



CASWA

WINTER 2019/20

*Specialised in supporting
women, children & young
people to stay safe from
domestic abuse*

~ Quote of the Quarter ~

"Happiness can be found in even the darkest of times if only one remembers to turn on the light" - Albus Dumbledore

SPOTLIGHT ON CASWA

We are currently supporting: **74 WOMEN & 56 CHILDREN & YOUNG PEOPLE**. In November & December we received **30 new referrals to our service** and our team provided **1039 hours of support** to women, children & young people who access our service.

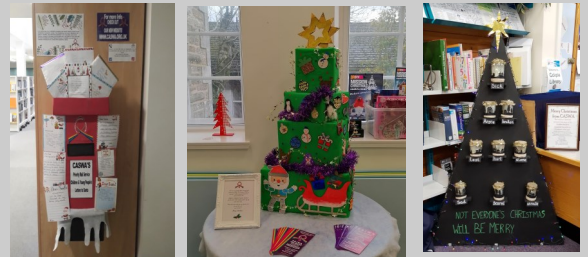
Conferences: Three members of the CASWA team travelled to Glasgow to attend the **Scottish Women's Aid Members' Conference** in alongside other Women's Aid groups in Scotland.

Training: One of our Domestic Abuse Specialists from our Children & Young People's Team attended a seminar & training course with Betsy de Thierry to learn more about **trauma, complex trauma, symptoms and recovery** – a topic very closely linked with the work that we do at CASWA.

Campaigns: We took part in an international, annual campaign: **16 days of Activism Against Gender-Based Violence** from 25th Nov-10th Dec. See our [blog post](#) to hear more about what we were up to. We also started the new decade & our 15th Anniversary with own campaign [#caswasnotesofpositivity](#)

Christmas Displays in the Community

Our team continued our tradition of creating Christmas displays for community spaces to raise awareness of the work that we do. Throughout December we had displays in Wick, Thurso & Golspie libraries as well as at Dornoch Cathedral's Christmas Tree Festival.



What's next?

- **Planning our 15 years celebrations!**
- **Celebrating International Women's Day on the 8th of March.**
- **Completing our funding reports to our funders recognising, evidencing and celebrating our work & achievements over the last three years.**
- **An awareness raising workshop with a local youth group.**
- **Presenting a workshop as part of Violence against Women Practice day.**

~ BOX OF GRATITUDE ~

In 2019, we submitted **28 applications to MFR Cash for Kid's Mission Christmas Appeal** for children within families supported by CASWA. We apply every year for families we are working with who need a little extra help at Christmas. This appeal gives families one less stress at Christmas and ensures that every child wakes up on Christmas Day to a gift. We are **extremely grateful to MFR Cash for Kids** and thank them for their ongoing work helping families living locally. In addition, we would like to **say a huge thank you to Gary from KW1CK Deliveries** who for a second year has transported all of our sacks up to our Caithness-base!

Are you following us on social media..? Find us on [FB ~ Caswa](#) / [Instagram ~ caswa_womensaid](#)
Tel: 0345 408 0151 (Mon-Fri, (9am-5pm) Website: [www.caswa.org.uk](#) E-mail info@caswa.org.uk