

Break the Silence

PERTH & KINROSS VIOLENCE AGAINST
WOMEN PARTNERSHIP

SPRING / SUMMER 2011

Welcome to the 8th edition of Perth & Kinross Violence Against Women Partnership newsletter

This newsletter aims to

- Raise awareness and increase understanding of violence against women.
- Publicise new information material and resources
- Promote good practice
- Provide a forum to exchange news and information
- Provide a platform for women, children, young people to express their views.

Inside this issue

- Voice Against Violence
- Amina-Muslim Women's Resource Centre
- Ethnic Survivors Forum
- Barnardo's Domestic Abuse Initiative
- Wrasac P&K/ NHS news
- Voices Unheard

Trust Your Instinct Campaign

Trust Your Instinct campaign, which was launched in March aims to encourage the early identification of stalking behaviour.

Recent research shows that 77% of stalking victims don't report the situation until over 100 incidents have taken place (Sheridan & NSS 2009). Many people put up with a great deal of abuse and they also down-play what's happening to them.

The campaign is aimed at people who don't currently think of themselves as 'stalking victims'.

To find out more please visit the website:

www.trustyourinstinct.org

A film featuring a young actress called Alice Tucker draws upon the experiences of many stalking victims who have contacted Network for Surviving Stalking. Most will speak to their friends or family before reporting stalking as most people don't realise that's what it is. The website features a quiz that "helps people establish if they're being stalked" It's intended as a tool to help people work out 'the bigger picture'.

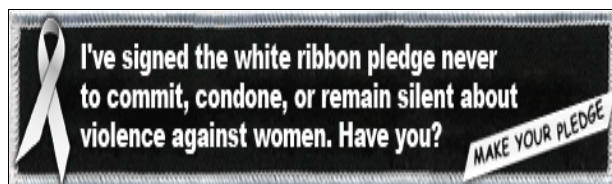


Stalking is made up of a series of incidents – the Quiz is a means by which they can piece everything together. The more times someone answers 'yes' the more seriously they should take the situation.

National Stalking Helpline
0300 636 0300

Between 78% and 86% of stalking victims are female, with between 18% and 31% experiencing sexual violence within the context of the stalking behaviour.

Safer Lives: Changed Lives
Scottish Government 2009.



Visit the White Ribbon Campaign website to make the pledge. www.whiteribbonscotland.org.uk

Perth & Kinross Violence Against Women Partnership has multi-agency membership, including partners from statutory & voluntary sectors across Perth & Kinross. It aims to encourage an integrated response to addressing gender based violence & coordinate a range of activities aimed at raising awareness & preventing gender based violence within P&K. The partnership works within a framework referred to as the 4 P's : Prevention, Provision, Protection & Participation and in doing so works to meet both local and National Outcomes.



**Tackling
Domestic Abuse
Through the
voice of the
young**

Voice Against Violence, launched in 2009, is a group of eight young experts who have first hand experience of domestic abuse. They work with the Scottish Government and CoSLa to eradicate domestic abuse from Scotland. The work of the VAV was recognised at Young Scots 2011 when they were awarded the Diversity & Citizenship award.

Voice Against Violence Vision :

- Children and young people experiencing domestic abuse in Scotland have a voice and are heard.
- Domestic abuse should no longer be a dark stain on the minds of children and young people in Scotland
- Domestic abuse should be recognised as the horrendous violation of human rights that it is— everyone should know about it and be able to talk about it without feeling stigmatised.
- Everyone going through it should be safe and get the support they need and know there is a brighter tomorrow/future.

For more information please visit:
voiceagainstviolence.org.uk

VAV supported the Scottish Government campaign which ran online ads on various websites: Facebook, Bebo in February aimed at young people aged 13-16years. Posters were distributed to schools across Scotland. To view the 30 second Youtube clip online please click [HERE](#)



Information Display & White Ribbon Launch for 16 days of action

In my previous role as school health nurse for North West Perthshire, my colleague and I ran a lunchtime information stand at Breadalbane Academy on the first day of the 16 days of action campaign which runs from the 25th Nov—10th Dec. Perth & Kinross Violence Against Women Partnership supplied an A4 exhibition providing information on different aspects of Domestic Abuse including local support services and further resources: posters, leaflets, white ribbons and balloons. We used the information & resources to raise awareness about domestic abuse and promote the white ribbon campaign. The stand was well attended by pupils and staff alike and generated much discussion about all aspects of domestic abuse and it's impact on families. Many people took away information and shared experiences with us. For the remainder of the 16 days of action we had a display within the school library and also at the local GP surgery. It was also encouraging to see many pupils continued to wear their White Ribbons throughout the 16 days. (Denise Goodison, NHS Tayside)

If you would like to host an exhibition/promote the White Ribbon Campaign please contact us at :
pkdaf@btconnect.com
or
kmacmillan@pkc.gov.uk



Amina - The Muslim Women's Resource Centre

The Resource Centre works with mainstream agencies and policy makers to enhance their understanding of the Muslim community and of barriers preventing Muslim women from accessing services and participating in society. **Helpline** The Amina – Muslim Women's Helpline is a free confidential information, advice and listening

ear service available nationally in the caller's first language. **Protection, Provision and Prevention (PPP) Violence Against Women Project** The project aims to provide advice and support to women. We offer advice and training to mainstream services providers. We also have a

male worker who is actively working with local mosques and Muslim men, to help raise awareness and clear any misconceptions around Domestic Abuse in Islam. Amina Muslim Womens Resource Centre is open Monday to Thursday 10am to 2pm Tel 01382 224687 Email: info@mwrc.org.uk www.mwrc.org.uk

AMINA
National Helpline
0808 801 0301

The Ethnic Survivors Forum is a unique minority ethnic project that will operate across Scotland for an initial period of one year.

It aims to increase awareness of childhood sexual abuse and its long term consequences within ethnic minority communities and will actively promote a programme of education and awareness raising.

It offers support services for minority ethnic adult survivors of childhood sexual abuse, including:

- A multi-lingual freephone telephone helpline offering a confidential service that offers support and a listening ear as well as details of local support services.

- An interactive website in various ethnic languages offering information, resources and support via an online forum where adult survivors can share their own personal stories of survival.
- A group support programme to enable adult survivors to meet and share their experiences in a safe and secure environment.

For more information on the work of the forum please visit:
ethnicsurvivorsforum.org

**Multi-lingual
Freephone Telephone
Helpline
0808 80 22 222**

WRASAC P&K have been awarded £25,000.00 from Perth & Kinross Council to provide support to women and children. It is hoped that the funding will also provide much needed prevention work with young people across Perth & Kinross. Proposals are being considered for work in schools delivering prevention workshops to S1 to S6 students. The aim of the workshops would be to provide young people with an opportunity to explore a variety of issues such as Gender; Sexual bullying; Commercial sexual exploitation/Body image; Partner Exploitation/Teenage relationship abuse; the influence of the media, music and advertising. Raise awareness of and provide opportunities to explore subjects that are often difficult to talk about, cause concern and can have a negative effect on their lives.

WRASAC P&K , PO Box 7570, Perth PH2 1BY
Business Tel: 01738 626290
email info@perthshirerapecrisis.org
Helpline Mon to Fri 9.30 – 4.30 /Tues & Sun 7pm – 9pm
Tel : 01738 630965
support email wrasacpk@gmail.com

‘.....significant numbers of women are victims of more than one type of violence and many experience repeat victimisation’

(Scottish Government Research findings 6/2011)

Barnardo's Tayside Domestic Abuse Initiative.



Barnardo's Tayside Domestic Abuse Initiative (TDAI) was piloted in August 2000 and rolled out in August 2001. The initiative, which is part of the Polepark Family Service, aims to support women and their families as soon as possible following an incident of domestic abuse. Barnardo's workers are located with each of the police domestic abuse officers in Perth, Arbroath and Dundee. Most of our referrals come from Tayside Police however we do accept self referrals and referrals from any other agency. Our Aim is to work towards the prevention of domestic abuse and enable children and families to live without the fear of domestic abuse. We offer support and counselling to help victims deal with past and on-going experiences. We undertake individual work and

groupwork with children and young people to enable them to work through their feelings/worries, space to reflect on their experiences, esteem building and bullying issues. We offer counselling for parents to help improve their parenting skills, we support victims and their families through the court process, we offer advice and guidance with housing, benefits and legal issues. We work in partnership with other agencies and will signpost and support clients to seek services from the most appropriate agency.

To contact Corinna please phone :01738 892516 or email corinna.robertson@barnardos.org.uk

From the 1st June, Central Health Care is located within Drumhar Health Centre, North Methven Street, Perth.

Central Health Care is a nurse led medical service scheme, which aims to target and deliver Health Care to Hard to reach groups. Tel: 01738 564261



Young Peoples Health Team provide Health-care to Young people who are vulnerable and hard to reach. Tel: 01738 564274

Our communities will have access to the key services they need



SCOTLAND'S LESBIAN, GAY,
BISexual AND TRANSGENDER
DOMESTIC ABUSE PROJECT

The Voices Unheard Project

national research looking at young LGBT people's experiences of domestic abuse both in their families and their relationships found that: **61%** of respondents had witnessed some form of abuse in their families. **52%** of respondents had experienced some form of abusive behaviour from a partner or ex-partner. **20%** of respondents who had experienced abuse had tried to kill themselves.

To find out more please visit www.lgbtyouth.org.uk

'Confidentiality is extremely difficult in small communities when trying to access services. The culture is very patriarchal and there is a great need for education.'

The Scottish Women's Convention

produced a manifesto based on consultations with individuals and women's organisations across Scotland. Awareness raising of the issues around Violence Against Women was raised as a key issue.

To read more please visit: www.scottishwomensconvention.org

Violence against women is a pervasive human rights violation

Violence against women affects approximately 45% of all women across Europe. An estimated 1/5th of women in the EU suffer from violence within the home and more than 1 in 10 women is a victim of sexual violence involving the use of force: in the UK, 80 000 women experience rape or attempted rape; in France, one woman is killed every 3 days by her partner. Domestic violence alone costs EU Member States as much as 16 billion Euros every year – or one million Euros every half hour.

The Council of Europe Convention on preventing and combating violence against women was adopted in April 2011. The Convention is the first European binding instrument specifically devoted to violence against women and is an important step forward for equality. To find out more please visit : www.womenlobby.org

24 hr National Domestic Abuse Helpline

0800 027 1234

Rape Crisis Scotland National Helpline 08088 010 302

Ethnic Survivors Forum
0808 8022 222

Amina National Helpline
0808 801 0301

National Stalking Helpline
0300 636 0300

Childline: 0800 11 11

NSPCC Child Trafficking Advice & Information Line 0800 107 7057

TARA 0141 276 7724

(Trafficking Awareness Raising Alliance)

Men's Advice Line Scotland
0808 801 0327

Specialist support & Information within Perth & Kinross

Perthshire Women's Aid :

Office: 01738 635404 or 01738 639043

Womens Rape & Sexual Abuse Centre:

Helpline: 01738 630965 Office: 01738 626290

Barnardos Domestic Abuse Initiative: 01738 892516

Police Domestic Abuse Officer: 01738 892910

Mindspace pk Counselling Service : 01738 631639

Victim Support : 01738 567171

Citizens Advice Bureau 01738 450580

Local Police, non-emergency service 0300 111 2222

Homeless Advice Service 0800 917 0708

Central Healthcare Practice 01738 631032

SW Welfare Advice Line 01738 476900

Children's Services Duty Team 01738 476768

Community Care Access Team 0845 30 111 20

Social Work Out of Hours 0845 30 111 20

Translation and Interpreting Services 01382 431563



Sign up to the European coalition for a European Year on combating and preventing violence against women

To find out more visit: www.womenlobby.org

Thank you to those who contributed articles. We welcome any comments and contributions. If you have any news or views to share, or would like to suggest a topic for future issues of the newsletter then please contact us. pkdaf@btconnect.com kmacmillan@pkc.gov.uk

'There is evidence that violence against women continues to be a significant problem in Scottish society and affects many women and children.'

(Reporting on Progress Towards Equality of Opportunity for women and men. Scottish Government 2010)

If you would like copies of this newsletter in another language or would like future copies of this newsletter sent via email then please contact us at: pkdaf@btconnect.com or kmacmillan@pkc.gov.uk
Printed on recycled paper.