as a group, dependent on how each individual young person feels about sharing their experiences	Based in Luton, but open to Bedfordshire	<a href="http://tokko.co.uk/">http://tokko.co.uk/</a> 01582 544990 <a href="mailto:info@tokko.co.uk">info@tokko.co.uk</a>
	ResoLUTIONs Luton	At we offer a tailored young people service for those under 25. This includes support around substance misuse treatment, early intervention, well-being, offending, advocacy and parental alcohol or drug use.	Luton	0800 054 6603/01582 965 123 (Recovery Hub) <a href="mailto:resolutions.info@cgl.org.uk">resolutions.info@cgl.org.uk</a>
	Childline	Childline will help anyone under 19 in the UK with any issue they're going through. It's free, confidential and available any time, day or night.	National	0800 1111 <a href="http://www.childline.org.uk">www.childline.org.uk</a>
	SPACE	SPACE is a free youth provision for young people who have experienced one adult hurting another adult in their home.  Open to young people who live or go to school in Bedford Borough and are in school years 5 – 11. Through a youth club, holiday clubs, residentials, one to one and small therapeutic groups.	Bedford	<a href="http://www.project229.org/space">www.project229.org/space</a> Fast form - <a href="http://www.project229.org/fastform">www.project229.org/fastform</a> 01234 840880 / 07545 753934 <a href="mailto:space@project229.org">space@project229.org</a>
	The Mix	A service designed for under 25s to support them with any issue they may be facing. After contacting and discussing the	National	<a href="http://www.themix.org.uk/">http://www.themix.org.uk/</a> 0808 808 4994



Person/s affected	Service	Service overview / support available	Area	Details
		issue, the team can then put them in contact with relevant services.		
	Young Minds	An independent national charity that offers support to young people who are coping with mental health issues and to parents/carers who are worried about the young people they are supporting.	National	<a href="https://youngminds.org.uk/">https://youngminds.org.uk/</a> A young person looking for help and support can text YM to 85258 if they are experiencing a mental health crisis.  Support for parents - 0808 802 5544 <a href="https://youngminds.org.uk/find-help/for-parents/parents-helpline/">https://youngminds.org.uk/find-help/for-parents/parents-helpline/</a>
	Bedford Open Door	Offer counselling to young people aged 13 - 25 year in Bedford Borough and North Central Bedfordshire including those affected by Domestic Abuse	Bedford and North Central Bedfordshire	<a href="http://www.bedfordopendoor.org.uk">www.bedfordopendoor.org.uk</a> 01234 360388
	Local Authority Safeguarding Adults Team	If you are being abused or you suspect that someone you know may be the victim of abuse you should contact Adult Services or the Safeguarding Team as soon as possible.	Bedfordshire	Bedford: 01234 276222/ <a href="mailto:adult.protection@bedford.gov.uk">adult.protection@bedford.gov.uk</a> Central Bedfordshire: 0300 300 8122 (Mon to Fri 8.45am – 5.20pm) / 0300 300 8123 (outside of these hours) <a href="mailto:adult.protection@centralbedfordshire.gov.uk">adult.protection@centralbedfordshire.gov.uk</a>  Luton: 01582 547730 / 01582 547563 / <a href="mailto:adultsafeguarding@luton.gov.uk">adultsafeguarding@luton.gov.uk</a>
<b>Older people affected by domestic abuse</b>	Age UK	Provide a free confidential advice line for older people, their families, friends, carers and professionals.	National	<a href="http://www.ageuk.org.uk">www.ageuk.org.uk</a> 0800 678 1602 (8am – 7pm 365 days a year) <a href="mailto:contact@ageuk.org.uk">contact@ageuk.org.uk</a>
	Hourglass	Hourglass works to protect older people from harm, abuse and exploitation. Their confidential helpline provides information and support to anyone concerned about harm, abuse or exploitation of an older person.	National	<a href="https://wearehourglass.org/england">https://wearehourglass.org/england</a> 0808 808 8141 <a href="mailto:helpline@wearehourglass.org">helpline@wearehourglass.org</a>
	SignHealth	We provide a specialist domestic abuse service to support Deaf people in finding safety and security.		<a href="https://signhealth.org.uk">https://signhealth.org.uk</a> 020 3947 2601

Person/s affected	Service	Service overview / support available	Area	Details
				Text, Facetime or WhatsApp 07970 350366 <a href="mailto:da@signhealth.org.uk">da@signhealth.org.uk</a>
<b>Support for Deaf, Disabled or Carers</b>	Carers Central	Carers Central is a hub providing information, advice, and support with the aim of improving the wellbeing of Luton's carers and their loved ones. Carers Central is here to enable carers to have the information, advice and support they need to live their own lives to the full, alongside their caring roles.	Luton	<a href="http://www.carerscentral.org.uk">www.carerscentral.org.uk</a> carerscentral@drcbeds.org.uk 0300 303 0201
	The Disability Resource Centre	The Disability Resource Centre is here so that disabled people and their families have somewhere to turn if they feel alone and need help in any situation. We want all disabled people, those with long term health conditions and their carers to know that we are here to support them- Services include disability advice, equipment for everyday living, welfare benefits advice, direct payments and personal health budgets, peer support groups, training, employment support, fitness and wellbeing	Bedfordshire, Luton, and Surrounding areas	<a href="http://www.drcbeds.org.uk">www.drcbeds.org.uk</a> info@drcbeds.org.uk 01582 470900
	CAPA First Response CIC	CAPA offers support for families and professionals impacted by child/adolescent to parent abuse. They currently offer up to 3, free 20 minute online sessions to parents on Friday afternoons via the phone or an online platform to discuss the issue that they are experiencing with their child/adolescent. CAPA UK First Response can also be found on Facebook and Twitter	National	<a href="http://www.capafirstresponse.org">www.capafirstresponse.org</a> <a href="mailto:info@capafirstresponse.org">info@capafirstresponse.org</a>
<b>Child/ Adolescent to Parent Abuse</b>	Parental Education Growth Support (PEGS)	Supports parents & professionals with child to parents abuse	National	<a href="https://www.pegssupport.co.uk/hello@pegssupport.com">https://www.pegssupport.co.uk/hello@pegssupport.com</a>
	National Centre for Domestic Violence	The NCDV offers support for victims to help obtain Legal Orders to protect them and any children they have.	National	<a href="https://www.ncdv.org.uk/">https://www.ncdv.org.uk/</a> 0800 970 2070 (option1)

Person/s affected	Service	Service overview / support available	Area	Details
<b>Legal advice</b> <i>(some services are for women only)</i>	DA Alliance	The DA Alliance is an umbrella organisation offering legal support for all victims of domestic abuse (women and men) & their children. It offers legal aid to those eligible and can obtain emergency orders to protect clients.	National	<a href="http://morganwiseman.co.uk/">http://morganwiseman.co.uk/</a> 0800 101 7110 <a href="mailto:protect@morganwiseman.co.uk">protect@morganwiseman.co.uk</a>
	Rights of Women	The charity aims to provide women with the legal advice and information they need to understand and use the law and their legal rights.	National	<a href="http://www.rightsofwomen.org.uk/info@row.org.uk">http://www.rightsofwomen.org.uk/info@row.org.uk</a> All legal advice numbers and the line operating times can be found on the website under 'Get advice'.
	Luton All Women's Centre	Charity for women offering legal advice along with many other services.	Based in Luton, but will support women from Bedfordshire	<a href="http://www.lutonallwomenscentre.org.uk">www.lutonallwomenscentre.org.uk</a> 01582 416783 <a href="mailto:support@lawc.org.uk">support@lawc.org.uk</a>
	Stepping Stones	Charity for women offering legal advice through qualified volunteers and signposting along with many other services.	Based in Luton, but will support women from Bedfordshire	<a href="http://www.steppingstonesluton.co.uk">www.steppingstonesluton.co.uk</a> 01582 457114 <a href="mailto:hello@steppingstonesluton.org.uk">hello@steppingstonesluton.org.uk</a>
	Bedford Women's Centre	Host a free Family Law legal clinic for women on the first Wednesday of every month in conjunction with Family Law Group.	Bedford	<a href="http://www.bedfordwomenscentre.org.uk">www.bedfordwomenscentre.org.uk</a> 01234 316801 <a href="mailto:admin@bedfordwomenscentre.org.uk">admin@bedfordwomenscentre.org.uk</a>
	Women's Aid Luton	Charity for women offering legal advice along with many other services.	Luton	<a href="https://womensaidinluton.org/">https://womensaidinluton.org/</a> 01582 391856 <a href="mailto:info@womensaidinluton.org">info@womensaidinluton.org</a>
	The Hope Programme	Charity with telephone helpline, emotional support and counselling for women and girls, men and boys, over 10 years old who have suffered/survived/victims of rape and sexual violence. They can offer short term advice, peer and group work and e-counselling. They can also advise on criminal justice and prevention, trauma reduction and victim centred support.	Bedfordshire and Regionally	<a href="http://www.hopeprogramme.com/">www.hopeprogramme.com/</a> 0300 365 1045 (Monday to Saturday, 10am – 6pm)
	The Emerald Centre –Sexual	Support for anyone who has experienced sexual abuse or violence recently or in the past.	Bedfordshire & Luton	<a href="http://www.emeraldcentre.org/">www.emeraldcentre.org/</a> Office – 01234 842750 (weekdays, 9am – 5pm)

Person/s affected	Service	Service overview / support available	Area	Details
<b>Victims of rape or sexual violence / assault</b>	Assault Referral Centre (SARC)	No personal details have to be shared and the clients does not have to report the abuse to the Police if s/he does not want to.		Helpline – 0330 223 0099 (out of hours, 24/7) <a href="mailto:admin.emeraldcentre@nhs.net">admin.emeraldcentre@nhs.net</a>
	Rape Crisis	Rape Crisis England & Wales is a national charity and umbrella body representing a network of 41 specialist member Rape Crisis Centres across England and Wales. Rape Crisis Centres are women-led and offer women only spaces. They provide independent, specialist and confidential support, advocacy, counselling and information to victims and survivors of child sexual abuse, rape and all forms of sexual violence.	National	<a href="http://www.rapecrisis.org.uk/">www.rapecrisis.org.uk/</a> 0808 8029 999 <a href="mailto:rcewinfo@rapecrisis.org.uk">rcewinfo@rapecrisis.org.uk</a>
	Living Your Life	Support women and men across Bedfordshire affected by trauma - especially sexual or domestic abuse and violence. Our work with male victims has been nationally recognised. Experienced with criminal court processes, we offer pre-trial therapy. Our services include counselling, coaching and workshops (e.g. self-esteem).	Bedfordshire	<a href="http://www.livingyourlife.org.uk">www.livingyourlife.org.uk</a> 07792 938089 <a href="mailto:hello@livingyourlife.org.uk">hello@livingyourlife.org.uk</a>
	Revenge Porn Helpline	UK service supporting adults (aged 18+) who are experiencing intimate image abuse, also known as, revenge porn.	National	<a href="https://revengepornhelpline.org.uk/">https://revengepornhelpline.org.uk/</a> 0345 6000 459 (Mon to Fri 10am – 4pm)
	Survivors UK	Help sexually abused men 18 and over as well as their friends and family, no matter when the abuse happened, and challenge the silence and attitudes.	National	<a href="http://www.survivorsuk.org">www.survivorsuk.org</a> 0203 598 3898 <a href="mailto:info@survivorsuk.org">info@survivorsuk.org</a>
	Early Childhood Partnership (The BRIDGE Project)	ECP provide one to one and group work for perpetrators of domestic abuse. They also provide advice and guidance to professionals who are working with victims and perpetrators of domestic abuse.	Bedford & Central	01234 341977 <a href="mailto:safeguarding@ecpbedford.org">safeguarding@ecpbedford.org</a>
<b>Perpetrators of domestic abuse</b>	Direction for Bedfordshire	Direction for Bedfordshire is a dedicated, confidential signposting service that gives free advice and guidance. A resource for those wanting to move away from crime, and a preventative tool for those whose socio-economic situation may lead to criminality.	Bedfordshire	<a href="http://www.directionforbedfordshire.co.uk/">www.directionforbedfordshire.co.uk/</a> 01582 721010 / 0800 917 5579 <a href="mailto:info@directionforbedfordshire.co.uk">info@directionforbedfordshire.co.uk</a>

Person/s affected	Service	Service overview / support available	Area	Details
	Mindfulness Support Service	Deliver free groups for perpetrators, victims of domestic abuse.	Bedfordshire	<a href="http://www.mindfulnesssupportservice.org">www.mindfulnesssupportservice.org</a> 01438 960 040 <a href="mailto:info@mindfulnesssupportservice.org">info@mindfulnesssupportservice.org</a>
	Respect	A confidential and anonymous helpline for anyone concerned about their violence and/or abuse towards a partner or ex-partner.	National	<a href="http://www.respectphoneline.org.uk">www.respectphoneline.org.uk</a> 0808 802 4040 (weekdays 9am - 5pm) <a href="mailto:info@respectphoneline.org.uk">info@respectphoneline.org.uk</a>
	National Stalking Helpline	National helpline to support those who are experiencing or who have experienced stalking / harassment	National	<a href="http://www.suzylamplugh.org/">www.suzylamplugh.org/</a> 0808 802 0300
<b>Stalking / harassment support</b>	Path to Recovery (P2R)	P2R is a one stop service which provides drug and alcohol advice, treatment and support to adults whose lives are affected by drugs and/or alcohol. Support can include the whole family.	Bedford & Central	<a href="http://www.changeyourtomorrow.co.uk/#areas/elft/pages/Home">www.changeyourtomorrow.co.uk/#areas/elft/pages/Home</a> <a href="http://www.elft.nhs.uk/News/Path-to-Recovery-P2R">www.elft.nhs.uk/News/Path-to-Recovery-P2R</a> 0333 332 4019
<b>Drug and alcohol support</b>	ResoLUTIONs Luton	A free and confidential drug and alcohol service for adults, young people and families. Anybody can be affected by alcohol and/or drug use, regardless of their age, beliefs, class, disability, ethnicity, lifestyle, sexuality or religion	Luton	0800 054 6603 / 01582 965 123 (Recovery Hub) <a href="mailto:resolutions.info@cgl.org.uk">resolutions.info@cgl.org.uk</a>
	Surviving Economic Abuse (SEA)	UK charity dedicated to raising awareness of economic abuse and transforming responses to it	National	<a href="https://survivingeconomicabuse.org/">https://survivingeconomicabuse.org/</a>
<b>Economic Abuse support</b>	Better Housing Better Health (BHBH)	A free helpline to help residents access grants and funding, offer energy switching advice, sign up those most vulnerable to the Priority Services Register, and give tips on how to stay warm at home  Available to any individual experiencing issues with home energy/keeping warm	Central Bedfordshire & Luton	<a href="http://www.bhbh.org.uk">www.bhbh.org.uk</a> / 0800 107 0044 (Mon-Fri 9am-5pm excluding bank holidays) / <a href="mailto:BHBH@nef.org.uk">BHBH@nef.org.uk</a>

Person/s affected	Service	Service overview / support available	Area	Details
	Money Advice Plus	Runs the Domestic & Economic Partnership (DEAP) that offers advice to anyone living in England & Wales	National	<a href="https://www.moneyadviceplus.org.uk/">https://www.moneyadviceplus.org.uk/</a> 01323 635987 <a href="mailto:DEAP@moneyadviceplus.org.uk">DEAP@moneyadviceplus.org.uk</a>
	Bedfordshire Well-Being Service	Run by the NHS, the Bedfordshire Wellbeing Service offers a range of free and confidential talking therapies and specialist support to help clients feel better	Bedfordshire	<a href="http://www.bedfordshirewellbeing.nhs.uk">www.bedfordshirewellbeing.nhs.uk</a> 01234 880400 (Mon-Fri 9am – 5pm) <a href="mailto:elt-tr.bedfordiapt@nhs.net">elt-tr.bedfordiapt@nhs.net</a>
Counselling support	Samaritans	Offering a safe place to talk anytime	National	<a href="http://www.samaritans.org">www.samaritans.org</a> 116 123 (24/7) <a href="mailto:jo@samaritans.org">jo@samaritans.org</a>
	Families First Bedfordshire	Provide counselling support to adults of all ages impacted by domestic abuse.	Bedford and Central	<a href="http://www.familiesfirstbedfordshire.org.uk">www.familiesfirstbedfordshire.org.uk</a> 01234 341977 <a href="mailto:admin@familiesfirstbedfordshire.org.uk">admin@familiesfirstbedfordshire.org.uk</a>
	Relate	Relate offers relationship support for adults of all ages, backgrounds and sexual orientations to strengthen their relationships. Their services include relationship counselling, family counselling, mediation, children and young people's counselling and sex therapy.	Bedfordshire	<a href="http://www.relate.org.uk">www.relate.org.uk</a> 0300 100 1234 <a href="mailto:Relate.Enquiries@relate.org.uk">Relate.Enquiries@relate.org.uk</a>
	The Counselling Foundation	Free confidential short-term counselling for victims, and families of victims of historical or recent domestic abuse. The service aims to provide emotional and therapeutic support needed for individuals to process their experience and the impact it has had on their lives.	Bedfordshire	<a href="http://www.counsellingfoundation.org">www.counsellingfoundation.org</a> 01582 732450 - <a href="mailto:luton@counsellingfoundation.org">luton@counsellingfoundation.org</a> / 01234 346077 - <a href="mailto:bedford@counsellingfoundation.org">bedford@counsellingfoundation.org</a>
	Bedford Open Door	Offer counselling to young people aged 13 - 25 year in Bedford Borough and North Central Bedfordshire including those affected by Domestic Abuse	Bedford and North Central Bedfordshire	<a href="http://www.bedfordopendoor.org.uk">www.bedfordopendoor.org.uk</a> 01234 360388
	Living Your Life	Support women and men across Bedfordshire affected by trauma - especially sexual or domestic abuse and violence. Our work with male victims has been nationally recognised. Experienced with criminal court processes, we offer pre-trial therapy. Our services include counselling, coaching and workshops (e.g. self-esteem).	Bedfordshire	<a href="http://www.livingyourlife.org.uk">www.livingyourlife.org.uk</a> 07792 938089 <a href="mailto:hello@livingyourlife.org.uk">hello@livingyourlife.org.uk</a>

Person/s affected	Service	Service overview / support available	Area	Details
	Young Minds	An independent national charity that offers support to young people who are coping with mental health issues and to parents/carers who are worried about the young people they are supporting.	National	<a href="https://youngminds.org.uk/">https://youngminds.org.uk/</a> A young person looking for help and support can text YM to 85258 if they are experiencing a mental health crisis. Support for parents - 0808 802 5544 <a href="https://youngminds.org.uk/find-help/for-parents/parents-helpline/">https://youngminds.org.uk/find-help/for-parents/parents-helpline/</a>
	Sorted	Sorted offers a free and confidential counselling service for young people aged between 10 - 25 years.	Bedfordshire	<a href="http://www.sortedbedfordshire.org.uk">www.sortedbedfordshire.org.uk</a> <a href="mailto:info@sortedbedfordshire.org.uk">info@sortedbedfordshire.org.uk</a> Clinical Office 01582 363040 Admin Office 01582 674442
	The FORTIS Project (Sorted)	<p>Offers counselling to children and young people from 5-18 years who have experienced or witnessed domestic abuse. This therapeutic intervention seeks to alleviate emotional and psychological distress, helping to process traumatic memories and develop coping &amp; recovery skills. The sessions will also help to improve emotional literacy and communication skills.</p> <p>The 12 sessions will be delivered by experienced qualified counsellors in Dunstable. Referrals can be made by parents, schools or other professionals.</p>	Central Bedfordshire	<a href="http://www.sortedbedfordshire.org.uk">www.sortedbedfordshire.org.uk</a> <a href="mailto:info@sortedbedfordshire.org.uk">info@sortedbedfordshire.org.uk</a> Clinical Office 01582 363040 Admin Office 01582 674442
<b>Support for Families of those affected by Domestic Abuse</b>	Advocacy After Fatal Domestic Abuse (AAFDA)	A charity who work nationally offering specialist and expert Advocacy and peer support after fatal domestic abuse.	National	<a href="https://aafda.org.uk/">https://aafda.org.uk/</a> 07768 386922 help@aafda.org.uk
<b>Other Support</b>	Advice Central	A centralised advice service for Central Bedfordshire covering topics such as: Education, benefits, money, housing, disabilities, health & care, communities, immigration, law, relationship, consumer rights and employment	Central Bedfordshire	<a href="http://www.advicecentral.org.uk">www.advicecentral.org.uk</a> advicecentral@drcbeds.org.uk 0300 303 6666
	The No Recourse to Public Funds (NRPF) Network	This is a national network safeguarding the welfare of families, adults & care leavers who have NRPF and are unable	National	<a href="https://www.nrpfnetwork.org.uk/">https://www.nrpfnetwork.org.uk/</a>

Person/s affected	Service	Service overview / support available	Area	Details
		to access benefits. The NRPF Network supports councils; shares knowledge and good practice as well as sharing free online resources		
	The Unity Project	The Unity Project also offers support to migrants who have NRPF and are facing poverty and/or homelessness	National	<a href="https://www.unity-project.org.uk/">https://www.unity-project.org.uk/</a> <a href="mailto:info@unity-project.org.uk">info@unity-project.org.uk</a>
	<b>Children's Centre</b>	<b>Address</b>	<b>Contact details</b>	
<b>Area</b>	<b>Goldington Family Centre</b>	28-30 Meadway, Bedford, MK41 9HU		<a href="mailto:admin@familiesfirstbedfordshire.org.uk">admin@familiesfirstbedfordshire.org.uk</a>
<b>Bedford</b>	<b>Daisy Hill Children's Centre</b>	Bedford Road Lower School, Hillgrounds Road, Kempston, MK42 8QH		<a href="mailto:admin@ecpbedford.org">admin@ecpbedford.org</a> 0300 323 0245 Option 2 Option <a href="https://ecpbedford.org">https://ecpbedford.org</a>
	<b>Kingsbrook Children's Centre</b>	Kings Oak Primary School, Oak Road, MK42 0HH		<a href="mailto:admin@ecpbedford.org">admin@ecpbedford.org</a> 0300 323 0245 Option 2 Option 2 <a href="https://ecpbedford.org">https://ecpbedford.org</a>
	<b>Pinecones Children's Centre</b>	Slade Walk, Off Clapham Road, MK41 7SA		<a href="mailto:admin@ecpbedford.org">admin@ecpbedford.org</a> 0300 323 0245 Option 2 Option 3 <a href="https://ecpbedford.org">https://ecpbedford.org</a>
	<b>Cherry Trees Children's Centre</b>	Hawkins Road, MK42 9LS		<a href="mailto:admin@ecpbedford.org">admin@ecpbedford.org</a> 0300 323 0245 Option 2 Option 7 <a href="https://ecpbedford.org">https://ecpbedford.org</a>
	<b>Eastcotts Children's Centre</b>	Shorts Building. 65 Beauvais Square, Shortstown, MK42 OGG		<a href="mailto:admin@ecpbedford.org">admin@ecpbedford.org</a> 0300 323 0245 Option 2 Option 6 <a href="https://ecpbedford.org">https://ecpbedford.org</a>
	<b>Peartree Children's Centre</b>	Balliol Lower School, Balliol Road, Kempston, MK42 7ER		<a href="mailto:admin@ecpbedford.org">admin@ecpbedford.org</a> 0300 323 0245 Option 2 Option 8 <a href="https://ecpbedford.org">https://ecpbedford.org</a>
	<b>Bluebells Children's Centre</b>	Bromham Lower School, Village Road, Bromham, MK43 8NR		<a href="mailto:admin@ecpbedford.org">admin@ecpbedford.org</a> 0300 323 0245 Option 2 Option 9 <a href="https://ecpbedford.org">https://ecpbedford.org</a>
	<b>Lakeview Village Hall</b>	Brooklands Avenue, Wixams, Bedford, MK42 6AB		<a href="mailto:admin@ecpbedford.org">admin@ecpbedford.org</a> 0300 323 0245 Option 2 Option 9 <a href="https://ecpbedford.org">https://ecpbedford.org</a>
	<b>Sharnbrook Methodist Church</b>	Park Lane, Sharnbrook, Bedford, MK44 1LT		<a href="mailto:admin@ecpbedford.org">admin@ecpbedford.org</a> 0300 323 0245 Option 2 Option 9 <a href="https://ecpbedford.org">https://ecpbedford.org</a>



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	<b>Clapham Children's Centre</b>	Ursula Taylor School, High Street, Clapham, MK41 6EG		<a href="mailto:admin@ecpbedford.org">admin@ecpbedford.org</a> 0300 323 0245 Option 2 Option 9 <a href="https://ecpbedford.org">https://ecpbedford.org</a>
	<b>Peter Pan Children's Centre</b>	Edward Road, Kempston, MK42 9DR		<a href="mailto:admin@ecpbedford.org">admin@ecpbedford.org</a> 0300 323 0245 Option 2 Option 5 <a href="https://ecpbedford.org">https://ecpbedford.org</a>
	<b>Queens Park Neighbourhood Centre</b>	Marlborough Road, Queens Park, Bedford, MK40 4LE		<a href="mailto:admin@ecpbedford.org">admin@ecpbedford.org</a> 0300 323 0245 Option 2 Option 9 <a href="https://ecpbedford.org">https://ecpbedford.org</a>
	<b>Biggleswade and District</b>	Biggleswade Area Office, London Road, Biggleswade, SG18 8ER		0300 300 8114 <a href="mailto:Catherine.Brighton@centralbedfordshire.gov.uk">Catherine.Brighton@centralbedfordshire.gov.uk</a> <a href="https://www.thelawnsbiggleswade.org/">https://www.thelawnsbiggleswade.org/</a>
Central Bedfordshire	<b>Dunstable North (Beehive)</b>	Westfield Road, Dunstable, LU6 1DW		01582 699092 / 0300 300 8106 <a href="mailto:enquiries@beehivechildrenscentre.co.uk">enquiries@beehivechildrenscentre.co.uk</a> <a href="http://www.beehivecc.com/">http://www.beehivecc.com/</a>
	<b>Dunstable South</b>	Downside Neighbourhood Centre, Oakwood Avenue, Dunstable, LU5 4AS		01582 699092 / 0300 300 8106 <a href="mailto:enquiries@beehivechildrenscentre.co.uk">enquiries@beehivechildrenscentre.co.uk</a> <a href="http://www.beehivecc.com/">http://www.beehivecc.com/</a>
	<b>Flitwick and District</b>	Malham Close, Flitwick, MK45 1PU		0300 300 8111 <a href="mailto:Justine.O'driscoll@centralbedfordshire.gov.uk">Justine.O'driscoll@centralbedfordshire.gov.uk</a>
	<b>Houghton Regis (Tithe Farm)</b>	Tithe Farm Road, Houghton Regis, LU5 5JB		0300 300 8104 <a href="mailto:kim.woodland@centralbedfordshire.gov.uk">kim.woodland@centralbedfordshire.gov.uk</a>
	<b>Houghton Regis (Parkside)</b>	Parkside Drive, Houghton Regis, LU5 5QN		0300 300 8104 <a href="mailto:kim.woodland@centralbedfordshire.gov.uk">kim.woodland@centralbedfordshire.gov.uk</a>
	<b>Leighton Buzzard</b>	St. George's Lower School, East Street, Leighton Buzzard, LU7 1EW		01525 384368 <a href="mailto:Claire.Roberts@centralbedfordshire.gov.uk">Claire.Roberts@centralbedfordshire.gov.uk</a> <a href="http://www.leightonbuzzardchildrenscentre.co.uk">http://www.leightonbuzzardchildrenscentre.co.uk</a>
	<b>Sandy and District</b>	Sandy Children's Centre, Laburnum Road, Sandy, SG19 1HQ		0300 300 8114 <a href="https://www.sandychildrenscentre.co.uk/">https://www.sandychildrenscentre.co.uk/</a>
	Luton Family Partnership Service	Manor Contact Centre, Chase Street, Luton, LU1 3QZ		To access the Family Partnership Service, please contact the <a href="#">Multi Agency Safeguarding Hub</a> <a href="https://m.luton.gov.uk/Page/Show/Health_and">https://m.luton.gov.uk/Page/Show/Health_and</a>

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<b>Luton</b>	Luton Family Partnership Service	Limbury Fields Community Centre, Pavilion, Icknield 2JS, Icknield Way, Luton		To access the Family Partnership Service, please contact the <a href="https://m.luton.gov.uk/Page/Show/Health_and_social_care/children_and_family_services/Pages/luton-family-partnership-service.aspx">Multi Agency Safeguarding Hub</a> <a href="https://m.luton.gov.uk/Page/Show/Health_and_social_care/children_and_family_services/Pages/luton-family-partnership-service.aspx">https://m.luton.gov.uk/Page/Show/Health_and_social_care/children_and_family_services/Pages/luton-family-partnership-service.aspx</a>
	Luton Family Partnership Service	London Road Resource Centre, London Road Luton, LU1 3RH		To access the Family Partnership Service, please contact the <a href="https://m.luton.gov.uk/Page/Show/Health_and_social_care/children_and_family_services/Pages/luton-family-partnership-service.aspx">Multi Agency Safeguarding Hub</a> <a href="https://m.luton.gov.uk/Page/Show/Health_and_social_care/children_and_family_services/Pages/luton-family-partnership-service.aspx">https://m.luton.gov.uk/Page/Show/Health_and_social_care/children_and_family_services/Pages/luton-family-partnership-service.aspx</a>
	Luton Family Partnership Service	Beech Hill Children’s Centre, Dunstable Rd, Luton, LU4 8BW		To access the Family Partnership Service, please contact the <a href="https://m.luton.gov.uk/Page/Show/Health_and_social_care/children_and_family_services/Pages/luton-family-partnership-service.aspx">Multi Agency Safeguarding Hub</a> <a href="https://m.luton.gov.uk/Page/Show/Health_and_social_care/children_and_family_services/Pages/luton-family-partnership-service.aspx">https://m.luton.gov.uk/Page/Show/Health_and_social_care/children_and_family_services/Pages/luton-family-partnership-service.aspx</a>