

How to access our services:

Due to Covid-19 pandemic we are conducting all our appointments over the phone and video calls. If you need our services please contact us and we will arrange an Initial Assessment for you.

If you would like more information on any of the projects we run please contact our Atal y Fro office on :

01446 744755

or drop us an email to:
info@atalyfro.org

**AT ATAL Y FRO WE WORK
TOGETHER TO SAFEGUARD ALL
ADULTS AND CHILDREN .**



Atal y Fro is a unique organisation dedicated to the elimination of Domestic Violence.

198 Holton Road, Barry,
Vale of Glamorgan
CF63 4HN

Office opening hours:
Monday - Friday 9am - 4:30pm
Phone: 01446 744755
E-mail: info@atalyfro.org
www.atalyfro.org

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Helping families to break the cycle of Domestic Violence.

**24 Hour Helpline:
0808 8010800**

How can we help you?

Included in this leaflet is a brief description of the services we offer.

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Registered Charity Number
1034188

ATAL Y FRO SERVICES

Refuge: Atal y Fro Refuge is emergency temporary accommodation providing a safe and secure haven for female victims of domestic abuse. During a stay at refuge women will receive on-going emotional and practical support.

Our refuge accommodates 5 women and their children in the Vale of Glamorgan. However, if it is unsafe to stay in this area we can find refuge spaces any where in the UK making sure victims safety is kept as the priority.

Second Stage: Second Stage enables women to work towards a tenancy of their own, whilst still being supported to a lesser degree than in the 1st stage refuge. The accommodation is temporary whilst waiting for permanent homes.

There are 6 different contained flats: 2 one bedroom suitable for single women and 4 two bedroom flats, suitable for women and children. All residents receive support from our off-site second stage support worker.

Dispersed Housing Project : The project is supported by Supporting People of the Vale of Glamorgan Council and Newydd Housing Association & run by Atal y Fro. The Vale of Glamorgan recognises that there is a diversity of needs when fleeing domestic abuse and accessing temporary accommodation. This project has been created to meet the needs of individuals or families who do not meet the criteria for current refuge. We aim to be inclusive of all gender (i.e. male, female, LGBT) and families needs that are to be supported in managing the temporary accommodation.



Tenancy Support: Our role is to assess individuals who may have housing related support needs. We meet with the individual, talk about their specific requirements and then assess what type of support would be appropriate. If an individuals needs are complex we will assess the situation and link them to appropriate agencies. Within the Tenancy Support Team we also have a Mental Health Worker.

Court Based Advocate: A pro-active advocacy service to women and men living with domestic violence and related issues, providing emotional and practical support to the whole family if necessary at a community level. We provide information on housing, civil and criminal court, and compose risk assessments with our service users tailored to their personal

Independent Domestic Violence Advisor (IDVA): are trained specialist who provides a professional service to victims of domestic violence who are at high risk of serious harm. We are not part of the police or courts which means we are totally independent. Our main aim is to help victims and their children improve their safety. We do this by offering advice and support and by helping you to think through your options and get the necessary help from other agencies.

Independent Sexual Violence Advisors (ISVA): are trained to provide emotional and practical support to survivors of rape, sexual abuse and sexual assault who have reported to the police or are considering reporting to the police. The main role is to support around the criminal justice process, but we are independent from the police and we are legal advisors. Your ISVA will support you in a non-judgemental way to address your needs and we will help you ensure that other organisations also provide with the right support .

JBA Project (Journey Beyond Abuse): This is a powerful women's project that over 9 weeks deals effectively with domestic abuse and its emotional consequences. The project provides tools and strategies to deal with the past and look forward positively to the future. This is designed to be in an group setting and involves constructive group work with life-changing results.

CYP - Children & Young People: Atal Y Fro can support children and young people aged between 0 - 25 years old who have experienced or have been affected by Domestic Abuse.

We aim to break the cycle of Domestic Abuse by working closely with the children and young people affected so they can deal with issues that may have affected them and carry on to achieve healthy relationships as they get older.

We offer: *(subject to availability)*

- ◆ Individual work for ages 4+
- ◆ Early Years work for ages 4 - 6 years
- ◆ Star Club for ages 6 - 9 years
- ◆ Group work, including Star Group and Recovery Tool Kit aimed at working with the child and their carer.

Counselling: We work closely with local educational institutions to provide work experience for trainee councillors and we also have voluntary counsellors who offer a service with Atal y Fro. Anyone wishing to access these services must already be assessed by any of the above services and be in agreement that this is the best service for them.

Volunteers Project: The volunteering opportunities we have to offer are very varied, but provides a much needed service to our service users and it provides volunteers with a varied array of skills.

- ◆ Events / Fundraising
- ◆ Office Cover
- ◆ Children and Young Persons Services
- ◆ Volunteer Support Worker
- ◆ Refuge Accommodation
- ◆ Befriending scheme.

**Volunteers
Needed!**

