

What survivors say about our services

*"I have been able to start moving my life forward, as being in a safe and secure FWA property has helped me to recover."*

### Get in touch

Please ring 0808 802 5555 to talk to a support worker in confidence about your options and our services. The line is open weekdays between 9am and 5pm, and an out-of-hours service is available from 6pm until 8am Monday to Friday and 24 hours at weekends.

For more information about the services we offer and to read stories from survivors, please visit our website [www.fifewomensaid.org.uk](http://www.fifewomensaid.org.uk)

You can also find out more about what we do from our Facebook page or on Twitter and Instagram.



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## Fife Women's Aid Women's Support Service

**HELPLINE**

**Freephone 0808 802 5555**



## Are you experiencing any of these?

- Controlling, coercive, threatening or violent behaviour
- Gas-lighting
- Stalking
- 'Honour-based' violence

These are all forms of domestic abuse.

## We can help

We offer support, information and temporary accommodation for women and their children who have been physically, emotionally, financially and/or sexually abused by a partner or ex-partner.

## Helpline Freephone 0808 802 5555

Here are some of the services we offer.

### Support in your home

If you're living in the community, our staff will meet you in your own home or at a safe and pre-arranged venue where we will work with you to develop a support plan based on your needs.

Support includes anything from filling in forms, accessing furniture, contacting utility suppliers, arranging a home security check, to helping you cope with the emotional effects of domestic abuse.

### Refuge accommodation

Women and children who want to escape domestic abuse can stay in one of our refuges – self-contained flats or houses – where we aim to keep you as safe as possible. These refuges are in confidential locations throughout Fife.

Some of our refuges are accessible for wheelchair users and we also have some that are pet-friendly.

You will be charged a weekly rent for refuge accommodation, but you could be eligible for Housing Benefit to cover this.

### How to get into a refuge

You don't need to be referred by someone else to receive a service – call the support line now on **0808 802 5555** or e-mail us at **[info@fifewomensaid.org.uk](mailto:info@fifewomensaid.org.uk)**.



*“My support worker has helped me with so many things – PIP application, housing, getting clothes. She even managed to make me see that I can fight to get my children back. This is the first time in my life that I have felt listened to.”*