

## Help from East Lothian Women's Aid

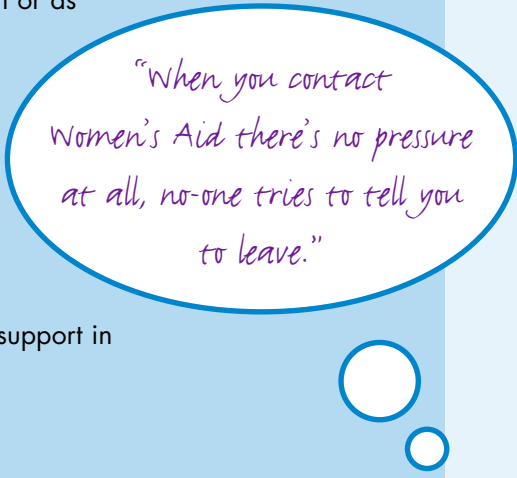
East Lothian Women's Aid offers confidential information, support and a safe place to stay to women and children affected by domestic abuse.

If you want to talk about what is happening, discuss any fears or anxieties, or need help to look at your options, you can speak to a worker by phone or meet up with them. You can tell them as much or as little as you like.

Women's Aid will not tell you what to do but will give you information and support so that you keep yourself and any children as safe as possible. You do not have to leave an abusive partner or live in a Women's Aid refuge to get support from Women's Aid. Women's Aid has worked with abused women for over 30 years and knows that, for many women, these are not the only, or even the best, options.

Whatever has happened to you and whatever you decide to do, Women's Aid will not judge you or blame you. They will believe what you say. You can use its services as often or as little as you choose.

East Lothian Women's Aid is part of the national network of groups affiliated to Scottish Women's Aid. This means that it complies with a national code of practice. It also means that if you need to get away from East Lothian, Women's Aid can link you into support in other areas.



*"When you contact Women's Aid there's no pressure at all, no-one tries to tell you to leave."*

## Help from East Lothian Women's Aid

### East Lothian Women's Aid services

Women's Aid can help in many different ways, whatever your situation. For example its services include:

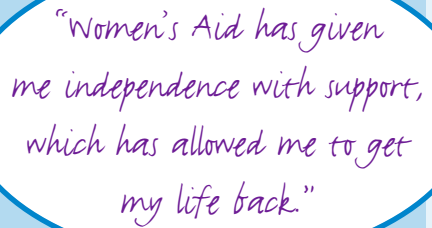
- Face to face and telephone support if you want to talk, whether or not you choose to stay with an abusive partner, put him out of the house or leave him
- Information about legal protection from abuse and rights to safe housing and welfare benefits
- Speaking to other agencies on your behalf (if you want this) to make sure that you get a good response. This could include your child's school or your employer
- Accompanying you to lawyers, police, housing departments
- Follow on support if you need help to settle back home or in a new home or area
- Qualified children's workers who can support children of all ages, and give you advice and support in parenting them



## Help from East Lothian Women's Aid

### Your safety

The safety of you and your children is vital. You can speak to a Women's Aid worker in complete confidence. They will not tell anyone else what you say unless they think that a child is at risk of harm.



*"Women's Aid has given me independence with support, which has allowed me to get my life back."*

Women's Aid will speak to you at a time and place that suit you so you are not put in any danger or your privacy breached (most women do not want their neighbours or the local community to know their business).

### Safe accommodation

If you need to get away from an abusive partner or ex-partner, Women's Aid can find safe temporary accommodation for you. This could be with the local council or in a Women's Aid refuge. This could be in East Lothian or in another area if it is not safe for you to stay here.

Women's Aid refuges are a safe, temporary place to stay while you decide what to do next. Some women stay a few nights for a breathing space and others stay much longer. All refuges are different and a worker will tell you more about the facilities in each.

Women's Aid provides support to children of all ages in refuges. So, whether your children are babies, teenagers or somewhere in between, they will be helped to settle in, make friends and keep life as 'normal' as possible, for example, by getting them to their old school or nursery. Refuges also have good links with health visitors, GPs and other professionals.

## Help from East Lothian Women's Aid

### Contact East Lothian Women's Aid

**Telephone:** 0131 665 9552

The phone line is open from Monday to Friday from 10am to 3pm and on Saturday from 10am to 12.30pm.

**Drop in: 69 Eskside West, Musselburgh**

Drop in without an appointment on Monday to Friday from 10am to 3pm.

**Appointment: Musselburgh, Haddington, North Berwick, Dunbar**

Phone for an appointment to see us at a time that suits you close to where you live.

**Phone the Scottish Domestic Abuse Helpline in confidence on 0800 027 1234 any time, day or night.**

Domestic abuse: there's no excuse

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