

Cardiff and Vale of Glamorgan
Regional Safeguarding Boards
(C&V RSB)

Domestic Abuse

Sadly, it is expected that during these times of isolation and social distancing due to Coronavirus, domestic abuse figures are likely to rise.

If you are experiencing domestic abuse, please remember that

you are not on your own.

There are people and organisations ready to help you.

ATALY FRO (VALE OF GLAMORGAN)

Services are continuing as normal.

Telephone number remains the same as
01446 744755.

Contact is being kept open and is available 24 hours.

<https://atalyfro.org/>



RISE CARDIFF

The Rise Service phone lines are **open 24/7 on (029) 2046 0566** to offer support, advice and a place of safety if needed.



If talking isn't safe and you need a silent method of contact, use the new **text service on 07723 714 334** or webchat at <https://rise-cardiff.cymru>.

If you would rather contact the team via email please use reception@rise-cardiff.cymru.



LIVE FEAR FREE

Contact the national Live Fear Free helpline for advice for yourself or if you are concerned about a family member or friend on

0808 8010800,

Type Talk: 1800108088010800

Email: info@livefearfreehelpline.wales

Text support 24/7: 078600 77 333

Live chat 24hrs: www.livefearfree.gov.wales



COMMUNITY SUPPORT

The link below provides information from Glamorgan Voluntary Service (GVS) on the third sector based services and helplines that can support you during the Covid-19 crises. The help and support available includes details of delivery of food parcels, obtaining crucial medication, pet care, including links to other websites for advice on mental health and wellbeing.

<https://www.gvs.wales/media/6287/public-third-sector-services-available-26-3-2020.pdf>

<https://www.gvs.wales/news/2020/03/third-sector-support-services-in-response-to-covid-19>

For more information, resources and other COVID 19 related safeguarding services, please visit us on <https://www.cardiffandvalersb.co.uk/> or email

CardiffandValeRSB@cardiff.gov.uk