

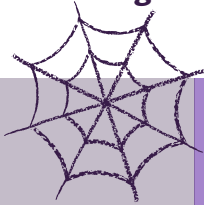
Specialised in supporting women, children & young people
in Caithness & Sutherland to stay safe from domestic abuse

CASWA

Caithness and Sutherland Women's Aid



0345 408 151 - www.caswa.org.uk - info@caswa.org.uk



SPOTLIGHT ON CASWA

41 Referrals
July - Sept 2021

66 women
currently
receiving support

50 children &
young people
currently receiving
support

The 4 Days in 2 Months Project...

In recognition of our team's ongoing work throughout the pandemic as a frontline service during July & August CASWA delivered a project, "4 Days in 2 Months", for our staff team. The project had 3 core goals: to re-build team relationships; to address/promote staff wellbeing as part of recovery from the pandemic; and to provide some informal team down time in recognition of working throughout a pandemic in a domestic abuse service. We had 4 days of creativity, fun, relaxation and time together creating vision boards, weaving, stone painting/decoupage, painting and meditation with Lisa from Haven House Art and lino printing with Louise from Louise Worthy Artist & Printmaker. We also enjoyed a few tasty lunches & yummy cakes which is always a very welcome bonus for our food-loving team!



"It felt really great to be around everyone again and feel like part of a team again, especially after having done so much lone working over the past year and a bit. It felt really empowering to see everyone together".



"This project reminded me how important self care is and how effective it is. Self care is something that can be easily forgotten especially during Covid when you are so busy supporting others that you forgot yourself."



"I am absolutely delighted that this project became a reality! The support and recognition for the need for this project from Management and our Board really communicated an understanding & acknowledgement of looking after the team in light of the challenges of the last 18 months and how valued our team are."

Box of Gratitude Caithness Buskers raise £10,000 for CASWA

Buskers Leo Shelley & friends have raised in excess of £10,000 for CASWA since they first began supporting us in June 2014 and we can't thank them enough!

Despite the challenges of our weather and of course more recently a pandemic and lockdown, they have continued to make regular appearances in Caithness - entertaining the public and raising money to help improve the lives of women and children affected by domestic abuse in our local communities.

The folk music buskers are a regular fixture at Market Square in Wick and Thurso's precinct and are popular with locals and tourists. When previously asked why they originally chose to support CASWA in particular, Leo said "Women's Aid was the obvious one for us due to the fantastic work you do for women who are abused in the local area."

Each street performance on guitars, fiddles and tin whistle lasts 3 hours or so and our buskers were determined to play whenever they were able during the pandemic. Mr Shelley is amazed by the donations that continue to come in "There seems to be less cash about and people are poorer, so I think that any cash given is all the more generous - We meet women who have the highest regard for your services"

The CASWA team thinks 'their' buskers are extraordinary and we're constantly inspired by their determination and energy. Manager Kate Blowers says "it makes me smile and the day brighter whenever I see Leo's familiar writing on an envelope in the post. Our Buskers' contribution makes a massive difference to the women and children we support. We are lost for words at the amount they have raised for CASWA and the difference they have made"

Everyone just wanted to say a massive thank you to them and to all those who have supported them so generously.



Our funding application to the Delivering Equally Safe Fund to fund our work from 2021-2023 was successful! Delivering Equally Safe is the name of the Scottish Government Fund which supports third sector organisations and public bodies to contribute to the objectives, priorities and outcomes of the Equally Safe strategy. It funds frontline services who provide support to women and girls, prioritising services that maximise their safety and wellbeing.

Women's Service

Own My Life Course is a 12-week online or in-person course to help women who have been subjected to abuse to regain ownership of their lives. Using Own My Story Journals the course provides space for action and aids reflective practice so that women can understand trauma and abuse, and become more aware of the impact it can have on our lives. Over the last few months, the Women's team have been introducing the OML concepts into their support work and we have had some great feedback.

"There is a way to leave, there are always options"

"I feel less sorry for him now, as I can see I am not to blame for causing the abuse"

Create space for Action

Raising Awareness /Consciousness

Women regain ownership of their lives.

Exciting news: Preparation is well underway to provide our first face to face course in January 2022. We will be offering a small number of service users the opportunity to attend before we begin to roll it out on a larger more regular basis.

New Team Member - We're back to our full complement of staff at CASWA as a new Domestic Abuse Specialist has joined our Women's Team. Here's what she had to say about joining CASWA: I was asked to write a few words about my experience of joining the CASWA team. I did get carried away and wrote far more than just a few words as despite this being my fourth week I feel like I have been here a lot longer (which is a good thing), this is my condensed version!

So far I have been made to feel very welcome and can see that CASWA really looks after its staff and in doing so the women and children that the staff support. I feel supported by every member of staff at CASWA, so much so that on CASWA's recent strategy day I felt comfortable enough to contribute despite it just being my second week with CASWA. As part of my induction I have been reading the CASWA policy and procedures, I have various training courses booked in over the next few weeks and more recently I have had the opportunity to shadow two other members of staff which I enjoyed and got a huge amount from. Going forward I look forward to supporting women in the knowledge that I have been given the training and support to do my role with the best of my ability.

Women, you are not rehabilitation centers for badly raised men.. It's not your job to fix him, change him, parent or raise him. You want a partner not a project.

- Julia Roberts



HEALING IS MESSY.
IT'S FEELING OK and
FEELING IT ALL, ALL OVER
AGAIN. IT'S ONE STEP
AT A TIME, WITH NO TIME LIMIT.
IT'S BRAVERY and RESILIENCE
and ENDLESS TINY ACTS of COURAGE.

Keep Going.

@STACIESWIFT

Image credit: @stacieswift

Have you seen the animation made about CASWA by pupils at Golspie High School as part of their work for the Youth Philanthropy Initiative (YPI)? The animation and their presentation won CASWA £3,000 and their work was also featured as a case study on YPI's website. You can watch the **animation** [here](https://www.youtube.com/watch?v=QZK6L8RWUDk&t=5s): <https://www.youtube.com/watch?v=QZK6L8RWUDk&t=5s> and read the **case study** [here](https://ypiscotland.org.uk/golspie-students-create-compelling-video-package-for-local-abuse-charity/): <https://ypiscotland.org.uk/golspie-students-create-compelling-video-package-for-local-abuse-charity/>

NEWS

Rainy Day Art & Craft Packs

Children & Young People's Service

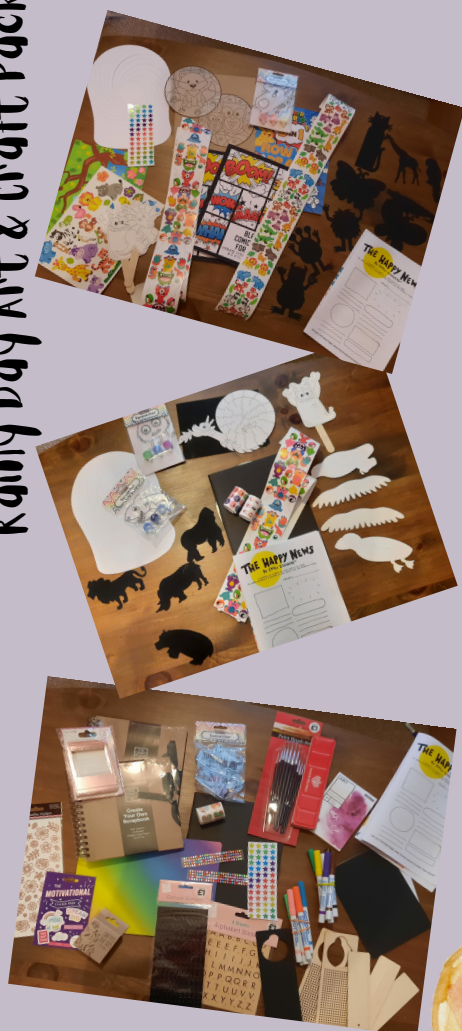
As we all know, the Summer holidays are long, it can be difficult to keep children entertained and the cost soon adds up! Thanks to grants, fundraising and kind donations, our Children & Young People's Team were able to deliver two "helping hands" projects over the Summer holidays. We provided "days out" vouchers for the cinema, lunch, ice creams, etc to enable our families to have a "worry free" day out on CASWA over the holidays. We also put together rainy day arts and crafts packs towards the end of the holidays to keep children and young people busy during those last couple of weeks!

"Thank you, it can be difficult financially to arrange days out with the priority being on uniforms and back to school things so your help was very appreciated."

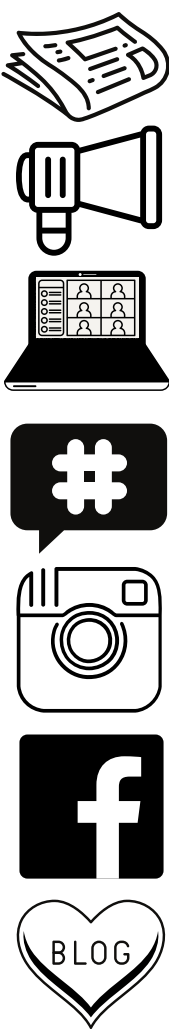


"The voucher was really useful because it meant we were able to do something as a family out-with the family home alongside other friends which would not have been financially possible without the voucher"

Busy, busy, busy bees! Our Children & Young People's Team were busy over the holidays reviewing numerous pieces of paperwork which is used in our work with children & young people. The team asked children & young people for their feedback, which shaped the re-design of our mid-service feedback forms and our support plans for children and young people. Every child and young person working with CASWA has their own support plan, now called a "support journey", which is driven by them & is completely unique to them and their needs. We pride ourselves on our person-centred and person-led approach to our work this means that children and young people are in the "driving seat" of their support and we are the passengers supporting them on their journey! We passionately advocate that children and young people are able to voice their thoughts and wishes! Watch this space for another exciting piece of work our team are working on!



Awareness Raising, Education & Prevention



Vision Board Training - Two of our Domestic Abuse Specialists from our Women's Team ran a virtual vision boards training session for another women's aid group who had got in touch after seeing our blog post on vision boards. It was great to share a resource that we use in our work with women, children and young people and we received some great feedback about the session: "[The session] was very informative as I had very little experience of using a vision board", "You explained the purpose and the benefit of using vision boards very clearly, in away that makes me excited to try it out", "We have purchased some resources...we will trial either on 1-1 or with a small group of service users first". To read more about vision boards, see our blog post by clicking [here](https://www.caswa.org.uk/blog/vision-boards) or visiting this link: <https://www.caswa.org.uk/blog/vision-boards>

Health Social Care & Wellbeing Committee - In August our Manager, Kate Blowers, along with other Highland Women's Aid Managers presented a session to the Highland Health, Social Care and Wellbeing Committee to raise awareness of domestic abuse and the work undertaken within the region by our organisations to support women, children and young people.

The presentation consisted of a powerful video followed by a Q & A session with the councillors who sit on the committee. It received very positive feedback and provided a clear insight into how essential our organisations are within our communities. To find out more click [here](https://www.hIGHLAND.gov.uk/meetings/committee/143/health_social_care_and_wellbeing_committee) or visit the link below:

https://www.hIGHLAND.gov.uk/meetings/committee/143/health_social_care_and_wellbeing_committee

Red Flags in Teen Relationships Blog & Social Media Campaign - In response to feedback received in the questionnaire to women, children and young people, the community and our partner agencies about our website, one suggestion was to create a blog post around red flags in teen relationships. Not only did we write a blog around this, we delivered this as a campaign on our social media in August. Read our blog [here](https://www.caswa.org.uk/blog/10-red-flags-in-teen-relationships) or by visiting this link: <https://www.caswa.org.uk/blog/10-red-flags-in-teen-relationships>

Recognition of our work during the pandemic - In August, CASWA, along with other charities and community groups were invited to meet with HRH Prince Charles at the Castle of Mey in recognition of the "the wonderful job" they have done during the coronavirus pandemic. This was to allow him to thank all the people and organisation's that delivered the extra and invaluable support during COVID in Caithness. It was a beautiful Caithness evening and the event was held in the Castle gardens. Prince Charles asked about the challenges of continuing to support women and children throughout the pandemic and commended CASWA on being able to do this much needed work.

Young Women's Group - We continue to work alongside Scottish Women's Aid, The Young Women's Movement, Young Women Rise and other Women's Aid groups across Scotland to improve Women's Aid services for women and girls aged between 12 -25 years old. Recent work included a questionnaire which was shared across social media platforms and received over 750 responses. Improving our service for young women will be a key priority for us over the next 3 years.

NETFLIX



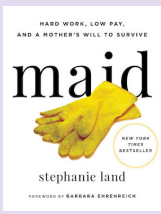
**Trigger Warning:
Domestic Abuse.**

MAID

After fleeing an abusive relationship, a young mother finds a job cleaning houses as she fights to provide for her child and build them a better future.

Some of our team have been watching and recommend it - "I watched Maid on Netflix over the holidays which was really good and showed the impact of emotional abuse and the struggles to leave an abusive partner (no money, no support network, no housing, childcare)."

This Netflix drama is based on a novel entitled, "Maid", by Stephanie Land.



FEMINIST CORNER



Gender equality in sport was a hot topic over the Summer months with the Olympics and Paralympics and for good reason - we're not there yet!

One of our team spent some time looking closely at this and wrote a blog post entitled: "Tokyo 2020 Olympics/Paralympics was it really the "first gender-balanced games in history"?" Have a read by clicking [here](https://www.caswa.org.uk/blog) or visiting this link: www.caswa.org.uk/blog

Great resources for families/children

Our team are really passionate about resources which promote gender equality, address social issues and make the world a safer, equal, inclusive and consequently a better place! We love resources which promote ideas and discussion & provide education around inclusion, equality, gender, respect & human rights... We've shared a couple that we love below:



www.amightygirl.com
A huge variety of books and a fantastic blog section!

"The world's largest collection of books, toys and movies for smart, confident, & courageous girls"



Elise Gravel (Author & Illustrator)
www.elisegravel.com

Some wonderful downloadable resources (including free printables)

• **It was not witches who burned.**

• **It was women.**

- Women who were seen as
- Too beautiful
- Too outspoken
- Had too much water in the well (yes, seriously)
- Who had a birthmark
- Women who were too skilled with herbal medicine
- Too loud
- Too quite
- Too much red in her hair
- Women who had a strong nature connection
- Women who danced
- Women who sung
- or anything else, really.

• ANY WOMAN WAS AT RISK BURNING IN THE SIXTEEN HUNDREDS

- Sisters testified and turned on each other when their babies were held under ice.
- Children were tortured to confess their experiences with "witches" by being fake executed in ovens.
- Women were held under water and if they float, they were guilty and executed.
- If they sunk and drowned they were innocent.
- Women were thrown off cliffs.
- Women were put in deep holes in the ground.
- The start of this madness was years of famine, war between religions and lots of fear. The churches said that witches, demons and the devil did exist and women were nothing but trouble. As we see even today, there is often a scape goat created, and the chaos escalated in Sweden when the Bible became law and everything that did not line up with what the church said became lethal. The Bible fanaticism killed thousands of women.
- Everything connected to a woman became feared, especially her sexuality.
- It became labelled as dark and dangerous and was the core of the witch trials throughout the world.
- Why do I write this?
- Because I think the usage of words are important, especially when we are doing the work to pull these murky, repressed and forgotten about stories to the surface.
- Because knowing our history is important when we are building the new world.
- When we are doing the healing work of our lineages and as women. To give the women who were slaughtered a voice, to give them redress and a chance of peace.

• **It was not witches who burned.**

• **It was women.**



Author: Fia Forsström

CUT OUT & KEEP

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

”

The trees are about
to show us
how beautiful it is
to let go.

Butternut Squash & Sweet Potato Soup

1 large butternut squash & 1 large sweet potato

Splash of olive oil

Salt & Pepper

1 knob of butter

3 cloves of garlic

4 onions/shallots, diced

1/2 pt vegetable or chicken stock

Preheat oven to 200 degrees. Boil the squash (skin on) for 15 min to help soften the skin and then peel. Roughly cube the squash & sweet potato and add to a baking tray along with garlic and onions/shallots. Drizzle the oil over the veg and season with the salt and pepper. Use your hands to mix the veg to ensure everything is evenly coated. Place tray in the oven for 45 min.

Heat up the stock in a pan and put veg, shallots, garlic into the pan and cook for 10-15 minutes until the potato & squash is even more tender. Add knob of butter (or cream) and simmer for another 5 min. Season to taste.



This soup is lovely chunky or smooth with some warm crusty bread.



How to make autumn
leaf tealight jars

Bring autumn's vibrant hues inside by making your own leaf-coated tealight holder – the perfect autumn craft after a chilly walk through the leaves. Lighting a candle – electric or flame – in the kitchen window is a cosy ritual to welcome in the longer nights. Why not design your own autumn leaf jar to honour the season? While you're out on a woodland walk, pick up fallen leaves in an array of golden yellows and rich reds. Use your collection to create unique storage containers, tealight holders or gifts with this easy step by step guide.

You Will Need

Several fresh, fallen leaves, (make sure they're not too dry, as they will crumble or snap)

A medium-sized Mason jar, (a cleaned jam or sauce jar will work well)

A medium sponge brush

Mod Podge Gloss or Matte, (glue and sealer in one) or PVA glue

Step 1

Make sure your leaves are clear of insects, then press under a heavy book overnight to flatten. Clean your jar and allow to dry completely. Using the brush, coat your jar in a layer of Mod Podge, leaving the base and screw-top clear.

Step 2

Begin placing your leaves on the jar, overlapping them slightly; use a spot of Mod Podge to stick edges down. Get creative with how much of the jar you cover and how far apart you space your leaves. Then leave to dry for a few minutes. You can also use other autumn images that you have at home. We used a hedgehog image on a paper napkin!

Step 3

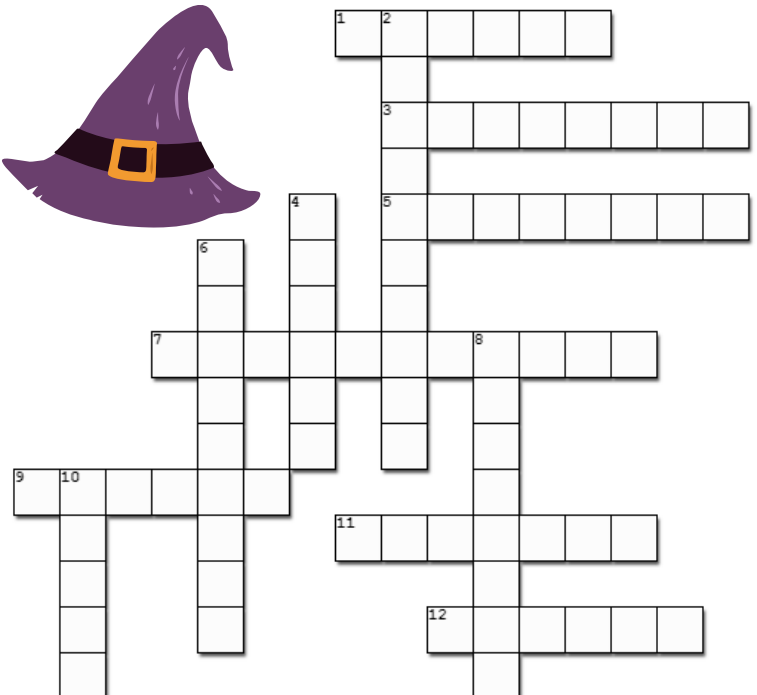
Using the brush, carefully coat your jar and leaves in another layer of Mod Podge, covering the entire surface. Take care not to brush against the edges of leaves as this could damage them; work from the centre of a leaf outwards.

Step 4

Allow your jar to dry completely overnight and, if preferred, apply another coat of Mod Podge – allow this to dry completely as well. The Mod Podge will dry clear, whether you use Gloss or Matte. Decorate the top of the jar with twine or ribbon. Now you're ready to use your jar.



Harry Potter Crossword



Across

1. Harry's loyal fathered companion
3. What are wizards born to non magic parents called?
5. What magical Creature does Lupin turn into?
7. Who is Padfoot?
9. Which Character is half giant?
11. What are non magic people known as?
12. First name of the Women who founded Hogwarts house Ravenclaw

Down

2. Which Actress played Hermione Granger
4. What is Voldemort's Snake called?
6. Name the popular Wizarding Sport
8. What is Luna's last name?
10. What is Dumbledore's first name?