



CASWA

Autumn 2020

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

~ Quote of the Quarter ~

"Every leaf speaks bliss to me, fluttering from the autumn tree." - Emily Bronte

SPOTLIGHT ON CASWA

We are **currently supporting 74 women and 44 children & young people**. During the period of September—November, we received **28 referrals** to our service. More information about our service can be found on our [website](#)

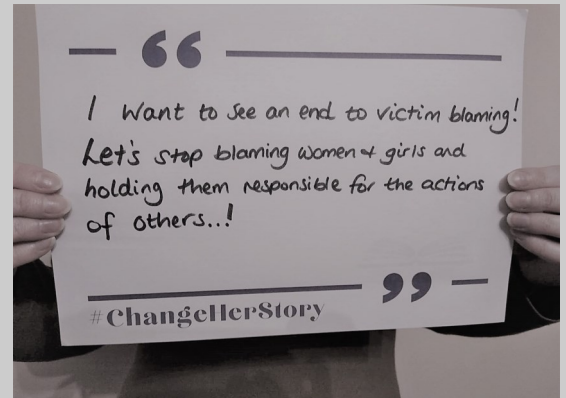
Back to School! - Schools returned in August and our Children & Young People's Team were busy in anticipation throughout August & September. Our team helped families prepare for the return to school by providing "back to school" vouchers (funded by a grant from STV Children's Appeal) to help families purchase school bags, stationary, etc required for school. Our team also worked hard to create new materials (posters and a video) which went out electronically to all primary and secondary schools in Caithness and Sutherland to raise awareness of the impact of domestic abuse on children and young people during lockdown as well as to highlight the work that we do in our [Children & Young People's Service](#). The team spent a lot of time developing robust risk assessments and worked closely and carefully alongside schools to enable a return to face-to-face support for children and young people who have experienced domestic abuse. A busy few months for our Children & Young People's Team!

Awareness Raising - We have spent the past few months consistently promoting the message #wearestillhere (if you haven't seen our video yet: click [here](#)). Like everyone, we have become used to virtual meetings and we spent time in October developing and adapting our awareness raising sessions and workshops to make them available remotely/virtually. Visit the [awareness raising page](#) on our website to find out more or to arrange an awareness session with us please get in touch at info@caswa.org.uk

Partner Agency Feedback - We work in partnership with a number of agencies and groups throughout Caithness and Sutherland as a core and important part of our working practice. In September, we contacted partner agencies and invited them to complete a questionnaire about our service. The feedback received evidenced our effective multi-agency working and helped us to put plans in place for 2021.

#ChangeHerStory Campaign - We teamed up with 13 agencies to develop a Highland-wide campaign, #ChangeHerStory. The campaign takes place for the duration of 16 days (25th Nov-10th Dec) - the internationally recognised period for activism against gender-based violence. The campaign will feature daily posts from campaign partners (we are scheduled to post on 9th December) as well as an invitation to the community to take part by sharing what they would like to see change for women and girls. To hear more about it or to take part: check out the campaign's [website](#), [the press article](#) or our [blog](#). The campaign is an invaluable step for raising awareness of this issue in Caithness & Sutherland! We have been delighted with the support so far!

Picture of the quarter



Other news...

- ◆ **2020 is our 15 year anniversary.** We had so many plans for the year which sadly had to be cancelled. In November we held a **raffle fundraiser** to raise money to support our work with women, children & young people! We don't often do fundraisers & were amazed with the response! See our gratitude box for the total!
- ◆ As part of our 15 year anniversary, we ran a week long campaign **#tedtalkweekatcaswa** on our social media platforms. We shared TED talks addressing issues such as domestic abuse, violence against women, trauma, feminism and gender equality. The talks and overview of the week can be found on our [Ted Talk blog post](#).
- ◆ This Autumn we took part in the **annual census of Women's Aid groups**. This is an important project to evidence the work of the Women's Aid sector throughout Scotland. The results of the census will be released soon by Scottish Women's Aid and then shared by us.
- ◆ **Our "Helping Hand at Christmas Project"** - Thanks to a grant received from STV Children's Appeal we were able to provide **35 families** with vouchers to go towards Christmas gifts for **94 children and young people**—a helping hand to families during a difficult year. For those families we work with who are experiencing significant financial hardship, we are most grateful to be supported by MFR Cash for Kids for another year!

~ BOX OF GRATITUDE ~

We would like to say a massive THANK YOU to everyone who supported & entered our Festive Fundraiser! We raised £515.57 for CASWA!

Special mention & thanks to the local Women in Nuclear Group for their donation of The Body Shop advent calendar!

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