



## Grampian Women's Aid

One in four women will experience domestic abuse at some point in their lives.

On average two women are killed every week by a male partner or ex-partner in the UK.

**To make a donation, please phone, e-mail or via our website.**

“when you hear his key in the lock and you start to shake”

“when you beg him to stop and he doesn't”

“when you start and end each day feeling scared”

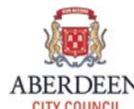
“When you can't talk to anyone because he's taken your phone”



## Grampian Women's Aid

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# Grampian Women's Aid



serving the communities across Aberdeen and Aberdeenshire



Grampian Women's Aid offers a free, confidential and non-judgemental service to women, children and young people, who have experienced domestic abuse.

# We are here for you every step of the way.



**Domestic abuse** is when a partner or ex-partner makes you feel scared or frightened. You might be hurt physically, sexually or emotionally. It often gets worse over time. Although it can impact on anyone, it is most commonly experienced by women.

We know moving on from domestic abuse can be hard.

**We are here for you every step of the way.**



Grampian Women's Aid



We are **here** for you on **01224 593381**



We will **listen** and believe you



We will **respect** your choices



We can **help** you find somewhere safe for you and your children



We can **advise** you on housing, benefits and legal issues



We can **assist** you to speak to the police and the courts if you want us to



We will **support** you while you decide your future path

**'this (the refuge) has been a home of safety of warmth and of comfort. I have received excellent support, encouragement and guidance in a time of great trial!'**

**'I am not ashamed of the abuse anymore!'**

**'You fully respected me and my wishes!'**

## What Services We Offer

- One to one practical and emotional support.
- Somewhere safe to stay either in refuge (if available) or other housing options.
- Outreach support anywhere in Aberdeen or Aberdeenshire.
- Children and young person's support.
- Specialist counselling.
- Employment and training support.
- Safety planning and safety measures for homes.
- Specialist money advise.
- Childcare provision.
- Use of Interpreters.



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