

What is Safer Futures?

Safer Futures is a domestic abuse and sexual violence support service for children, young people, women and men in Cornwall and Isles of Scilly.

Safer Futures Helpline

Monday- Friday 09:00 - 20:00
Saturday 09:00 - 1:00

Sexual Assault Referral Centre (SARC) provided by North Devon Healthcare Trust

0300 777 4 777

0300 303 4626

If your call is not answered please leave a message with a safe telephone number.

Single point of access for SARC and ISVA (Independent Sexual Violence Advisor) services.

Contact the police in an emergency

999

Contact the police in a non-emergency

101

“When I first called Safer Futures they were reassuring and understanding, and guided me through a safety plan. They discussed options for me to consider and subsequently I have started the SUSie Programme which has been a life saver.

SAFER FUTURES SUPPORT SERVICE

Safer Futures is a domestic abuse and sexual violence support service provided by First Light in partnership with Barnardos, funded by Safer Cornwall.

Contact us

Phone 0300 777 4 777
Email saferfutures@firstlight.org.uk
saferfutures.org.uk

First Light

First Light is a charity which supports people affected by domestic abuse and sexual violence in Cornwall, Devon and Wiltshire. More information can be found at firstlight.org.uk

BARNARDOS

Barnardo's protect and support the UK's most vulnerable children and young people. More information can be found at barnardos.org.uk

SAFER CORNWALL

Kernow Salwa

Safer Cornwall is a partnership of public, voluntary, community and private organisations who come together to do all that they can to make Cornwall's communities safer.

Confidentiality

The information you give us will remain confidential. Exceptions to this may occur if you, a child or someone else is at risk of significant harm.

Equality, diversity and human rights

Every person has the right to be treated fairly and with dignity regardless of gender, disability, ethnicity, religion, sexual orientation or age.

First Light is the trading name of First Light South West Ltd.
Company number: 03440794 Charity registration number: 1090457
Registered address: The Business Centre, 2 Cattedown Road, Plymouth PL4 0EG

SAFER FUTURES

Ending Abuse in Cornwall & Isles of Scilly.

Free help and support for anyone affected by domestic abuse



0300 777 4 777
www.saferfutures.org.uk

SAFER CORNWALL
Kernow Salwa

BARNARDOS

First Light

Our programmes



Helpline Response Team

Our Domestic Abuse Helpline team provides support, advice, and information to anyone impacted by domestic abuse, including friends, family, and affected others. Where appropriate, they will carry out a risk assessment, complete safety planning, empower people to understand their options, and refer them to the best support to make decisions about their future.



Independent Domestic Violence Advisors (IDVAs)

Our Independent Domestic Violence Advisors support hundreds of high-risk individuals and families. From the point of crisis, we'll work alongside them to understand their personal circumstances, create a personal safety plan, and help them implement it in the short and longer term.



Domestic Abuse Support Advisors (DASAs)

Our Domestic Abuse Support Advisors are trained to help. They'll listen and advocate on people's behalf, acting as their voice when they don't feel able to, and making sure their views are heard.



Recovery Pathway

Our Recovery Pathways service triage individuals and families to work out the best support to meet their needs. It then provides suitable therapeutic support that takes into account each individual's trauma experience, focuses on solutions, and is delivered by accredited specialists



Recovery support programmes

The SUSie Programme (SUSie Project) provides group work support to people recovering from domestic abuse. This programme helps clients to recover from the impact of domestic abuse and to positively move forward with their lives. It focuses on long-term wellbeing and is designed to address the impact of abuse and enable people to develop future protective behaviours.

Reconnect is tailored towards children and young people aged 8-15 years of age who have been affected by domestic abuse. The programme aim is to help to improve their resilience and to make a long term recovery.



Behaviour change programme

Change 4 U is a domestic abuse programme which provides group support to people who display abusive behaviour within their relationships. It aims to re-educate clients about beliefs and behaviours so they can develop respectful, responsible attitudes towards others and themselves. The programme provides a wide range of support to partners and ex-partners to keep families safe.



Education

The Healthy Relationships Programme is a programme designed to enable and equip children and young people to have a clear understanding of what constitutes a healthy and respectful relationship, so they can make informed and safe decisions throughout their life.

Useful contacts

National Domestic Violence Helpline
24hour Freephone 0808 2000 247

Jigsaw (Cornwall Council)

Support for children and young people who have experienced abuse

0300 1234 101

NSPCC

0808 800 5000

Childline

0800 11 11

Cornwall Sexual Assault Referral Centre (SARC)

0300 303 4626 sarchelp.co.uk

Survivors UK

Male rape & sexual abuse

020 3598 3898

Respect: Men's Advice Line

0800 801 0327

Cornwall Refuge Trust

01872 225 629

West Cornwall Women's Aid

01736 367 539

Samaritans 24hr Helpline

116 123 or email jo@samaritans.org

Victim Support

0808 1689 111

Crimestoppers

100% Anonymous Reporting

0800 555 111

Useful Contact Information for
Help and Support Across Cornwall

