



LIFT

Leading & Inspiring
Female Talent

www.liftorg.co.uk

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Women's *help* menu

Domestic
abuse

Women's Aid

Women's Aid is the national charity working to end domestic abuse against women and children.

Refuge

Refuge is the largest domestic abuse organisation in the UK. They help women and to overcome the physical, financial and logistical impacts of abuse.

LPTMS CIC

Survivor centred support groups & campaigning to create access to affordable therapy for victims of domestic abuse.

Nia

Nia runs services for women and girls who have been subjected to sexual and domestic violence and abuse, including prostitution.

Rape & sexual
assault

Rape Crisis

Rape Crisis England is the charity working to end sexual violence and abuse. They are the umbrella company for local non-profit rape crisis centres.

National Ugly Mugs

Working to end all forms of violence against sex workers. NUM is a UK-wide charity working with sex workers to do research, design and deliver safety tools and to provide support services to people in adult industries.

Galop

Supporting LGBT+ people who are victims of domestic abuse, sexual violence, hate crime, so-called conversion therapies, honour-based abuse, forced marriage, and other forms of abuse.

Safeline

Safeline is a specialist sexual violence and abuse charity led by the needs of its clients.

Stalking,
harassment &
crime

Suzy Lampugh Trust

Reducing the risk and prevalence of abuse, aggression, and violence - with a specific focus on stalking and harassment

Victim Support

Victim Support is an independent charity dedicated to supporting victims of crime and traumatic incidents.

Independent Office for Police Conduct

The police complaints watchdog for England and Wales. They are not the police - they are completely independent of them.

The Alice Ruggles Trust

Raising awareness of stalking (including coercive control), to ensure that relevant legislation is effective and adhered to.

Women's
health &
welfare

WISH

WISH supports women with long-term mental health and other complex needs that may put them in contact with the mental health or criminal justice systems.

Beat

The UK's eating disorder charity. Their mission is to end the pain and suffering caused by eating disorders.

Freedom4Girls

Working to support those who menstruate by challenging the stigmas, taboos and gender inequalities associated with menstruation.

Society for Neurodiversity

The Society for Neurodiversity (S4Nd) supports people who identify as neurodivergent.

Work &
employment

Pregnant then Screwed

A charity dedicated to ending the motherhood penalty at work.

ACAS

An independent service to resolve work-related disputes and promote harmony.

Sex Worker's Union

Working towards ending the stigma and discrimination that sex workers face and promoting the decriminalisation of sex work.

TUC

The voice of Britain at work. Supporting trade unions to grow and thrive, they stand up for everyone who works for a living. Find a union for you via TUC website.

Housing

Refuge

Providing emergency temporary accommodation with specialist staff on hand to offer one-to-one support, for women & children fleeing domestic abuse.

Shelter

Campaigning for tenants rights & providing advice, information & advocacy to people.

Housing Justice

Beating homelessness. Local, grassroots responses to homelessness & housing needs.

Nia

Nia offers refuge to women who often cannot access or have been excluded from other refuge provision.

Parenting &
caregiving

Gingerbread

The charity for single parent families. They provide expert advice and practical support for single parents.

Home Start

Home-Start is a local community network of trained volunteers and expert support helping families with young children through their challenging times.

Carer's Trust

Carers Trust vision is that unpaid carers are heard, valued and have access to the support, advice and resources they need to live a fulfilling life alongside caring.

Disabled Living

A charity, offering free, impartial information about services for disabled individuals, older people, and those that support them.