



**Trainer, Lecturer, Expert Witness,  
Facilitator, Advocate.  
UK wide and now Online!**

## Helplines & Services



This go to leaflet is a handy resource specifically during COVID-19



**Domestic Abuse Consultant**

### LEICESTER & LEICESTERSHIRE

#### Clare Walker Consultancy CIC

Clare Walker is a Domestic Abuse Consultant offering services locally, nationally, overseas and now online too. Clare is a Licensed trainer of the Freedom Programme and has been delivering Freedom Programme support group in Leicester/shire since 2003.

[www.clarewalkerconsultancy.com](http://www.clarewalkerconsultancy.com)  
07910 371045 / 0116 270 1935



#### UAVA – United Against Violence and Abuse

Three Leicestershire-based specialist providers of domestic abuse and sexual violence services: Women's Aid Leicestershire (WALL), Freedom from Violence and Abuse (FreeVA) and Living Without Abuse (LWA)

[www.uava.org.uk](http://www.uava.org.uk)  
**text support: 07715 994962**  
*(calls to this number will not be answered)*  
**0808 802 0028**

#### HBBC - Hinckley domestic abuse outreach service

Community Safety Team, based at The Hinckley Hub  
**Website**

**01455 255746 / 07966 202181**

#### Jasmine House - based in Leicester

Rape crisis helpline, offering support and counselling service for victims of rape and sexual assault

[admin@jasminehouse.org.uk](mailto:admin@jasminehouse.org.uk)  
[www.jasminehouse.org.uk](http://www.jasminehouse.org.uk)  
**0116 255 8852**

#### Quetzal - based in Leicester

Helpline, long-term & crisis counselling to support women recovering from childhood sexual abuse

[www.quetzal.org.uk](http://www.quetzal.org.uk)  
**0333 101 4280**

#### Zinthiya Trust - based in Leicester

Supports female victims of domestic abuse, honour-based violence and FGM and tackling poverty.

[zinthiya.trust@gmail.com](mailto:zinthiya.trust@gmail.com)  
[www.zinthyatrust.org](http://www.zinthyatrust.org)  
**0116 254 5168**

#### Juniper Lodge - based in Leicester

Free and discreet service to adults, male or female, who have been subject to a sexual assault

[Juniper.lodge@leicestershire.pnn.police.uk](mailto:Juniper.lodge@leicestershire.pnn.police.uk)  
[www.juniperlodge.org.uk](http://www.juniperlodge.org.uk)  
**0116 273 3330**

#### The Centre - based in Leicester

Supports lesbian, gay, bisexual and transgender people in Leicester, Leicestershire and Rutland

[www.leicesterlgbtcentre.org](http://www.leicesterlgbtcentre.org)  
**07395 373519**

#### Trade Sexual Health - based in Leicester

Free, confidential health advice, info, services & support for LGBT communities of Leicestershire & Rutland.

[www.tradesexualhealth.com](http://www.tradesexualhealth.com)  
**0116 254 1747**

#### Victim First - based in Leicestershire

A free, independent and confidential service supporting victims and witnesses of crime across Leicester, Leicestershire and Rutland

[support@victimfirst.pnn.gov.uk](mailto:support@victimfirst.pnn.gov.uk)  
[www.victimfirst.org](http://www.victimfirst.org)  
**0800 953 9595**

#### Relate Leicestershire

Provide counselling for couples and individuals concerning personal relationships

[www.relateleicestershire.org.uk](http://www.relateleicestershire.org.uk)  
**0116 2543011**

### First Step

For male survivors of sexual abuse and rape.  
[www.firststepleicester.org.uk](http://www.firststepleicester.org.uk)  
[contact@firststepleicester.org.uk](mailto:contact@firststepleicester.org.uk)  
0116 254 8535

### NATIONAL SERVICES AND HELPLINES

#### Gingerbread

Advice and support for single parents  
[www.gingerbread.org.uk](http://www.gingerbread.org.uk)  
0808 8020925

#### Childline - on-line, on the phone, anytime

[www.childline.org.uk](http://www.childline.org.uk)  
0800 1111

#### Suzy Lamplugh Trust - National Stalking Helpline

Offers practical advice to victims of stalking to increase their safety and allow them to make informed choices  
[www.stalkinghelpline.org](http://www.stalkinghelpline.org)  
0808 802 0300

#### Rights of Women

Helping Women through the Law  
[info@row.org.uk](mailto:info@row.org.uk)  
[www.rightsofwomen.org.uk](http://www.rightsofwomen.org.uk)  
0207 251 6575

#### HALO Project

Supporting victims of honour-based violence, forced marriages and FGM  
[www.haloproject.org.uk](http://www.haloproject.org.uk)  
0808 178 8424

#### Men's Advice Line

Men's Advice Line for male victims of domestic abuse  
[www.mensadviceline.org.uk](http://www.mensadviceline.org.uk)  
0203 559 6650

### Refuge

For Women and children, against domestic violence.  
[www.refuge.org.uk](http://www.refuge.org.uk)  
0808 200 0247

#### Signhealth

Sign language service to help deaf people who are victims of domestic abuse  
[www.signhealth.org.uk](http://www.signhealth.org.uk)  
Help Text: 07970 350366  
Text 'DEAF' to 85258

#### Karma Nirvana

Supporting victims of honour-based abuse and forced marriage  
[www.karmanirvana.org.uk](http://www.karmanirvana.org.uk)  
0800 599 9247

#### Forced Marriage Unit

UK Government Guidance and Support  
[fmufco.gov.uk](mailto:fmufco.gov.uk)  
[www.gov.uk/guidance/forced-marriage](http://www.gov.uk/guidance/forced-marriage)  
020 7008 0151 / 020 7008 1500

#### Panahghar - support against domestic violence

Provision of direct services primarily to Asian women and their families in the West Midlands  
[www.safehouse.org.uk](http://www.safehouse.org.uk)  
024 7622 8952

#### Safeline

Support for victims of sexual abuse and rape  
Female Survivor Helpline: 0808 802 9999  
Male Survivor Helpline – 0808 800 5005  
Young People's Helpline – 0808 800 5007  
[www.safeline.org.uk](http://www.safeline.org.uk)  
text Helpline – 07860 027573  
0808 802 9999

### The Samaritans - 24 Hour Counselling and Support

[jo@samaritans.org](mailto:jo@samaritans.org)  
[www.samaritans.org](http://www.samaritans.org)  
24 hour Helpline: 116 123

#### Victim Support

Counselling and support Helpline for victims or witnesses of crime  
[www.victimsupport.org.uk](http://www.victimsupport.org.uk)  
0808 168 9111

#### Womens Aid

National Domestic Violence Freephone Helpline for Women and Children  
[www.womensaid.org.uk](http://www.womensaid.org.uk)  
0808 200 0247

#### Citizens Advice

Advice about benefits, work, debt & money, family, consumer, housing, law & courts, immigration & health  
[www.nacab.org.uk](http://www.nacab.org.uk)  
Text relay: 03444 111 445  
03444 111 444

#### Police - report domestic violence / abuse

Emergency: 999  
Non-urgent: 101



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Consultant, Trainer  
and Campaigner  
UK and overseas

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[clare@clarewalkerconsultancy.com](mailto:clare@clarewalkerconsultancy.com)