

# SOUTH AYRSHIRE WOMENS AID

*Summer Newsletter*



## SOUTH AYRSHIRE WOMEN'S AID

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

Welcome to our quarterly newsletter.

During the months of April - June 2021 we have received 104 referrals to Women Support Service and 24 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 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)

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#### REFERRALS AND FEEDBACK

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#### REFUGE DEVELOPMENT PROJECT / GARDEN PROJECT

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#### THANK YOU

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#### MONTHLY NEWS

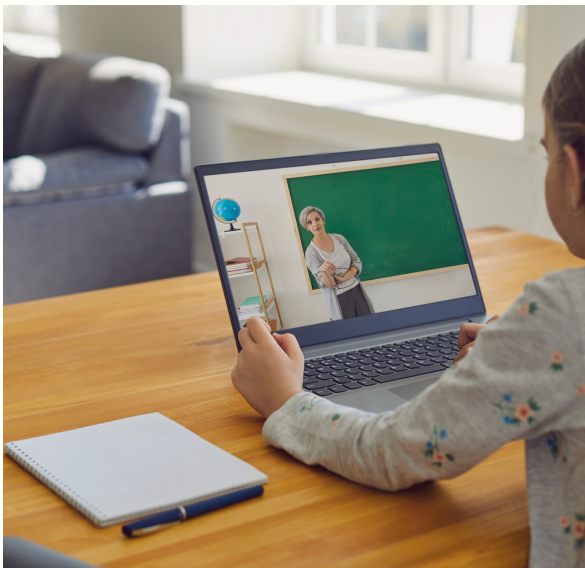
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## Garden Refurbishment:

We are in the process of fundraising for our garden. We are hopeful to raise enough funds so we can create the perfect outdoor space for women, children and young people to enjoy the natural world and move on from the trauma they have endured. A heartfelt thank you so far to Pump House Trust, Ayrshire Housing, Co-op Doonfoot Store and our service-user donations giving us a total of £3,700 so far in our garden pot. Every penny helps and we appreciate every donation received.

If you would like to donate to our new project you can do so by making donation by cheque, cash or visiting our JustGiving - [www.justgiving.com/southayrshire-womensaid](http://www.justgiving.com/southayrshire-womensaid).



## Girl Guides:

We kindly received a donation of 5 newly refurbished laptops from Girl Guides, Ayr. These will be put to great use for children and young people in our service to continue with online learning. One of these laptops will be stationed in our teenage room within our refuge to support any new occupants enabling them to learn and build new skills.



## The Willows Update:

We are very excited to share our fabulous news that our refuge development is now completed.

We would like to give our thanks to

- South Ayrshire Council
- Robertson Trust
- Clothworkers
- Quaker Housing Trust
- Carrick Futures
- Robert Barr Charitable Trust
- Albert Hunt
- Garfield Weston
- Hugh Fraser Foundation
- Help the Homeless
- those who have made donations to this much needed project.

*thank  
you*



Special thanks should also go to our design team, Inch Architecture, Armour Constructions, David Narrow Associate, Atelier 10 for guiding us and overseeing the project

Huge thank you also to Lochlie Construction for their outstanding work and completing a marvelous job.

The refuge known as "The Willows" is not yet ready for occupancy as it is being prepared to ensure it is welcoming and comfortable for families fleeing domestic abuse.



## Training Worker:

Over the last quarter our Training Worker successfully delivering bespoke training to the health and beauty industry across Ayrshire. There was over 200 attendees all trained on spotting the signs and asking the question. This training will continue to be offered throughout the year. We have also created First Responder training designed for frontline workers and this is understanding the dynamics of domestic abuse as well as spotting signs, asking the question and signposting safely. So far we have delivered 6 sessions and these are ongoing over the coming months. Following in line with the first responder awareness we have discussed at a MAP meeting that we will be contacting the hospitality industry and we will be focusing on sessions within this sector.

Any information required about sessions please contact: [sarah.millar@sawamail.org.uk](mailto:sarah.millar@sawamail.org.uk)

## PTSD Group:

Our Specialist Support Worker will be running a group which will focus on coping strategies for dealing with PTSD for women who have suffered domestic abuse. This group will run for five consecutive weeks starting on the 6th of September 2021. We will keep you posted on this group in our next newsletter.





## Specialist Support Worker:

During the months of April, May and June, a number of referrals for women with experience of domestic abuse have been made to the Specialist Support Service for Cognitive Behavioural Therapy for a range of mild to severe mental health issues, such as anxiety disorders, depression, PTSD and OCD.

For each client referred for CBT, an individualised intervention program was created based on their goals for therapy, using the NICE and MATRIX guidelines to inform the most effective practice. These intervention programs included psychoeducation to educate and inform the client about their presenting issue and Emotional Regulation Systems, and the learning of techniques and strategies for emotional regulation. These include breathing and grounding techniques, mindfulness and guided imagery, Progressive Muscle Relaxation and self-care. Depending on the presenting issue, work would then be carried out such as using Activity Scheduling to decrease isolation, increase pleasurable and fulfilling activities and increase mood, using Thought Records and learning about Unhelpful Thinking Styles to identify and challenge unhelpful ways of thinking, trauma exposure to decrease symptoms of PTSD and learning techniques such as 'Worry Postponement' to decrease anxiety. Given their experiences of emotional abuse, many clients suffer from very low confidence and self-esteem and some suffer from social anxiety and CBT interventions were used to bring about changes in these.



CBT sessions were scheduled weekly through Zoom (due to Covid-19) for 1 hour per week



## Children & Young People Worker:

In April CYP workers delivered Easter packs to 25 children and young people across South Ayrshire. Each pack included materials for CYP to take part in an Easter bonnet making activity on zoom during the Easter holidays. Here are some pictures the children and young people sent in of their completed bonnets.

In addition to the Easter packs, CYP workers were able to deliver an Easter egg to each child and young person in our service thanks to the kind donation from ML Williams Funeral Directors.

CYP workers also organised a virtual games afternoon on zoom, offering children and young people the chance to engage with each other in a fun and safe environment.

## 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.

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.





### Evaluation Comments :

During April to June 2021 we have carried out 61 evaluations.

Some comments received are:

*I have not got family and I would say Women's Aid have become my family. The work you have done over the year for me I cannot put into words. I have no suggestions on improvements because I do not think you can get any better.*

*I would recommend the service 120%. I have come on leaps and bounds in the past few months and I can't thank Women's Aid enough.*

*Women's Aid is very well, there is nothing to improve. Very approachable and offer a lot of help. Women's Aid are always there to answer anything. You have certainly changed my life. You have guided me all the way through. You are amazing.*

*My kids took part in your Easter activities, both enjoyed it and it was nice for them to see other kids. I felt this went really well.*

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.

