

## If You Stay, Stay Safe

- ▶ Listen to your instincts - do whatever it takes to stay safe.
- ▶ Share your concerns with your GP, Health Visitor and any other person you can trust.
- ▶ Plan how you will get away safely no matter where you are.
- ▶ Be careful not to 'give away' your safety plan to your abuser.
- ▶ Memorize the phone number for the Crisis Line. In an emergency, dial 999.

## If You Leave, Stay Safe and Be Prepared

### ... Pack

- ▶ Original or photocopies of the birth certificates and passports of children and yourself.
- ▶ Save some money for taxi
- ▶ A change of clothes
- ▶ Extra house and car keys
- ▶ Original or photocopies of driver's licence
- ▶ Medications
- ▶ Cheque book and credit cards
- ▶ Address books
- ▶ Papers that show jointly owned assets

Your safety is the most important thing. If you are unable to collect all of these things, just leave, make sure that you are at a safe place.  
**REMEMBER - IT ISN'T YOUR FAULT AND YOU ARE NOT ALONE!**

## Referrals & Contact

We accept referrals from Housing, GPs, Health Visitors, Midwives, Police, Social Work, Voluntary Organizations, Family/Friends and individuals.

If you would like to make a referral to **Shakti's Outreach Service in Fife**, you can contact us at:

**Auchterderran Centre | Woodend Road  
Cardenden | Fife KY50NE | Tel: 01592 583677**

or alternatively you can e-mail the  
Outreach worker at:  
**fehmid.abbas@fife.gov.uk**

You can also contact Shakti in Edinburgh for referrals, or advice at:

**Shakti Womens Aid | Norton Park  
57 Albion Road | Edinburgh EH7 5QY  
Tel: 0131 475 2399**

For training, awareness-raising and  
consultation enquires please contact:

**Shakti Information & Education Project  
9 Howe Street | Edinburgh EH3 6TE  
Tel: 0131 558 2500**



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# Shakti Women's Aid

(in Partnership with)

**FIFE DOMESTIC and  
SEXUAL ABUSE PARTNERSHIP**

**Outreach Service for Black and  
Minority Ethnic Women and  
their Children**

[www.shaktiedinburgh.co.uk](http://www.shaktiedinburgh.co.uk)

**'A SERVICE THAT IS ABOUT YOU'**

Shakti Women's Aid



# Shakti Women's Aid

## Shakti Outreach Service for Women, Children & Young People in Fife

**Shakti Women's Aid** is a voluntary organisation offering support and information to black and minority ethnic women and their children, experiencing and/or fleeing domestic abuse.

### What is Domestic Abuse?

Domestic abuse can be physical, mental, sexual or financial abuse from a husband, partner, ex-partner or extended family member.

### Are you, or someone you know :

- ▶ Hit, pushed or kicked?
- ▶ Regularly put down, called names threatened?
- ▶ Forced to have sex?
- ▶ Imprisoned not allowed to see family/friends?
- ▶ Worried about forced marriage?

*If any of these things are happening to you or someone you know we can help.*

## The Fife Outreach Service

*Our Outreach service offers information and emotional and practical support for you and any children you have.*

*We can help support you to access information and advice as well as practical assistance from other agencies on:*

- ▶ Benefits available to you and help you to apply for appropriate benefits.
- ▶ Housing options available
- ▶ Legal issues like Divorce, Immigration etc as well as assistance to access lawyers and legal aid.
- ▶ Education, Employment and Training

### We also provide:

- ▶ One to one emotional support
- ▶ Support through telephone and/or e-mails
- ▶ Advocacy for you and your children to ensure equitable access to services.



## Safety & Security

**Shakti Outreach Service** for women will always make sure support is given in a safe and secure place.

## Confidentiality

Our support is **free** and **confidential** and we will not disclose information to anyone. However, if as workers we are concerned that someone may be in danger or at significant risk then information may be shared but only with relevant agencies.

## Capacity Building

The worker will work with professionals in Fife to increase their capacity to effectively support black and minority ethnic women, children and young people who have experienced gender-based abuse.

## Working in Partnership

Shakti understands the complex issues faced by black and minority ethnic women and their children and values partnership work. Shakti believes providing a safe and secure environment for women and their children is essential for effective and responsible outreach work, with partnership work playing a vital part.

### OTHER SERVICES AVAILABLE FROM SHAKTI :

Support and Outreach for Black & Ethnic Minority Women, Children and Young People across Edinburgh & Lothians.

Training, Awareness-raising and consultation with the Shakti Information & Education Project