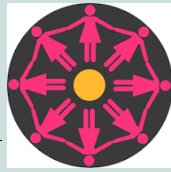


# Dundee International Women's Centre



- Any woman in Dundee can come to the centre and make use of the facilities. We offer social and educational classes Monday - Thursday, and we're open 9am-3pm.
- Our 'Cosy Space' is open from 10am, and women don't need to be members to stay in the centre and use the WiFi, stay warm during winter, or meet their friends.  
Friendship Group- Tuesdays 1pm-2.45pm
- Discover Dundee- Wednesdays 10am-12pm- Outings, walks, exploring Dundee.
- We offer lunch on Tuesdays and Thursdays. The price for this is currently £1.50 and £2.50 respectively, and 50p for children. Menus are posted on Facebook every week and we ask that anyone wanting lunch (to eat in the centre or takeaway) books at Reception the day before.

- Membership runs for one year and costs £6 (for anyone wanting to join in classes). Everyone joining pays £6 and then we ask members to renew on 1st September the following year. There is no referral system, and no need to book an appointment to see the centre. I am always on the front desk and can show new members around the centre and answer any questions.
  - Men are welcome to come along with women for a visit (such as husbands or sons) but we ask that they do not stay in the centre during a class or lunch club
  - Social classes (like cooking or sewing) are drop-in sessions and don't require booking.
  - Educational classes (like English or NPA) require an appointment with our English teachers for an assessment to make sure they are at the correct level.

## Creche

- We have an in-house creche which accepts children of any age up to 16.
- This is open to any child in Dundee, and parents / carers don't have to be a member of DIWC to use it.

- Spaces are limited, so we require booking in advance, and cancellation if not able to attend.
- This service is currently free.

For additional information or to book lunches/classes, please email [reception@diwc.co.uk](mailto:reception@diwc.co.uk) or visit <http://www.diwc.co.uk> for a full list of activities.



## WRASAC

We support women, including trans women, and young people of all genders (aged 8 -18), who have experienced any form of sexual violence, abuse or exploitation in their lives. Support can include 1:1 sessions in our centre or on an outreach basis in a place you feel safe.

We are a free and confidential service and can provide an independent interpreter so you can access our service. If you have experienced sexual violence at any time in your life, you can get in touch with us via our support line - 01382 201 291 or via email [support@wrasac.org.uk](mailto:support@wrasac.org.uk). More info: <https://www.wrasac.org.uk/>



# Dundee Women's Aid

Dundee Women's Aid

At Dundee Women's Aid we provide a confidential and non-judgemental service to women, young people and children who have experienced domestic abuse. The abuse may be from a partner, ex-partner or someone you are living with. As an organisation we provide a range of services including information, support and temporary refuge accommodation.

We strive to provide an inclusive service and support women from all backgrounds regardless of substance use issues, mental/physical health, race/ethnicity, religion, age, disability, gender identity or sexual orientation.

- One to one support
- Group work with other women
- Support, whether you choose to stay with or leave your partner
  - Information about your rights
  - Safety Planning
- A safe, temporary place to stay
- Support in finding a new home
  - Support for young people & children
- Sign posting to other agencies that can help

Call us:

If you feel you are in immediate danger, please contact the police on 999

Support Line: 01382 207099  
Mon - Fri, 9:30am - 12:30pm & 1:30pm - 4:30pm

Text Line: 07763 682 105  
Mon, Tues, Wed, Fri, 10:00am - 12:00pm & 2:00pm - 4:00pm  
Thurs: 10:00am-12:00pm

## Shakti Women's Aid - (Hosted by Dundee women's Aid)

Shakti women's Aid based in Dundee is an outreach based service covering Tayside- Dundee, Angus, Perth and Aberdeen to provide one to one support to Black Minority Ethnic women and girls (over 16 years) experiencing domestic abuse which also includes honour based abuse, forced marriage and FGM.

Contact: 01382 207 095

Translated by Anna Yule

