

## WOMEN'S SERVICES

### Rape & Sexual Abuse Centre (RASA) for Women in Merseyside

PO Box 35  
Birkenhead  
Wirral  
CH42 4RX

Tel: 0151 666 1392 (helpline)  
0151 650 0155 (office hours only)

Email: [rasamerseyside@btconnect.com](mailto:rasamerseyside@btconnect.com)

Phoneline hours: Monday and Thursday 7pm - 9pm,  
Wednesday 2pm - 5pm, Sunday 3pm - 5pm.

At all other times please leave a message so we can respond promptly.

Services are for women and girls who have experienced any form of sexual violence at any time in their lives and can be accessed by self referral via the helpline.

#### Services provided:

- face-to-face counselling and support (Birkenhead, Liverpool, Sefton or at a location convenient to you)
- independant sexual violence adviser (ISVA) service for Wirral, Liverpool and Sefton
- telephone helpline
- support to survivors and their female relatives
- court support
- hospital/doctor visit support.

### Venus

Zero Centre  
169 – 171 Laird Street  
Birkenhead CH41 OAA  
Tel: 0151 670 1528

Venus provides a programme of help and support for women who have experienced domestic abuse including physical, emotional, sexual, social and economic abuse.

### Wirral Drug Service - Women's Clinic (see page 31)

### Women's Enterprising Breakthrough (WEB Centre)

176 Corporation Road  
Birkenhead  
CH41 8JQ

Tel/Fax: 0151 653 3771

Email: [info@womensenterprisingbreakthrough.org](mailto:info@womensenterprisingbreakthrough.org)

Opening hours: Monday, Wednesday and Thursday 10am - 3pm.  
Telephone contact is available at other times.

WEB is a community based service provider based in Birkenhead. We support all women with complex needs, regardless of labels placed on them by services and society. Many are isolated, have low self-esteem, suffer from depression and lack hope. By offering mutual support, women can increase their self-confidence and self-esteem, which will enable them to live a more fulfilled life.

#### Services provided:

- drop in service
- one to one support
- aromatherapy and relaxation
- volunteering/training opportunities
- training courses.



### **How to access:**

Women can either self refer or be referred by an agency.  
The WEB Centre has its own referrals procedure.

## **Zero Centre (Merseyside)**

169/171 Laird Street

Birkenhead

Wirral

CH41 0AA

Tel/Fax: 0151 670 1528

Email: [zerocentre@aol.com](mailto:zerocentre@aol.com)

Opening hours: Monday 10am - 4pm, Tuesday - Friday 9am -4pm

The Zero Centre is a dedicated domestic abuse drop in centre for women and children who have been affected by domestic violence.

### **Services provided:**

- one to one support/counselling
- outreach support
- domestic violence awareness training for agencies
- legal advice
- programmes for both women and children.