



Stirling & District Women's Aid

August 2020

Spotlight on Prevention

At SDWA we work very closely with women children and young people who have and are experiencing Domestic Abuse. As a team we are passionate about the work we do! We all agree however that tackling Domestic Abuse is everyone's responsibility!!!

We believe that the more people who understand the Dynamics of Domestic Abuse, the more responsibility society will take to tackle it. This is where our Training and Prevention service comes in! We offer Practitioner based training and awareness raising sessions to other agencies, community groups, charities, schools, colleges and universities.

Like everything else, our prevention service has found itself having to adapt to a new way of working due to Covid-19. Our team has had to summon up their inner tech wizards and learn to deliver online session! Given the reported increase in Domestic Abuse throughout lockdown, we feel offering training and support to other services supporting women and children is more important than ever before!

If you are interested in attending training or organising a bespoke session then please get in touch with us: info@stirlingwomensaid.co.uk

Remember, Tackling Domestic Abuse is everyone's responsibility!



How you can help:

This month we want to continue to keep our young people busy and engaged with competitions—this means prizes!

Vouchers of all denominations are perfect. Amazon or Argos vouchers that can be used online are best for now. Thank you!

We also have a Justgiving page where we can accept donations or you can choose to fundraise for us.

Thank you to everyone who contacts us regarding donations. It is hugely appreciated.

Stats round up: Update monthly

Since the beginning of lockdown we have supported:

- ◆ 80 new women in our drop-in service
- ◆ 15 Families in refuge
- ◆ 36 Children and young people

Content



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One woman who has been supported by one of our women's workers has kindly written something about her recent experiences and allowed us to show you some of her beautiful artwork. Creating this work has allowed her to explore her feelings and demonstrate the changes she has made to her children.

Here is Annie's story:

The last two years of my life was very rocky for me and my children. I was in a seven year relationship that was more mental abuse than anything, name calling, control and emotional blackmail. My children also witnessed a lot of this. My life hit rock bottom and I lost a lot!

I was not in a great place, I would use alcohol and drugs to 'help me forget'. I got myself in another unstable relationship. It became almost like a pattern and what I was used to. I did not realise my self worth.

Thanks to seeking out support from Women's Aid and other services I have overcome a lot. I now realise I'm worth so much more than all that. I can put the past behind me, and move forward. I got myself a bike and when I need to get out and clear my head, the freedom of cycling and the scenery helps me a lot. I also started to draw and to help my children realise why Mummy wasn't in a good place. I drew them pictures to help them understand, it helped me a lot too. I can express my feelings onto a drawing. I set myself goals and keep myself occupied – it really helps!

I applied for college and didn't have much hope that I would get in but I have, and I'm so proud of myself. Women's aid workers are absolutely FAB. I have grown great relationships with them and if you need someone to talk to they're always there to listen and help you.



Thank You!

The team at Stirling Women's Aid would like to say a massive thanks to all the companies, organisations and individuals who have generously helped out and donated to us throughout this difficult time! Your kindness has made a huge difference!



We are still here for support!

Tel: 01786 469 518

Or

Tel: 01786 470 897

Email:

info@stirlingwomensaid.co.uk

