

Helplines

CARA (Challenging and Responding to Abuse)	01389 738 595
Childline	0800 1111
Clydebank Women's Aid	0141 952 8118
Dumbarton District Women's Aid	01389 751036
Homeless (24hr)	0800 197 1004
Police (Alexandria)	01389 823 000
Police (Clydebank)	0141 532 3300
Police (Dumbarton)	01389 822 000
Police (Domestic Abuse Unit)	0141 532 3325
Rape Crisis	0141 552 3200
Scottish Domestic Abuse Helpline	800 027 1234
Social Work (24hr)	0800 811 505

The Women's Safety and Support Service aims to increase the safety and achieve better outcomes for women and children who are or have experienced domestic violence.

You can contact us at:

Municipal Buildings, Station Road,
Dumbarton, G82 1NR

Tel: 01389 738484

Ask for:

Grace McVey

Women's Safety and Support Service Officer

Or

Lorraine Wrigley

Women's Safety and Support Service Worker

We realise how difficult it is to call someone for help. If you do not get to speak with women's workers when you call please leave a message and a number that you can be safely reached on and we will get back to you as soon as possible.

Our opening hours are
Mon-Thurs 8.45-4.45pm and
Friday 8.45-3.55pm



Argyll, Bute & Dunbartonshires'

Criminal Justice Social Work Partnership

Women's Safety and Support Service

For women who are experiencing or have survived domestic abuse

If the offence has been referred to court

or

If you or your partner are receiving a criminal justice social work service

Confidentiality, Safety and Your Rights are our highest priority

Everyone who receives support from Women's Safety and Support Service will be treated with respect, dignity and sensitivity.

What is Domestic Abuse?

Domestic abuse is also known as domestic violence. It can be physical but it can also take many forms for example:

- Verbal abuse such as insults, criticism and putting you down
- Verbal threats to hurt you, your children, someone close to you or themselves if you don't do what he wants or you say you are leaving
- Sexual abuse
- Being kept isolated from family and friends, being 'checked up' on, being 'bad mouthed' to others or being locked in
- Financially controlling behaviour such as withholding money or making you account for money spent
- Physical intimidation such as punching walls and shouting in your face

Domestic abuse/violence is not caused by alcohol, bad childhood experiences or an inability to manage anger. It is about control and the abuse of power and is never your fault.

How is it affecting you?

Living with domestic abuse affects women differently but for many women there are some common feelings.

- Do you feel unsafe?
- Are you constantly thinking about how you can avoid his behaviour?
- Do you feel guilty, betrayed, angry, powerless, and ashamed?

All these feelings and thoughts are normal and sometimes these feelings may continue long after the threat is removed.

Often confidence and self-esteem are affected and as a result of coping with abuse and a constant threat of or actual violence other difficulties can develop such as anxiety or depression

How can Women's Safety and Support Service help you?

Women's support workers have skills in supporting women with the range of difficulties that you may be experiencing as a result of domestic abuse. We will listen to you to help you identify your specific needs and give guidance on what support is available to you.

We provide:

- Regular one to one contact offering emotional and practical support
- Phone support
- Group support
- Information and advocacy support at meetings with other agencies

We will actively seek to offer you support although your involvement is completely voluntary

The process of recovery from domestic abuse is a journey that can take some time and is not always easy. But as you start to feel safer and more in control of your life you will regain the power to make decisions that are right for you.

We can support you to:

- Increase your safety and deal with immediate risk and emergency situations
- Build up your self esteem and confidence
- Increase your awareness of potential supports and surround yourself with supportive people
- Talk about how you are feeling
- Plan for the future
- Understand that abuse is never your fault
- Recognise how you have been affected and support you to recover emotionally
- Access additional specialist services in your area.
- Access support for your children