

USEFUL CONTACT NUMBERS

Women's Aid

Support, information and refuge for women and their children who have / are experiencing domestic abuse.

Dundee (01382) 202525
Angus (01241) 439457

Police (Family protection unit)

Dundee and Forfar (01382) 223200

Procurator Fiscal Offices

Dundee (01382) 227535
Arbroath (01241) 876555
Forfar (01307) 463296

Samaritans

National helpline 08457 909090

National Counselling Service

Dundee (01382) 305720

Victim Support Witness Service

Arbroath (01241) 872377
Dundee (01382) 202265

Dundee North Law Centre (01382) 432458

Genito-Urinary Medicine Clinics

Ninewells Hospital Dundee (01382) 425542

HOW TO CONTACT US

WRASAC, PO Box 83, Dundee, DD1 4YZ.

Business line: (01382) 205556

Email: wrasac@btconnect.com

Website: www.wrasacdundee.org

HELPLINE

(01382) 201291

Support workers are available at the following times, to offer support and provide information.

Monday 12pm - 2pm

Tuesday 10am - 12pm

Wednesday 7pm - 9pm

Thursday 2pm - 4pm

Friday 7pm - 9pm

24 Hour Answering Machine

At any other time, messages can be left and will be returned discreetly, as soon as possible.

This leaflet is based on information from and with kind permission from; www.safer-community.net

All our leaflets are available in large print, Braille and on CD. Please contact us for more information.

This leaflet is funded by the Community Regeneration Fund

The Women's Rape and Sexual Abuse Centre is a registered charity number SC009070. The Centre is also a Company limited by guarantee – Company number SC241372 the registered address of the Company is Blackadders Solicitors, 30 to 34 Reform Street Dundee DD1 1RJ. Please note this is not our office or address for correspondence.

**WOMEN'S RAPE AND
SEXUAL ABUSE CENTRE**

A free and confidential service

Personal Safety

SELF-DEFENCE

Attending courses on self-defence can be useful to build on confidence and self esteem, they are also a lot of fun! Of-course self-defence or anything physical should be practiced regularly. But it could offer you vital time to escape your attacker.

No matter what you do, no-one knows how they will react, even if you have done self-defence you may freeze, the blame always lies with the abuser.

If you are interested in attending one of our FREE self-defence courses contact the Centre for more information.

AT HOME

When visitors call:

- If you have a security chain or peephole, use them!
- Ask for ID e.g. tradesmen, gas men etc
- If you have sight problems, have a magnifying glass handy at the door to check papers or ID.

OUT AND ABOUT

- Be alert. Take note of your surroundings and the people nearby.
- Try to look and act confident – look like you know where you are going and walk tall.
- Keep to the centre of the pavement as this enables you to see around corners.
- Walk facing oncoming traffic to avoid potential kerb crawlers.
- If you feel insecure, go to a busy place and either contact a friend for help, or arrange for a taxi to pick you up.
- Shout ‘fire’ rather than ‘help’ – it can get more results.

- If you use a wheelchair, keep your things beside you.
- When using a cashpoint, put your money in your purse or pocket before you walk away.
- Have your keys in your hand before you get home – it can save you valuable time.
- Plan your route, try to avoid badly lit, isolated areas at night, let friends know what time you are due to arrive, phone to let them know you’re home safe.

ON A NIGHT OUT

- Make a plan with friends before you set off about arrangements to get home if separated and try to stick to them!
- If it is not possible to stay together, take a mental note of where someone is going and with whom.
- Don’t leave drinks unattended or with someone you don’t know well.
- If you find yourself in an argument with someone who is under the influence of alcohol or drugs, don’t try to reason with them, it may make the situation worse, leave if you can.
- In an emergency, call 999.

TRAVELLING

By Car:

- Keep your car doors locked at all times.
- Plan your route so you don’t get lost.
- Ensure you have a map in the car, enough petrol, check your tyres, and join a motoring organisation.
- Check the inside of your car, especially the back seat before entry.
- If you feel you are being followed drive to the nearest police station, honk your horn or call from your mobile phone. Note the car make, model and registration if you can.

- When parking your car, be aware that it may be dark when you pick it up. Park in a well lit place, if possible, close to the car park entrance, or a busy thoroughfare.
- Have your keys in your hand before you get to your car.

By Bus:

- Try to avoid remote or secluded bus stops.
- Keep timetables for your bus handy.
- Sit near the front, close to the driver.
- If you are approached or harassed by someone, complain to the driver.

By Train:

- Steer clear of empty carriages.
- If approached or harassed by someone – move, or complain to the ticket inspector

By Taxi:

- Learn the telephone number of a reliable and trustworthy taxi company and have it programmed into your phone/mobile.
- Pre-book a taxi in advance – asking for the driver’s name and registration number.
- Avoid flagging down taxi’s in the street.
- Be wary of the car’s locking systems e.g. child locks.
- Sit behind the driver.
- Don’t give the driver too much personal information about yourself.

PERSONAL ALARMS

Personal alarms can surprise your attacker due to the amount of noise they make. This can give you valuable time to get away. However, there are a variety of different alarms on the market to choose from. It may be worthwhile to have a demonstration of each, before making a decision about which would best suit your lifestyle. (WRASAC offers this service during our personal safety workshops)