



**For a free, confidential service please contact us:**

**Freephone: 0808 802 5555**  
**(Monday-Friday 9am-5pm and 6pm-8am**  
**and 24 hours Saturday and Sunday)**

**Business line: 01383 732289**

**For more information about the services we offer**  
**please visit our website at: [www.fifewomensaid.org.uk](http://www.fifewomensaid.org.uk)**

**email: [info@fifewomensaid.org.uk](mailto:info@fifewomensaid.org.uk)**



empowering women & children  
on the road to recovery



**Fife Women's Aid**  
Suite 1 | First Floor | Saltire House | Pentland Park | Glenrothes | KY6 2AL

Fife Women's Aid is a charitable Company Limited by Guarantee Registered in Scotland | No. SC316350 | Scottish Charity No. SC011689

Fife women's Aid provides support for women and children in Fife  
who have experienced domestic abuse. Call Freephone on **0808 802 5555**

## What is domestic abuse?

Domestic abuse is perpetrated by a partner or ex-partner and can be physical, emotional, psychological, financial, or sexual; it can include controlling, coercive, threatening or violent behaviour, gaslighting or stalking. Domestic abuse includes 'honour based' violence.

If you are experiencing domestic abuse, Fife Women's Aid will listen to you, believe you and offer you the support and information you need.

For more information please visit our website at:  
[www.fifewomensaid.org.uk](http://www.fifewomensaid.org.uk)

## Our services

We can support you whether you are living in your own home, with family or friends or in one of our refuges.



## We offer the following:

- **Refuge:** self-contained accommodation where women and children are safe.
- **Support in your home:** emotional and practical, including help with forms, appointments, and other day-to-day matters.
- **Court support and advocacy:** includes accompanying women to trial and supporting them to understand decisions taken by the court.
- **Counselling:** one-to-one support for women within a safe space.
- **Befriending:** supports women to take part in activities to reduce isolation and build confidence.
- **Family support:** for women and children to enhance relationships, communication and confidence.
- **Outreach support for children and young people:** to explore and resolve issues in relation to domestic abuse.
- **Group support for children and young people:** promotes emotional and physical wellbeing.
- **Counselling for children and young people:** one-to-one support to overcome the impact of domestic abuse.