

Whether you decide to leave or not, it is important to look after your physical and mental health and to think about how you will protect yourself and any children from harm.

Devise a rehearsed safety plan and in an emergency always dial 999.

Some helpful ideas if you decide to leave:

- Tell someone you trust about the abuse, get help to leave from family or friends, if you can
- Plan how you will leave with a Women's Aid worker
- Try to have some money available
- Gather important documents such as birth certificates, passports, NI number and driving licence
- Mobile phone and charger
- Have some clothes, toys and important possessions ready if you need to leave quickly
- Try to keep a key to your home

### **East Renfrewshire Domestic Abuse Project**

Confidential information, support and safe Refuge for women, children and young people who have experience or are experiencing domestic abuse.

#### **Local Office**

Voluntary Action  
56 Kelburn Street  
Barrhead  
G78 1LR  
Tel: **0141 876 9565/6**

**9am – 5pm Monday to Friday**

Email: [erdapinfo@wasl.org.uk](mailto:erdapinfo@wasl.org.uk)  
[www.wasl.org.uk](http://www.wasl.org.uk)

#### **Registered Office**

115 Cadzow Street  
Hamilton  
ML3 6HG  
Tel **01698 891498**  
Fax **01698 286849**



East Renfrewshire Domestic Abuse Project is a domestic abuse service hosted by Women's Aid South Lanarkshire, serving the communities across East Renfrewshire. We aim to support and empower women, children and young people who are experiencing, or have experienced domestic abuse. We provide a range of needs led services including Refuge accommodation, support and information, which ensures improved outcomes. Our services are based on listening to women, children, young people and our partner agencies.

**EAST RENFREWSHIRE  
DOMESTIC ABUSE PROJECT**

Hosted by **Women's Aid • South Lanarkshire**

*Domestic abuse is most commonly experienced by women and perpetrated by men.*

*It is rarely an isolated incident and often gets worse over time.*

*It is estimated that in Scotland, 1 in 5 women will experience domestic abuse regardless of age, beliefs, race, religion or lifestyle.*

Domestic abuse includes:

- Physical abuse – slapping, punching pushing
- Mental abuse – controlling behaviour, threats, name calling, isolates you from friends and family
- Sexual abuse – being forced to have sex, feeling humiliated or degraded, rape
- Financial abuse – withholding money, controlling your wages, forcing you to work

Domestic abuse may include one or several of the above

**You are not to blame**

**You don't have to put up with it**

**Help and support is available**

**ERDAP can provide emotional support and practical help.**

The services we offer include:

#### **Helpline/Drop In Service**

We know that making the first contact with ERDAP is daunting and that leaving an abusive partner is very difficult.

However, we aim to provide a supportive listening ear to all women. You can call us or come to speak to us in person; we can discuss your situation and the options available to you.

We can provide information about benefits, re-housing and legal issues and can advocate on your behalf or ask other agencies to help.

#### **A Safe Place to Stay**

A Refuge is safe accommodation where women with or without children can live free from abuse and have time and space to recover.

We have a range of self-contained flats across East Renfrewshire.

We ensure that our Refuges are safe and comfortable places to stay while you decide what to do next and take control of your life again.

#### **Outreach Services**

We hope to reach out and offer support to women who are not in Refuge.

We can support you if you wish to remain in your home or in other temporary accommodation. We can meet you in a safe place, especially if you live in a rural area.

We offer one-to-one support to women in crisis situations or longer term support for those in on-going domestic abuse situations. We also support women who have moved on from Refuge.

We run support groups for women with experience of domestic abuse.

#### **Services for Children and Young People**

Children and young people are offered support by specialist Children & Young People's Workers with their experiences of living with and witnessing domestic abuse.

We support children and young people through talking, listening, play, creative activities and group work. We offer one-to-one sessions and/or work within a group, to enable children to discuss and explore issues surrounding domestic abuse in a safe and friendly environment.

Our aim is to enable children and young people to express and understand their feelings, build confidence and self-esteem and to build links within the local community. We will work together to help children and young people feel safe and to recognise that they are not isolated with their experiences.

The children and young people's service supports children and young people who are not in Refuge and may be living with domestic abuse. Workers can meet children and young people at school or any other safe place.