

# SOUTH AYRSHIRE WOMENS AID

*Spring Newsletter*



## SOUTH AYRSHIRE WOMEN'S AID

### South Ayrshire Women's Aid - March 2021

South Ayrshire Womens's Aid would like to welcome you all to our first newsletter. Going forward we plan to keep you all updated with news, events, fundraising activities, job opportunities and more.

In March we have received 36 referrals to Women Support Service and 4 to our Children Support Service. Due to the current climate of the pandemic we continue to support women and children via telephone and zoom. We are following all Government guidelines and we are hoping to deliver face-to-face contact again when it is safe to do so.

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)

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### NEW REFUGE UPDATE

Our refuge is currently undergoing building works to change from a communal facility to core and cluster, This will mean that there will be individual flats for vulnerable families to live in a safe and secure environment to recover before being allocated their permanent home. One of the flats will be accessible for those who have a disability or mobility issues. Our revamped refuge is on target to be completed in May.

## Covid-19:

We have continued to provide a service to those families with experience of domestic abuse. We have had to ensure lockdown restrictions were adhered to. We have changed the way we provide our support to online platforms, telephone and in some instances face-to-face where deemed necessary.



# THANK YOU TO OUR SUPPORTERS

We have been overwhelmed by the generosity of donations we have received and would like to say an enormous thank you to everyone who has continued to support our work.

For example cash donations, food supplies. It all makes such a difference to women and children we support. We accept cash/cheque donations and online using [www.justgiving.com/southayrshire-womensaid](http://www.justgiving.com/southayrshire-womensaid)



Our Training Worker will be delivering free one hour webinars for all hairstylists based within South Ayrshire. This session will talk about recognising domestic abuse, spotting the signs and safely signposting clients to the appropriate services. We hope to deliver this service also to the beauty industry within the next month. Throughout this month our Training Worker has also delivered equally safe training sessions through a Pilot Project run by Rape Crisis.

## Freedom Group Programme:

Our Freedom Group is a twelve week programme which has been running throughout the month of February and March. Each week we look at the tactics and behaviours of the abuser and this allows participants to share their experiences. The aim is to reduce isolation and feelings of self blame. Due to the pandemic these sessions are taking place through zoom and we can report back that this is going well. Evaluations will take place of the group work and feedback will be recorded on completion in April 2021.





This month we have had a group running in partnership with The Gifted Kind. This has involved 12 children being invited to take part each week in workshops involving meditation, mindset, mindfulness and expressive arts. We have been meeting over Zoom, with the aim to improve the children's emotional resilience and wellbeing.

We have applied and been successful in funding from Cash for Kids to help 30 children. This provided their mothers with £100 per child and was given to families in the form of an Asda voucher.

The CYP workers have also participated in training that will be beneficial in their support of CYP and their families. They have completed training developed by the Money Advice Service to help mums/carers talk to their children about money in a fun and age appropriate way. The workers have also completed a four week programme with Place2Be to become Mental Health Champions.

## Partnership Working :

SAWA work in partnership with other statutory and non-statutory services. Partnership working is important to ensure vulnerable families receive the much needed support to keep them safe.

During the month of March some of the agencies we have worked with are

South Ayrshire Council, Social Work Department; Adult & Child Protection Team, Police Scotland, Other Women's Aid agencies. Assist, Community Mental Health Team, Victim, Witness Support Services and other voluntary organisations.





Feedback from our service-users is extremely important to us therefore we regularly complete both service and exit evaluations with women and children who have used our service to gather their thoughts on the service we provided. We can then make sure the best practice, advice and support is given.

## Evaluation Comments :

During March 2021 we have carried out 24 evaluations. Some comments received are:

*It has been a massive help to me getting the support. I still have bad days and overthink but you keep me positive.*

*I cannot fault anything with the service. I am very happy with everything. You are so helpful.*

*Everyone from the team has been so nice and supportive. I am so glad I called you.*

*The service is amazing. I have been seeing you for a couple of years and I cannot fault it in anyway.*





We would like to say thank you to ML William's Funeral Directors and staff for their kind donation of Easter Eggs for the children we support which will definitely boost families this Easter.

South Ayrshire Women's Aid Team would like to wish everyone a joyous Easter and and delightful Spring !

## Pumphouse Trust:

Many thanks to Pumphouse Trust for their incredibly kind donation of £2,000 towards our garden project. We hope to increase service-users mental health and emotional wellbeing by giving them a place to sit and relax in fresh air with a comfortable and peaceful environment. Women and children can grown their own produce, plant seeds, water, weed and take care of their new garden introducing them to the natural world and move on from the trauma they have endured. We believe it is vital for children to keep active and interact with others therefore we would also like to create a safe fun, outdoor space for children to enjoy. We would appreciate any donations towards our garden project.



