

Thoughts and words from the women who use **OWLS**:

"Feels like a large extended family."

"No divide, staff and clients feel equal, feel no one judges."

"It's great, all the services I need are in one building."

"It's a safe space were I can look at my support needs as an individual."

"Encouraged to make changes and good choices for me."

"I feel I have learned a lot about me, I have received the right support for me to sort my life."



The team is made up of the following staff:

- ❖ Team Leader, Community Safety
- ❖ Co-ordinator, OWLS
- ❖ Social Worker, Community Safety
- ❖ Key Workers, Community Safety
- ❖ Drug and Alcohol Worker
- ❖ Health Coach
- ❖ Housing Support Worker
- ❖ Mentor TCA
- ❖ Befriender Service

We aim to support you, in meeting your needs through partnership working.

For a copy of the timetable of activities contact us at:

OWLS
58 West Mill Street
PERTH
PH1 5QP

Tel 01738 459656

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), this can be arranged by contacting the Customer Service Centre on 01738 475000.

You can also send us a text message on 07824 498145.

All Council Services can offer a telephone translation facility.

www.pkc.gov.uk

(PKC Design Team - 2016385)



Onestop Womens Learning Service

NHS
Tayside





The advantage of being part of a group is that it can reduce feelings of isolation. It's a place where you can offer understanding to other group members, and learn how other people deal with their feelings.

Our aim is to provide an accessible, approach to support, advice and information to everyone who attends groups and drop-ins.

We run workshops which encourage:

- ❖ confidence building
- ❖ self-esteem building
- ❖ mindfulness
- ❖ cookery classes
- ❖ alcohol awareness
- ❖ drug awareness
- ❖ community safety
- ❖ employability
- ❖ vocational training
- ❖ parenting classes

We often invite speakers along to talk.

We also like to have days where we try and discover our hidden skills and be creative.

OWLS is a safe and welcoming space in which women can access the support they need to make positive changes.

Whether it is to work on aspects of your life through 1-2-1 work or come along to be part of group sessions.

We have our own Centre **OWLS** in West Mill Street, Perth, where you can have informal chats with other women or meet your allocated worker and get support. It is a place where you can gather your thoughts, relax and have a tea or coffee.

You can get support with:

- ❖ medical/health issues
- ❖ employment
- ❖ benefits/money matters
- ❖ relationships
- ❖ leisure/hobbies
- ❖ motivation/confidence building
- ❖ peer mentoring
- ❖ housing

