

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

# CASWA

Caithness and Sutherland Women's Aid

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## SPOTLIGHT ON CASWA

40 Referrals  
Jan-March 2021



86 women currently receiving support



54 children & young people currently receiving support



## #wearestillhere

We continue to provide support to those who need it throughout the pandemic.

Have you seen our video yet?



[Click here](#)

Or search CASWA - We Are Here on youtube.com



Not just cardboard boxes...

## The Gift Project



Back in 2019, our volunteer, Annie, spotted a gap in our support package and started The Gift Project. Annie makes up gift boxes for women, children and young people in need. Seven boxes were recently gifted to one family supported by CASWA

thanks to The Gift Project and kind donations from the community. The Gift Project puts calls out for donations of new or "as new" items of clothings, toiletries, toys, books, etc, regularly via [@thegiftprojectsutherland](https://www.facebook.com/thegiftprojectsutherland) Facebook page.

Find out more about the project on our blog.

## Box of Gratitude



### YPI - Golspie High

We would like to say a huge **well done & thank you** to the S3 pupil group from Golspie High who picked CASWA as their charity for their YPI Project. We were blown away with their presentation in the final and delighted to announce that the group won and CASWA will receive £3,000!!!

**Thank you to North Lands Creative and artist, Silvia Levenson!**



They sold t-shirts featuring Silvia's iconic design 13lbs of love as a fundraiser for CASWA as part of the Glass, Meet the Future Film Festival. There is still time to get yourself a t-shirt! Find out more about by clicking here or visiting their website and searching CASWA fundraiser [www.northlandscreative.co.uk](http://www.northlandscreative.co.uk)

## Domestic Abuse & Finances

Financial abuse is one of many kinds of abuse which may be experienced in an abusive relationship. The financial impact is one of many wide-ranging ways domestic abuse can impact women and their families. We recently wrote a blog post, **Money Counts**, on our website to help raise awareness around this.

"Thank you for being able to get me a mobile phone, not only do I feel safer, I feel less isolated from my family and friends and can take photo's if my ex starts stalking me again which can be used as evidence".

## Women's Service

Our Women's Team have continued to provide support to women throughout the pandemic. At the end of 2020, we reflected on some of the feedback we had received during 2020 which highlighted the difference our support had made to women during such a difficult year. A core priority for CASWA through the pandemic has been to reduce isolation, promote connection and inclusion and increase safety through provision of technology devices. Thanks to projects like Vodafone's Great British Tech Appeal, as well as other projects, we've been able to provide our service users with phones, tablets and chromebooks.



**#LOVEONTHELINE Campaign** In February for the duration of the week leading up to Valentine's Day, our Women's Team took over CASWA's social media to deliver a campaign, #loveontheline The campaign looked specifically at online dating, promoting safety and encouraging people to become more informed. The team concluded the campaign with a blog post, Looking for Love Online?.



## CASWA Winter Fund 2021

Thanks to grants from the Scottish Government & donations from our generous community, we were able to provide vouchers to families who are experiencing financial hardship. We provided 32 families with vouchers to help meet the costs of food & fuel. We wrote about the significant impact of domestic abuse on finances in a recent blog.



**FEEDBACK**

**"SUPPORT WAS REALLY POSITIVE TO ME. IT KEPT GOING DESPITE THE HARD TIMES. I FEEL GRATEFUL FOR THEIR HARD WORK AND CARE AND FOR KEEPING SUPPORTING PEOPLE"**

**FEEDBACK FROM YOUNG PERSON, AGED 15 ABOUT SUPPORT FROM CASWA DURING THE PANDEMIC**

## Children & Young People's Service

Like our Women's Team, our Children & Young People's (CYP) Team have continued to provide support to children and young people (CYP) they are working with during lockdown. We've been supported by schools and parents/carers to set up video calls and phone calls to enable children and young people to continue to have access to their support during this time.



**WE ♥ ARTS & CRAFTS**



If there's one thing our team love as much as the children and young people do, it is arts & crafts! We really believe in the therapeutic value of arts and crafts and the role that creativity plays in our work. We have really missed this aspect of our work during the pandemic! Before Christmas we put together art and craft packs for CYP...And we have been at it again! Over Easter our team created boxes for 74 CYP!

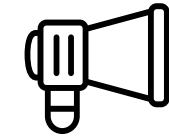




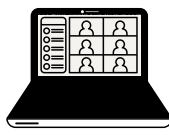
# Awareness Raising & Education



**CASWA's Rallying Cry:** In response to Sarah Everard's murder in March we wrote to our community via our social media, blog & the **local press** to ask them to do more about Men's Violence Against Women. Our letter to the community can be read on our blog, **here**.



**#ChangeHerStory Campaign:** We were delighted with the local engagement in this campaign during 16 days which prompted the community to consider what they would like to see change for women and girls! The start of some **very important conversations** locally!



We spent time in 2020 adapting our face to face workshops to virtual workshops. We ran our **first virtual workshop via Zoom** to the advisors from East & Central Sutherland CAB in Feburary. We're looking forward to delivering more of these soon - please get in touch if you'd like to arrange a workshop!



**Are you following us on social media?** We're on Facebook & Instagram - give us a wee like! Recent campaigns we've delivered include: **#starttheyearwithkindness** & **#loveontheline**



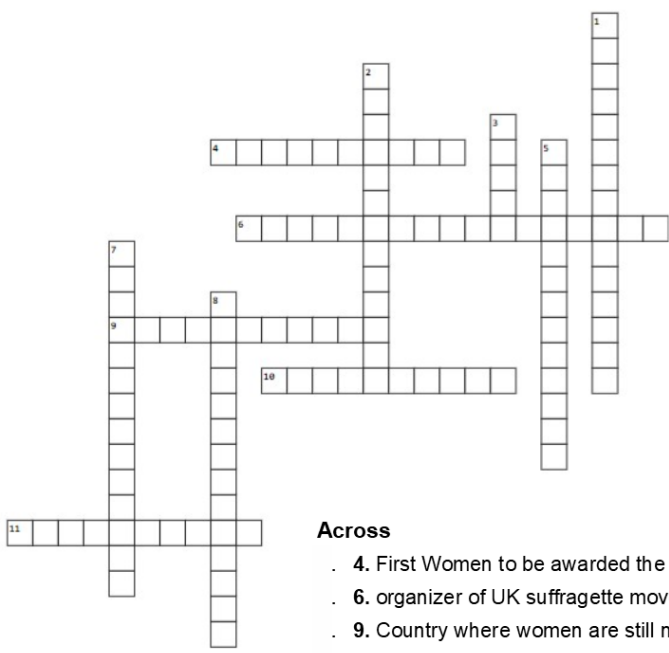
We regularly update the **blog post** section of our website. Check it out here at **[www.caswa.org.uk/blog](http://www.caswa.org.uk/blog)**

# CALL TO ACTION!

**"WE NEED TO START TREATING MEN'S VIOLENCE AGAINST WOMEN WITH MORE URGENCY, DETERMINATION & BRAVERY. IT WON'T GO AWAY UNLESS WE ALL DO SOMETHING. IT IS NOT GOOD ENOUGH ANYMORE TO IGNORE IT...WE TURN TO YOU, OUR COMMUNITY AND ASK: WHAT WILL YOU DO?"**  
- QUOTE FROM CASWA'S LETTER TO THE COMMUNITY IN THE JOHN O'GROAT JOURNAL, 23RD MARCH 2021



# FEMINIST CORNER



### Across

- . 4. First Women to be awarded the Nobel Peace Prize
- . 6. organizer of UK suffragette movement
- . 9. Country where women are still not allowed to vote
- . 10. First country to grant women the right to vote
- . 11. Only women to win two Nobel prizes

### Down

1. Feminist Novel by Alice Walker
2. dystopian novel by Margaret Atwood
3. Country in which women aren't allowed to leave their house without their husbands
5. author of Memoir "Becoming"
7. name of Emma Watson's Feminist Book Club
8. First ever Female candidate in presidential election

**EQUALITY**

**AT CASWA, WE'RE HERE TO HAVE IMPORTANT CONVERSATIONS ABOUT GENDER EQUALITY AND PROMOTE THE ROLE AND VALUE OF FEMINISM AT A LOCAL LEVEL. WE'LL START WITH THE BASICS: WE ARE FEMINISTS BUT WE DON'T HATE MEN**

CHECK OUT THIS **TED** TALK

**WE SHOULD ALL BE FEMINISTS BY CHIMAMANDA NGOZI ADICHIE**

**[HTTPS://WWW.TED.COM/TALKS/CHIMAMANDA NGOZI ADICHIE WE SHOULD ALL BE FEMINISTS](https://www.ted.com/talks/chimamanda_ngozi_adichie_we_should_all_be_feminists)**



**GIRLS JUST WANNA HAVE FUNDAMENTAL HUMAN RIGHTS**





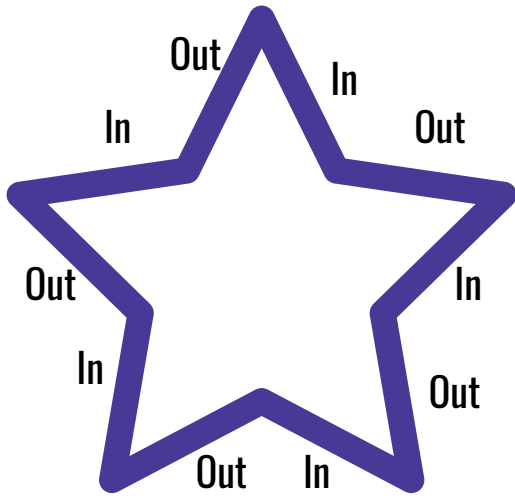
# CUT OUT & KEEP

Some bits and pieces for a scrapbook, your journal, a vision board, your wall, etc

## Three Life Rules

1. If you don't go after what you want, you'll never have it.
2. If you don't ask, the answer will always be no.
3. If you don't step forward, you will always be in the same place.

## Give it a Go Recipes, self-care, crafts etc



...Feeling stressed, anxious, or a little overwhelmed? ...Try out **star breathing!**

Follow your way around the star, breathing in and out as you go. Pause and change your breath at every corner. Taking a few moments to sit and just breathe can be so helpful!

## Rag Rug



I have been making a rag rug over lockdown, they are so simple to make and require very little equipment. Firstly you need some hessian which you can purchase for around £3.00 per meter, you will also need a hook I use a Rag Rugger Tool (pictured) which cost around £14.00 or a conventional Latch Hook Tool which you can pick up for under £5.00 if you shop around. There is also the American style rug hook which cost around £12. The method I use is with long strips of cut fabric, I use old bedding, sheet, duvets, (pictured) mostly found in charity shops and cut them into long strips for pulling through. Once you decide how big you want you rug you hem the hessian (it frays easily) poke the hook through the hessian at the beginning of a row open the latch, catch the fabric and pull through just enough to form a loop, next hole is close to the first one and repeat. Leave a reasonably long tail at the beginning of your rows so they can be sewn in once you have completed your rug and that basically it. There are lots of instruction videos on YouTube.



*"No person is your friend who demands your silence, or denies your right to grow."* —  
*Alice Walker*



Life is unpredictable,  
It changes with the seasons,  
Even your coldest winter,  
Happens for the best of reasons,  
And though it feels eternal,  
Like all you'll ever do is freeze,  
I promise spring is coming,  
And with it, brand new leaves.

~e.h