

## DASAT CHILDREN'S SERVICE\*

Domestic abuse can impact on a child's health and wellbeing. In some cases these impacts continue into adulthood. Symptoms in children witnessing domestic abuse may include bedwetting, behavioural problems such as angry outbursts, lack of concentration and poor performance at school, lack of self-worth. Often they find it difficult to both identify and express their feelings.

With your permission, our workers can provide a safe place for children to express their feelings and talk about the abuse. We help each child develop a safety plan. We work with your child to increase confidence and a sense of self-worth.

Joining our group work sessions can help improve confidence and communication skills. In addition, the CEDAR group work programme can help improve the relationship between mother and child.

*\*We work with children aged 3 to 16 years.*

*Your child is not alone*

## DASAT COUNSELLORS

Trauma counsellors (seconded) from Open Secret offer a confidential service, through DASAT, to adult survivors of both sexual assault and domestic abuse. Surgeries are held throughout West Lothian. In addition an Art Group meets during school term in the Howden Park Centre providing support for adult survivors of abuse.

## THE ALMOND PROJECT

This project within DASAT offers a support service to women who are or have been involved in the Criminal Justice system and feel they need help to reduce their re-offending. A separate leaflet is available which tells you how this project can help you.

## HOW TO CONTACT US

**IF YOU WOULD LIKE TO FIND OUT MORE ABOUT ANY ASPECT OF OUR SERVICE PLEASE CONTACT:**

**THE DOMESTIC AND SEXUAL ASSAULT TEAM (DASAT):**

**01506 281055 (9AM - 5PM)**

**EMAIL: [DASAT@WESTLOTHIAN.GOV.UK](mailto:DASAT@WESTLOTHIAN.GOV.UK)**

**BY LETTER OR IN PERSON:**

**DOMESTIC AND SEXUAL ASSAULT TEAM**

**WEST LOTHIAN CIVIC CENTRE**

**HOWDEN SOUTH ROAD, LIVINGSTON EH54 6FF**

## OTHER USEFUL CONTACTS

**CHILDLINE: 0800 1111**

**DOMESTIC ABUSE HELPLINE: 0800 027 1234**

**SHAKTI WOMEN'S AID: 0131 475 2399**

**WEST LOTHIAN WOMEN'S AID: 01506 413721**

**RAPE CRISIS SCOTLAND HELPLINE:**

**08088 01 03 02 LINES OPEN 7 DAYS 6.00AM - MIDNIGHT**

**EDINBURGH RAPE CRISIS CENTRE:**

**0131 556 9437**

**SCET (SOCIAL WORK - EMERGENCY OUT OF HOURS):**

**01506 281028/29**

**WEST LOTHIAN COUNCIL HOUSING: 01506 280000**

**VICTIM SUPPORT: 01506 635050**

**DOMESTIC ABUSE LIAISON OFFICER (POLICE):**

**01506 833834**

**BREATHING SPACE: 0800 83 85 87**

**LINES OPEN MON - THURS 6.00PM - 2.00AM**

**WEEKEND 6.00PM - 6.00AM**

**SAMARITANS HELPLINE:**

**08457 909 090 LINES OPEN 24HRS PER DAY. 7 DAYS PER WEEK**

# THE DOMESTIC AND SEXUAL ASSAULT TEAM

# DASAT



*Working with adults and their children  
who are experiencing or have experienced  
domestic abuse/coercive control in their lives.*

**DOMESTIC ABUSE IS NOT ACCEPTABLE**



## WHAT IS DOMESTIC ABUSE?

Domestic abuse is any incident or behaviour by your partner or ex-partner that makes you afraid. It may include violence or threats of violence. It can include psychological, emotional and/or financial abuse and /or coercive control. Domestic abuse can happen to anyone regardless of age, ability, ethnicity or social background. It is often kept secret.

*It is not your fault*

## WHAT IS COERCIVE CONTROL?

It is a pattern of behaviour which seeks to take away your liberty or freedom e.g. domestic abuse offenders who engage in coercive control do things like limiting your contact with friends and family, controlling access to money, controlling aspects of your everyday life like when and what you eat, what you can and can't wear.

Coercive control is a violation of your human rights!

*You are not alone*

## WHAT IS SEXUAL ASSAULT?

Sexual assault is any unwanted sexual act including forced sexual contact and/or sexual touching. Rape includes not only vaginal penetration, but also anal or oral penetration, by the penis, without prior consent. Sexual assault can be perpetrated on or by, a male or female.

*You may want to talk to someone about this.*

## EXPERIENCING ABUSE ? HOW CAN WE HELP?

Our worker(s) can talk to you about your needs. We offer support in the following areas:

- Safety planning
- Advice
- Emotional support
- Information and signposting
- Support for your children
- Advocacy, working with other agencies to help you get the support you need.
- Specialised support for victims of sexual assault (recent and historical).

## OUR WORKERS HAVE SPECIALISED TRAINING IN VARIOUS ASPECTS OF ABUSE.

Many of the people with whom we work have substance misuse problems to help cope with, or manage, the abuse. Our workers have an understanding of the additional complexities this may bring.



## IS THIS YOU?

If you have recently reported an incident to the police and want support, DASAT will respond to you by text or phone to explain how we can assist. If you need information and support regarding the court process our worker will help you through this stressful process.

*Is this you?*

Are you a victim of rape or sexual assault? Should you decide to report an incident our worker can listen as you consider the options open to you. Practical and/or emotional support is offered on a short or long term basis.

*Is this you?*

Are you living in fear but want to remain within your own home? Is this no longer an option? As part of West Lothian Council's preventative approach LISA will discuss your housing options with you and help YOU to make an informed decision.

*Is this you?*

Are you a woman from a minority population living in West Lothian who is currently experiencing or has experienced domestic abuse? Our workers have experience in supporting women from a variety of communities and access to translation services.

*Help is there for you when you need it most.*

Information is available in braille, tape, large print and community languages. Contact the interpretation and translation service on **01506 280000**.

Text phones offer the opportunity for people with a hearing impairment to access the council. The text phone number is **01506 591652**. A loop system is also available in all offices.