

Harmful Practices Support Contact Guide

Produced by the Harmful Practices Operational Group

Updated 2025

Harmful practices are forms of **gender-based violence and domestic abuse** rooted in **misuse** of tradition, religion, culture, patriarchal codes of behaviour, perceptions of honour and shame, and heteronormativity.

They are used by **one or more perpetrators** as an excuse for coercive control, threats, abuse and violence.

They can be attributed to the values, rules and beliefs that **individuals, families and community members** have upheld for generations.

FOR IMMEDIATE DANGER PLEASE CALL THE POLICE ON 999

National Domestic Abuse Helpline – Open 24/7 – 0808 2000 247



Hammersmith & Fulham, Kensington & Chelsea, and Westminster

Local Agencies

Specialising in Harmful Practices

Asian Women's Resource Centre (AWRC)

- ☎ 0208 961 6549
- ✉ referrals@awrc.org.uk
- 🌐 www.asianwomenscentre.org.uk
- 📍 **[Westminster and Kensington & Chelsea]**



Asian Women's Resource Centre (AWRC) offers holistic wrap-around support for survivors of domestic abuse and harmful practices. This includes safety planning, advice and information, advocacy, and support services to women. Services are delivered through one-to-one intensive casework, telephone support appointments, which also include on-the-spot appointments for women approaching the AWRC in crisis and emergencies. All services are free & confidential. Services can be provided in Arabic, Azerbaijani (Azeri), Bengali, Bangla, Dari, Dutch, Farsi, Gujarati, Hindi, Hinko, Konkani, Kurdish, Marathi, Pashto, Patwari, Persian, Punjabi, Somali, Sinhala, Tamil, Turkish, and Urdu. AWRC also offer advice and training to professionals.

Al-Hasaniya Moroccan Women's Centre

- ☎ 0203 048 4488
- ✉ contact@al-hasaniya.org.uk
- 🌐 www.al-hasaniya.org.uk
- 📍 **[Westminster, Kensington & Chelsea, Hammersmith & Fulham]**



Al-Hasaniya Moroccan Women's Centre serves the health, welfare, educational, and cultural needs of Moroccan and Arabic-speaking women and their families experiencing abuse and harmful practices. They offer support in the community with one-to-one advocacy, casework and therapy practices.

FORWARD

- ☎ 0208 960 4000
- ✉ forward@forwarduk.org.uk
- 🌐 www.forward.org.uk
- 📍 **[Pan London]**

FORWARD

Provides support for African women and girls experiencing or at risk of any type of abuse including female genital mutilation (FGM), child marriage, other harmful practices and domestic and sexual violence. They offer emotional support, help to access FGM specialist clinics, provide safe spaces for African women and other types of advice and support. They also deliver training in the community, in schools and to professionals

Galop

- ☎ Helpline 0800 999 5428
- ✉ help@galop.org.uk
- 🌐 www.galop.org.uk
- 📍 **[National]**



Galop is the UK's LGBT+ anti-abuse charity, working with and for LGBT+ victims and survivors of interpersonal abuse and violence. Galop specialises in supporting victims and survivors of domestic abuse, sexual violence, hate crime, and other forms of abuse, including honor-based abuse, forced marriage, and so-called conversion therapies. They are run by and for LGBT+ people, and the needs of the LGBT+ community are at the centre of what they do. Translation services and BSL interpreters are available.

Iranian & Kurdish Women Rights Organisation (IKWRO)

- 020 7920 6460
- info@ikwro.org.uk
- www.ikwro.org.uk
- [Pan London]



IKWRO provides advice and support to Middle Eastern, North African and Afghan women and girls living in the UK, who have experienced, or are at risk of 'honour' based abuse, forced marriage, child marriage, female genital mutilation (FGM) or domestic abuse. Services in Kurdish, Farsi, Arabic, Dari, Pashto, Turkish & English. They also offer advice and training to professionals.

Latin American Women's Rights Organisation (LAWRS)

- 0808 145 4909 (Helpline open Tuesday - Friday, 11am - 1pm)
- referrals@lawrs.org.uk
- www.lawrs.org.uk
- [Pan London]



LAWRS provides support to Latin American Women with a range of issues, including benefits, counselling and emotional support, domestic abuse and other forms of abuse, including exploitation, trafficking and harmful practices. Their services are free and delivered in Spanish and Portuguese, ensuring language is not a barrier to accessing the help you need.

Middle Eastern Women's Society Organisation (MEWSO)

- 07958 145 666
- office@mewso.org
- www.mewso.org
- [Pan-London]



Run by and for women from ethnic minority communities (mainly Middle Eastern, North African, and Asian backgrounds), MEWSO provide emotional and practical help and guidance to traumatised women trying to rebuild their lives; give support and tailored advice to those experiencing violence at home and in the wider community and specialise in helping women affected by polygamy, the illegal practices of virginity testing and hymenoplasty, forced marriage, LGBTQ+ hate crime, and the discrimination of migrant women. Services are in English, Arabic, Farsi, Dari, French, Kurdish, and Turkish. They also provide bespoke training on harmful practices inflicted on girls and women from the communities they support.

Midaye

- 0208 969 7456
- contact@midaye.org.uk
- www.midaye.org.uk
- [Hammersmith & Fulham, Westminster, Kensington & Chelsea]



Midaye provides support to women affected by FGM through both community based services and their work at St Mary's FGM Maternity clinic. They also have connections with the clinic at Hammersmith Queen Charlotte's FGM Maternity clinic. Their services include peer support groups focused on improving the health and wellbeing of FGM survivors, as well, as 1:1 support and information to FGM effected women. They work closely with Somali and Arabic speaking communities, along with other ethnic minority groups

PLIAS Resettlement

- ☎ 0749 4091 586 or 0208 8386800
- ✉ Enquiries@plias.co.uk
- 🌐 www.pliasresettlement.co.uk
- 📍 **[Hammersmith & Fulham]**



The PHOENIX (P&ACT) project provides a free confidential service to help end violence and other harmful practices against African and Caribbean women and girls in North and West London. They offer a dedicated case worker providing intensive support, 1-1 advice on rights and options, advocacy support, including accompanying women and girls to report crimes to the police and other agencies, support to access benefits, access to counsellors (subject to funding), and support groups for girls and women. They deliver workshops, training, and presentations on the impact of domestic abuse; 'honour' based abuse; forced marriage, and female genital mutilation (FGM).

The Traveller Movement

- ☎ Domestic Abuse Helpline: 0754 1637 795
- ✉ info@travellermovement.org.uk
- 🌐 travellermovement.org.uk
- 📍 **[Pan London]**



The Traveller Movement provides advice and support to Romani (Gypsy), Roma and Irish Traveller women around domestic abuse. Their projects are delivered by and with Irish Traveller women with lived experiences of domestic abuse. They also offer practical information and advice, support and training on how to ensure effective and inclusive engagement with Romani (Gypsy), Roma and Irish Traveller families training for services providers.

NHS Imperial College FGM Sunflower Clinic

- ☎ Linda: 07810 557 824, Suhad: 07557 894 186
(Self-refer by phone/text/Whatsapp)
- ✉ Linda.ricketts1@nhs.net or imperial.fgmservice.gynaieicht@nhs.net
- 🌐 www.imperial.nhs.uk
- 📍 **[Hammersmith & Fulham, Westminster, Kensington & Chelsea]**



The Trust has three specialist clinics for women and families affected by FGM. They provide free, sensitive, confidential, trauma-informed care for women with Female Genital Mutilation (FGM). Female-only midwives staff all the clinics. They have specialist health advocates who speak Somali and Arabic and access to counselling support. The midwives who run the clinics are specialists who have years of experience caring for women with FGM.

Women and Girls Network

- ☎ Advice Line: 0808 801 0660 General: 020 7610 4678
- ✉ advice@wgn.org.uk
- 🌐 www.wgn.org.uk
- 📍 **[Pan London]**



Provides women-only and survivor-led service to support women and girls across London who have affected by all forms of violence and abuse, including gendered violence, sexual abuse, domestic violence, prostitution, female genital mutilation (FGM) and 'honour' based abuse. They also offer training for professionals.

National Agencies

Specialising in Harmful Practices

Jewish Women's Aid

☎ Helpline: 0808 801 0500 (Monday - Thursday 9.30am-9.30pm)

✉ advice@jwa.org.uk

🌐 www.jwa.org.uk

📍 **[National]**

Jewish Women's Aid is the UK's only specialist organisation dedicated to supporting Jewish women and children affected by domestic abuse and sexual violence. They offer short- and long-term help for Jewish women and children affected by domestic violence and abuse, including immediate practical support and therapy.



Karma Nirvana

☎ Honour Based Abuse Helpline: 0800 5999 247

✉ Email Karma Nirvana

🌐 www.karmanirvana.org.uk

📍 **[National]**

Karma Nirvana runs the national Honour-Based Abuse Helpline, trains professionals wanting to improve their understanding of Honour-Based Abuse and Forced Marriage, gathers data to inform policies and services, and campaigns for change. They have also produced an [Honour-Based Abuse Identification Tool](#) designed to support frontline professionals in recognising and responding to cases of Honour-Based Abuse. They can offer support in Urdu, Punjabi, Hindi, and English.



Sikh Women's Aid

☎ 0333 090 1220

✉ info@sikhwomensaid.org.uk

🌐 www.sikhwomensaid.org.uk

📍 **[National]**

Sikh Women's Aid is a community-based organisation set up by women from the Sikh community across the West Midlands. The founders of Sikh Women's Aid share a common ambition to tackle the negative impact of cultural influences, specifically where this influence can lead to the exploitation of women and girls in the Sikh and Panjabi communities.



Sundial Centre

✉ info@sundialcentre.org

🌐 www.sundialcentre.org

📍 **[National]**

Sundial Centre for Education on Harmful Practices (formerly Oxford Against Cutting) is a charity committed to providing top-quality education and community support to help tackle female genital mutilation (FGM), honour-based abuse, and harmful body alterations of girls and women. They deliver training for professionals, lessons for school children and workshops for community groups of all ages and have an experienced team of facilitators with expertise in FGM, 'honour'-based abuse, forced marriage, body image issues and gender dynamics. Facilitators represent communities affected by these harmful practices, and some have lived experience of them.

