

What women say about the service

*“Without the service I wouldn't have had the confidence to go on outings with my children”*

*“It's tailored to what we need as a family”*

*“We experienced domestic abuse in the home. Support took place in the home and helped change the way we felt in the house”*

### How do I get in touch?

Call Freephone 0808 802 5555 and ask for the Family Support Worker if you want to make a referral, have a chat or get some information or advice about the service.

Or you can visit the website at [www.fifewomensaid.org.uk](http://www.fifewomensaid.org.uk) to complete a confidential referral form online.

Fife Women's Aid is a charitable company limited by guarantee Co. No. SC316350  
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# Family Support Service

Fife Women's Aid



*“After the difficulties our family had experienced the family support worker helped us regain emotional balance”*



### **What does the service do?**

The family support service helps women and children who have experienced domestic abuse to improve relationships and communication.

### **Why do we provide it?**

To build confidence and resilience and promote a nurturing environment.

Some mothers who have experienced domestic abuse struggle with feelings of guilt and low self-esteem. They may lack confidence in their parenting skills or find it difficult to set and maintain boundaries for their children. The family support worker helps mothers to develop their parenting skills and create a family-life structure where children can thrive and enjoy their childhood.

### **Where can I access the service?**

You can access the family support service if you are living in refuge or in the community.

Visits usually take place within your own home or another safe environment. They usually take place weekly, although they can be increased or decreased depending on your needs.

They are arranged to suit you – at a time when you feel you need the service most (including for morning and bed-time routines).

### **How does the service work?**

We work together with you and your family to identify where you need help and to create your own individualised family support plan.

We also help you to devise and set out boundaries and routines to create a safe and loving family environment.

Finally, we help you to plan and organise activities for you and your children to enjoy so that you create new memories.

