



**SOUTH AYRSHIRE**  
WOMEN'S AID

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**VOLUME 3 - AUTUMN NEWSLETTER**

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Welcome to our quarterly newsletter

In this issue we will cover our referral intake, opening of our new refuge accommodation, information, recent events, thank yous and feedback on our service.

Due to the current pandemic we continue to support women and children via telephone and zoom. We are providing face-to-face support by appointment adhering to Government guidelines at all times.

We are not open to the public but we are still operating and can be contacted. Our opening hours are 9.00 a.m. to 4.30 p.m. We can be contacted on:

Telephone: 01292 266482 Email: [support@sawamail.org.uk](mailto:support@sawamail.org.uk)





## **REFERRALS**

As always it has been another busy few months receiving referrals.

During the months of July to September 2021 we have received 108 referrals to Women Support Service and 29 to our Children Support Service.

# **Partnership Working**



## **LOCAL OUTCOME IMPROVEMENT PLAN**

We continue to work with Police Scotland in relation to the Disclosure Scheme for Domestic Abuse Scotland (DSDAS) and Multi Agency & Coordination (MATAC). These meetings are in place to ensure the wellbeing & safety of families experiencing domestic abuse



## **COVID FUNDING**

We are delighted to have been awarded additional funding from South Ayrshire Council Community Planning Partnership.

This will help us provide practical support for women fleeing domestic abuse.



In addition to our regular partnership working we have recently started running a group in conjunction with personal performance and life coach, Genna from Social Enterprise "The Gifted Kind". Genna described the programme as: A programme designed for women to become leaders of their own happiness. An opportunity to rediscover their identity and gain the self awareness needed to take their life to the next level.

A creative experience that will encourage individuals to re-imagine and re-connect with their life from the inside-out. Letting go of who they were before and making movement towards the person they are becoming.

We are now half way through the programme and receiving very positive feedback from participants.

Participants will:

Establish boundaries to protect their future happiness

Learn self-coaching questions, tools and activities to become leaders of their happiness

Be empowered to instruct or create change

Set new goals and ambitions to take them in the direction of their fullest potential

# The Willows Garden



We are still continuing to secure funds for our garden project.

Having a new garden will give women, children and young people in our service the perfect outdoor space which they can enjoy their peaceful surroundings, help them find the quality of life, confidence and new skills.

We would like to give a special thanks to Pumphouse Trust, Co-op, Ayr Ukes and contributions from others



THANK  
YOU



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# THE WILLOWS OPEN DAY

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As you may be aware we recently closed our communal refuge for refurbishment. During some of the most unprecedented times we are pleased to announce that our refuge development has been completed and officially opened. We have successfully transformed the communal living facilities into eight individual flats to hopefully allow the transition of fleeing domestic abuse more seamless.





## Funders, Production & Design

This renovation would not have been possible without the help and support of several funders. We would like to give special thanks to :

- South Ayrshire Council
- Clothworkers Foundation
- Robertson Trust,
- Quaker
- Housing Trust
- Carrick Futures
- Garfield Weston Foundation
- Hugh Fraser Foundation
- Robert Barr Charitable
- Trust Help the Homeless

Many other smaller donations and pledges, too many to mention but very much appreciated and couldn't have completed the project without them, so a huge thank you to you also

We would also like to thank our design team who consisted of :

- Inch Architecture
- Armour Construction Consultants
- David Narro Associates
- Atelier Ten

And last but by no means least our construction company Lochlie Construction Group.

## ROYAL VISIT

South Ayrshire Women's Aid were honoured to have our newly renovated refuge officially opened by HRH The Duchess of Rothesay.

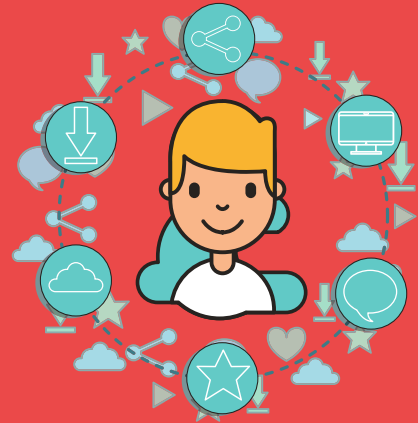
During Her Royal Highness's visit to our accommodation she spent time with some of our residents, the staff, funders, production and design teams and congratulated the team on the brilliant work they had done.

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*"I would like to say what an incredible job you all do for those women suffering from domestic violence. Let's hope others might take a lead from your book and do the same in other parts of the country." HRH The Duchess of Cornwall*

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# Children Support Service

Our CYP Workers have organised activities over the Summer holidays for children and their families which took place at Ayr Beach and the Low Green. We were extremely lucky once again to receive funding from Cash for Kids that allowed us to purchase snacks and equipment for the children to use. We were also able to provide families the opportunity to take part in trips to M&D's and the Farm Park.

This children and families all enjoyed these activities which were put on.

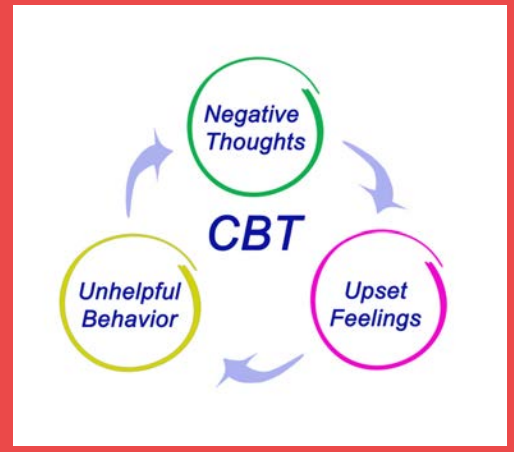
We were also successful in applying for Basic Essential Family Grant from Cash for Kids for eighteen families. This provided them with £35 per child for basic essential items such as food, toiletries, clothing, school uniforms, heating, electricity, mobile phone top ups and baby food.

We also have been able to source clothes from Baby to Teen and new school uniforms from South Ayrshire Council Clothing Bank for eight families.

During September weekend the CYP Workers also provided families the opportunity to go to Flip Out. This was another successful trip and allowed for children and mums to interact with each other.

The CYP Workers have also began a second Peer Group in partnership with the Gifted Kind. This will run for nine weeks and aims to provide children with the skills to improve their emotional resilience and wellbeing.

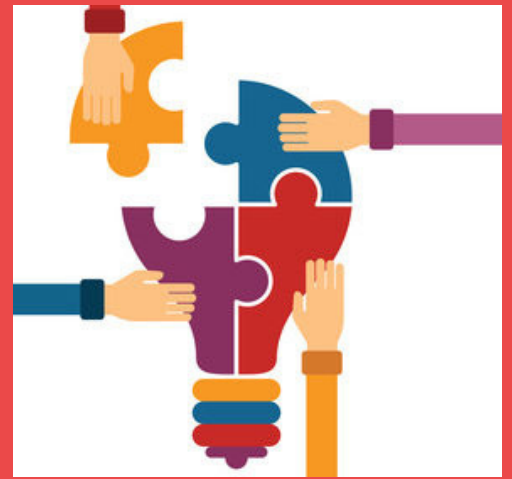




# Specialist Support Worker

This month, the Specialist Support Worker alongside a Women's Support Worker have begun to co-facilitate a Post-Traumatic Stress Disorder Workshop for service users who have been struggling with the symptoms and impact of PTSD. This workshop allows them to learn more about the causes, symptoms and treatment of PTSD, to learn tools and strategies to deal more effectively with the symptoms of PTSD and to be able to share their experiences with their peers. This group work enables women to understand that they are not alone; decreasing isolation, and to get tips about what others in a similar situation have found helpful in terms of coping strategies.





# Training Worker

Over the last quarter our Training Worker has successfully delivered bespoke training to various sectors within South Ayrshire. This training was First Responder Training which was designed for front line workers giving them the tools needed to spot domestic abuse, how to ask the question and how to safely signpost to relevant support agencies. This training has been well received across South Ayrshire and so far there has been twelve sessions delivered reaching under one hundred and fifty front line workers from the Housing Sector to Fire Service.

We have also been involved with the development of training our Tax Drivers across Ayrshire and our Training Worker worked alongside the Local Authority and Ayrshire College to create material for domestic abuse.

All training is ongoing and bespoke training can be created for your specific area.

If you have any queries relating to awareness sessions please get in touch with our Training Worker Sarah Millar who can be contacted via telephone on 01292 266482 or email [Sarah.Millar@sawamail.org.uk](mailto:Sarah.Millar@sawamail.org.uk).



# Volunteers



Thank you to our kind-hearted and dedicated volunteers we currently have who are making a difference to women and children's lives. At the present time we are in no position to take on anymore volunteers but we are hopeful to review this next year.

# Donations



We would like to say a sincere thank you for all the donations recieved over the past few months from cash, cheques, clothes and bedding. With kindness and generosity we have been able to help families in need of support.

# Evaluation Feedback

Evaluations from our families we support are extremely important to us as it helps shape our service and make any adjustments that we feel would enhance the support we provide. Thank you to those have provided this valuable feedback.



"Working with you has increased my understanding of domestic abuse and I know what I have been through. You helped me work on my self-esteem, depression and anxiety and got me back to where I was before. It has made a massive difference. Thank you"

"I have been in the service for only a month and I notice a difference in myself. I stay in refuge and my flat is out of this world"

"I can't believe how flexible you are with appointments. You go above and beyond. I hope when I get through this chapter I can repay my gratitude"

"I felt there was nowhere to turn but you were there for me. You run a great service and it is good knowing you have someone to talk to"

"From the support, group work, CBT you girls are the best"

"The Children's Worker has helped my daughter be able to express herself and her emotions so much. She adores the worker and counts the day to her next meeting. I can't believe through the hardest days of our lives you have halped so much. Your service is imperative"