

**If you require this leaflet
in another format/
language please do not
hesitate to contact us.**

Useful Numbers:

**Women's Aid support line
0808 802 5555**

Police

**In an emergency call 999 / To report
a crime call 101**

**Citizens Advice Bureau
0345 140 0095**

**Fife Council
[03451 55 00 00](tel:03451550000) (switchboard)**

**The Independent
Advocacy Service is
FREE to all women
across Fife who have
been affected by
Domestic Abuse**

*If you would like more
information*

Phone: 0808 802 5555

Laura : 07964 757445

Lisa: 07964 757383

Email: advocacy@fifewomensaid.org.uk

Website: www.fifewomensaid.org.uk

**It is time to be
heard**



**INDEPENDENT
ADVOCACY**

**For Women Affected by
Domestic Abuse**



Tel: 0808 802 5555

Helping women find their voice

What is Independent Advocacy?

If you have experienced Domestic Abuse – past or present – then we are here to help your voice be heard.

The Advocacy Workers are independent of all services and individuals such as family members, Social Work, NHS, Education, Housing etc.

All Advocates are female and work only with female clients.



An Advocate will:

- ∂ Help you speak up for yourself without judgement or bias
- ∂ Speak on your behalf if you feel you can not
- ∂ Listen to you and make sure you have all the options available to you
- ∂ Give you support and information (where appropriate)



An Advocacy Worker will not:

- ∂ Tell you what to do
- ∂ Make decisions for you



An Advocacy Worker can help in many ways, to make sure you are listened to and know your rights.

- ∂ Support with meetings
- ∂ Complaints
- ∂ Housing
- ∂ Phone calls
- ∂ Writing Letters
- ∂ Engaging with professionals
- ∂ Legal rights