

How to get help

Call 01208 22 99 22

Email info@saferfutures.org.uk

Visit saferfutures.org.uk

Make a referral online

Visit our website to fill out our referral form online and a member of the team will be in touch to arrange a safe time to talk.



Scan the QR code or visit:
saferfutures.org.uk

Who to contact in an emergency

Dial 999 if you are in immediate danger. If it's not safe for you to speak, **press 55** when prompted and this will alert the Police silently.

Other ways to access help

Sexual Assault Referral Centre (SARC)

Call 24/7 on 0300 303 4626

Visit sarchelp.co.uk

National Domestic Abuse Helpline

Call 24/7 on 0808 2000 247

Visit nationaldahelpline.org.uk

Respect Men's Advice Line

Call 0808 8010 327 (Mon-Fri 10am-5pm)

Visit mensadviceline.org.uk

SAFER FUTURES

About Safer Futures

Safer Futures is a domestic abuse support service provided by a partnership of local charities in Cornwall and the Isles of Scilly.

It is led in partnership by **Women's Centre Cornwall** and **Barnardo's**, alongside our specialist providers: **Konnect Communities**, **West Cornwall Women's Aid**, **The Olive Project**, **Intercom Trust** and **CLEAR**.

The service is funded by **Safer Cornwall**.



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Women's Centre Cornwall Charity No. 1099348
Barnardo's Charity No. 216259
April 2026

SAFER FUTURES

Free help and support
for anyone affected by
domestic abuse

01208 22 99 22
saferfutures.org.uk



How we can support you

Safer Futures is the domestic abuse support service for anyone affected by domestic abuse in Cornwall and the Isles of Scilly. It is for women, men and children - people of all ages and genders.

Support to help with safety

Our Independent Domestic Violence Advocates (IDVAs) provide advice and support on safety, guidance on housing, your rights, criminal and civil justice processes. IDVAs also offer emotional support and work in a way that empowers you to make your own choices.

Support after domestic abuse

Recovery from domestic abuse and sexual violence is possible, and it starts with taking the first step toward support. We offer:

- Support groups (SUsie Project)
- Healthy Foundations Programme
- One-to-one recovery and counselling

Support for children and young people

A recovery programme for those aged 0-17 years who have experienced or witnessed domestic abuse. The programme helps young people rebuild their confidence, resilience, and emotional well-being.

Training and workshops

We provide healthy relationships education in schools, and training for professionals.

What is domestic abuse?

Domestic abuse can happen in heterosexual or same-sex relationships, or by a carer or family member, including adult children or grandchildren. It can happen at any age including in teenage relationships and between older people.

Domestic abuse does not have to be physical.

It can include:

- Psychological abuse
- Coercion and controlling behaviour
- Taking control of your money
- Isolating you from friends and family
- Harming you sexually
- Tech abuse (online)
- Harassment and stalking
- Physical abuse

Worried about your own behaviour?

We offer support to anyone who recognises they may have unhealthy ways of dealing with relationships. Our services provide guidance to build positive relationship habits in a safe and confidential environment.

We also support children and young people who display abusive and violent behaviours at home. Our programmes offer guidance for parents and carers, working together to change these behaviours and create a healthier family dynamic.