

Thoughts and words from the women who use **OWLS**.

*"Feels like a large extended family."*

*"No divide, staff and clients feel equal, feel no one judges."*

*"It's great, all the services I need are in one building."*

*"It's a safe space were I can look at my support needs as an individual."*

*" Encouraged to make changes and good choices for me."*

*"I feel I have learned a lot about me, I have received the right support for me to sort my life."*



The team is made up of the following staff:

- ❖ Team Leader, Community Safety
- ❖ Social Worker, Community Safety
- ❖ Key Workers, Community Safety
- ❖ Drug and Alcohol Worker
- ❖ NHS Nurse and Community Psychiatric Nurse
- ❖ Housing Support Worker
- ❖ Mentor TCA
- ❖ Befriender Service

We aim to support you, in meeting your needs through partnership working.

For a copy of the timetable of activities contact us at:

OWLS  
58 West Mill Street  
PERTH  
PH1 5QP

Tel 01738 459656

If you or someone you know would like a copy of this document in another language or format, (on occasion, only a summary of the document will be provided in translation), this can be arranged by contacting the Customer Service Centre on 01738 475000.

You can also send us a text message on 07824 498145.

All Council Services can offer a telephone translation facility.

[www.pkc.gov.uk](http://www.pkc.gov.uk) (PKC Design Team - 2015349)



# Onestop Womens Learning Service

**NHS**  
Tayside





*The advantage of being part of a group is that it can reduce feelings of isolation. It's a place where you can offer understanding to other group members, and learn how other people deal with their feelings.*

*Our aim is to provide an accessible, approach to support, advice and information to everyone who attends groups and drop-ins.*

We run workshops which encourage:

- ❖ *confidence building*
- ❖ *self-esteem building*
- ❖ *mindfulness*
- ❖ *cookery classes*
- ❖ *alcohol awareness*
- ❖ *drug awareness*
- ❖ *community safety*
- ❖ *employability*
- ❖ *vocational training*
- ❖ *parenting classes*

We often invite speakers along to talk.

We also like to have days where we try and discover our hidden skills and be creative.

**OWLS** is a safe and welcoming space in which women can access the support they need to make positive changes.

Whether it is to work on aspects of your life through 1-2-1 work or come along to be part of group sessions.

We have our own centre at **OWLS** in West Mill Street, Perth, where you can have informal chats with other women or meet your allocated worker and get support. It is a place where you can gather your thoughts, relax and have a tea or coffee.

You can get support with:

- ❖ *medical/health issues*
- ❖ *employment*
- ❖ *benefits/money matters*
- ❖ *relationships*
- ❖ *leisure/hobbies*
- ❖ *motivation/confidence building*
- ❖ *peer mentoring*
- ❖ *housing*

