

Safe Spaces and places

What is a safe space?

A Safe Space is a friendly place you can go if you feel scared, upset, or need someone to talk to. This could be because you are experiencing domestic or another type of abuse. You can find these places in shops, cafés, libraries, and other venues across the city. They're open to everyone and they won't judge you.

Safe Spaces (also known as Ask for ANI – Action Needed Immediately) scheme where you ask for help at your local pharmacy, bank or jobcentre if you are experiencing domestic abuse.

Safe Places (also known as keep safe schemes) is a scheme where people with learning disabilities and/ or autism can ask for help at a local place.

Venues that offer a safe place or space often have a sticker in their window or by the entrance. If you can't see one, just ask staff "Is this a Safe Space/ Place?"—they'll know what you mean.

What Help Can You Get?

- A calm spot to sit down and catch your breath
- Someone to listen and believe you
- Information about who else can help, like counsellors or support groups
- A quiet corner where you can make a phone call or text a friend

What to Do If You Need Help

- Walk into any safe space in the UK and ask a member of staff to use their safe space. You will be shown to the Safe Space which will be a private room
- Explain how you're feeling—there's no rush.
- Once inside you can use the safe space in whichever way works for you.
- Stay as long as you need or ask for more help if you want it.
- You can also call a trusted friend or adult and ask them to come with you.

Find a Safe Space Near You

Use the UK SAYS NO MORE Safe Spaces map or the Information Now Map or Organisation directory to see all the registered locations in Newcastle upon Tyne.

Safe Spaces in Newcastle upon Tyne

The staff at these venues can help you if you need to use a safe space. You can ask for help at:

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You can find Safe Spaces Locations helping people experiencing adult abuse across the United Kingdom [on the UK SAYS NO MORE website](#)

You can also find a full list of safe spaces with contact details in the 'Useful Organisations' box in the side tab or scroll to the end of this page.

Safe Spaces Online

[UK SAYS NO MORE's Online Safe Spaces](#) provides support, advice and helpful contact numbers for people experiencing domestic abuse. The webpage leaves no trace in your internet history and you can exit the page quickly using the button at the top or bottom of the page.

Safe Places Online

The staff at these places listed below are trained to help people with learning disabilities. You might see a Safe Places sticker in their window. You can ask for help at:

- [Arcadea](#)
- [Brunswick Methodist Church](#)
- [Coquet Trust](#)
- [Cornerstone](#)
- [Dance City](#)
- [Great North Museum](#)
- [Hatton Gallery](#)
- Heaton Post Office
- [Jesmond Library](#)
- [Libraries across Newcastle](#)
- [Liberdade Community Development Trust, Gosforth](#)
- [Mills Pharmacy Gosforth](#)
- Morrisons, Byker
- [New Beginnings North East](#)
- Newcastle Building Society Northumberland Street
- [Newcastle Carers](#)
- [Nexus Travel Shops](#)
- [Northern Stage](#)
- [Ouseburn Farm](#)
- Sainsbury's Chillingham Road
- Sainsbury's Grey Street
- Sainsbury's Heaton Road
- [Seven Stories](#)
- [Skills for People](#)
- [St James's Park – Newcastle United](#)
- [St Mary's Catholic Cathedral](#)
- [St John the Baptist Church](#)
- [St Nicholas' Cathedral](#)

- Sweet Memories at Study Cafe
 - [The Cycle Hub](#)
 - [The Discovery Museum](#)
 - [The Laing Art Gallery](#)
 - [Theatre Royal](#)
 - [Tyneside Cinema](#)
 - [West Denton Community Centre](#)
 - WH Smith Northumberland Street
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Other 'Safe Spaces'

[Newcastle University Student Union's](#) LGBTQ+ Safe Space is a space where any students who are part of the LGBTQ+ community can come along to feel safe and get information and signposting. It is open 9am to 5pm and is in the Frederick Douglass Centre in the Newcastle Helix building.

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