



## Welcome to the first edition of our new monthly newsletter—July 2020

In this newsletter we hope to tell you more about what we do, who we support and how and how you can get involved and support us.

This month, like most services, our focus has been on supporting the women and children we work with in these challenging times. While we are currently using almost exclusive telephone or video link support, we are slowly moving toward some face to face appointments and garden support following COVID-19 hygiene rules and adhering to the Scottish Government's role out of lockdown easing phases.

Our Children and Young People's workers have been busy keeping in touch with their children over whatsapp and zoom and have organised some fun challenges for the children to get involved including tiktok style video crazes and an art competition. We invited all of our Children and Young People to submit a piece of art for our competition. The winners all received a £20 gift voucher and all entrants received a £5 gift voucher. The standard was really

### **Stats round up:**

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

Additionally we have received 22 requests for refuge during this period.

### **Megan's story:**

Megan had been staying in our refuge for some time. This month she and her daughter were found their own permanent, safe home. Here what she said about her experience:

“I stayed in the refuge from the 7th December 2018 until 11th may 2020.

The support I received was way more than I could have imagined, It wasn't just about having a safe place to live with my daughter, it was also the kindness shown to us, and as well as all the practical support, they gave me one to ones weekly with my support worker to help with my emotional and mental health and also supported me whilst going through court etc, my daughter loved it too. They were always putting things on for the children, Christmas parties, sensory days, Easter egg hunts, arts and crafts the list goes on.

My whole life has changed since being there. They helped me deal with everything and taught myself how I can handle things, I have a new found confidence, I still have wobbles but all in all, I feel much more in control of my own life, I am studying again, and looking forward to a fresh start and being settled in our own home for the first time in years, I wouldn't have known about the help available to me if it wasn't for the support and help given through women's aid, I cannot thank them enough for what they have done for myself and daughter and feel truly grateful.”



### 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.



# Stirling & District Women's Aid

## Update on our refuge service

It's been a challenging few months with the changes regarding COVID restrictions. All of our 13 refuge flats have been full and we have worked hard to ensure social distancing and hygiene rules are all being followed while still supporting our women and young people. We created a garden rota so everyone could still enjoy the weather without worrying that they would break social distancing rules and have had a staff rota so there is always a member of staff in the refuge office every day.

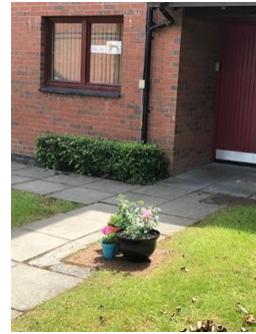
Our outreach team have been busy making sure the women and children in our rural refuges are safe and have everything they need.

### Refuge makeover!

A vacancy in one of our refuge flats gave us the opportunity to get in and give the flat a makeover. Our staff worked tirelessly to create a safe, clean, happy home ready for our next family



Our staff also got their gardening gloves on and tidied up the garden and play spaces at our main refuge building which can house up to 6 families. We created a garden rota so that families can play safely without worrying about COVID-19.



## 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!**

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