

Victim First Directory

28 Too Many

www.28toomany.org

info@28toomany.org

28 Too Many is a values based charity working to end female genital mutilation (FGM). Their primary focus is on research and enabling local initiatives to end FGM in the 28 African countries where it is practised and across the diaspora.

Action Deafness

www.actiondeafness.org.uk

08445 938440

enquiries@actiondeafness.org.uk

Friendly, professional support when you need it most. Action Deafness Community Services puts you in control, maintaining your independence and helping you to achieve your goals. They provide personal assistants, advice and access to services designed for you.

Action for Blind People

www.actionforblindpeople.org.uk

0303 123 9999

They can support you to live as independently as possible by providing tailored information and guidance to help you understand what it means to be blind or partially sighted. We can also offer advice to people who have a visually impaired friend or family member.

Action Fraud

www.actionfraud.police.uk

0300 123 2040

Action Fraud is the UK's national reporting centre for fraud and cyber-crime where you should report fraud if you have been scammed, defrauded or experienced cyber-crime. They provide a central point of contact for information about fraud and financially motivated internet crime.

Action Homeless

www.actionhomeless.org.uk

0116 221 1851

info@actionhomeless.org.uk

Action Homeless is a charity based in Leicestershire dedicated to tackling the causes and consequences of homelessness. They have forty years' experience of supporting people affected by homelessness. They provide supported accommodation and resettlement services which seek to enable people who are homeless

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to rebuild their lives. They also undertake preventative work in the community to stop homelessness from occurring, especially amongst groups of people who are particularly at risk.

Active Wesley Hall

www.activewesleyhall.org.uk

0116 262 6000

mail@activewesleyhall.org.uk

Wesley Hall is a busy learning centre providing Early Years, Mental Health Services and local community activities. People of all ages enjoy a wide range of activities designed to stimulate, inspire and integrate their many different aspirations.

Age UK (Leicester, Leicestershire and Rutland)

www.ageuk.org.uk/leics

0116 299 22 33

enquiries@ageukleics.org.uk

Wide range of support, befriending, wellbeing services, home care, handyman & gardening, respite, information and advice for older people. Offices in Leicester, Coalville, Hinckley, Loughborough, Evington, Melton Mowbray, Earl Shilton, Oakham, Uppingham.

Alcoholics Anonymous

www.alcoholics-anonymous.org.uk

0800 9177 650

help@alcoholics-anonymous.org.uk

Alcoholics Anonymous is a fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from alcoholism. The only requirement for membership is a desire to stop drinking. There are no dues or fees for AA membership; we are self-supporting through our own contributions.

Alcohol Advice Centre

0116 222 9545

Provides advice and support to people with alcohol issues.

Ansaar

www.ansaar.org

0116 262 1000

Ansaar is a voluntary organisation and a registered Charity based in Leicester. They work in partnership with Adults who have Learning Disabilities and Carers specifically from the South East Asian communities.

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ASB Help

www.asbhelp.co.uk

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ASB Help aims to provide information and advice to interested parties and members of the public involved with and suffering from anti-social behaviour. This website is dedicated to the memory of Fiona Pilkington.

Asian Tower Club

www.valdirectory.org.uk/content/asian-tower-club

0116 2738148

Lunch club for elderly Asians providing only vegetarian Gujarati meals and runs only one day a week on Saturdays. Besides lunches we run classes like yoga and call speakers to give necessary advice to our elderly and disabled members.

Asylum Aid

www.asylumaid.org.uk

0207 3549264

info@asylumaid.org.uk

Asylum Aid is an independent, national charity working to secure protection for people seeking refuge in the UK from persecution and human rights abuses abroad. They provide free legal advice and representation to the most vulnerable and excluded asylum seekers, and lobby and campaign for an asylum system based on inviolable human rights principles. **Open Tuesdays 1pm - 4pm.**

Bamboozie Theatre Company Ltd

www.bamboozietheatre.co.uk

0116 255 2065

They work in theatres with people who have learning difficulties. Using environments, music, puppetry, mask, theatre and problem solving. They run residencies on themes and issues.

Bangladesh Youth and Community Shomiti

www.bysc.org.uk

0116 2755 855

BYCS has become a trusted and high quality learning provider offering positive outcomes for individuals, families and employers from all communities, but predominantly those from the black and ethnic minority community. Their purpose is to help our customers achieve positive progression, using learning and training and employability support to move closer to the labour market and to progress within it.

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BBC Watchdog

www.bbc.co.uk/watchdog

Get some expert advice and reports on the latest consumer issues and consumer law.

B-eat: Beating Eating Disorders

www.b-eat.co.uk

0845 634 1414

UK Charity for anyone affected by eating disorders or difficulties with food, weight and shape.

Bereavement Trust Helpline

www.bereavement-trust.org.uk

0800 435 455

info@bereavement-trust.org.uk

Bereavement support for anyone.

Blaby District Council (ASB)

<http://www.blaby.gov.uk/resident/crime-safety-and-emergencies/report-anti-social-behaviour/>

0116 272 7677

Community.safety@blaby.gov.uk

The local authority will provide support and assistance to local residents who are victims of anti-social behaviour (ASB) and where necessary take appropriate actions in conjunction with other agencies (police etc.). They work closely with the police to tackle ASB and as such they will share relevant and appropriate information; how they share information is covered in the Sentinel Information Sharing Agreement

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British District Council

www.itsgoodtotalk.org.uk/therapists

01455 883 300

bacp@bacp.co.uk

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The British Association for Counselling and Psychotherapy aims to educate the public about counselling and psychotherapy, and through the provision of information seeks to facilitate the process for clients before and during therapy. **Opening hours: Monday to Friday 9am to 5pm.**

Bullying UK

www.bullying.co.uk

0808 800 2222

Social bullying advice for young people.

CADD (Campaign Against Drinking and Driving)

www.cadd.org.uk

0845 1235541

cadd@scard.org.uk

CADD provide support for the families of victims killed and injured by drunk or drugged motorists.

Calmzone

www.thecalmzone.net

0800 58 58 58

The Campaign Against Living Miserably or CALM is a charity to prevent male suicide in the UK. **Open every day 5pm to Midnight.**

Charnwood Borough Council (ASB)

www.charnwood.gov.uk/pages/ash

01509 634721

Community.safety@charnwood.gov.uk

The Anti-Social Behaviour unit is able to deal with complaints from members of the public by working closely with partner agencies such as the Police.
Report anti-social behaviour online

Childline

www.childline.org.uk

0800 1111

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Childline is a private and confidential service for children and young people up to the age of 19. You can contact a Childline counsellor about anything - no problem is too big or too small.

Children's Social Care (Leicester City)

www.leicester.gov.uk/health-and-social-care/childrens-social-care

0116 545 1004

Children's Social Care offer activities and services to help rebuild and strengthen children and young people's resilience.

Children' Social Care (Leicestershire)

http://www.leics.gov.uk/index/social_services/children_young_people.htm

0116 305 0005

Early Help, Benefits, Free School Meals, Helping Young Carers, Services for 'looked after' children and young people, domestic violence, family information, complain about children's social care.

Children's Social Care (Rutland)

www.rutland.gov.uk/health_and_social_care.aspx

01572 722577

Provide advice and information, personal care and support and equipment and adaption to people who are experiencing difficulties.

Criminal Injuries Compensation Agency (CICA)

<http://www.cica-uk.co.uk/>

0300 003 3601

They specialise in claiming compensation on behalf of victims of crime throughout the UK. Our dedicated team of CICA Solicitors have extensive experience dealing with CICA claims and are your best prospect for receiving the compensation you deserve. They remove the complexity of claiming against the CICA scheme

Citizen's Advice Bureau

www.citizensadvic.org.uk

0300 330 1025

advice@leicscab.org.uk

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General advice around: benefits, work, debt and money, consumer, relationships, housing, law and rights, discrimination, tax, healthcare, education and more.

CLASP (The Carer's Centre)

www.claspthecarerscentre.org.uk

0116 251 0999

enquiries@claspthecarerscentre.org.uk

Giving family carers ongoing dedicated support - they help them cope with their situation within their own homes.

Community Legal Advice Centre

www.cals.uk.net

0116 242 1120

Assisting people in Leicester City and Leicestershire. Housing Advice, Welfare Benefits, Form Filling and Note Taking, Debt Advice etc. **Open 9am - 5pm Monday to Thursday and 9am to 4.30pm on Fridays. Phone lines are closed between 1pm - 2pm each day (you can leave a message).**

Confident Communities (Coalville)

www.valdirectory.org.uk/content/confident-communities

07474 096882

We run a community peer-support group for adults with low confidence and literacy difficulties. Our informal room provides a safe therapeutic environment where people can receive small group or one-to-one help with their reading and writing. We have professional staff as well as peer volunteers who help new members to feel welcomed and at ease. The aim is to build confidence and a sense of belonging to the group. Members are invited to weekly group lunches and are encouraged to participate in the running of the group, once their confidence is built up. We also train learners to become peer mentors themselves, teaching them specialist strategies for supporting adults with dyslexia and other difficulties, and coaching them in assertiveness, self-awareness, empathy and self-responsibility. We also provide a diagnostic service for Irlen Syndrome, which affects learning and has disabling symptoms such as migraine, headaches, severe fatigue and light sensitivity.

Cornerstone

www.cornerstoneyp.org

0116 308 7800

cornerstone@lifeline.org.uk

Supporting young people under the age of 18 years affected by drug and alcohol use in Leicester City.

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Counselling and Psychotherapy (Rutland House)

www.rhcp.org.uk

0116 416 1626

inf@rhcp.org.uk

Counselling and psychotherapy service in Leicester, Friar Lane.

Crimestoppers

www.crimestoppers-uk.org

0800 555 111

They are an independent charity helping law enforcement to locate criminals and help solve crimes.

Cruse Bereavement Care

www.cruse.org.uk

0808 808 1677

info@cruse.org.uk

Cruse Bereavement Care is here to support you after the death of someone close. Follow the link to the website to find the nearest branch for the service user.

Daughters of Eve

www.dofeve.org

TEXT 07983030488

They recognise female genital mutilation (FGM) as a form of gender-based violence, which therefore reflects and reinforces inequities between men and women and compromises the health, dignity, security and autonomy of its victims. Daughters of Eve believe that young people need to be supported holistically and work with women and girls should be based on their needs and not the act of violence.

Desert Flower

www.desertflowerfoundation.org

office@desertflowerfoundation.org

Information and up to date news on FGM.

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Digital Stalking

www.digital-trust.org

This site is run by Jennifer Perry who provides advice and information about cyberstalking. One of the most helpful and popular documents on this website is called 'Digital Stalking – A Guide to Technology Risks', which provides tips and information about staying safe online. You can access that document at the following link <http://www.digital-stalking.com/victim-advice/digital-stalking-how-to-factsheets/digital-stalking-guidelines-factsheets.html>

Diocese of Leicester

www.leicester.anglican.org

0116 261 5200

Chaplains work in hospitals, prisons, colleges and universities, with HIV/AIDS, in industry and with the disabled.

DISC – Leicester Disabled Integrated Sports Club

www.dcs.leicester.gov.uk/support-services/short-breaks/activity-search/?entryid77=59669&p=8&char>ShowAll

They are the disabled integrated sports club. We do dry sports every Thursday evening at 7pm to 10pm at Aylestone Leisure Centre, Knighton Lane, Leicester. Subs are 2 pounds a week for adults and 1 pound a week for children under 16 and a 5 pound yearly insurance fee to cover insurance. There is an archery club at Beaumont Leys Leisure Centre on Friday evenings 8.30 - 10pm, 3 pounds 50p per week, again with the 5 pounds annual subscription

Dogs Trust Freedom Project – Pet Retreat Leicester

www.dogstrustfreedomproject.org.uk

**0791072197 (This cover
Leicestershire and
Rutland)**

Provides temporary foster care for dogs belonging to families fleeing DV.

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Drugs Helpline

0845 869 8219

Equality and Human Rights Commission

www.equalityhumanrights.com/about-us/about-commission/equality-advisory-and-support-service

0808 800 0082

The Equality Advisory and Support Service (EASS) is an advice service aimed at individuals who need expert information, advice and support on discrimination and human rights issues and the applicable law, particularly when this is more than advice agencies and other local organisations can provide. **Opening Hours:** 9am to 8pm Monday to Friday, 10a to 2pm Saturdays. Closed on Sundays and Bank Holidays

Equality Now

www.equalitynow.org

020 7304 6902

ukinfo@equalitynow.org

Equality Now is an organization that advocates for the human rights of women and girls around the world by raising international visibility of individual cases of abuse, mobilizing public support through our global membership, and wielding strategic political pressure to ensure that governments enact or enforce laws and policies that uphold the rights of women and girls

Faith Matters

www.faith-matter.org

020 7935 5573

Faith Matters work to enable faith communities to reduce conflict using conflict resolution tools. Faith Matters work on integration, cohesion, hate crime and countering extremism projects.

Falsely Accused

www.falselyaccused.co.uk

0845 528 1130

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falselyaccused.co.uk is a fiercely independent boutique firm with a mission to focus on premium high-quality legal work specialising solely in two distinct areas – defending false allegations and wrongful convictions in one of the most complex, misunderstood and anxiety-provoking areas of criminal law; Rape, Sexual Assault, Historical Allegations and all other Sexual Offences.

Family Action

www.family-action.org.uk

020 7254 6251

info@family-action.org.uk

Family Action transforms lives by providing practical, emotional and financial support to those who are experiencing poverty, disadvantage and social isolation across England.

Federation of Muslim Organisations (FMO)

www.fmo.org.uk

0116 262 2111

enquiries@fmo.org.uk

The Federation of Muslim Organisations (FMO) was launched in 1983 to provide help and support for the Muslim communities in Leicester and Leicestershire, and has had a long and positive working relationship with many private, public and voluntary sector organisations over the last 32 years. A registered charity, we have worked exhaustively on a whole range of projects covering such areas as education, housing, youth and social welfare in order to meet the needs of the Muslim community.

Financial Fraud Action UK

www.financialfraudaction.org.uk

Financial Fraud Action UK is responsible for leading the collective fight against financial fraud on behalf of the UK payments industry. Our membership includes banks, credit, debit and charge card issuers, and card payment acquirers in the UK.

First Step

www.firststepleicester.org.uk

0116 254 8535

contact@firststepleicester.org.uk

Free confidential services to male survivors of sexual abuse and their supporters living in the city of Leicester, Leicestershire and Rutland to enable survivors to make the 'first step' towards feeling less isolated through increased personal power to make choices.

Forced Marriage Unit

www.fco.gov.uk/forcedmarriage

020 70080151

fmf@fco.gov.uk

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Contact the FMU if you're trying to stop a forced marriage or you need help leaving a marriage you've been forced into.

Foundation for Women's Health FORWARD

www.forwarduk.org.uk

020 8960 4000

forward@forwarduk.org.uk

FORWARD's vision is; A world where women and girls live in dignity, are healthy, have choices and equal opportunities.

FRANK

www.talktofrank.com

0800 77 66 00
TEXT 82111

FRANK helps you find out everything you need to know about drugs. For friendly, confidential drug advice TalkToFrank.

FreeVA

www.freeva.org.uk

0116 255 0003

Free-VA is a registered charity based in Leicester, working towards reducing domestic violence, rape and sexual assault.

Gam Care

www.gamcare.org.uk

0808 8020 133

info@gamcare.org.uk

GamCare is the leading provider of information, advice, support and free counselling for the prevention and treatment of problem gambling. We provide the Freephone National Gambling Helpline as well as live chat with advisers through 'NetLine'. We also host an online forum, daily chatrooms, and provide free face-to-face counselling for anyone experiencing difficulty through their own gambling or that of a family member.

Gamble Aware

www.gambleaware.co.uk/confidential-support-and-advice

0808 8020 133

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If you have questions or concerns about your own gambling or about that of a friend or family member, a good place to start is here. Offer counselling and support, information and advice. **Open 8am to midnight, 7 days a week.**

Get Connected (16-25 years old)

<http://www.getconnected.org.uk/>

0808 808 4994

Get Connected is the UK's free, confidential helpline service for young people under 25 who need help, but don't know where to turn.

Get Safe Online

<https://www.getsafeonline.org/>

Free expert advice online only.

Gingerbread

www.gingerbread.org.uk/

0808 802 0925

The Gingerbread Single Parent Helpline provides support and expert advice on anything from dealing with a break-up, to going back to work or sorting out maintenance, benefit or tax credit issues. **Mondays 10am to 6pm, Tuesdays/Thursdays/Friday 10am to 4pm and Wednesday 10am -1pm/5pm-7pm.**

Helping Hands

www.helpinghandsadvice.co.uk/

0116 278 201

Helping Hands provide a free advice service on Welfare Benefits, Debts, Housing, Employment, Family Law and much more. **Open 10am to 1pm. Drop in Service.**

Henna Foundation

www.hennafoundation.org

029 204 96920

info@hennafoundation.org

Services include; protecting children, honour based violence, parenting, forced marriage, family conflicts, cultural identity, domestic violence, divorce and welfare rights.

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Home Office (FGM)

www.gov.uk/government/policies/ending-violence-against-women-and-girls-in-the-uk

FGMenquiries@homeoffice.gsi.gov.uk

Up to date information and government advice on FGM.

Home Start

www.home-start.org.uk

0116 258 7900

info@home-start.org.uk

Home-Start help families with young children deal with the challenges they face. We support parents as they learn to cope, improve their confidence and build better lives for their children.

Homicide Service

<https://www.victimsupport.org.uk/what-we-do/national-services/homicide-service>

08 08 16 89 111

The service is offered to bereaved families by their police family liaison officer (known as the FLO) or the Foreign Office country caseworker. Once we have consent from the bereaved family, a homicide caseworker is assigned and a face-to-face meeting is offered. A major part of our work is helping people navigate and know what to expect from the criminal justice system, and providing someone independent to talk to. The list of practical services we provide is endless. We can also help with any immediate, practical needs, such as assisting with the funeral, childcare and transportation. We also help victims access financial assistance such as state benefits and compensation claims, and will inform organisations that there has been a death.

Immigration Advice Service

www.iaservices.org.uk

0844 887 0111

info@iaservices.org.uk

Discover our wide range of services to help with your UK immigration matter, from one-off telephone advice to preparing your application or appeal.

Inclusion Healthcare

www.inclusion-healthcare.co.uk

0116 221 2780

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There's a service called Inclusion Healthcare which provides substance misuse support, mental health services, and a full range of primary care services for marginalised people – they are able to register hostel residents, homeless and people working as prostitutes. They also provide the Leicester City Assist service which is for asylum seekers and refugees

IPCC (Independent Police Complaints Commission)

www.ipcc.gov.uk/complaints

0300 020 0096

enquiries@ipcc.gsi.gov.uk

Making a complaint about the police.

Iranian Kurdish Women's Rights Organisation UK (IKWRO)

www.ikwro.org.uk

0207 920 6460

IKWRO is a registered charity which provides advice and support to Middle Eastern and Afghan women and girls living in the UK who are facing Forced Marriage, Child Marriage, "Honour" Based Violence, Female Genital Mutilation and Domestic Violence. We offer advice in Farsi, Dari, Kurdish, Arabic, Turkish, Pashto and English and run a free counselling service in Farsi, Kurdish, Arabic and English.

Jakin - Pregnancy Care and Counselling

www.jakin-leicester.btck.co.uk

07599 397 938 (call or txt)

Jakinhere4u@yahoo.co.uk

If you are thinking that you might be pregnant and need to have a pregnancy test or talk about any concerns. If you want to explore your pregnancy options and find out what support is available for each. If you're struggling after pregnancy loss - a miscarriage or stillbirth. If you're struggling after termination of pregnancy or other pregnancy choice.

JAN Trust

www.jantrust.org

0208 889 9433

info@jantrust.org

JAN Trust is a multi-award winning charity empowering and providing leadership for women in order to create positive and active citizens of society

Job Centre Plus

<https://www.gov.uk/contact-jobcentre-plus>

0800 055 6688

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Providing support for communities through practical group projects.

Juniper Lodge

www.juniperlodge.org.uk

0116 2733 330

Often, the first step of making contact is the biggest. You will be treated with respect at all times by Juniper Lodge, and you will be believed. All calls will be treated in strictest confidence, in line with local safeguarding agreements. Your details will be stored on a secure database and will not be shared without your permission, or if there is a safeguarding concern.

Karma Nirvana

www.karmanirvana.org.uk

0800 5999 247

A support network for victims of honour based abuse and forced marriage.

Keep Safe Place Scheme

www.leics.gov.uk/keepsafeplaceschemes

LLR Keep Safe Place Scheme. A Keep Safe Place is somewhere a person can go if they feel vulnerable (upset, scared, worried, confused or distressed) and need immediate support whilst they are out in the community – usually in the town centre.

Kidscape

www.kidscape.org.uk

020 7730 3300

info@kidscape.org.uk

We equip young people, parents and professionals with the skills to tackle bullying and safeguarding issues across the UK.

Lamp Direct

www.lampdirect.org.uk

0116 255 6286

lamp@lampdirect.org.uk

Independent voluntary organisation working to promote good mental health for everyone living in Leicester, Leicestershire and Rutland.

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Law's Society

www.lawsociety.org.uk/findasolicitor

020 7320 5650

Helping someone find and pay for a solicitor.

Legal Choices

www.legalchoices.org.uk

legalchoices@sra.org.uk

Take control of your Legal Choices. Just the facts about lawyers and legal problems, straight from legal regulators.

Legal Ombudsman

0330 555 0333

enquiries@legalombudsman.org.uk

Make a formal complaint to the organisation that employs the solicitor (usually in writing).

Leicester City Council (Hate)

www.leicester.gov.uk/your-community/emergencies-safety-and-crime/hate-crime

0116 454 0250

We work closely with the police and other agencies to prevent all forms of hate incidents and crime by taking action to support and protect victims. We encourage anyone who is the victim of, or witness to, hate incident or crime to report it immediately. In turn we will:

- investigate the incident
- Help you to cope with the emotional effects of being a victim of hate crime and/ or crime
 - Support you and other members of your family if necessary
- Help you to deal with other agencies, such as the police or housing department
 - Give you advice on safety and home security

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Leicester City Council (Housing)

<http://www.leicester.gov.uk/your-community/housing>

0116 454 1006

Information on applying for housing, council tenants, homeless or at risk, renting private housing, help for homeowners and empty homes

Leicester City Debt Line

www.debt-line.net/Leicester-City-Council

0800 083 9060

Many household bills, in particular costs for electricity and gas, have been going up significantly over the last few years. If you're no longer able to make the payments, it's likely the utility provider will threaten to withdraw the service. We've found that for some of our customers, their financial difficulties often started with increasing household bills. If you're struggling with these kind of bills and similar debts, fill in our simple form on the right and we'll call you back to see if we can help.

Leicester Counselling Centre

www.leicestercounsellingcentre.co.uk/

0116 255 8801

Provides counselling from London Road, Leicester.

Leicester Pride

www.leicesterpride.com

0843 289 2840

The main goal is to promote equality and diversity, advance education and eliminate discrimination in relation to gay, lesbian, bisexual and transgender (lgbt) people, in particular but not exclusively those resident in Leicester for, the benefit of the public by raising awareness in issues affecting said persons in particular by promoting and staging an annual lgbt festival and making grants and/or donations to other charitable and voluntary organisations with the object of developing an environment in favour of lgbt equality by providing information, advice and support.

Leicester County Council ASB

www.leics.gov.uk/index/community/yjsc/community_safety-2/asb.htm

0116 305 2659

communitysafety@leics.gov.uk

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Anti-Social Behaviour (ASB) is generally defined as behaviour that causes or is likely to cause harassment, alarm or distress to another individual.

Living Without Abuse

www.lwa.org.uk

0300 365 0112

LWA – Living Without Abuse - believes that all people have the right to live safely and without fear of violence and abuse. We can provide support to anyone experiencing or fearing violence or abuse from a partner, ex-partner or family member.

Loughborough Wellbeing Cafe

07890 321 291 (Helen)

loughboroughwellbeing@gmail.com

A service for people with mental health issues aged 18-30. Will start on the 2 Oct 2016 and will initially operate on the first Friday of each month.

Male Advice Line

www.mensadviceline.org.uk

0808 801 0327

info@mensadviceline.org.uk

Men's Advice Line is a confidential helpline for any man experiencing domestic violence and abuse from a partner (or ex-partner).

Mankind UK

www.new.mankind.org.uk

01823 334 244

Our 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).

MENCAP (Leicester)

<https://www.mencap.org.uk/local-groups/group/leicester-mencap-society>

0116 279 5037

Leicester Mencap Society exists to support and improve the lives and opportunities of people with a Learning Disability, their parents, carers and families.

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Men's Advice Line

www.mensadvice.org.uk/mens_advice.php.html

0808 801 0327

info@mensadviceline.org.uk

Advice and support for men experiencing domestic violence and abuse.

Money Advice Centre

www.moneyadviceservice.org.uk/en

0800 138 777

Free and impartial money advice, set up by government. Advice and guide to help improve your finances. Tools and calculators to help you track and plan ahead. Support in person, over the phone and online.

Mosaic: Shaping Disability Services

www.mosaic1898.co.uk

0116 231 8720

We're the Royal National Institute of Blind People (RNIB) and we're here for everyone affected by sight loss. Whether you're losing your sight or you're blind or partially sighted, our practical and emotional support can help you face the future with confidence.

MATCH (Mothers Apart from their Children)

www.matchmothers.org

enquiries@matchmothers.org

ONLINE ONLY! MATCH is a charity that offers non-judgemental support and information to mothers apart from their children in a wide variety of circumstances.

Muslim Bereavement Support Service

www.mbss.org.uk

020 3468 733

info@mbss.org.uk

Supporting bereaved mothers who have lost a child at any stage.

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National Centre for Domestic Violence

www.ncdv.org.uk

0800 970 2070

The National Centre for Domestic Violence (NCDV) provides a free, fast emergency injunction service to survivors of domestic violence regardless of their financial circumstances, race, gender or sexual orientation.

National Rape Crisis

www.rapecrisis.org.uk

rcewinfo@rapecrisis.org.uk

If you are looking for support around an experiences(s) of sexual violence, we encourage you to contact your local Rape Crisis Centre instead.

National Stalking Clinic

www.beh-mht.nhs.uk/mental-health-service/mh-services/national-stalking-clinic.htm

020 8702 6104

The National Stalking Clinic (NSC) is a specialist service providing assessment and consultation for those who have engaged in stalking behaviour and stalking victims. It is an internally recognised service that is part of the North London Forensic Service. It is led and managed by Barnet, Enfield and Haringey Mental Health NHS Trust.

National Stalking Helpline

www.stalkinghelpline.org

0808 802 0300

It is the first national helpline to specialise in providing information and guidance to victims of harassment and stalking as well as their friends and family.

Neighbourhood Watch

www.ourwatch.org.uk

Victim First Directory

Voluntary network of schemes where neighbours come together, along with the police and local partners, to build safe and friendly communities.

New Dawn, New Day

www.counsellingforwomen.org.uk

0333 444 304

admin@ndnd.org.uk

We specialise in working with women who present with multiple and complex needs and deliver specific wraparound support services to women who have offended or are considered at risk of offending as well a specialist support to young women who have been affected by domestic violence. We run a specialist free counselling service for women victims and survivors of domestic abuse.

NHS (National Health Service)

www.nhs.uk/service-search

111

111 is the free NHS non-emergency number. NHS 111 is available 24 hours a day, 365 days a year.

NSPCC

www.nspcc.org.uk

0808 800 5000

The leading children's charity fighting to end child abuse in the UK and Channel Islands

Offender Families Helpline

www.offenderfamilieshelpline.org

0808 808 2003

info@offenderfamilieshelpline.org

This website has information for families on all aspects of the criminal justice system in England and Wales from arrest through to release.

Victim First Directory

Open Door

www.oneroof.org.uk/service-directory/advice/open-door-leicester

0116 223 2397

Primarily it offers free and confidential counselling service to young people, however Open Doors exists to strengthen the church to be the church in the most hostile places. In over 50 countries, Open Doors is supplying Bibles, training church leaders, delivering Bible-based literacy programmes and supporting Christians who suffer for their faith. In the UK and Ireland Open Doors works to raise awareness of global persecution, mobilising prayer, support and action among Christians.

Open Hands

www.nottinghamshirehealthcare.nhs.uk/openmind

0116 2927010

LeicesterOpenMind@nottshc.nhs.uk

Open Mind is a service that provides psychological assessment and treatment for what are known as mild to moderate common mental health problems, which 1 in 4 of us will suffer with at some stage in our lives.

Quetzal Project

www.quetzal.org.uk

0116 253 9103

help@quetzal.org.uk

Supporting women recovering from the trauma of childhood sexual abuse

Rape Crisis Centre (Leicester)

www.jasminehouse.org.uk

0116 255 8852

admin@jasminehouse.org.uk

Free, confidential therapeutic services for women and girls who have experienced rape, sexual abuse or sexual violence recently or in the past.

Refuge

www.refuge.org.uk

0808 2000 247

For women and children escaping domestic violence.

Victim First Directory

Respect (For perpetrators of DV)

www.respectphoneline.org.uk

0808 802 4040

info@respectphoneline.org.uk

A confidential and anonymous helpline for anyone concerned about their violence and/or abuse towards a partner or ex-partner.

Respond

www.respond.org.uk

0808 808 0700

Respond works with children and adults with learning disabilities who have experienced abuse or trauma, as well as those who have abused others, through psychotherapy, advocacy, campaigning and other support. Respond also aims to prevent abuse by providing training, consultancy and research.

Salvation Army

www.salvationarmy.org.uk/leicester-central

0116 262 1834

Church services, Zimbabwean Fellowship Meeting, Coffee drop-in, Lunch Club, Over 60s Club, open Band practice, drama and singing group, choir.

Samaritans

www.samaritians.org

0116 123

jo@samaritians.org

If you're given the time and space to talk things through, you can find a way through your problems

SAMM (Support After Murder and Manslaughter)

www.samm.org.uk

0845 872 3440

info@samm.org.uk

Supporting families bereaved by murder and manslaughter.

Victim First Directory

SCARD (Road Tragedy)

www.scard.org.uk

0845 1235542

info@scard.org.uk

Support and Care after Road Death and Injury. Lines open weekdays 9am to 5pm

Shama Women's Centre

www.shamawomenscentre.co.uk

0116 251 47 47

Provides a variety of counselling, educational and recreational activities for women and girls of all backgrounds, religions and communities. Services include bereavement counselling, befriending services, confidence building, volunteering opportunities, help into work. A range of holistic therapies; Indian head massage, aromatherapy, reflexology. Courses in textiles, child care, computer, dressmaking and textile training. Well-being activities; keep fit, yoga, gym and sauna. On site nursery. It is free.

Shelter

www.shelter.org.uk

0300 330 1234

info@shelter.org.uk

Shelter helps millions of people every year struggling with bad housing or homelessness and we campaign to prevent it in the first place.

Silverline

www.thesilverline.org.uk

0800 470 80 90

info@silverline.org.uk

The Silver Line is the only national confidential and free helpline for older people open every day and night of the year.

Southall Black Sisters

www.southallblacksisters.org.uk

0208 571 0800

SBS is a not-for-profit organisation set up in 1979 to meet the needs of black (Asian and African Caribbean) and minority ethnic women.

Victim First Directory

Stamp it Out

www.stamp-it-out.co.uk

Stamp It Out! is a project bringing together different partners and organisations all committed to challenging, tackling and stamping out hate within Leicester, Leicestershire and Rutland.

Stop Hate

www.stophateuk.org

0113 293 5100

info@stophateuk.org

Stop Hate UK works alongside local strategic partnerships to tackle Hate Crime and discrimination, encourage reporting and support the individuals and communities it affects. We provide a toolkit to help improve local responses to Hate Crime and an alternative for people who do not wish to report Hate Crime to the police or other statutory agencies. Our helplines enable people to access independent support and information, **24 hours a day, every day of the year.**

Support for Carers

www.supportforcarers.org

0845 689 9510

maureen@supportforcarers.org

Support for carers throughout the country. The service is run by Voluntary Action South Leicestershire, community based organisation. Our mission is to inform and support carers in all communities through Leicestershire; to improve carers' quality of life, promote their health and well-being and to encourage them to make real choices about their lives.

Survivors of Bereavement by Suicide

www.uk-sobs.org.uk

0300 111 5065

Sobs.support@hotmail.com

SOBS is a self-help, voluntary organisation. Helpline is open 9am to 9pm

The Freedom Project

www.freedomprogramme.co.uk/contact.php

0116 296 46200

If you have any domestic violence victims that would like to go on the Freedom Programme, see course details on the link in the website column and make contact with Nutan.

Victim First Directory

The Jenkins Centre

www.jenkinscentre.org

0116 254 01 01

info@jenkinscentre.org

The Jenkins Centre provides a range of interventions to help people end their use of abusive behaviour in relationships for people in Leicester City.

The Laura Centre

www.thelauracentre.org.uk

0116254 4341

Death of a child, parent, any age.

The LGBT Centre

www.leicesterlgbtcentre.org.uk

0116 254 7412

The LGBT Centre is a voluntary organisation established to support lesbian, gay, bisexual and transgender people in LLR. **Opening hours; Monday, Tuesday and Thursday 10am to 5pm. Wednesday, Friday, Saturday and Sunday Closed**

The Orchid Project

www.orchidproject.org

0203 753 5505

info@orchidproject.org

Of a world free from female genital cutting. To achieve this we: advocate, communicate and partner with organisations.

The Race Equality Centre

www.theraceequalitycentre.org.uk/index.html

0116 2042790

The Race Equality Centre in Leicester and Leicestershire (TREC) - is a voluntary organisation that was established under the name of the Leicester Racial Equality Council in 1991. We exist to challenge discrimination as defined by the Equality Act 2010 and further strengthened by the Human Rights Act 1998.

Victim First Directory

Trade Sexual Health

www.tradesexualhealth.com

0116 254 1747

Trade Sexual Health is a health charity working with the lesbian, gay, bisexual and trans (LGB&T) community of Leicester, Leicestershire and Rutland.

True Vision

www.report-it.org.uk/home

enquiries@report-it.org.uk

Reporting makes a difference – to you, your friends, and your community. By reporting hate crime when it happens, you can help stop it happening to someone else. You will also help the police to better understand the level of hate crime in your local area, and improve the way they respond to it.

UAVA (United Against Violence and Abuse)

www.uava.org.uk

0808 80 200 28

info@uava.org.uk

If you or someone you know is affected by domestic abuse or sexual violence, United Against Violence and Abuse (UAVA) commission a number of specialist services available to assist you in Leicester. All are open to men and women affected including those affected as a third party.

Which? Consumer Rights

www.which.co.uk/consumer-rights

019928 22829

As a consumer champion, our campaigns work to make your lives fairer, our advice helps you make informed decisions.

Winston's Wish

www.winstonswish.org.uk

08452 03 04 05

info@winstonswish.org.uk

Childhood bereavement charity in the UK. They offer practical support and guidance to bereaved children, their families and professionals.

Victim First Directory

Witness Service

<https://www.citizensadvice.org.uk/law-and-rights/legal-system/going-to-court-as-a-witness/get-help-and-support-from-the-witness-service/>

03003 321250

Citizens Advice offers a free, confidential support service offered to anyone called to give evidence for either the prosecution or defence. This also includes witnesses under the age of 18. Trained volunteers offer emotional support and practical help to witnesses before, during and after the trial.

Women's Aid

www.wa-leicester.org.uk

0116 283 2225

Women's Aid Leicestershire Ltd is a unique service provider accompanying domestic abuse and sexual violence survivors on every step of their journey whilst also working to prevent future violence.

Young Minds

www.youngminds.org.uk

0808 802 55 44

ymentquiries@youngminds.org.uk

Charity committed to improving the emotional wellbeing and mental health of children and young people. Driven by their experiences we campaign, research and influence policy and practice.

Young people's Mental Health Support Group

0116 242 0335

lisa@networkforchange.org.uk

If you're struggling with how you feel and need to talk, we are here to listen. We aim to provide a safe and supportive environment for young people to meet up. The group is facilitated by understanding staff who can support you with problems, signposting, activities, reduce social isolation and help to improve confidence.

Zinthiya Trust

www.zinthyatrust.org

0116 2545 168

Zinthiya.trust@gmail.com

Women's Project: supporting those that are vulnerable or suffering from disadvantage/exploitation. We offer support for victims of domestic violence/sexual abuse and deliver The Freedom programme. We offer 1:1 mentoring, counselling and opportunities to reduce exclusion eg Craft Cafe, lunch clubs Money/Debt &



Victim First Directory

Energy Advice Service: Comprehensive energy, benefit, money & debt service. Applications to energy funds for grants to pay off gas/, electric & water arrears and for assistance payments for white goods & furniture. Gas & Electric pre-payment meter top-ups Budgeting support, benefit optimisation Welfare support:
Foodbank & lunch clubs: We run a foodbank & a number of lunch clubs. Prison outreach and through the gates support at HMP Peterborough Employment/Self-employment and Enterprise support: mentoring, skills development and work for the unemployed. We providing support to people wanting to go self-employed/considering starting a business