



the
Gaia
centre

RUN BY REFUGE

WORKING TO END GENDER VIOLENCE

Do you feel threatened
or at risk of abuse?

We can support you.

SCAN QR CODE
OR CLICK HERE



What is gender-based violence?

Gender-based violence is abuse directed against a person because of their gender. It disproportionately affects women and girls and is usually perpetrated by men, but people of any gender can experience abuse of this nature and the consequences affect everyone.

Gender-based violence can involve physical and non-physical abuse, including:

- Domestic abuse – any physical, sexual, financial, emotional, economic, psychological and tech-facilitated abuse, including coercive control (a pattern of controlling behaviour intended to make someone dependent)
- Sexual violence, including rape and sexual assault
- Stalking and harassment
- Sexual exploitation including child sexual exploitation and prostitution
- Female genital mutilation/cutting (FGM/C)
- Forced marriage
- So-called 'honour'-based abuse.

What is the Gaia Centre?

The Gaia Centre is for anyone impacted by gender-based violence in Lambeth. This includes adults, children and young people of all genders. We offer confidential, non-judgemental and independent support.

We work with four specialist partner organisations and provide expert help tailored to individual needs.



What services are available from the Gaia Centre?

Independent and client-centred support including:

- A specialist independent gender-based violence advocacy (IGVA) team who can provide expert guidance and help to ensure your rights are respected
- A sanctuary scheme to help you remain in your home safely
- Group support
- A peer support scheme to help break your isolation and to support you while you regain control of your life
- Dedicated Young People Service for children and young people who have experienced or been affected by any form of gender-based violence
- Volunteering opportunities.



Who runs the Gaia Centre?

The Gaia Centre is run by Refuge in partnership with four expert organisations who deliver specialist provision for at-risk groups:

Refuge is the country's largest provider of specialist support for victims and survivors and their children experiencing domestic abuse and gender-based violence. Refuge supports thousands of survivors on any given day, and every two minutes someone looks to Refuge for help. Our services change lives and save lives. We opened the world's first safe house for abused women and children in West London, in 1971. If you are being abused, Refuge's expert staff can provide confidential, non-judgmental support. We can help you rebuild your life free from fear.

Our website

www.refuge.org.uk contains more information for anyone who has or is experiencing gender-based violence, concerned friends and family members, and professional organisations.

Contact

0808 2000 247

Freephone 24 Hour National Domestic Abuse Helpline run by Refuge.

In an emergency, dial 999.



Our Specialist partners

Africa Advocacy Foundation supports Black African women and girls aged 16+ who have experienced or are at risk of FGM/C and other forms of violence against women and girls (VAWG), with services including independent advocacy, community champions and specialist counselling.

Respeito provides holistic recovery support to Portuguese-speaking survivors of domestic abuse.

Bede House supports children aged 5-17 who have been impacted by gender-based violence through one-to-one and group art therapy sessions at the Gaia Centre.

Spires runs a weekly drop-in session at the Gaia Centre for unhoused women and women working as sex workers who are at risk of gender-based violence. Support includes access to housing, benefits and health services as well as an emergency fund for vital expenses.



What support is available from the Gaia Centre?

Everyone's needs are unique, and we will work with you to create a support plan that helps keep you safe.

For example, you may need to:

- Talk to someone who understands what you are going through
- Receive support with contacting the police
- Move away from the area
- Access safe accommodation
- Stay at home but want to find out how you can be safe
- Receive support if you are considering going to court
- Access legal advice
- Receive support if you are considering going to court
- Access legal advice
- Access education and training courses
- Get advice on benefits, grants and managing your finances
- Find out about support networks in your community
- Get referrals to community services
- Get specialist support for your children
- Be referred to other specialist services to meet your needs.

How can I access the Gaia Centre?

020 7733 8724

lambethvawg@refuge.org.uk

www.refuge.org.uk

