



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



Specialist Services for Women

A guide to services

www.dundeeprotects.co.uk



Dundee
**Against
Violence Against
Women Partnership**



- **Level 1** - Specialist services for women
- **Level 2** - Services with specific women only elements
- **Level 3** - Universal Services which could support vulnerable women

Level 1 Specialist Services for Women:

WRASAC

WRASAC

Provide support to women, including trans women, and young people of all genders (aged 8-18), who have experienced any form of sexual violence, abuse, or exploitation in their lives.

Support line number for all services - 01382 201291 – 10am – 1pm Monday - Friday

1-1 Women's Support

Monday to Friday 9-5 (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.

Dundee and Angus Young Survivors Service

Monday to Friday 9-5 aimed at young people 8-18, 1-1 and group support provided, self or agency referrals accepted.

Advocacy

Monday to Friday 9-5 (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

Vice Versa

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. Monday to Friday 9-5 (late sessions available on request).

Dundee Women's Aid

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

Contact: 01382 220803 or support line 01382 207099

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 to. 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 (services are women only).

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

1:1 support for Refuge, outreach, freedom group and follow on - Normally 9-5, although out of hours provided if necessary and planned.

Outreach

Our outreach service is designed to provide support to women in the community who do not wish to enter refuge accommodation. Referrals can be made either from the woman directly or from workers from other agencies. However, before making a referral on behalf of someone, please be sure that this is a service that the woman wishes to engage in. The Outreach service is available to women regardless of whether they are with the perpetrator of abuse or not.

Refuge

We have refuge spaces scattered 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.

Duty Team

Our Duty team respond to day-to-day enquiries and drop ins, they can offer short term crisis support to resolve immediate risks and issues. Where the woman needs longer term support they will 'hold' the case until it is passed to our outreach service.

Drop-in Monday to Friday Normally 9 to 5pm (closed Thurs pm)

Befriending

The Connecting Women project offers women a befriending service using volunteers. This can be as simple as chatting over a coffee or attending social events. The project also offers group activities such as a book club, craft and walking group.

Housing First

DWA is part of the Housing First Partnership alongside Transform and Action for Children. We have a small team of 2 staff offering Housing First to women who have experienced domestic abuse. The service is aimed at women who have experience with repeated homelessness, experience of domestic abuse (current or historic) and have complex needs such as experience of substance use, experience with criminal justice system, physical and/or mental health issues and any additional support needs. HF support is person centred with staff working with women to provide individualised support to help them build life skills, confidence to engage with services and get and keep a tenancy.

Freedom

The Freedom programme looks at the roles played, by attitudes and beliefs on the actions of abusive men and the responses of victims and survivors. The aim is to help them to make sense of and understand what has happened to them. The Freedom Programme also describes in detail how children are affected by exposure to this kind of abuse and how their lives are improved when the abuse is removed.

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.

Child Psychology service

We have a part time clinical psychologist who assists workers and parents to better understand the behavioural issues and complex trauma a child may be experiencing. She can carry a small caseload and work directly with the child and significant others in the child's life.

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.

Dundee Domestic Abuse Service

DDAS is an outreach service of Barnardo's Family Support Services. DDAS 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. DDAS 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.

Contact:

Barnardo's Office on 01382 640309

Email: FamilyServicesDundee@barnardos.org.uk

ASPEN

aims to Assess and Support Psychological and Emotional Needs of women with complex needs. 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

ASPEN aims to be flexible in its approach to supporting women, so assessment can take place in any safe environment. After a period of assessment, ASPEN will support women to understand why they are experiencing difficulties and will develop a plan for how best to meet their needs. In some cases, this will involve helping women to access suitable mainstream services, in other cases women (and their current support staff) may be assisted by ASPEN in the longer term. The support provided will

always be tailored to the needs of women who need the assistance. ASPEN is funded by Dundee Health and Social Care Partnership and is unique - it is the only service in Scotland where specialist psychological services are embedded in third sector VAWG services. As a healthcare service, links may be made with GPs or other healthcare services but this will be discussed and consent will be sought before any other healthcare services are contacted.

ASPEN is based within Dundee Women's Aid but is available to any third sector organisation that supports women who have experienced any form of gendered violence and/or are homeless (or are at risk of becoming homeless). Any third sector staff member can refer to ASPEN whereby the first response will be a case consultation to begin understanding the needs and strengths of the woman.

ASPEN can be contacted via Dundee Women's Aid (01382 220803) or ASPEN@dundeewomensaid.co.uk and is staffed by a Consultant Clinical Psychologist and an Assistant Psychologist from 8am to 2.45pm Monday to Friday. The mailbox is checked twice per day at 9am and 1pm.

Dundee ASSIST

Dundee Assist is a court advocacy service for all victims of domestic abuse in Dundee or where there is a criminal case going through court in Dundee. Our aim is that all victims of domestic abuse, regardless of gender, age or ethnicity are safe, informed and supported throughout their involvement with the criminal justice system. We do this by providing a high-quality service tailored to individual needs and circumstances. Assist has 2 types of advocacy staff: Adult Advocacy Workers and Children & Young People Advocacy Workers.

Assist stands for:

1. **Advocacy**
Help when other agencies are involved and pass on information on your behalf.
2. **Support**
After an incident has been reported to the Police and throughout the court process, Assist can pass information to the court about what you would like to happen and talk to you afterwards about what has happened at court.
3. **Safety**
We can help you assess the risks you face and talk to you about options that could help you stay safe.

4. **Information**

About the court process, civil protection, domestic abuse issues, housing, and other support services like Women's Aid.

5. **Services Together**

We work in partnership to provide a coordinated community response to domestic abuse both strategically and operationally.

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.

Edinburgh Main Office: 01314752399.

Dundee Contact: 01382 207 095

<https://shaktiedinburgh.co.uk>

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 to Friday – 10am – 4pm for any Muslim-identified women, and on Wednesdays from 6pm – 9pm for young Muslims 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/>

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 to Friday from 9am till 5pm Referral through Court, Procurator Fiscal, Scottish Prison Services.

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

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.

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

Contact: 01382 205 556

Encompass

Encompass is a small network of Scottish organisations working to reduce harm caused through commercial sexual exploitation. Member groups offer direct support to women along with advocacy services and ongoing consultation with women to identify their needs.

Encompass made contact with a wide range of agencies including support services, peer support projects, Unions, sex worker organisations, sexual health and health promotion, VAWG partnerships / organisations to discuss women's needs along with ways to work positively together and try to shape responses to the emerging situation. We have called for women who sell or exchange sex to be included in strategic plans and for a larger ringfenced specific amount to be available through other crisis and victim funds

<https://www.encompassnetwork.info/>

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: (0)1382 462058

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. We work Monday to Friday however hours are flexible based on when women need appointments and evening appointments can be offered.

All referrals come via Regan Martin on 01382 450052.

40C Arthurstone Terrace, Dundee, DD4 6QT.

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.

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: 01382 456012

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.

Women Only Mentoring group

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

Tuesdays.

11am - 1pm.

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.

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.

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.

Hillcrest Futures

Contact: 03001232644

Women only Living Skills Group - For women affected by homelessness. Women living in hostel accommodation, promoting living skills & pathways to recovery.

Drop-ins at Salvation army, Brewery lane and Dundee survival group (Tuesdays)

Hillcrest Harm Reduction – Provide injecting equipment, naloxone, BBV team and recovery support

We are With You (formerly Addaction)

Contact: 01382 206888

Recovery Workers offer brief interventions and structured 1:1 work regarding substance use.

Please call to further discuss and/or make a referral to the service.

All services delivered are trauma informed.

Just Bee Productions

Contact: <https://www.justbeeproductions.co.uk>

Just Bee Productions is a charity utilising creative arts to enhance lives and provide opportunities for marginalised people. We provide holistic support to people experiencing poverty. Our services include twice weekly free community lunches social gatherings which often develop into one-to-one support, signposting to other services, regular arts workshops and training opportunities to help people thrive in our communities.

Our ethos is centred around building wider understanding of social-economic issues through creativity and conversation. Our principal objective is to assist people at their time of need. We offer wrap around support to some of the most vulnerable people in the city. The overall objective is to give people the tools, information and emotional support they may need to make positive life choices and combat poverty.

Services Offered

Women only groups - Mon, Wed, Fri 10-12

Parent and Baby - Thurs 10.30 - 12

Jewellery – Thurs 10-12

Women Only Cycle Group – days and times to be confirmed

Referrals can be made through other agencies / support workers or women can self refer . This can be done by just popping along or phoning in so we can see what is best for the person.

Parish Nurses

Contact: parishnursing@outlook.com

Location: The Steeple Church, Nethergate, Dundee

Services Offered

Women Only Recovery Coffee Club – For women who are looking for support into and through recovery.

The group meets on Mondays 10.30am – 12pm.

Please email the Parish Nurses before attending or referring to the group.

Womens Wellbeing Club

Contact: info@womenswellbeingclub.co.uk

Location: The Change Centre, South Road, Dundee DD2 4SR

The club meets every Tuesday between 6.30-8.30pm.

This is a peer led group for women over 18, providing a safe and confidential space to chat, get things off your chest and find your tribe. No referral needed, just turn up to the Change Centre on a Tuesday night. Email for more information.

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.
-

Venture trust

Next Steps is for women (16+) whose adversities have led to their involvement in offending or to experience homelessness or substance use, impacting 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 (secure email)
referrals@venturetrust.org.uk

www.dundeeprotects.co.uk



Dundee
**Violence Against
Women Partnership**