

Introduction: About Cardiff Women's Aid

Cardiff Women's Aid is a specialist domestic and sexual violence/abuse service provider working in Cardiff and the Vale of Glamorgan, and through the development and delivery of cutting edge and innovative interventions, we are national influencers.

What that means is that we are always looking to deliver our services, and deliver new ones in ways that meet the needs of women, children and young people right now. And we are committed to delivering fully joined-up, holistic services that put women and children experiencing domestic/sexual violence/abuse at the centre of our service delivery.

Cardiff Women's Aid is a women led and run organisation that work within a feminist ethos and as a member of the wider social justice movement actively campaigns to achieve women's rights and equality. We strongly believe women's rights are human rights.

Cardiff Women's Aid is a proud member of Welsh Women's Aid and as such is committed to the aims of the Women's Aid movement.

Our Vision:

An end to violence against women in all its forms and a world where women and girls are able to reach their full potential as equal members of all societies

Our Mission:

To transform society's response to domestic and sexual violence/abuse and wider forms of violence against women and girls; and to ensure our integrated, holistic services are ready to meet the needs of those affected.

Our Values:

Integrity – We constantly strive to be honest, genuine and accountable. Underpinning our organisation is a strong work ethic, grounded in a steadfast adherence to respectful and ethical practice.

Community - We believe we are stronger when we act together, forging and enabling connections among individuals to build a community dedicated to our vision and mission. We also believe in working with and being of service to the many communities with whom we work.



the women's centre



Collaboration - We will never forget the power created when individuals work and act together. This is when social change can occur. We value working respectfully with others toward common goals. We believe we are stronger together and that unified action is essential to increase the impact of our collective work.

Creativity - We believe that expansive, imaginative thinking and action generate powerful and innovative solutions. We value the time, space and freedom that allow creativity to bloom.

Possibility - We challenge ourselves individually and organisationally to look past constraints - striving to be our best through consciously taking risks. In the spirit of innovation, we commit to pushing the boundaries of not just what is doable, but what is possible.

Mindfulness - We believe that mindfulness supports not only greater healing but also greater opportunities for personal growth and happiness. As an organisation we use this practice to identify which ideas and aspirations are important and which assumptions limit our growth.

Our Team:

We are committed to supporting our staff with ongoing training, excellent management and supervision within a clear framework of performance management, and a shared vision for what we want to achieve for each and every service user.

Our staff team are dedicated and enthusiastic people who work hard every day to support and advocate for women, children and young people who have experienced often terrible trauma and they provide a beacon of light in the darkness of domestic and sexual violence/abuse.