

## List of UK-based charities serving women and/or girls

Inventorised by Lucie Cunningham from [www.tellthemwell.com](http://www.tellthemwell.com) in Sept 2021

Name	Mission	Website
<b>Action Aid</b>	ActionAid works with women and girls living in poverty. Our dedicated local staff are helping end violence against women and girls and changing lives, for good. We understand the deep-rooted problems facing women and girls and work alongside whole communities to find solutions. We make sure women and girls are safe from harm, able to earn a living and to claim their rights, and we prioritise their rights and leadership during times of crisis. While we fundraise in the UK all of our work is overseas, we reach over 15 million people in Africa, Asia and the Americas every year.	
<b>Amina</b>	<p>Amina is a Scottish charity that empowers and supports Muslim and BME women to create a Scotland in which they can contribute fully. We are an inclusive organisation based out of Glasgow but operating across Scotland.</p> <p>We offer a range of services to support and empower women aged 16 and up.</p> <p>Amina provides:</p> <p>A free and confidential Helpline (available via 0808 801 0301, webchat and on <a href="mailto:helpline@mwrc.org.uk">helpline@mwrc.org.uk</a>) Monday to Friday, 10AM to 4PM.</p> <p>The Helpline also includes spiritual advice from our 'Alima on the Helpline' every Monday between 10AM and 2PM and a free Immigration Law Clinic between 1PM and 4PM on the last Wednesday of every month.</p> <p>Telephone befriending for women experiencing loneliness or isolation. Financial advocacy and help for women in difficult financial situations. Campaigns to lift up and empower the voices of Muslim and BME women in Scotland, such as Reclaim the Name and I Speak for Myself. Creative programmes and projects to showcase the experiences of women, like Emerging Futures. Digital inclusion including tablet loan, ESOL classes for beginner and advanced learners and online weekly socials.</p>	<a href="http://www.mwrc.org.uk">www.mwrc.org.uk</a>
<b>ANAWIM centre for women in Birmingham</b>	<p>Anawim brings people together from a range of communities and backgrounds to help women understand the impact of their trauma, and to begin the healing process by overcoming obstacles and learning how to move forward to a brighter future for themselves and their families.</p> <p>Not only do we provide a tailored package of support for women through a variety of interventions, but our caseworkers also understand how to deal with the complexities involved in helping women find work, improve their wellbeing, resolve health issues or access the services they need.</p> <p>Anawim is an independent charity and we also choose to work in close partnership with a number of agencies, including Probation, Social Care, health and education providers, employers, the criminal justice system and the wider community.</p>	<a href="http://www.anawim.co.uk">www.anawim.co.uk</a>
<b>AVA</b>	<p>"AVA is an expert, groundbreaking and independent charity working across the UK.</p> <p>Our vision A world without gender based violence and abuse.</p> <p>Our mission Working with survivors to end gender-based violence by championing evidence-based change."</p>	<a href="http://www.avaproject.org.uk">www.avaproject.org.uk</a>

<b>BAWSO</b>	Bawso supports Black and Minority Ethnic (BME) women who are affected by or at risk of domestic or sexual violence, female genital mutilation (FGM), forced marriage, so-called honour based violence, trafficking or modern slavery. Bawso also offers advice and information for BME men experiencing domestic abuse from partners and family members. The charity's services are provided across Wales, with over 5,000 people benefiting every year.	<a href="http://www.bawso.org.uk">www.bawso.org.uk</a>
<b>Being Woman UK</b>	<p>"Prejudice and discrimination harms individuals, communities and society. BEING WOMAN is a charitable incorporated organisation based in Northumberland, United Kingdom. We work towards to empower women with the knowledge, skills and confidence to challenge all forms of prejudice and discrimination in the society.</p> <p>1: The promotion of equality and diversity for the public benefit by:</p> <p>(a) the elimination of discrimination on the grounds of race, gender, disability , sexual orientation or religion;</p> <p>(b) advancing education and raising awareness in equality and diversity;</p> <p>(c) promoting activities to foster understanding between people from diverse backgrounds;</p> <p>(d) conducting or commissioning research on equality and diversity issues and publishing the results to the public;</p> <p>(e) cultivating a sentiment in favour of equality and diversity.</p> <p>2. To advance the education of, in particular but not exclusively, women by the provision of: (a) 1:1 sessions and workshops, in particular but not exclusively, in the subject of basic digital skills that results in a qualification being obtained that assists with improving the beneficiaries chances of securing future employment.</p> <p>We firmly believe that it is critical to engage boys and men to achieve gender equality. We therefore run all our programmes in collaboration with girls and women-boys and men from all different areas of the society. "</p>	<a href="http://www.being-woman.org.uk">www.being-woman.org.uk</a>
<b>Bloody Good Period</b>	As Bloody Good Period so accurately point out on its website, menstrual supplies are not cheap. This charity aims to end period poverty for women asylum seekers, refugees and those who can't afford to buy the essential products. You can help by either donating money or supplies to drop-in centres and food banks.	<a href="http://www.bloodygoodperiod.com">www.bloodygoodperiod.com</a>
<b>CARE International</b>	<p>"It's simple: in the world's poorest communities, women and girls bear the brunt of poverty. Fighting poverty in those communities means focusing on women and girls to end the inequality that keeps them, and their families and communities, locked in poverty. Why does CARE fight poverty by focusing on women and girls?</p> <p>It's simple: in the world's poorest communities, women and girls bear the brunt of poverty. Fighting poverty in those communities means focusing on women and girls to end the inequality that keeps them, and their families and communities, locked in poverty.</p>	<a href="http://www.careinternational.org.uk/fighting-poverty/empowering-women-and-girls">www.careinternational.org.uk/fighting-poverty/empowering-women-and-girls</a>
<b>Centenary Action Group</b>	<p>"To eradicate the barriers that prevent women in all our diversity from taking part in politics by enabling collaboration, joint action and campaigning to improve women's political participation in the UK.</p> <p>CAG advocates for the development, improvement and implementation of laws and policies that reduce or remove the barriers to women's political participation, including:</p> <p>The violence, harassment and abuse that politically active women face on and offline;</p> <p>The economic inequalities that prevent women from engaging in decision-making;</p> <p>The culture and practices within politics that deter and exclude women."</p>	<a href="http://www.centenaryaction.org.uk">www.centenaryaction.org.uk</a>
<b>Close the Gap</b>	We work with policymakers, employers and employees to influence and enable action to address the causes of women's inequality at work.	<a href="http://www.closethegap.org.uk">www.closethegap.org.uk</a>

<b>Creating a better future</b>	<p>"There are over 1 million children in Zimbabwe that have lost either one parent or both parents to HIV/AIDS* Without education, support and care, these children will become a million adults with no opportunity to have a good future, and the next generation may be worse... Commit to Sponsoring A Child and you could change a thier life for good by giving them tools they need to have a better future. Give with confidence knowing where your donation goes: We have a dedicated team of volunteers in Zimbabwe that work directly with schools and orphanages to make sure your donation goes directly to the child you sponsor. Give with confidence to a charity that has experienced child sponsorship: One of our founders was sponsored to go to school and university. Donors like you changed her life by giving her hope and opportunity through education. You can help us to do the same for other children."</p>	<a href="http://www.creatingbetterfutures.org.uk">www.creatingbetterfutures.org.uk</a>
<b>DASH in Slough</b>	<p>We support women, children and men suffering from any kind of abuse from partners, ex partners or family members.</p>	<a href="http://www.thedashcharity.org.uk">www.thedashcharity.org.uk</a>
<b>DD Women's Aid</b>	<p>DDWA provides information, support and refuge for women and their children who have experienced or are at risk of domestic abuse.</p>	<a href="http://www.ddwa.org.uk">www.ddwa.org.uk</a>
<b>Dundee International Women's Centre</b>	<p>"We support all isolated and disadvantaged women, but particularly those from Black, Asian and Minority Ethnic communities. In our all-woman centre, we offer a safe space for women to meet, make friends and learn, with a weekly range of classes and activities ranging from arts and crafts to accredited training. We offer classes in English for Speakers of Other Languages at five different levels, accredited training in Childcare and employability support. Our registered childcare service provides an in-house creche and is also a social enterprise working throughout Scotland to provide childcare for any other individual or organisation in a venue of their choice. This increases access to training, conferences and events and provides jobs for women (many of whom are former DIWC learners). We are a leading provider of training in harmful practices (honour violence, female genital mutilation and forced marriage) to health and social care professionals throughout Scotland."</p>	<a href="http://www.diwc.co.uk">www.diwc.co.uk</a>
<b>Encompass Network</b>	<p>"Encompass is a Scottish network of agencies working with people at risk of becoming involved in, who are currently involved in, or who have exited selling or exchanging sexual activity / commercial sexual exploitation (CSE). The core membership of Encompass network is open to all those Scottish organisations who; provide services and support to those who have been, currently are or at risk of becoming involved in commercial sexual exploitation and are in receipt of Violence Against Women and Girls (VAW&amp;G) funds from the Scottish Government and / or use a VAW&amp;G approach in their work. The safety and well-being of those involved in the sex industry is of prime concern to all Encompass agencies. We acknowledge the value and importance in engaging with the differing approaches in operation in Scotland and key stakeholders. In order to disseminate and share the learning, Encompass makes information, training and resources available to a wider grouping of agencies eg. homelessness, addictions, mental health, adult support and protection, charities and voluntary sector agencies."</p>	<a href="http://www.encompassnetwork.info">www.encompassnetwork.info</a>

<b>End Violence Against Women</b>	<p>End Violence Against Women is a coalition of specialist women's support services, researchers, activists, survivors and non-governmental organisations working to end violence against women in all its forms. It campaigns for every level of government to adopt better, more joined up approaches to ending and preventing violence against women and girls. It also challenges wider cultural attitudes that tolerate and condone this abuse.</p>	<a href="http://www.endviolenceagainstwomen.org.uk">www.endviolenceagainstwomen.org.uk</a>
<b>Engender Scotland</b>	<p>"Engender is Scotland's feminist policy and advocacy organisation.</p> <p>Engender has a vision for a Scotland in which women and men have equal opportunities in life, equal access to resources and power, and are equally safe and secure from harm."</p>	<a href="http://www.engender.org.uk">www.engender.org.uk</a>
<b>Equality Now</b>	<p>Our staff of expert lawyers and campaigners work across the world to build a just world for women and girls. We use a unique combination of legal advocacy, regional partnership-building and community mobilization to encourage governments to adopt, improve and enforce laws that protect and promote the rights of women and girls around the world.</p>	<a href="http://www.equalitynow.org">www.equalitynow.org</a>
<b>Equate Scotland</b>	<p>"Established in 2006, Equate Scotland is the national expert in gender equality throughout the STEM sectors. We make a tangible and sustainable change, enabling women studying and working in these key sectors to develop, by supporting their recruitment, retention and progression and development. We work with and seek to influence organisations, academia and governments to build more equal, inclusive and diverse cultures that use all of the talents of all our people, especially women in STEM.</p> <p>Our vision is of a progressive STEM labour market where women can contribute equally to advancements in STEM careers, and have fair access to the jobs of the future. We do that through our Student Network and our range of free training services for women in STEM. Find out more here <a href="http://www.equatescotland.org.uk">www.equatescotland.org.uk</a> "</p>	<a href="http://www.equatescotland.org.uk">www.equatescotland.org.uk</a>
<b>Girls Guiding</b>	<p>Guiding provides opportunities for girls to make new friends, have fun and grow in confidence. Our activities are designed for all girls, so there's a place for your daughter whatever her tastes or needs.</p>	<a href="http://www.girlsoutloud.org.uk">www.girlsoutloud.org.uk</a>
<b>Girls' network</b>	<p>Our mission is to inspire and empower girls from the least advantaged communities by connecting them with a mentor and a network of professional female role models. Conversations about career prospects.</p>	<a href="http://www.thegirlsnetwork.org.uk/our-story">www.thegirlsnetwork.org.uk/our-story</a>
<b>Glasgow's women's Library</b>	<p>Glasgow Women's Library's mission is to celebrate the lives and achievements of women, champion their historical, cultural and political contributions and act as a catalyst to eradicate the gender gap that contributes to widespread inequalities in Scotland.</p> <p>Our vision is of a world in which every woman is able to fulfill her potential and where women's historical, cultural and political contributions to society are fully recognised, valued and celebrated.</p> <p>Our Values Empowerment</p> <p>GWL is about empowerment. We provide a safe welcoming space where women can access information, find their voice and discover the confidence to embrace new opportunities, take control of their lives and achieve their potential.</p>	<a href="http://www.womenslibrary.org.uk">www.womenslibrary.org.uk</a> Telephone number 0141 550 2267

<b>Hafan Cymru</b>	Hafan Cymru recognises the need to break the cycle of domestic abuse, and offer preventative services that promote healthy lifestyles and healthy relationships. Our core work centres on supporting people (including families and children) who have been witnesses or victims of domestic abuse. We provide them with a variety of support services, including IDVA (Independent Domestic Violence Advisor) services, life skills and housing support as well as providing refuge or safe house provision for women fleeing domestic abuse. We promote awareness through the delivery of expert training on a wide range of VAWDASV related issues, including but not limited to: Understanding Domestic Abuse and Sexual Violence, Coercive and Controlling Behaviours, Child Sexual Exploitation and Safeguarding.	<a href="http://www.hafancymru.co.uk">www.hafancymru.co.uk</a>
<b>Healed Scars</b>	Helping women in the UK rebuild their lives after trauma or domestic abuse. Inclusive support groups, individual and group support through counsellors. Online group workshops about well-being, healthy relationships, personal and professional growth.	<a href="http://www.healedscars.uk">www.healedscars.uk</a>
<b>HMB</b>	Providing equitable access to donor milk for premature and sick babies, while supporting more mothers to donate milk. Aiming to broaden the use of donor milk with lactation support to help more mothers to breastfeed, and feed babies where breastfeeding is impossible.	<a href="http://www.heartsmilkbank.org">www.heartsmilkbank.org</a>
<b>Housing for Women</b>	A charity and housing provider, Housing for Women supports women and children as they rebuild their lives and regain their independence after domestic abuse. Through affordable housing, they relocate domestic abuse survivors as well as survivors of trafficking, women leaving prison and older women.	<a href="http://www.hfw.org.uk">www.hfw.org.uk</a>
<b>Imkaan</b>	<p>"Black feminist organisation Imkaan works at local, national and international levels to address violence specifically affecting black and minority ethnic (BME) women and girls.</p> <p>By partnering with a range of organisations, the group works to improve policy and practice responses to women of colour, around issues such as domestic violence, forced marriage and 'honour'-based violence.</p> <p>Imkaan specialises in supporting these sectors by carrying out crucial research, improving strategies around service delivery and providing training for those offering support to women facing violence."</p>	<a href="http://www.imkaan.org.uk">www.imkaan.org.uk</a>
<b>Jo's Cervical cancer trust</b>	<p>"Jo's Cervical Cancer Trust (Jo's Trust) is the only UK charity dedicated to women and their families affected by cervical cancer and cervical abnormalities. Our aim is to offer information, support and friendship to women of all ages, to help them to understand the importance of cervical screening, and to provide our own personal brand of support if their screening shows up abnormalities or if they are diagnosed with cancer.</p> <p>Our Vision To improve the lives of those affected by cervical cancer and to work towards a future where cervical cancer is a thing of the past.</p> <p>Our Mission Our mission is to see cervical cancer prevented, reduce the impact for everyone affected by cervical abnormalities and cervical cancer through providing the highest quality information and support services and campaigning for excellence in cervical cancer treatment and prevention."</p>	<a href="http://www.jostrust.org.uk">www.jostrust.org.uk</a>

<b>Justice for Women</b>	<p>"Justice for Women contributes to the global effort to eradicate male violence against women, which includes sexual and domestic violence, and coercive control. Our focus is on the criminal justice system of England and Wales. We work to identify and change those areas of law, policy and practice relating to male violence against women, where women are discriminated against on the basis of their gender.</p> <p>We are a feminist campaigning organisation that supports, and advocates on behalf of, women who have fought back against or killed violent men. Over the past years, Justice for Women has developed considerable legal expertise in this area, and has been involved in a number of significant cases at the Court of Appeal that have resulted in women's original murder convictions being overturned"</p>	<a href="http://www.justiceforwomen.org.uk/what-we-do">www.justiceforwomen.org.uk/what-we-do</a>
<b>Link Up Women's Support</b>	A women's only mental health charity in North East Edinburgh, empowering women who experience mental health difficulties through a diverse variety of work within a safe, caring community.	<a href="http://www.link-upsupport.co.uk">www.link-upsupport.co.uk</a>
<b>Look good Feel Better</b>	Look Good Feel Better (LGFB) is the only cancer support charity helping boost the physical and emotional wellbeing of people undergoing cancer treatment. Women, men , young adults.	<a href="http://www.lookgoodfeelbetter.co.uk">www.lookgoodfeelbetter.co.uk</a>
<b>Maternal Mental Health Scotland -</b>	Offers large volume of information for women affected by perinatal mental health issues, their partners, families and general public.	<a href="http://www.link-upsupport.co.uk">www.link-upsupport.co.uk</a>
<b>MSI Reproductive Choices</b>	Named after the 19th century reproductive rights campaigner Marie Stopes, the namesake charity provides sexual health services, screenings, contraception and abortion care as well as advice and the access to 24/7 information.	<a href="http://www.msichoice.org.uk">www.msichoice.org.uk</a>
<b>Mums in Need MIN</b>	<p>"Mums In Need - Confronting Coercive Control Mums In Need (MIN) is a unique support service for mothers suffering ongoing coercive control after separation from an abusive partner. We are working to move away from stereotypes of the "battered woman" and to raise awareness about the multifaceted reality of domestic abuse.</p> <p>Domestic abuse is always underpinned by intimate terrorism, the emotional and psychological elements of control which shatter lives. Violent assault is just one piece of the jigsaw that makes up the complex patterns of abuse; it is the visible tip of the iceberg.</p> <p>There are many organisations which help support escape from domestic abuse, but escape is not the end of the story. An escalation in relentless emotional and psychological abuse is common post-separation, and is often sustained through shared-care with children. Many mothers are left struggling to find the understanding and resources to cope with ongoing, often invisible abuse. This can be a lonely and desperate situation which impacts on work-life, on other relationships, on motherhood and on physical/mental health. "</p>	<a href="http://www.mumsinneed.com">www.mumsinneed.com</a>
<b>My Body Back</b>	My Body Back was created to help and rebuild the lives of women who have experienced sexual violence. The charity work alongside the NHS to provide access to reproductive and gynaecological healthcare, STI testing, cervical screening, contraceptive fitting and pre-birth and post-birth maternity care.	<a href="http://www.mybodybackproject.com">www.mybodybackproject.com</a>
<b>Nelson Trust</b>	The Nelson Trust's Women's Centres are a valuable resource for both Gloucestershire and Wiltshire – a safe, women-only space where a wide range of problems related to offending, substance misuse, safety and well-being can be addressed in a warm and supportive environment.	<a href="http://www.nelsontrust.com">www.nelsontrust.com</a>

<p><b>New Pathwpys Swansea</b></p>	<p>"Rape and sexual assault is an incredibly sensitive issue and we fully understand how difficult it is to try and overcome such trauma. This is why we offer a diverse range of services to identify what help you, or someone you know, needs.</p> <p>Sexual Assault Referral Centre (SARC) For victims of immediate or recent rape or sexual assault.</p> <p>Counselling and Therapy For victims who have a history of rape or sexual assault.</p> <p>Training We run a wide range of training courses for businesses and organisations on our premises.</p> <p>Advocacy and Support Our projects and support services."</p>	<p><a href="http://www.newpathways.org.uk">www.newpathways.org.uk</a></p>
<p><b>Noa</b></p>	<p>"We support girls from the Orthodox Jewish community aged 12-24, who are struggling with the changes and upheavals that adolescence brings. Adolescence can be a really difficult time – you know that best after all. You might feel alone, but most girls and young women find life somewhat challenging at a time when self-esteem, changing social situations and body image can become more central to everyday life. However, if you are dealing with additional issues, adolescence can seem unmanageable. Whether it's bullying, eating disorders, difficult home situations, anxiety and depression or traumatic life events or other more severe obstacles and circumstances"</p>	<p><a href="http://www.noagirls.co.uk">www.noagirls.co.uk</a></p>
<p><b>Plan International</b></p>	<p>Plan International work with vulnerable children to advance their rights as well as pushing for gender equality. Through sponsorship and grassroots community work, the charity aims to break down the taboos around menstruation, stop period poverty, and push for an end to child marriage, teenage pregnancy, gender-based violence, and female genital mutilation.</p>	<p><a href="http://www.plan-uk.org">www.plan-uk.org</a></p>
<p><b>Rape Crisis Scotland</b></p>	<p>"Rape Crisis Scotland provides a national rape crisis helpline and email support for anyone affected by sexual violence, no matter when or how it happened.</p> <p>The National Helpline is normally open from 6pm to midnight, 7 days a week, and offers free and confidential initial and crisis support and information. The helpline can also put you in touch with local rape crisis centres or other services for ongoing support. The helpline can arrange for language interpreters if your first language is not English."</p>	<p><a href="http://www.rapecrisisscotland.org.uk">www.rapecrisisscotland.org.uk</a></p>
<p><b>RASASC</b></p>	<p>Our aim is to support all male and female survivors of rape and sexual abuse in Surrey and the surrounding areas.</p>	<p><a href="http://www.rasasc.org">www.rasasc.org</a></p>
<p><b>RBWA Reigate &amp; Banstead WA"</b></p>	<p>We are a small independent charity dedicated to changing the lives of women and children fleeing severe domestic abuse. Founded in 1984, we have provided safety and freedom for around 2,000 women and 3,000 children.</p>	<p><a href="http://www.rbwa.org.uk">www.rbwa.org.uk</a></p>

<b>Rights of Women</b>	<p>We deliver a range of high quality and accessible services aimed at increasing women's understanding of the law and their ability to seek justice. Every day women contact us because they are unclear or confused about how the law can help them: a woman who has been assaulted by her partner; a woman who has been raped; a woman who has fled her country because of violence; a woman who fears her children will be taken from her; a woman whose immigration status is insecure; a woman who has separated from her husband.</p> <p>Some of them are scared, confused or angry. Some of them feel unsafe or uncertain about where to turn.</p> <p>They all want to know their rights.</p> <p>We believe that all women have the right to accurate and accessible advice and information about the law and their legal rights.</p> <p>We believe that women need this advice and information to enable them to make safe and informed choices for themselves and their families.</p> <p>The law is complex and confusing. We want to make sure that, at some of the most difficult times in their lives, women are able to talk to a lawyer who can give them expert and non-judgemental legal advice or get clear and accessible information about the law and their legal rights.</p>	<a href="http://www.rightsofwomen.org.uk">www.rightsofwomen.org.uk</a>
<b>Rights of Women</b>	<p>As well as calling for the end of violence against women, Rights of Women is designed to ensure that all women understand the law and their legal rights. The charity provides free and confidential legal advice to women on all types law including family, criminal, immigration and asylum. Through information, Rights of Women aim to empower women.</p>	<a href="http://www.rightsofwomen.org.uk">www.rightsofwomen.org.uk</a>
<b>Rosa</b>	<p>With the firm belief that every women and girl should have the freedom of choice and the opportunity for success, Rosa champions women's health and wellbeing, as well as promoting economic justice, leadership and participation.</p>	<a href="http://www.rosauk.org">www.rosauk.org</a>
<b>S. W. I. M. Strength with in me"</b>	<p>S.W.I.M is our pioneering approach to addressing domestic abuse. We raise awareness and promote healthy relationships by equipping young people with the emotional tools to avoid, combat and leave toxic relationships.</p>	<a href="http://www.swim-dv.org/how-we-swim">www.swim-dv.org/how-we-swim</a>
<b>S.W.I.M.</b>	<p>S.W.I.M is a pioneering and award-winning charity focused on combating the domestic abuse pandemic at a grass-roots level</p> <p>At Strength With In Me Foundation (S.W.I.M), we work with young people to change mind frames, peer culture and current behaviours and teach them how to unearth their fullest potential, equipping young people with the self-esteem and confidence to make healthier relationship choices.</p> <p>The charity also raises public awareness of domestic abuse issues and the effects on women and girls both generally and in relation to their social exclusion, by undertaking research and advising agencies on best practice.</p>	<a href="http://www.swim-dv.org">www.swim-dv.org</a>
<b>Saheliya</b>	<p>A specialist mental health and well-being support organisation for black, minority ethnic, asylum seeker, refugee and migrant women and girls (12+) in the Edinburgh and Glasgow areas.</p>	<a href="http://www.saheliya.co.uk">www.saheliya.co.uk</a>



<b>Say Women</b>	<p>"Our services are available for young women who meet the following criteria: Aged between 16 and 25 years</p> <p>Disclosure of childhood sexual abuse, sexual assault or rape and/or other forms of sexual abuse, including exploitation through prostitution</p> <p>Homeless, at risk of homelessness or in inappropriate accommodation</p> <p>Vulnerable to the following: crime, sexual exploitation, drug/alcohol misuse, eating disorders, self-harm, other mental health problems</p> <p>Ability to live semi-independently</p> <p>Willingness to share accommodation if applicable</p> <p>Willingness to accept support and work with project staff on mutually identified issues"</p>	<a href="http://www.say-women.co.uk">www.say-women.co.uk</a>
<b>Scottish Women Convention</b>	<p>"The Scottish Women's Convention (SWC)</p> <p>The organisation works to ensure that women throughout Scotland have an opportunity to be involved in activities and events. The information gathered is reported to key decision makers at both a local and national level.</p> <p>Working across Scotland, the organisation seeks to illustrate real women's views, opinions and concerns on key policy areas. Women have a right to be heard. Decision makers have a right to listen."</p>	<a href="http://www.scottishwomensconvention.org">www.scottishwomensconvention.org</a>
<b>Scottish Women's Rights Centre</b>	<p>"We are a project providing free legal information, advice, representation and advocacy support to women in Scotland who have experienced violence and abuse. We know that what you're experiencing can be extremely difficult and stressful. Our solicitors and advocacy workers are here to help you understand your rights and explore your options.</p> <p>We offer the following services:</p> <ul style="list-style-type: none"> <li>• Legal and advocacy helplines</li> <li>• Advice surgeries</li> <li>• Advocacy support</li> <li>• Legal representation</li> </ul> <p>All our services are free and confidential, and they are available to self-identifying women aged 16 and over living in Scotland."</p>	<a href="http://www.scottishwomensrightscentre.org.uk">www.scottishwomensrightscentre.org.uk</a>
<b>Shakti Women's Aid Edinburgh</b>	<p>Shakti Women's Aid helps BME women, children, and young people experiencing, or who have experienced, domestic abuse from a partner, ex-partner, and/ or other members of the household. We also work closely with the Scottish Government, Police Scotland, NHS Scotland, and other statutory and voluntary services. We provide training and consultancy for agencies working with BME women, children, and young people.</p>	<a href="http://www.shaktiedinburgh.co.uk">www.shaktiedinburgh.co.uk</a>
<b>Sistah Space</b>	<p>We work with African heritage women &amp; girls who've experienced domestic or sexual abuse or who have lost a loved one to domestic violence.</p>	<a href="http://www.sistahspace.org">www.sistahspace.org</a>
<b>Small Wood Trust</b>	<p>"The Smallwood Trust has been helping women on low incomes since 1886, more than 130 years. Her Majesty The Queen has been our patron since 1953. Our mission is to enable women to become financially resilient by equipping them with the skills they need to secure a confident financial future. We provide grants to organisations and individuals and work with selected partners to help women overcome financial adversity and to improve their social and emotional well-being."</p>	<a href="http://www.smallwoodtrust.org.uk">www.smallwoodtrust.org.uk</a>

<b>Smalls for All</b>	<p>"Smalls for All® is a Scottish charity which collects and distributes underwear to help adults and children in Africa and the UK.</p> <p>In Africa, we help those living in orphanages, slums, IDP (internally displaced persons) camps and schools, as well as those in hospitals suffering from medical conditions like obstetric fistula."</p>	<a href="http://www.smallsforall.org">www.smallsforall.org</a>
<b>Smart Works</b>	<p>With HRH The Duchess of Sussex as a Royal Patron, the Smart Works charity provide both interview training and clothing to help low-income women in the U.K get jobs and gain financial independence. By harnessing the power of clothes and coaching, the charity aim to build confidence for job success. You can either donate money or clothing to the organisation's seven locations across the UK.</p>	<a href="http://www.smartworks.org.uk">www.smartworks.org.uk</a>
<b>Soroptimists Club GB</b>	<p>"There are nearly 80,000 Soroptimists worldwide, the majority of whom belong to their local Club, where they can make friends with like-minded women, have fun and work on projects that help improve the lives of women and girls locally, nationally and internationally.</p> <p>Soroptimist International Great Britain and Ireland (SIGBI) also offers Associate Membership, for busy women who believe in what we do but do not have the time to get involved in Club activities.</p> <p>Soroptimist International (SI) and SIGBI both have consultative status at the Economic and Social Council (ECOSOC) at the United Nations (UN), which gives us a voice on important discussion papers, and allows us to attend the Commission on the Status of Women in New York each March, and contribute to the "Agreed Conclusions". This status would not be possible without the fantastic work being done by our Members."</p>	<a href="http://www.sigbi.org">www.sigbi.org</a>
<b>Southall Black Sisters (SBS)</b>	<p>"Southall Black Sisters, SBS provides information, advice, advocacy, practical help, counselling, help and a referral service on a wide range of issues including domestic violence, immigration/asylum, housing and homelessness and matrimonial rights."</p>	<a href="http://www.southallblacksisters.org.uk">www.southallblacksisters.org.uk</a>
<b>Stockport Women's Centre</b>	<p>Stockport Women's Centre provides 'one stop shop' services for women facing complex issues including: mental ill-health, the effects of domestic and/or sexual abuse, involvement with the criminal justice system, poverty, isolation and unemployment. It is also one of the founder members for the Greater Manchester Women Support Alliance, which has been recognised for its integrated approach to supporting women offenders and those at risk of offending.</p>	<a href="http://www.nhs.uk/services/service-directory/stockport-women%E2%80%99s-centre/N10501190">www.nhs.uk/services/service-directory/stockport-women%E2%80%99s-centre/N10501190</a>
<b>Swansea's Women's Aid</b>	<p>"Swansea Women's Aid is a women-only organisation which supports women, with or without children, who are affected by domestic abuse.</p> <p>Swansea Women's Aid workers have specialist knowledge on issues related to domestic abuse and how it can affect the lives of women and children."</p>	<a href="http://www.swanseawomensaid.com">www.swanseawomensaid.com</a>
<b>Target Ovarian Society</b>	<p>We work to improve early diagnosis, fund life-saving research and provide much-needed support to women with ovarian cancer. We're here for everyone affected by ovarian cancer any time you need us. Find out about all the different ways you can access practical and emotional support.</p>	<a href="http://www.targetovariancancer.org.uk">www.targetovariancancer.org.uk</a>
<b>TENDER</b>	<p>Tender is an arts charity working with young people to help to prevent domestic abuse and sexual violence. It supports young women to identify and avoid abuse and empowers all young people to form healthy relationships based on equality and respect. Ultimately, Tender's work aims to prevent young people from becoming involved in abusive relationships throughout their lives, and avoid the traumatic consequences, social disadvantage and poverty that arise from abuse.</p>	<a href="http://www.tender.org.uk">www.tender.org.uk</a>

<b>The Angelou Centre</b>	<p>The Angelou Centre is a black-led women's centre offering a range of holistic services for Black and Minority Ethnic (BME) women across the North East. The Centre offers training and employment support, social and creative activities and support for survivors of violence and abuse. It also works at strategic and national levels to ensure the voices of BME women are represented and heard, and supports women with disabilities and LBTQI women.</p>	<a href="http://www.angelou-centre.org.uk">www.angelou-centre.org.uk</a>
<b>The breastfeeding network</b>	<p>"Our vision is a society where mums and families are able to make informed decisions about breastfeeding, to access help when they need it and to become confident in their choices. For a new mum deciding how to feed her baby, talking to a mum who knows about breastfeeding can make a crucial difference and the Breastfeeding Network strives to be the best we can be at providing peer support.</p> <p>Our mission is to offer independent, evidence-based information and support to help build awareness of breastfeeding to individuals and organisations and to support a mum in her choice to breastfeed."</p>	<a href="http://www.breastfeedingnetwork.org.uk">www.breastfeedingnetwork.org.uk</a>
<b>The Circle (Annie Lennox)</b>	<p>"AN ORGANISATION OF WOMEN WORKING TOGETHER TO ACHIEVE EQUALITY FOR WOMEN AND GIRLS IN A FAIRER WORLD          Founded by Annie Lennox in 2008, The Circle is inspired by the notion that when women come together and organise, they can be a powerful force for change.</p> <p>We are a network of women from all walks of life and all backgrounds who have something in common: the awareness that we still do not live in a world where women and girls have equal rights and equal opportunities."</p>	<a href="http://www.thecircle.ngo/about">www.thecircle.ngo/about</a>
<b>The Dash Charity</b>	<p>The Dash Charity (Domestic Abuse Stops Here) support anyone experiencing any form of domestic abuse across East Berkshire and South Buckinghamshire. We provide confidential, specialist support through a range of services including a telephone helpline, community-based support, access to refuge crisis housing and we have a dedicated team offering support to children and young people experiencing domestic abuse.</p>	<a href="http://www.thedashcharity.org.uk">www.thedashcharity.org.uk</a>
<b>The Eve Appeal</b>	<p>"The Eve Appeal is the leading UK national charity funding research and raising awareness into the five gynaecological cancers – womb, ovarian, cervical, vulval and vaginal.</p> <p>We were set up to prevent gynaecological cancers and save lives by funding ground-breaking research focused on developing effective methods of risk prediction, earlier detection and developing screening for all of the five gynae cancers. We have played a crucial role in providing seed funding, core infrastructure funding and project funding in addition to campaigning to raise awareness."</p>	<a href="http://www.eveappeal.org.uk">www.eveappeal.org.uk</a>
<b>The Fawcett Society</b>	<p>Millicent Fawcett was a suffragist and women's rights campaigner who collected signatures on a petition for women's votes at just 19. In honour of the formidable women, the Fawcett Society is one of the UK's leading charities for women's rights and gender equality. The charity works to bring together "politicians, academics, grassroots activists and wider civil society to develop innovative, practical solutions" — in which they have already successfully campaigned for the government to require companies to publish their pay gap.</p>	<a href="http://www.fawcettsociety.org.uk">www.fawcettsociety.org.uk</a>
<b>The FPA</b>	<p>"The FPA is a long-running charity fighting for women's rights to sexual health, wellbeing and bodily autonomy. As well as providing a plethora of information on contraception, sexually transmitted infections and diseases and teenage pregnancy, over the past few years the charity has helped to end the government ban on funding abortion care for women travelling to the UK from Northern Ireland, make sex and relationships education in schools compulsory and launch a new sexual health information project.</p>	<a href="http://www.fpa.org.uk">www.fpa.org.uk</a>

<b>The Magdalene Group</b>	Based in Norwich, The Magdalene Group offers advice, services and emotional support to women and young people, including victims of sexual exploitation, trafficking and young people who have been affected by, or are at risk of, child sexual exploitation. It also runs education programmes in schools, youth groups and care homes to ensure young people understand how to stay safe.	<a href="http://www.magdalenegroup.org">www.magdalenegroup.org</a>
<b>The Malala Fund</b>	Student and Nobel laureate Malala Yousafzai founded the fund to invest in local education leaders and programmes to ensure that girls all over the world access to safe, quality education. Aiming to break down the barriers that prevent more than 130 million girls from going to school, the charity advocates for more resources for education.	<a href="http://www.malala.org">www.malala.org</a>
<b>The Period Place/ the Period Comic</b>	"Period education for girls 8 to 14, Period Comic for them and their parents, school visits to teach period education, fundraising to fight period poverty. The Period Comic is a contemporary girls' brand that is focused on showcasing the beauty of every girl whilst teaching them about puberty and periods in a dynamic and fun filled way. It offers unique products that encourage confidence, self-discovery, inner strengths and abilities, self-love, giving back and diversity in children while supporting underprivileged girls suffering period poverty. One of our aims is to support that single father, a mum, a dad or caregiver with practical steps and an easy way to share or discuss periods with their daughters or girls. One of our aims is to support that single father, a mum, a dad or caregiver with practical steps and an easy way to share or discuss periods with their daughters or girls."	<a href="http://www.theperiodplace.co.uk">www.theperiodplace.co.uk</a>
<b>The Red Box Project</b>	We quietly ensure that no young person misses school because they have their period. Working across the UK, providing free access to menstrual items.	<a href="http://www.redboxproject.org">www.redboxproject.org</a>
<b>Thrive Women's Aid</b>	"Our vision is to create safe communities, free from domestic abuse where women, children and families can thrive and build successful independent lives.  Our mission is to be an innovative and sustainable provider of excellent, good value domestic abuse services that drive prevention, provide interventions and enable progression."	<a href="http://www.thrivewomensaid.org.uk">www.thrivewomensaid.org.uk</a>
<b>Wellbeing of Women</b>	The women's health research charity We invest in groundbreaking research that saves and changes lives. Pregnancy and birth complications Gynaecological cancers Wellbeing issues	<a href="http://www.wellbeingofwomen.org.uk">www.wellbeingofwomen.org.uk</a>
<b>WEN Wales</b>	"Our vision is a Wales free from gender discrimination.  A Wales where all women and men have equal authority & opportunity to shape society and their own lives."	<a href="http://www.wenwales.org.uk">www.wenwales.org.uk</a>

**West Midlands  
Lighthouse  
Project**

We offer a multi-disciplinary approach to working with domestic violence survivors and their families.

WHAT DO WE OFFER

- recovery courses for victims of abuse
- professionals training programmes
- workplace training and policy support
- webinars
- pastoral care and support
- emergency aid
- agency referrals
- signposting to complimentary services
- access to resources
- beneficial partnerships & introductions

WHO DO WE HELP

- women affected by domestic abuse
- men affected by domestic abuse
- children affected by domestic abuse
- teenagers
- veterans
- victims of faith (cult) abuse
- men working with men against VAWG
- professionals working with the public
- workplaces and employers

HOW DO WE DO IT

- online learning programmes
- group session therapy work via zoom & teams
- face to face training programmes
- face to face support
- home visits
- telephone calls
- survivor lighthouse events

[www.wmlighthouseproject.com](http://www.wmlighthouseproject.com)

<b>WINNER</b>	"Winner, the Preston Road Women's Centre, provides information, support and advice to women in Hull, supporting them to have the best possible quality of life and life chances. It works intensively with 800 women a year, and a further 5,000 women and children benefit from services including domestic violence and abuse support, nursery childcare provision, young women's confidence and engagement, volunteering and training opportunities."	<a href="http://www.purplehouse.co.uk">www.purplehouse.co.uk</a>
<b>Woman's Place UK</b>	<p>"We are a group of people from a range of backgrounds including trade unions, women's organisations, academia and the NHS. We are united by our belief that women's hard won rights must be defended.</p> <p>What are we for? We are against all forms of discrimination. We believe in the right of everyone to live their lives free from discrimination and harassment. Women face both endemic structural and personal inequality. This is reflected, for example, in the high levels of sexual harassment and violence against women and girls; the gender pay gap; discrimination at work. This is why sex is a protected characteristic in the Equality Act (2010) which we believe must be defended.</p> <p>Our original 5 Demands Respectful and evidence-based discussion about the impact of the proposed changes to the Gender Recognition Act to be allowed to take place and for women's voices to be heard. The principle of women-only spaces to be upheld – and where necessary extended. A review of how the exemptions in the Equality Act which allow or single sex services or requirements that only a woman can apply for a job (such as in a domestic violence refuge) are being applied in practice. Government to consult with women's organisations on how self-declaration would impact on women-only services and spaces. Government to consult on how self-declaration will impact upon data gathering – such as crime, employment, pay and health statistics – and monitoring of sex-based discrimination such as the gender pay gap."</p>	<a href="http://www.womansplaceuk.org">www.womansplaceuk.org</a>
<b>Womankind Worldwide</b>	<p>"Womankind Worldwide strengthens and supports women's rights organisations and movements and resources they need to challenge oppression and change the lives of women, in the home, the workplace and the communities they live in.</p> <p>Led by our partners, we build successful projects together, amplify women's voices and share what's working. We take collective action with women's movements to advocate for changes to laws and policies across the world that ensure women's rights. Together we're pushing for a world where women and girls don't just survive but thrive."</p>	<a href="http://www.womankind.org.uk">www.womankind.org.uk</a>
<b>Women and Children first</b>	<p>"Women and Children First was established in 2002 to pioneer approaches that support communities to solve problems themselves. We will continue to do so, because we know that even the poorest communities can use their own resources and creativity to educate, advocate and organise for better health for themselves and their families. Indeed, there is clear evidence that in 13 of the poorest countries in the world, where we have supported over 5,000 communities, they have brought immense benefits to over 12 million people, including saving over 6,000 lives - and counting."</p>	<a href="http://www.womenandchildrenfirst.org.uk">www.womenandchildrenfirst.org.uk</a>
<b>Women Centre Glasgow</b>	"WomenCentre provides holistic, one-stop services at centres in Huddersfield, Dewsbury, Halifax and in the community. Its wide-ranging services include emotional and practical support on issues such as debt, benefits, mental or physical health, domestic violence, counselling, training and development and much more. Its work improves women's health and wellbeing, increases employment opportunities, enhances self confidence, and improves the safety and wellbeing of children."	<a href="http://www.womenscentreglasgow.org.uk">www.womenscentreglasgow.org.uk</a>
<b>WOMEN FOR REFUGEE WOMEN</b>	"The mission of Women for Refugee Women is to ensure that women and children seeking asylum in the UK are treated with justice and dignity. Its work focuses on:empowering refugee women to tell their own stories; influencing key audiences about the experiences of refugee women through working with media, arts and public events; and on creating a fairer asylum process by publishing research, and influencing parliamentarians and relevant government departments."	<a href="http://www.refugeewomen.co.uk">www.refugeewomen.co.uk</a>
<b>Women' s Aid</b>	"Women's Aid is a grassroots federation that is made up of 180 organisations. Since 1974, they have been offering life-saving services to women and children suffering from domestic abuse, education and public awareness. The organisations work closely to offer a support system as well as a 24-hour National Domestic Violence Helpline."	<a href="http://www.womensaid.org.uk/domestic-abuse-directory">www.womensaid.org.uk/domestic-abuse-directory</a>

<b>Women's Budget Group</b>	"The Women's Budget Group is an independent, not-for-profit organisation that monitors the impact of government policies on men and women. We put forward policies for a more gender equal future and build the capacity of women and women's groups to participate in economic debates."	<a href="http://www.wbg.org.uk">www.wbg.org.uk</a>
<b>Women's Health Concern</b>	"Women's Health Concern (WHC) is the patient arm of the British Menopause Society (BMS). We provide a confidential, independent service to advise, reassure and educate women of all ages about their gynaecological and sexual health, wellbeing and lifestyle concerns. We offer unbiased information – by telephone, email, printed factsheets, online and through symposia, seminars, meetings and our workshop Living and loving well beyond 40...! A key objective is for women to forge a closer relationship with their general practitioners, nurses and other health professionals:"	<a href="http://www.womens-health-concern.org">www.womens-health-concern.org</a>
<b>Young Women's Trust</b>	"For young women between the ages of 16 to 30, the trust supports those who are trying to get by on low or no pay. Through career coaching and CV feedback, they help boost young women's confidence and help them take their next steps into the working world. Aiming for a fairer financial future, the Young Women's Trust is pushing to bridge the gender pay gap."	<a href="http://www.youngwomenstrust.org">www.youngwomenstrust.org</a>
<b>YWCA SCOTLAND</b>	"YWCA SCOTLAND THE YOUNG WOMEN'S MOVEMENT YWCA Scotland is a feminist organisation and part of a worldwide movement of women leading change. Our vision is a world where every woman can shape her own life journey and fulfil her potential, where the voices of women are heard, respected and celebrated."	<a href="http://www.ywscotland.org">www.ywscotland.org</a>
<b>Zero Tolerance Scotland</b>	"Zero Tolerance is a Scottish charity working to end men's violence against women by promoting gender equality and challenging attitudes that normalise violence and abuse.  We work to end violence against women through tackling the root cause of this violence - gender inequality. They do not provide a direct service for support"	<a href="http://www.zerotolerance.org.uk">www.zerotolerance.org.uk</a>