Bedfordshire Domestic Abuse Support Service Directory. Updated November 2020

(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
General domestic abuse support services	BDAP website	Provides a comprehensive list of DA support services, MARAC details, news and training opportunities.	Bedfordshire	www.bedsdv.org.uk bdap@centralbedfordshire.gov.uk
	Bedfordshire Signpost Hub	Online / telephone support and advice for all victims, and families of victims, of any type of crime. An individual does not have to report to police to access Signpost Hub.	Bedfordshire	www.signpostforbedfordshire.com/hub 0800 0282 887 info@signpostforbedfordshire.com
	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	www.victimsupport.org.uk 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	www.nationaldahelpline.org.uk 0808 2000 247
	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. Our outreach workers support women and men 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	www.change-ur-life.org/ 07865358093 / 07865348403 mikey@change-ur-life.org / juliet@change-ur-life.org

High risk victims of domestic abuse	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 and Central:** 0300 300 4173/ MARACenquiries@centralbedfordshire.gov.uk Blank MARAC Referral Form.docx **Luton:** 01582 548103/ marac@luton.gov.uk MARAC and IDVA Referral Form
Female victims / survivors of domestic abuse	Stepping Stones	DA charity based in Luton which supports women. Offering one to one support, nurture parenting programme, mellow parenting, beyond trauma, understanding anger and freedom, counselling and facilitates legal advice.	Based in Luton, but will support women from Bedfordshire	www.steppingstonesluton.co.uk 01582 457114 hello@steppingstonesluton.org.uk
	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 LAWC, DA and Harmful Practices.	Based in Luton, but will support women from Bedfordshire	www.lutonallwomenscentre.org.uk 01582 416783 support@lawc.org.uk
	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	www.bedfordwomenscentre.org.uk 01234 316801 admin@bedfordwomenscentre.org.uk
	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	Bedfordshire	www.livingyourlife.org.uk 07792 938089 hello@livingyourlife.org.uk

Female victims / survivors of domestic abuse		therapy. Our services include counselling, coaching and workshops (eg self-esteem).		
	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.	Luton	womensaidinluton.org 01582 391856 info@womensaidinluton.org
	Families First Bedfordshire	Liberty group (16-week programme) for women who have children, and who have experienced or are still may be experiencing domestic abuse. 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.	Bedford and Central	www.familiesfirstbedfordshire.org.uk 01234 341977 admin@familiesfirstbedfordshire.org.uk
	The Freedom Programme	The Freedom Programme is for women. Freedom examines the roles played by attitudes and beliefs on the actions of abusive men and the responses of victims and survivors. 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.	Bedfordshire	**Bedford:** 01234 316801/ admin@familygroups.co.uk **Central Bedfordshire:** 0300 300 8585 (opt 3)/ Earlyhelp@centralbedfordshire.gov.uk **Luton:** 01582 416783/ support@lawc.org.uk 01582 457114/ hello@steppingstonesluton.org.uk 01582 518400/ familyworker@beechwoodprimary.org.uk
	Mindfulness Support Service	Deliver groups for female victims of domestic abuse.	Bedfordshire	www.mindfulnesssupportservice.org 01438 960 040 info@mindfulnesssupportservice.org
	Freedom Forever	The step-up programme after completing the 12-week Freedom Programme.	Bedford and Luton	**Bedford:** 01234 316801/ admin@familygroups.co.uk **Luton:** 01582 416783/ support@lawc.org.uk 01582 457114/ hello@steppingstonesluton.org.uk
Victims / survivors of domestic abuse with children	Your local Children's Centre	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.	All	You can find details of local children's centres at the end of this document.
	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	www.facesbedford.org 01234 270601 admin@facesbedford.org

Victims / survivors of domestic abuse with children	Families First Bedfordshire	Supporting families to build on their individual strengths and empower parents/carers to develop stronger family relationships.	Bedford and Central	www.familiesfirstbedfordshire.org.uk 01234 341977 admin@familiesfirstbedfordshire.org.uk
	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: - 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 - 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.	Central Bedfordshire	www.home-startcentralbeds.org.uk 01582 660061 office@home-startcentralbeds.org.uk
	The WAY Project	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. WAY offers an intense programme of therapeutic, practical and behavioural support individually designed around each woman's individual need.	Central Bedfordshire	0300 300 6752 or 0300 300 5643 WAY@centralbedfordshire.gov.uk
	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	**Bedford:** 01234 718700 (office hours) or 0300 300 8123 (out of hours) multiagency@bedford.gov.uk **Central Bedfordshire:** 0300 300 8585 (office hours) or 0300 300 8123 (out of hours) Access&referral@centralbedfordshire.gov.uk **Luton**: mash@luton.gov.uk 01582 547653 (office hours) or 0300 300 8123 (out of hours)

Male victims / survivors of domestic abuse	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	www.mankind.org.uk 01823 334244 (Mon-Fri 10am – 4pm)
	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	www.mensadviceline.org.uk 0808 801 0327 (Mon & Weds 9am – 8pm / Tues, Thurs & Fri 9am – 5pm) info@mensadviceline.org.uk
	Mindfulness Support Service	Deliver free groups for male victims of domestic abuse.	Bedfordshire	www.mindfulnesssupportservice.org 01438 960 040 info@mindfulnesssupportservice.org
	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	www.familiesfirstbedfordshire.org.uk 01234 341977 admin@familiesfirstbedfordshire.org.uk
	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 (eg self-esteem).	Bedfordshire	www.livingyourlife.org.uk 07792 938089 hello@livingyourlife.org.uk
Victims / survivors from black and minority ethnic communities	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	www.lutonallwomenscentre.org.uk 01582 416783 support@lawc.org.uk
	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	www.mwnhelpline.co.uk 0800 999 5786 (Mon-Fri 10am – 4pm) / text 07415 206936 info@mwnhelpline.co.uk

	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	www.southallblacksisters.org.uk 020 8571 0800 (Mon-Fri 9.30am – 4.30pm) (Helpline) 020 8571 9595 (Mon-Fri 9am – 5pm) (General enquiries) *Both lines close between 12.30 & 1.30*
Victims of honour-based abuse, female genital mutilation or forced marriage	ACCM (UK)	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 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	Bedfordshire and offering UK wide on Illegal harmful traditional practices	www.accmuk.com 01234 356910 info@accmuk.com
	Luton All Women's Centre (LAWC)	Support with forced marriage, honour based abuse and FGM offered to individuals and professionals in Luton and Bedfordshire.	Based in Luton, but will support women from Bedfordshire	www.lutonallwomenscentre.org.uk 01582 416783 support@lawc.org.uk
	NSPCC	NPSCC can support both professionals or family members concerned that a child is at risk of, or has had, Female Genital Mutilation.	National	www.nspcc.org.uk 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	www.fgmnationalgroup.org 07791 462415 info@fgmnationalgroup.org
	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	www.karmanirvana.org.uk 0800 5999 247 (weekdays 9am – 5pm) support@karmanirvana.org.uk / info@karmanirvana.org.uk
	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	www.orchidproject.org 0203 752 5506
	IKWRO (Iranian And Kurdish Women's Rights Organisation)	Supports victim of HBA and harmful practices in different community languages	International	www.ikwro.org.uk/ 0207 920 6460 (weekdays 9.30am – 5.30pm)

	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	www.haloproject.org.uk 01642 683 045 info@haloproject.org.uk
	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	www.gov.uk/stop-forced-marriage 020 7008 0151 fmu@fco.gov.uk
	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	www.stonewater.org 01234 261228 sawr@stonewater.org
LGBTQ+ victims / survivors of domestic abuse	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	www.galop.org.uk 0800 999 5428 (10am – 5pm Mon, Tues and Fri / 10am – 8pm Weds and Thurs) help@galop.org.uk
	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	www.tht.org.uk 01582 349373 info.luton@tht.org.uk
	OK2B LGBT Project (TOKKO)	Luton based charity offering young person's LGBT Support Group for 13 to 19-year olds.	Luton	tokko.co.uk 01582 544990 info@tokko.co.uk
	London Friend	Health and well-being support for the LGBT community. Mental health, sexual health, domestic abuse, drug & alcohol use.	National	londonfriend.org.uk 0207 833 1674 office@londonfriend.org.uk
	Men's Advice Line	Offers support to gay or bi-sexual men experiencing abuse.	National	www.mensadviceline.org.uk 0808 801 0327 (Mon & Weds 9am – 8pm / Tues, Thurs & Fri 9am – 5pm) info@mensadviceline.org.uk

Victims of domestic abuse who need to flee / be rehomed	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	**Bedford:** www.bedford.gov.uk/housing **Central Bedfordshire:** www.centralbedfordshire.gov.uk/info/74/housing **Luton:** www.luton.gov.uk/housing
	Shelter	The housing and homeless charity that provides housing advice for issues around homelessness, risk of homelessness, and financial housing issues.	National	www.shelter.org.uk 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 butterflyhouse@placesforpeople.co.uk
	YMCA Bedfordshire Women's Refuge	22 one and two-bedroom flats, providing safe accommodation & support for women and children fleeing domestic abuse and looking for somewhere in the Central Bedfordshire area.	Central Bedfordshire	0300 323 0165 / 0300 323 0164 referrals@ymcarefuge.org
	YMCA Bedfordshire Domestic Abuse Resettlement Project	Bedfordshire provision for anyone wishing to be re-homed within Bedfordshire or a neighbouring area. All residents supported irrespective of property status (owner of own home, tenant etc).	Bedfordshire	https://www.ymcabedfordshire.org.uk/the-community-resettlement-project.html DAORPreferrals@ymcabedfordshire.org
	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	www.refuge.org.uk 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	womensaidinluton.org 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	www.stonewater.org 01234 261228 sawr@stonewater.org

Pets needing temporary care whilst owner is in refuge / temporary accommodation after fleeing domestic abuse	Dogs Trust Freedom Project	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. 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.	Able to take referrals from anyone fleeing to or from London and the Home Counties (including Bedfordshire)	http://www.moretodogstrust.org.uk/freedom-project/freedom-project 0800 298 9199 freedomproject@dogstrust.org.uk
	Paws Protect	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. 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.	London and the home counties (including Bedfordshire)	https://www.cats.org.uk/what-we-do/paws-protect/accessing-paws-protect 0345 260 1280 pawsprotect@cats.org.uk
Victims / Survivors of domestic abuse who want additional safety measures installed in their home	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	www.luton.gov.uk/housing 01582 510370 homelessprevention@luton.gov.uk
	Bobby Scheme	A home security service through Bedfordshire Police Partnership Trust providing and fitting home-safety devices such as new locks, door chains and door viewers free of charge for vulnerable victims of crime/domestic abuse.	Bedfordshire	www.bedspolicepartnership.org/bobbyscheme.html 01234 842619

Children and young people affected by 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	www.chums.uk.com 01525 863924 info@chums.uk.com
	NSPCC	Provide a helpline to call for advice and support if you're worried about a child.	National	www.nspcc.org.uk 0808 800 5000 help@nspcc.org.uk
	Mindfulness Support Service	Deliver free groups for children and young people affected by domestic abuse.	Bedfordshire	www.mindfulnesssupportservice.org 01438 960 040 info@mindfulnesssupportservice.org
	Sorted	Sorted offers a free and confidential counselling service for young people aged between 10 - 25 years.	Bedfordshire	www.sortedbedfordshire.org.uk info@sortedbedfordshire.org.uk 01582 891435 up to 23rd February. From 24th February, call 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. The sessions will be delivered by experienced qualified counsellors at Grove Corner, Dunstable, LU6 1LE, with appointments available between 10.30am and 6.30pm. Referrals can be made by parents, schools or other professionals.	Central Bedfordshire	www.sortedbedfordshire.org.uk info@sortedbedfordshire.org.uk 01582 891435 up to 23rd February. From 24th February, call 01582 674442
	The Hideout	A space for children and young people to access online support and guidance to enable them to survive domestic abuse.	National	http://thehideout.org.uk/ 0345 609 9960
	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	National	https://embracecvoc.org.uk/ 01582 891435 info@embracecvoc.org.uk

Children and young people affected by domestic abuse		recovery and provide services that enable them to put events behind them, move on and fulfil their life's potential.		
	TOKKO	Luton based charity. Offering young person's counselling, youth space, disability projects, LGBT group.	Luton	http://tokko.co.uk/ 01582 544990 info@tokko.co.uk
	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	www.familiesfirstbedfordshire.org.uk 01234 341977 admin@familiesfirstbedfordshire.org.uk
	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	http://tokko.co.uk/ 01582 544990 info@tokko.co.uk
	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) resolutions.info@cgl.org.uk
	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 www.childline.org.uk
	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	www.project229.org/space Fast form - www.project229.org/fastform 01234 840880 / 07545 753934 space@project229.org
	The Mix	A service designed for under 25s to support them with any issue they may be facing. After contacting and discussing the	National	http://www.themix.org.uk/ 0808 808 4994

		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	https://youngminds.org.uk/ 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 https://youngminds.org.uk/find-help/for-parents/parents-helpline/
	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	www.bedfordopendoor.org.uk 01234 360388
Older people affected by domestic abuse	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 / adult.protection@bedford.gov.uk **Central Bedfordshire:** 0300 300 8122 (Mon to Fri 8.45am – 5.20pm) / 0300 300 8123 (outside of these hours) adult.protection@centralbedfordshire.gov.uk **Luton**: 01582 547730 / 01582 547563 / adultsafeguarding@luton.gov.uk
	Age UK	Provide a free confidential advice line for older people, their families, friends, carers and professionals.	National	www.ageuk.org.uk 0800 678 1602 (8am – 7pm 365 days a year) contact@ageuk.org.uk
	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	https://wearehourglass.org/england 0808 808 8141 helpline@wearehourglass.org
Support for Deaf or Disabled	SignHealth	We provide a specialist domestic abuse service to support Deaf people in finding safety and security.		https://signhealth.org.uk 020 3947 2601 Text, Facetime or WhatsApp 07970 350366 da@signhealth.org.uk
Legal advice *(some services are for women only)*	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	https://www.ncdv.org.uk/ 0800 970 2070 (option1)
	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	http://morganwiseman.co.uk/ 0800 101 7110 protect@morganwiseman.co.uk

Legal advice *(some services are for women only)*	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	http://www.rightsofwomen.org.uk/ info@row.org.uk 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	www.lutonallwomenscentre.org.uk 01582 416783 support@lawc.org.uk
	Stepping Stones	Charity for women offering legal advice along with many other services.	Based in Luton, but will support women from Bedfordshire	www.steppingstonesluton.co.uk 01582 457114 hello@steppingstonesluton.org.uk
	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	www.bedfordwomenscentre.org.uk 01234 316801 admin@bedfordwomenscentre.org.uk
	Women's Aid Luton	Charity for women offering legal advice along with many other services.	Luton	https://womensaidinluton.org/ 01582 391856 info@womensaidinluton.org
Victims of rape or sexual violence / assault	The Hope Programme	Offers a telephone helpline, emotional support and counselling to women and girls, men and boys, over 10 years old who have suffered rape and sexual violence.	Bedfordshire	www.hopeprogramme.com/ 0300 365 1045 (Monday to Saturday, 10am – 6pm)
	The Emerald Centre –Sexual Assault Referral Centre (SARC)	Support for anyone who has experienced sexual abuse or violence recently or in the past. 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.	Bedfordshire & Luton	www.emeraldcentre.org/ Office – 01234 842750 (weekdays, 9am – 5pm Helpline – 0330 223 0099 (out of hours, 24/7) admin.emeraldcentre@nhs.net
	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	National	www.rapecrisis.org.uk/ 0808 8029 999 rcewinfo@rapecrisis.org.uk

Victims of rape or sexual violence / assault		and survivors of child sexual abuse, rape and all forms of sexual violence.		
	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 (eg self-esteem).	Bedfordshire	www.livingyourlife.org.uk 07792 938089 hello@livingyourlife.org.uk
	Revenge Porn Helpline	UK service supporting adults (aged 18+) who are experiencing intimate image abuse, also known as, revenge porn.	National	https://revengepornhelpline.org.uk/ 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	www.survivorsuk.org 0203 598 3898 info@survivorsuk.org
Perpetrators of domestic abuse	Families First (The BRIDGE Project)	Families First 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	www.familiesfirstbedfordshire.org.uk 01234 341977 bridgeproject@ecpbedford.org
	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	www.directionforbedfordshire.co.uk/ 01582 721010 / 0800 917 5579 info@directionforbedfordshire.co.uk
	Mindfulness Support Service	Deliver free groups for perpetrators, victims of domestic abuse.	Bedfordshire	www.mindfulnesssupportservice.org 01438 960 040 info@mindfulnesssupportservice.org
	Respect	A confidential and anonymous helpline for anyone concerned about their violence and/or abuse towards a partner or ex-partner.	National	www.respectphoneline.org.uk 0808 802 4040 (weekdays 9am - 5pm) info@respectphoneline.org.uk

Stalking / harassment support	National Stalking Helpline	National helpline to support those who are experiencing or who have experienced stalking / harassment.	National	www.suzylamplugh.org/ 0808 802 0300
	Paladin National Stalking Advocacy Service	Ensure that high risk victims of stalking are supported and that a coordinated community response is developed locally to keep victims and their children safe.	National	www.paladinservice.co.uk 020 3866 4107 (weekdays 9am – 3pm) info@paladinservice.co.uk
Drug and alcohol support	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	www.changeyourtomorrow.co.uk/#areas/elft/pages/Home www.elft.nhs.uk/News/Path-to-Recovery-P2R 01582 501780 (Central Bedfordshire) 01234 352220 (Bedford Borough)
	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) resolutions.info@cgl.org.uk
Economic Abuse support	Surviving Economic Abuse (SEA)	UK charity dedicated to raising awareness of economic abuse and transforming responses to it	National	https://survivingeconomicabuse.org/
	Money Advice Plus	Runs the Domestic & Economic Partnership (DEAP) that offers advice to anyone living in England & Wales	National	https://www.moneyadviceplus.org.uk/ 01323 635987 DEAP@moneyadviceplus.org.uk
Counselling support	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	www.bedfordshirewellbeingservice.nhs.uk 01234 880400 (Mon-Fri 9am – 5pm) elt-tr.bedfordiapt@nhs.net
	Samaritans	Offering a safe place to talk anytime	National	www.samaritans.org 116 123 (24/7) jo@samaritans.org
	Families First Bedfordshire	Provide counselling support to adults of all ages impacted by domestic abuse.	Bedford and Central	www.familiesfirstbedfordshire.org.uk 01234 341977 admin@familiesfirstbedfordshire.org.uk
	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	www.relate.org.uk 0300 100 1234 Relate.Enquiries@relate.org.uk

Counselling support	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	www.counsellingfoundation.org 01582 732450 - luton@counsellingfoundation.org / 01234 346077 - bedford@counsellingfoundation.org
	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	www.bedfordopendoor.org.uk 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	www.livingyourlife.org.uk 07792 938089 hello@livingyourlife.org.uk
	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	https://youngminds.org.uk/ 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 https://youngminds.org.uk/find-help/for-parents/parents-helpline/

Area	Children's Centre	Address	Contact details
Bedford	**Goldington Family Centre**	28-30 Meadway, Bedford, MK41 9HU	admin@familiesfirstbedfordshire.org.uk 01234 341977 https://ecpbedford.org
	Daisy Hill Children's Centre	Bedford Road Lower School, Hillgrounds Road, Kempston, MK42 8QH	admin@ecpbedford.org 0300 323 0245 Option 2 Option https://ecpbedford.org
	Kingsbrook Children's Centre	Kings Oak Primary School, Oak Road, MK42 0HH	admin@ecpbedford.org 0300 323 0245 Option 2 Option 2 https://ecpbedford.org
	Pinecones Children's Centre	Slade Walk, Off Clapham Road, MK41 7SA	admin@ecpbedford.org 0300 323 0245 Option 2 Option 3 https://ecpbedford.org
	Cherry Trees Children's Centre	Hawkins Road, MK42 9LS	admin@ecpbedford.org 0300 323 0245 Option 2 Option 7 https://ecpbedford.org
	Eastcotts Children's Centre	Shorts Building. 65 Beauvais Square, Shortstown, MK42 OGG	admin@ecpbedford.org 0300 323 0245 Option 2 Option 6 https://ecpbedford.org
	Peartree Children's Centre	Balliol Lower School, Balliol Road, Kempston, MK42 7ER	admin@ecpbedford.org 0300 323 0245 Option 2 Option 8 https://ecpbedford.org
	Bluebells Children's Centre	Bromham Lower School, Village Road, Bromham, MK43 8NR	admin@ecpbedford.org 0300 323 0245 Option 2 Option 9 https://ecpbedford.org
	Lakeview Village Hall	Brooklands Avenue, Wixams, Bedford, MK42 6AB	admin@ecpbedford.org 0300 323 0245 Option 2 Option 9 https://ecpbedford.org
	Sharnbrook Methodist Church	Park Lane, Sharnbrook, Bedford, MK44 1LT	admin@ecpbedford.org 0300 323 0245 Option 2 Option 9 https://ecpbedford.org
	Clapham Children's Centre	Ursula Taylor School, High Street, Clapham, MK41 6EG	admin@ecpbedford.org 0300 323 0245 Option 2 Option 9 https://ecpbedford.org
	Peter Pan Children's Centre	Edward Road, Kempston, MK42 9DR	admin@ecpbedford.org 0300 323 0245 Option 2 Option 5 https://ecpbedford.org

	Queens Park Neighbourhood Centre	Marlborough Road, Queens Park, Bedford, MK40 4LE	admin@ecpbedford.org 0300 323 0245 Option 2 Option 9 https://ecpbedford.org
Central Bedfordshire	**Biggleswade and District**	Biggleswade Area Office, London Road, Biggleswade, SG18 8ER	0300 300 8114 Catherine.Brighton@centralbedfordshire.gov.uk https://www.thelawnsbiggleswade.org/
	Dunstable North (Beehive)	Westfield Road, Dunstable, LU6 1DW	01582 699092 / 0300 300 8106 enquiries@beehivechildrenscentre.co.uk http://www.beehivecc.com/
	Dunstable South	Downside Neighbourhood Centre, Oakwood Avenue, Dunstable, LU5 4AS	01582 699092 / 0300 300 8106 enquiries@beehivechildrenscentre.co.uk http://www.beehivecc.com/
	Flitwick and District	Malham Close, Flitwick, MK45 1PU	0300 300 8111 Justine.O'driscoll@centralbedfordshire.gov.uk
	Houghton Regis (Tithe Farm)	Tithe Farm Road, Houghton Regis, LU5 5JB	0300 300 8104 kim.woodland@centralbedfordshire.gov.uk
	Houghton Regis (Parkside)	Parkside Drive, Houghton Regis, LU5 5QN	0300 300 8104 kim.woodland@centralbedfordshire.gov.uk
	Leighton Buzzard	St. George's Lower School, East Street, Leighton Buzzard, LU7 1EW	01525 384368 Claire.Roberts@centralbedfordshire.gov.uk http://www.leightonbuzzardchildrenscentre.co.u
	Sandy and District	Sandy Children's Centre, Laburnum Road, Sandy, SG19 1HQ	0300 300 8114 https://www.sandychildrenscentre.co.uk/
Luton	**Flying Start Central** (covers the Barnfield, Biscot, High Town, Saints and Stopsley wards)	Beech Hill Primary School, Dunstable Road, Luton, LU4 8BW	https://www.flyingstartluton.com/childrenscentres/ 01582 393 440
	Flying Start North (covers the Bramingham, Icknield, Limbury, Northwell and Sundon Park**)**	Limbury Community Centre, Icknield Way, Luton, LU3 2JR	https://www.flyingstartluton.com/childrenscentres/01582 595 190 FlyingStartNorth@luton.gov.uk
	Flying Start South (covers the Crawley, Farley, Round Green, South and Wigmore wards)	Park Town Community Centre, Bailey Street, Luton, LU1 3DU	https://www.flyingstartluton.com/childrenscentres/01582 482 957 FlyingStartSouth@luton.gov.uk
	Flying Start West (covers the Challney, Dallow, Leagrave and Lewsey wards)	Dallow Primary School, Dallow Road, Luton, LU1 1LZ	https://www.flyingstartluton.com/childrenscentres/ 01582 616 604 FlyingStartWest@luton.gov.uk