

Central Healthcare is a nurse-led scheme which aims to target and deliver healthcare to hard to reach groups, including those at risk of homelessness and those who are vulnerably housed (including prisoners on discharge), women, children/young people living with or fleeing domestic abuse, gypsy travellers, young people in deprivation and young carers, non-attendees and young people excluded from school. Services include:

- an outreach team of qualified Nurses/Healthcare Assistants and a Social Care Officer who take referrals from any organisation/agency, and/or self referrals;
- a practice-based team based within a building run by the Salvation Army in the centre of Perth;
- a dedicated young people's health team offering a broad-based health information/support service for young people aged 12-25 years. This includes two drop-in sessions.

Contact Young Persons Health Team:

Tel **01738 564274**

The Practice and Outreach teams are supported by a pharmacist, podiatrist and dentist.

Contact Lisa McRae:

Tel **01738 564261**

Perth and Kinross CHP provides advice and support to practitioners on child protection issues. Facilitates multi-agency working in area of child protection.

Contact June Doull:

Tel **01738 564295**

Email jdoull@nhs.net

(Monday - Friday 9.00 am -5.00 pm, not available during public holidays)



Perth & Kinross Council Homeless Service is available 24 hours a day, 7 days a week. The Homeless Advice Team offer free and confidential advice, support and assistance in relation to housing or homelessness to persons who are at risk of violence or abuse. Applicants self-assessment of violence/threat of violence will be accepted and no further questions need to be asked other than source of violence or threat of violence and place of violence or threat of violence, to ensure re-housing offered in a safe place.

Please contact us straight away if you are at threat of domestic abuse or living in fear. You can contact us Monday to Friday at the Housing Advice Centre or the nearest local Housing Team:

Housing Advice Centre, 10-16 York Place, Perth
Tel **01738 474500** (available 8.45 am - 5.00 pm)
Email homelessadvice@pkc.gov.uk
Emergency contact number out with office hours
0800 917 0708

Where there are concerns for a child or young person affected by Domestic Abuse or sexual violence, advice should be sought from **Children & Families Service** Child Protection/Duty Team on **01738 476768**, or email cfs@pkc.gov.uk



The Community Care Access Team should be contacted on **0845 30 111 20** or email accessteam@pkc.gov.uk for support and guidance where a woman has particular vulnerabilities and additional needs.

Perthshire Care & Repair operate a domestic abuse initiative which aims to improve the safety of women, children and young people in the home. They carry out home safety improvements which will reduce the likelihood of accessing a property by force. The initiative can install peepholes, door locks, window locks and door chains. The scheme is open to anyone living in Perth and Kinross who is at risk/living with domestic abuse.



Contact Stuart McKandie:

Tel **01738 474810**

Email careandrepair@perthshireha.co.uk

You can access this service via WRASAC, Women's Aid, Victim Support, Barnardo's and the Police Domestic Abuse Liaison Officer.



Tayside Police provides an investigative response to ongoing incidents and reports of historical domestic abuse and sexual violence. A Domestic Abuse Liaison Officer and two Domestic Abuse Investigators work within the Public Protection Unit alongside the *Barnardo's* Worker. They provide assistance to uniform colleagues when dealing with domestic abuse, risk assessment of incidents, an investigative response into serious crimes (current or historical) and advice and assistance to victims.

For advice or assistance in non-emergency situations contact Sarah Heafey, Domestic Abuse Officer on **01738 892910** or email ppuw@tayside.pnn.police.uk

For ongoing crimes or incidents contact Force Control Room on **0300 111 222**.

Rape Crisis National Helpline
0808 801 0302

24 hour Domestic Abuse National Helpline
0800 027 1234

Amina National Helpline
0808 801 0301

National Stalking Helpline
0300 636 0300

Men's Advice Line Scotland
0808 801 0327

Perth and Kinross Violence Against Women Partnership would like to thank Perth & Kinross Council for funding and supporting the design and print of this leaflet.

If you or someone you know would like a copy of this document in another language or format, (on occasion, only a summary of the document will be provided in translation), please contact us.

Email kmacmillan@pkc.gov.uk • Tel 01738 476230

Designed by Chief Executive's Service (2010574 - Oct 11)

Domestic Abuse and Sexual Violence

Support Services in Perth and Kinross



Working Together to Break the Silence





Women's Rape And Sexual Abuse Centre is a women-only organisation offering support to women, young women and girls who have been raped or in any way sexually abused at some time in their lives. We offer a comprehensive service, including support and information on legal and medical issues arising from rape or sexual abuse.

WRASAC offers:

- free and confidential non-directive support at a time to suit by phone, or face to face;
- support by letter or email;
- practical support to access other agencies;
- support through Police and Court procedures;
- books and information that can be borrowed;
- awareness raising workshops in the community;
- training for other agencies and volunteers;
- support and information for friends and relatives of survivors and work colleagues.

You can contact us by phoning, writing or emailing:

Business line - Tel **01738 626290**
Email info@perthshirerapecrisis.org
WRASAC P&K, PO Box 7570, PERTH PH2 1BY
Helpline - Tel **01738 630965**
Support email wrasacpk@gmail.com

Support workers are available at the following times to offer support and provide information:

- Monday - Friday, 9.30 am - 4.30 pm
- Tuesday and Sunday, 7.00 pm - 9.00 pm

We also have a 24-hour answering machine, so that at any other time messages can be left and will be returned.



Mead staff provide multi-lingual information, advice and guidance to BME and Eastern European communities to enable them to effectively access services and opportunities.

Tel **01738 634789**
Email info@meadproject.org.uk



Victim Support Perth and Kinross is an independent voluntary organisation that provides practical help and emotional support to all victims and witnesses of crime including domestic abuse and/or sexual violence. Our services are free and confidential and are provided through community-based victim services and court-based witness services.

Victim Support Perth and Kinross can provide:

- time to talk;
- personal safety and crime prevention advice;
- support if your case goes to court;
- help with Criminal Justice procedures;
- help with Criminal Injuries Compensation Claims.

You don't have to have reported the crime to get help from *Victim Support Perth and Kinross*.

Contact Jo Armstrong, Co-ordinator:

Tel 01738 567171 (24-hour answering machine) or email victimsupport.perth&kinross@victimsupportsco.org.uk



Barnardo's Tayside Domestic Abuse Initiative Perth and Kinross provides information, empowerment and support to women and children affected by domestic abuse. The worker is co-located with Police Domestic Abuse Officer. Majority of referrals are from the Police as incidents occur. Referrals also accepted from Health Service, Social Work Department, self-referrals, legal profession, voluntary organisations.

Contact Corinna Robertson:

Tel **01738 892516** (9.00 am - 5.00 pm)
Email corinna.robertson@barnardos.org.uk

Visits arranged at convenient times.



If you are lesbian, gay, bisexual, transgender, support is also available at www.lgbtdomesticabuse.org.uk



Information and Support - Women can contact us for information regarding their legal rights, right to homeless accommodation or if they want to talk about their situation.

Refuge - Refuges are safe emergency accommodation where women can stay for one night or until they have access to more permanent accommodation. All of our refuges are for single family occupancy and are fully equipped. The location of each refuge is confidential.

Counselling - This service is available to women for 11 hours per week and by appointment only.

Children & Young People's Service - One-to-one support, group work, and email/letter/phone support.

All support is completely confidential.

Business line:

Tel **01738 635404**
(available 9.30 am - 5.00 pm, Monday - Friday)
or email contactus@perthwomensaid.org.uk

Support line:

Tel **01738 639043**
(available 9.30 am - 4.00 pm, Monday - Friday)



Mindspace is a voluntary counselling service which aims to promote mental health within Perth and Kinross. It provides services to the community which complement those offered by the statutory services.

We offer counselling to people who have experienced any form of trauma or abuse, who may be experiencing a wide range of difficulties or challenges such as isolation, anxiety, depression, stress, difficulties in family or intimate relationships, bereavement or loss.

Contact Alison Brown, *Counselling Co-ordinator*:

Tel **01738 631639**
Email info@mindspacepk.com

Monday - Friday, 9.00 am - 5.00 pm
(Later appointments may be available)



The Action for Children Women and Family Safety Project works with the partners/ex-partners and children of male perpetrators of domestic abuse who are under assessment for or participating in the domestic abuse perpetrator group work programme run by *Criminal Justice Social Work* services. The project operates Tayside wide and links directly with the facilitators of the programme.

The project aims to support women and children who have been victims of domestic abuse and encourages their active participation in all aspects of safety planning in order to maintain their safety, improve health and raise self-esteem. The staff team consists of two Project Workers (F/T). Project workers pro-actively contact the partner/ex-partner at the earliest stage to offer voluntary contact.

Contact Lesley Robb:

Tel **01382 455709 Ext 117/6**
Email lesley.robbs@actionforchildren.org.uk
Office hours 9.00 - 5.00 pm, Monday - Friday



Shakti Women's Aid offers support, refuge accommodation and information to all black/minority ethnic women, children and young people experiencing and/or fleeing domestic abuse.

Tel **0131 475 2399**
Email info@shaktiedinburgh.co.uk



Amina Muslim Women's Resource Centre is a women's led organisation for Muslim, Black and Minority Ethnic women. The Domestic Abuse Project (PPP) offers advice and support to women face to face (includes a weekly drop-in session) or via the helpline, free, confidential and non-judgemental advice and information.

Tel **01382 224687**