



If not  
**you**  
...**who?**



# Specialist Services for Women

A guide to services

[www.dundeeprotects.co.uk](http://www.dundeeprotects.co.uk)



Dundee  
**Violence Against  
Women Partnership**



# Level 1 Specialist Services for Women:

## WRASAC

Provide support to women, including trans women, and young people of all genders (aged 11-18), who have experienced any form of sexual violence, abuse or exploitation in their lives.

**Support line number for all services - 01382 201291.**

### **1-1 Women's Support**

Monday - Friday.

9am - 5pm (late sessions available on request) can be provided at centre or on outreach basis, 3 crisis sessions can be provided while women are on waiting list. We accept self or agency referrals.

### **Creative Group**

Fridays on a fortnightly basis.

### **Complimentary Therapies**

Wednesday.

4 - 7pm.

### **Dundee and Angus Young Survivors Service**

Monday - Friday.

9am - 5pm.

Aimed at young people 11 - 18yrs, 1:1 and group support provided, self or agency referrals accepted.

### **Advocacy**

Monday - Friday.

9am - 5pm (late sessions available on request) 48 hours response time.

Provides support with criminal justice process (from reporting to police to attending court) and access to Sexual Assault Referral Network. Self or agency referral.

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# Dundee Women's Aid

For women (including trans women), children and young people experiencing domestic abuse (LGBT Chartermark).

We offer creche facilities for group work. Childcare can be arranged by prior arrangement, this is explored at first contact. In emergencies if a Children's worker is available it may be offered too. If women find it difficult to come to our office we will arrange outreach appointments where our capacity allows.

Other organisations use our support rooms and training room.

## Contact:

01382 220803 or support line 01382 207099.

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## **Women's Services: All self or agency referral except Clinical Psychologist (agency referrals)**

### **1-1 support**

Monday - Friday.  
9am - 5pm.

### **Refuge, outreach and follow on**

Normally 9am - 5pm, although out of hours provided if necessary and planned.

The outreach service is designed to provide support to women in the community who do not wish to enter refuge accommodation. The Outreach service is available to women regardless of whether they are with the perpetrator of abuse or not. This service is generally delivered in our office base but if necessary we can arrange to meet a woman elsewhere when it is safe to do so.

DWA have refuge spaces throughout the City of Dundee. DWA has a mix of one and two bedroom properties and none of the properties is shared accommodation. The refuges are fully furnished and equipped to a high standard and are inspected on a weekly basis to ensure a high standard of health and safety. The majority of refuge spaces are monitored externally by CCTV.

When a woman moves into her own tenancy after being in refuge DWA continue to provide support for a period of time to help her settle in to her new property/area and support her with practical and emotional issues.

### **Freedom group work**

3 times per year (term time).

The Freedom Programme is an information and support programme built around the realities of domestic abuse - for women only. The group runs for a 12 week period and is free to attend. Call 01382 207099 to find out more if you are interested.

### **Drop-in**

Monday - Friday.

Normally 9am - 5pm (closed Thurs pm) - Responsive – no waiting list, dealt with at point of contact or appointment made as soon as possible if no worker available.

### **BME 1-1** (in partnership with Shakti)

Monday - Friday.

9am - 5pm.

### **Befriending**

Volunteer befriending scheme available to reduce isolation and develop confidence.

### **MIA Independent advocacy**

Monday - Friday.

Normally 9am - 5pm, although out of hours provided if necessary and planned.

### **Clinical Psychologist**

Monday - Thursday

9am - 5pm.

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## **Children and Young People's service**

If you have a concern about a child or young person that they may be experiencing domestic abuse at home or in their own relationships and you are looking for advice and guidance please do not hesitate to call the Children and Young People's Team at DWA on 01382 220803.

### **1-1, Refuge, Outreach, Advocacy**

Monday - Friday.

Normally 9am - 5pm (closed Thursday pm).

DWA work individually with a child or young person, becoming their key worker. The key worker uses issue based resources to work through feelings, recording this in the child or young person's individual journey (Support Plan). The key worker offers a safe and consistent place to discuss/work through feelings.

### **Group Work**

Wednesday and Thursday term time.

DWA deliver age appropriate focused group programs lasting 8 weeks. The program covers the topics that are most prevalent in young people's lives in Dundee; bullying, domestic abuse, healthy relationships, friendships, conflict, equality and gender roles. During sessions the Children and Young People realise that they are not alone and are able to seek support, strength and understanding from their peers. This supports them in building strong positive relationships.

### **Information Sessions for parents**

The CYP support workers hold information sessions for parents to cover the effects on children and young people when they have experienced domestic abuse and the effect this can have on their behaviour. Using the Solihull approach support workers will share this information in a supportive and contained way to help the mums understand why their children may be behaving in a certain way.

### **Holiday Club**

Easter, summer and Oct holidays.

### **Solihull Parenting group**

3 times per year / term time.

# **Shakti Women's Aid**

## **(Hosted by Dundee women's Aid)**

Shakti women's Aid based in Dundee is an outreach based Service covering Tayside - Dundee, Angus, Perth and Aberdeen to provide one to one support to Black Minority Ethnic women and girls (over 16 years) experiencing domestic abuse which also includes honour based abuse, forced marriage and FGM.

### **Contact:**

Edinburgh Main Office 0131 4752 399

Dundee Office 01382 207095

<https://shaktiedinburgh.co.uk/>

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## **Amina**

Amina's 'Ending Violence against Women and Girls' (VAWG) programme is a prevention programme which aims to challenge sexist and misogynistic attitudes and behaviours amongst the Muslim and BME communities. In parallel to this, the project raises awareness of VAWG as well as organisations that support women who are experiencing VAWG. We work with Muslim and BME communities across Scotland, using our unique and tailored approach, so that information about VAWG is reaching our target groups in a form that they consider, process and accept.

We also work with mainstream organisations, offering support and consultancy so that Muslim and BME women are well supported across Scotland when facing issues relating to VAWG. We engage in policy work to ensure the voices of Muslim and BME women are heard.

<https://mwrc.org.uk/>

The Helpline is a listening ear and signposting service for Muslim women across Scotland. We run the Helpline Monday - Friday, 10am - 4pm for any Muslim-identified women, and on Wednesdays from 6 - 9pm for young Muslim women (ages 16-25). It is free from mobiles and landlines and will not appear on your phone bill. All calls are strictly confidential and non-judgemental; we always deal with clients in a faith and culturally-sensitive manner.

<https://mwrc.org.uk/what-we-do/helpline/>

## **Tayside Domestic Abuse Service (TDAS)**

TDAS is an outreach service of Barnardo's Family Support Services. TDAS works toward the reduction and prevention of gender based abuse and violence against women and girls and enables women to live without the fear of abuse and violence. TDAS is a service designed to assess and reduce risk, to provide practical and emotional support and to ensure access to advice, information and support tailored to individual needs. Addressing risk factors and issues identified which can include housing security, personal safety, child contact, mental health, benefits, court processes and emotional support.

1:1 support and group work opportunities.

Monday - Friday.

9am - 5pm, but appointments out with these times can be offered where required.

All agency referrals, including police, health & social work accepted including self-referrals.

TDAS do not operate a waiting list. Staff will make contact within 24 - 48 hours.

**Contact:**

<https://www.barnardos.org.uk>

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## **Multi Agency Independent Advocacy (MIA) (Barnardos and Dundee women's Aid partnership)**

The MIA Service provides a crisis intervention and advocacy service and will help you and your family to minimise future risks of harm. They will ensure that when you exit this service, you can continue to be supported by relevant agencies.

The MIA worker will:

- Complete a risk assessment with you
- Provide a safety plan
- Signpost you to relevant services
- Liaise with agencies on your behalf
- Attend MARAC on your behalf to ensure your voice is at the centre of the meeting.

**Contact:**

01382 596100

<http://www.dundeeomensaid.co.uk/mia.php>



# Community Justice Service Women's Team

Dundee CJS operates a specialist Women's Team. This team includes a mental health nurse and works closely with key voluntary partners such as TCA mentoring, Women's Aid and WRASAC. The team carry out assessments, interventions, Court Reports, Support, Referrals to other agencies, 1:1 Work and through care from Prison.

**Mental Health Nurse:** health screening discussion including mental health and sexual health if requested. Practical and emotional support to manage sleep or anxiety issues, referral and signposting to other agencies, BBV testing, pregnancy testing, health information, free condoms, naloxone, help to register with GP.

**Well-being Nurse:** health check over 45 minute appointment including blood pressure, diabetes check, look at lifestyle factors and incentive programmes, depression screening, brief interventions for alcohol use, activity levels and diet/nutrition information. Benefit checks, literacy checks, referrals and signposting for appropriate services.

**Substance Treatment Nurse:** assessment and treatment and testing for opiate addictions and referrals to other agencies 1:1 Work.

Monday - Friday.

9am - 5pm.

Referral through Court, Procurator Fiscal, Scottish Prison Services.

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## PAUSE (Hosted by TCA)

Works with women who have experienced, or are at risk of, repeated pregnancies that result in children needing to be removed from their care. Through an intense programme of support, it aims to break this cycle and give women the opportunity to reflect, tackle patterns of behaviour, and to develop new skills and responses that can help them create a more positive future. In doing so, we aim to prevent the damaging consequences of thousands more children being taken into care.

**Contact:**

01382 456012

# Click Project (Hosted by WRASAC)

Click aims to improve the provision and accessibility of frontline support services for women involved in selling or exchanging sex in Scotland, particularly those advertising online and working indoors.

Click can support the safety and wellbeing of women through online outreach and one-to-one personalised support right across Scotland. Support is delivered via the Click website ([www.click.scot](http://www.click.scot)) and app (Click Partnership) through:

- Live online chat; providing information and signposting;
- One-to-one specialist support with a local Click women's worker;
- Support map listing local support services across the whole of Scotland;
- Advice and resources on a range of issues (for example safety tips, welfare advice or accessing health services);
- Opportunities to become involved in shaping future services;
- A platform for women to share their stories and experiences.

## Privacy

Support provided by Click is confidential and women are in control of how much information they share. Click has been designed with women's privacy as a priority and the website and app are set up to be able to be used anonymously. At no point does a woman need to provide personal information, unless she wishes to refer herself to access local one to one support. Click does not collect any identifying information regarding users via the website or app. Transcripts on the online chat facility are not held.

## Contact:

<https://www.click.scot>  
[click@sacro.org.uk](mailto:click@sacro.org.uk)

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## **Vice Versa (Hosted by WRASAC)**

Vice Versa promotes the health, rights and dignity of women, including trans women, who are involved in exchanging sexual acts for some form of payment. This payment may be financial but may also take the form of drinks, drugs, food or shelter. We call this sexual exploitation or prostitution.

**Contact:**

01382 205 556

<https://www.wrasac.org.uk/vice-versa/>

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## **ASPEN**

ASPEN is a project hosted within Dundee Women's Aid which aims to Assess and Support Psychological and Emotional Needs of women with complex needs who struggle to engage with services. ASPEN is a trauma-informed service. Staffed by 0.8wte Consultant Clinical Psychologist and supported by Dundee Violence Against Women Partner Agencies, ASPEN provides:

- Specialist psychological assessment, formulation, and treatment planning in a trauma-informed way
  - Provision of Survive and Thrive
  - Consultation to partner agencies to facilitate more effective support of clients
  - Consultation and support of research to audit service performance and support ongoing development on women's-only services.
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# Dundee International Women's Centre (DIWC)

DIWC seeks to engage, educate and empower women from diverse ethnic and cultural backgrounds, to help them achieve their personal goals. We provide educational, recreational and social activities, as well as employment training, information and advice services for all women. DIWC works in partnership with many organisations to promote the personal development of women, by encouraging active participation, leadership and citizenship in society.

DIWC provides opportunities for marginalised and socially excluded women, with an emphasis on those from BME (Black and Minority Ethnic) and migrant communities, to reach their full potential and prosper in their communities. DIWC is unique in Dundee as the only multicultural, 'women-only' organisation, which welcomes all cultures.

As a result of its many years of experience, DIWC has built a positive reputation within the communities it supports, being an organisation which is sensitive and respectful towards diverse cultural needs.

In order to meet our aims, DIWC provides a range of services such as: classes, social groups, informal and formal training, employment training, volunteering, events and issue based awareness-raising.

In addition, our social enterprise business, Rise and Shine Childcare, provides reduced rate childcare in house and is supported by our Social Enterprise mobile creche which provides employment for childcare workers.

DIWC is a grassroots organisation and sees its future as continuing to provide and develop services led by community needs and underpinned by our values.

**Contact:**

01382 462058

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# Action for Children Women and Family Safety Service

Action for Children Women & Family Safety Service aims to support and offer advice to partners / ex-partners of male perpetrators of domestic abuse on a voluntary basis. Perpetrators have been found guilty of domestic incidents and CJSW are to make recommendations for sentencing. Perpetrators are also under assessment for / or participating in, the domestic abuse perpetrator group work programme which is facilitated by Criminal Justice Social Work services.

Best practice dictates that a multi-agency, holistic, approach to addressing safety issues for women and families would be at the forefront of any work undertaken by our service. The information gathered from the victims of domestic abuse, coupled with the CAADA-DASH Risk Indicator Checklist is passed on to CJSW's in a respectful, non-judgemental, confidential manner and enables criminal justice social workers to make defensible recommendations to the court for perpetrators of domestic violence.

As Women & Family Safety workers in Tayside we liaise closely with CJSW's during the report writing stage and throughout the stages of the perpetrator programmes. Our support of partner's / ex-partners can offer valuable insights for CJSW into how participation on a programme can effect change for perpetrators and their victims. Support and advice from Women & Family Safety workers can enable women and their children to feel in control of their own safety, whether in or out of a relationship.

All referrals come from CJSW.

Monday - Friday, however hours are flexible based on when women need appointments and evening appointments can be offered.

**Contact:**

01382 450052

40C Arthurstone Terrace, Dundee, DD4 6QT

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## **Caledonian System Women's Service**

The Caledonian System is an integrated approach to addressing domestic abuse. It combines a court-ordered programme for men, aimed at changing their behaviour, with support services for women and children. If a man is taking part in Caledonian his partner or ex partner will be offered the women's service – this provides safety planning, information, advice and emotional support. It is provided by dedicated Women's Workers, who aim both to reduce the risk to women and their children, and to improve women's social and emotional wellbeing. In contrast with the Men's Programme, the Women's Service is voluntary - women are not obliged to accept the support they are offered.

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## **Shine Mentoring**

The service is available to all adult females who are:

- currently serving a custodial sentence in Scotland of less than four years and not subject to a statutory order or;
- on remand or;
- subject to a Community Payback Order. For further details on eligibility visit our criteria page.

### **How We Help:**

Mentoring is a way of helping and supporting people in achieving their goals. The Shine Women's Mentoring service provides women with a mentor who will provide support on a one-to-one basis with many of the issues they might face in the community. A Shine mentor will discuss any issues the woman may have before participation with the programme. This will be done in prison, prior to release or in the community if serving a CPO.

### **Contact**

078 1711 0267

# Level 2 Services with specific women only elements

## Tayside Council on Alcohol

### Contact Details

01382 456012

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### Women Only Mentoring (WoM)

Women aged 16+ involved in the community justice system in order to reduce their offending, rebuild their lives, and re-integrate into community. Strong and reliable relationship between mentor and mentee. This allows holistic exploration of the multiple and complex needs of the women.

Monday - Friday.

Normally 9am - 5pm, although out of hours provided if necessary and planned Referral through Community Justice.

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### Women Only Mentoring group

Women only Mentoring activity Group .e.g. Arts and Crafts, Walking, choir, creative arts, journals etc.

Tuesdays.

11am - 1pm.

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### **Beyond Mentoring-Voluntary aftercare service**

Voluntary aftercare service, providing low level, gender specific support. Supported by project staff, peer led, delivering drop-ins, recovery groups, support groups, activity groups, training and volunteering opportunities.

Monday - Friday.

Normally 9am - 5pm, although out of hours provided if necessary and planned. Referral through Community Justice and other local organisations.

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### **Women Only Zone (WoZ)**

Offering support to women who have or had issues around alcohol. The group also come together as a Focus Group (Listening Groups) to give personal experience and feedback on current issues e.g. Over provision of licensed premises in Dundee.

Wednesdays.

11am - 1pm.

Self referral or other organisation.

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### **1:1 Counselling & Creative Therapies**

Delivered by qualified, supervised Counsellors. This service is offered by Counsellors who have insight into women specific needs.

Week days and evenings.

Self referral/ Drop in.

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# Hillcrest Futures

**Contact:**

0300 1232 644

**Women only Living Skills Group**

For women affected by homelessness. Women living in hostel accommodation, promoting living skills & pathways to recovery.

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**Women only support at Cairn Centre**

Fridays.

10am - 12noon.

Female multi agency HUB working in partnership with vice versa, criminal justice, action for children, harm reduction and BBV team.

Fridays.

1 - 4pm

A worker is also available for 1:1 support at the Cairn Centre for females only.

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**Women only support at Lochee Hub**

10am - 1pm.

One to one support for females only at Lochee Hub.

1 - 2.30pm.

We offer a women's only group where we do pamper sessions and art and crafts with positive conversation.

Tuesdays.

A worker covers all hostels doing women only drop-ins at Salvation Army, Brewery Lane and Dundee Survival Group.

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# **We are With You (formerly Addaction)**

## **Contact:**

01382 206888

## **Direct Access Clinics**

Keyworkers offer structured 1:1 work.

2 days per week – based in different localities.

Self or agency referral.

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## **Scottie Centre drop in**

For women involved in prostitution.

Joint partnership with Maryfield Police, Keep Well and WRASAC.

Fortnightly.

Self or police referral.

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## **Fitness Classes with Street Soccer at Signpost Centre**

Tuesdays (am).

Self/agency referrals.

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## **Referral to Survive & Thrive Group**

Ongoing (10 wk course).

Agency referral.

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## **Cooking/Wellbeing Group**

Park Hall.

11th March (6 weeks).

Self/Agency referral.

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## **Counselling**

Monday/Wednesday.

Referral through Addaction Worker.

All services delivered are trauma informed.

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## New Beginnings

The aim of the service is to help babies yet to be born or under the age of one whose lives could be affected by parental substance misuse, mental health issues or learning disabilities. Services offered by New Beginnings for women include:

- Substance misuse - treatment/recovery
  - Mental Health - 1:1 sessions
  - Ante natal care
  - Learning disability - assessment/1:1 sessions
  - Pregnancy matters - financial advice/support
  - Maternity hospital bags - essential items/toiletries
  - Sanitary products
  - Toiletries
  - Sexual health - advice/contraceptive implant.
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## Venture trust

Next Steps is for women (16+) whose backgrounds have led to their involvement in offending or to experience homelessness or misuse drugs or alcohol which may impact on their wellbeing, relationships and life circumstances.

After an assessment period we support individuals to identify the changes they want to make in their lives and develop goals to help achieve them. During this period, we offer regular community-based outreach support to identify and mitigate against any barriers prior to offering a 5-day supportive residential based Wilderness Journey usually in the highlands of Scotland. The Wilderness Journey focuses on supporting individuals to develop the skills and coping strategies to maintain their motivation to implement the changes on their return. Further outreach support back in their local community encourages progression and embedding positive changes. Our programmes provide support for up to 9 months helping individuals to make and sustain connections to services and employment, education, training or volunteering opportunities within their communities.

### Contact:

[easthub@venturetrust.cjsm.net](mailto:easthub@venturetrust.cjsm.net) (secure email)  
[referralseasthub@venturetrust.org.uk](mailto:referralseasthub@venturetrust.org.uk)

[www.dundeeprotects.co.uk](http://www.dundeeprotects.co.uk)



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