



SOUTH AYRSHIRE WOMEN'S AID

N E W S L E T T E R

Welcome to Our Newsletter

In this issue we will cover our referral intake, information, recent events, thank you's and feedback on our service covering the period May - August 2024

We are open to the public and can be contacted Monday to Friday
between
9.00 a.m. and 4.30 p.m.

Telephone: 01292 266482

Email: support@sawamail.org.uk



Referrals

May 2024 - August 2024

Women Support Service (WSS)

From May to August we have received 193 women's support referrals, with 75 of these being self-referrals. We have also taken many referrals from the Police, Social Work and the remainder from other organisations such as Assist, Health Services and other Women's Aid Groups.

Children and Young People Service (CYP)

We have received 23 referrals to our Children and Young People Service, 6 of these were received from a parent or family friend with the remainder from other areas such as Women's Aid Groups, Education and Social Work



WHEN WOMEN
SUPPORT EACH OTHER
INCREDIBLE THINGS
HAPPEN

Partnership Working May 2024 - August 2024

COMPASS

Compass is a new venue opened by South Ayrshire's ADP (Alcohol & drug partnership) which brings together a wealth of support under one roof for people with addictions or who are in recovery. Representatives from SAWA's women's service drop in every week on a Wednesday afternoon to offer support during their women only afternoon.

NATWEST

NatWest have relaunched their funding circle for 2024/2025 and SAWA were successful in applying for funds through this which will allow us to help women and their families at times of crisis, establishing safety and moving on with recovery and building resilience.

AYRSHIRE WELLNESS ALLIANCE

Two members of our team attended an event organised by the Ayrshire Wellness Alliance at Riverside Gardens, Auchincruive, where they learned about the amazing recovery and voluntary work going on at the gardens and in the cafe.

Partnership Working May 2024 - August 2024

STUDENT PLACEMENTS

As a result of a successful social work student placement we are delighted to welcome our second student from Strathclyde University. The student is in her third year of studies and will be another welcome addition to SAWA. Working closely with Scotland's colleges we have been in the fortunate position to provide placements to three counselling students which has added value to our service as it means that the vulnerable women we support have accessed support quickly to ensure their health and wellbeing was a priority.

DWP

We deliver a monthly drop in service to the DWP in John Street, Ayr

We continue to work with multiple agencies within the MARAC (multi agency risk assessment committee), DSDAS (Disclosure Scheme for Domestic Abuse Scotland) and VAWG (Violence against women and girls group.)



Specialist Support Worker

Our specialist support service worker has been busy doing a lot of networking over the past few months with other organisations across South Ayrshire.

She has attended a Tier 1 event led by UWS which enabled her to promote and talk to everyone there about the service that she can provide to women.

She has also made contact with the community links practitioners within the local GP practices to ensure they know that a referral can be made to us as an option, if needed. Also to ensure they know how to make the referral.

Our second PTSD Group of the year has started and runs for a total of 7 weeks, this group aims to help women work through their PTSD with the help of our support workers and of the other women in the group. Hopefully this enables them to reduce their symptoms and find new friends along the way.





Children and Young People's Service (CYP)

Our children and young people's support workers have been busy in the past few months, they have attended a number of events such as the South Ayrshire Pledge and Ayrshire Wellbeing Alliance which allows them to network and to reach more people who may be in need of some support.

They have also attended a partnership meeting at The Space Place for this reopening and enjoyed the Brew and Blether event at Ayr Academy.

In May our support workers ran a peer group for six weeks for the children living in our refuge accommodation, which was enjoyed by everyone who took part.

They have met with East Ayrshire Women's Aid to discuss and share their thoughts and ideas on how each person works to build their networks and expand their skills to help others.

Additionally, they have been hard at work growing their social media presence on Instagram and handing out leaflets to other organisations in the area to try and make as many people aware of the service as possible.

Everyone in the refuge enjoyed an end of summer BBQ before the kids went back to school.



Training Worker

Some highlights over the months from May to August have included delivering school inputs, awareness sessions, training, collaboration and partnership. We delivered training to South Ayrshire secondary school education staff, developed a school input with thriving communities and participated in a range of events supporting the awareness of gender-based violence within in South Ayrshire communities and the health and social care partnership.

Domestic Abuse training was delivered to GE Aerospace staff in May. This opportunity followed a meeting where we were invited to the Prestwick location to connect and explore a partnership. Following this we delivered a training to the leadership team to support them in recognizing the signs of domestic abuse, how to start the conversation and support colleagues and staff members with any disclosures. Our partnership continues with GE Aerospace who have recently reached out to explore other opportunities to support SAWA including a donation and volunteer support.

Training has been delivered by SAWA to the Ayr office DWP team with whom we offer a monthly drop in for services users, South Ayrshire council, NHS Ayrshire and Arran and Penumbra staff.

Other community engagement highlights involved us taking part in a short film about coercive control created by Mica Hill and developing a Hysteria lesson plan in partnership with thriving communities.

We look forward to continued collaboration and partnership in the coming months with the upcoming 16 days of action and plan to deliver commercial sexual exploitation training in the Autumn.

Refuge Accommodation The Willows

Over the summer months we have had several new women and families move into our refuge. This has been a very daunting time for them but with SAWA support they have all settled into their new routines.

One of our support workers ran a Willows Freedom Group, this was attended weekly and was a very positive experience for all those who attended. They then celebrated the group ending with coffee and cake at the Secret Garden cafe in Ayr.

A pottery class has been booked for all women in refuge to take part in, in the next couple of weeks and the weekly social group is now up and running again, which is always enjoyed by all women who attend.

One of the women living in refuge at the minute is a very keen gardener and has taken great pride in tending to our garden this year, we are very appreciative of her green fingers.



Volunteers

Thank you to our kind-hearted and dedicated volunteers we currently have who are making a difference to women and children's lives. If you are interested in becoming a volunteer with our service please send your CV to - **office@sawamail.org.uk**

Donations

We are very thankful to Christ in Action for all their food donations over the years and wish everyone well who volunteered with them, they have been a great support to The Willows.

We continue to receive significant donations of money, clothing and toiletries.

We can't thank all the many businesses and individuals enough who regularly donate for their ongoing support and generosity.

*Thank
You*

Evaluation Feedback

Evaluations from our families, that we support, are extremely important to us. They help us to shape our service and make adjustments we feel will enhance the support we provide. Thank you to everyone who has provided this very valuable feedback.



"I am so super grateful for all of the help not sure i would have survived the last year without the help and support, there are not enough words to say that would show my appreciation."

"Leanne was absolutely great, she helped me get some of my confidence back, the service is 100% needed for a lot of women."

"I am so grateful to women's aid. They helped change my life."

"I would like to thank Gemma for all the hard work she puts in and how much help and support she has given me."

"Service has been great it has made such a difference to me and Stacey has been amazing nothing is too much effort for her and she always makes sure I am doing ok."

"Service is so beneficial and I am so grateful for the help and support."