



CASWA

SUMMER 2020

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

~ Quote of the Quarter ~

"When the whole world is silent, even one voice is powerful" - Malala Yousafzai

SPOTLIGHT ON CASWA

We are currently supporting 60 women and 47 children and young people and from June to August received 32 referrals. More information about our service can be found on our website and referral forms can be found [here](#).

COVID-19 - "WE ARE STILL HERE" Due to COVID-19 we have had to adapt our support delivery to remote support over the past few months, despite this we continued to provide a service to women, children and young people and promote the message, "We are still here". As lockdown has eased, while we continue to deliver support remotely, we have also resumed face to face support where this is required. The CASWA team have been busy completing risk assessments to enable us to safely return to face to face support in line with government guidelines.

Therapeutic Thursdays with CASWA — In light of the difficult few months we have all experienced, our team took some time out on Thursdays during June and July to be creative and spend some time on their self-care. We posted our creations on CASWA's social media weekly using the hashtag #therapeuticthursdayswithcaswa. Read more about this project [here](#).

Caithness Resilience Meetings — CASWA sporadically attended meetings of the Caithness Resilience Group established in response to the Covid-19 pandemic. Our presence at these meetings enabled us to raise awareness of our service and what we were doing to support women, children and young people during Covid-19 and keep up to date with what was happening locally. This group has resulted in a newly formed Social Isolation & Mental Wellbeing Action Group, which CASWA is part of. Domestic abuse significantly impacts on mental health, our participation in this group is important to ensure women, children and young people who experienced domestic abuse are included in the conversation. The group are currently seeking to understand community views and experience of mental health and mental health services and support in Caithness through a survey. The survey can be found [here](#).

Practical Support — Using grants received from STV, we have been able to support families who are experiencing financial hardship financially during this difficult time. In addition, we provided 43 children and young people in 17 families with Amazon vouchers to go towards back to school equipment and items. As the undernoted quote from a Mum highlights, being able to do this and help families out in this way makes a huge difference and ensured that children and young people in families supported by CASWA returned to school with all they need for the new term.

"Thank you so much for the voucher. I can't tell you how much it has helped me. I managed to order pencil cases, stationary, water bottles and gym bags. Thank you so, so much!"

"We are here" - CASWA's video



Social Media, Website, Press, Blogs & Book Club:

- ◆ Our team created a video to raise awareness of the work that we do and promote our message, "We are here". The video can be viewed [Here](#), and was featured in the local press the article can be found [here](#).
- ◆ We ran a "What Happens if.." FAQ campaign on social media. We hope that this campaign answered questions people may have about our service and provided some reassurance about getting in touch with us. The campaign was featured on our blog, which can be read [Here](#).
- ◆ Check out the blog page on our website to read our recent blogs: [Right Intentions Wrong Approach](#), [Social Media & Young People](#) and [Volunteer Week & The Gift Project](#).
- ◆ Did you know we have a [book club](#)? So far we've been reading: "The Handmaid's Tale", "Vox" & "I am Malala". The next book will be, "Girl, Women, Other".

~ box of gratitude ~

We would like to thank STV for the grants we have received which has allowed us to help some of our families in need.

We would also like to thank our local community for their donations to our charity. These donations help us to make a difference to the lives of women, children and young people who have experienced domestic abuse.

We would also like to put a special thanks to The Bank of Scotland Foundation for their funding you can read the news article on it [here](#).

Are you following us on social media..? Find us on FB ~ CASWA / Instagram ~ caswa_womensaid
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