



# CASWA

## SPRING 2020

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

### *~ Quote of the Quarter ~*

*"I don't think of the misery, but of the beauty that still remains"*

*- Anne Frank*

#### **SPOTLIGHT ON CASWA**

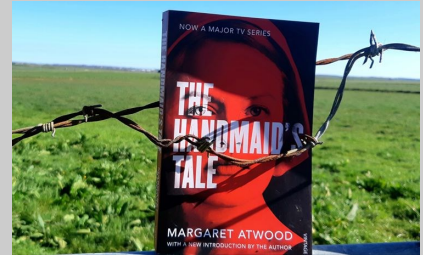
**COVID-19** - We adapted our service quickly in response to the COVID-19 pandemic. Our key goal was to continue to provide a service to those who need it at this challenging time. Like everyone else, we have been met with significant change, difficulties and challenges, but we have adapted and found solutions to enable us to keep delivering a service safely and remotely! We continue to provide support to the families that we are working with and we continue to accept new referrals. Since the start of March and the beginning of lockdown, we have received **17 new referrals** to our service and we are **currently supporting 60 women and 47 children and young people**.

**Funding Reports** - We spent some time over Spring reflecting on our service, the work that we do and its impact to collate information and evidence for our funders as part of our end of fund term report. These reports are an important requirement of our funding, but also provide us with an excellent opportunity to reflect, review and celebrate the work that we do and the contribution that we make in supporting women, children and young people in Caithness and Sutherland to stay safe from domestic abuse.

**STV** - We received a grant from Scottish Government Community Wellbeing Fund supported by STV Children's Appeal which enabled us to provide practical support to families we are working with during COVID-19. Our team reached out to the families we are supporting and through this grant we were able to provide 53 individuals in 21 households with a little extra help during this time. We provided financial support for basic necessities, such as food and heating, as well as resources for children and young people (e.g. crafts, games and books). This grant has made a huge difference to the families we support at such a challenging time.

#### **Caswa's Book Club**

Our book Club is now up and running you can find it on Facebook if you wish to join in!



#### **Updates to our Website:**

- ◆ New page of [safety tips](#)
- ◆ Blog posts: ["Stay at Home Ideas and Resources"](#) put together by our Children & Young People's Team and ["Some Things We've Enjoyed Recently"](#) with some TV, films, books, podcasts, TED talks, etc our team have been enjoying in their own time.
- ◆ We regularly update the blog section of our website – keep an eye out for more coming over the next few weeks!

#### ***~ box of gratitude ~***

We want to say a massive thank you to our NHS as well as all other key workers during this time! Thank you for keeping us healthy, for keeping our cupboards stocked and keeping the community safe!

We also want to Thank STV for their wonderful grant which has allowed us to help some of our families in need.

A big thank you to everyone who has helped us to raise awareness of CASWA and the work that we continue to do at this challenging time. From local press (John O'Groat Journal, Northern Times and P&J) to MFR to the community to community groups, **THANK YOU** for helping us to raise awareness through press articles, radio clips, newsletters and shares on social media. More now than ever we need to let the public know that we are still here and we appreciate your support in helping us to do this.

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](http://www.caswa.org.uk) E-mail [info@caswa.org.uk](mailto:info@caswa.org.uk)