

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

40 Referrals
Oct-Dec 2021

70 women
currently
receiving support

50 children &
young people
currently receiving
support

Director vacancy!

We are looking for diverse, motivated and enthusiastic women who are committed to our vision to join our board of directors for the organisation. Are you interested in being a director for CASWA?

For further information and an application pack please email info@caswa.org.uk
Closing date for applications:
31st January 2022



Gained our wings
& turned into
book fairies!
Read more about
this on pg.3!



Joined forces
with other
Highland-based
organisations to
continue last year's
#changeherstory campaign
changing the question to
#whatwillyou do

16 Days

25th Nov-10th Dec

The global, annual
period of activism
against gender-based
violence and it is
always a very busy 16
days in CASWA's
calendar!

Here's what we got up
to for 16 days 2021!

#16DAYS



Read more about the #whatwillyou do campaign and read our community's contributions on our blog <https://www.caswa.org.uk/blog/16-days-placards>

Put on our walking
boots and walked 125
miles in solidarity with
women, children &
young people accessing
our service and raised
£200 for CASWA!
We stand, we walk,
we march in solidarity
with survivors!



Mackays Hotel,
Wick "lit up" to
shine a light on
gender-based
violence!



Box of Gratitude

CASWA Walk a Mile in their Shoes:

During 16 days, our team and directors set out to walk 125 miles as a fundraiser. Each of the 125 miles represented a woman, child or young person accessing our service during 16 days. We ended up walking 232 miles over the 16 days. This in itself means something because we know there are many more women, children and young people who may need support. We would like to say a huge THANK YOU to our community who donated £200 to CASWA for this fundraiser. The money will go to very good use at CASWA!

Highland Christian Church: They have supported CASWA for many years, especially at Christmas time. The gifts they supply are very much appreciated.

D&H Solicitors: This year D&H Solicitors decided to donate money to CASWA instead of giving out Secret Santa gifts.



THANKYOU



MFR Cash for Kids: For as long as we can remember, we've been supported by MFR Cash for Kids Mission Christmas Appeal to ensure that every child & young person whose family is working with CASWA wakens up on Christmas morning to presents under their tree. As a voluntary sector service, we are able to apply on behalf of families supported by our service who are in need. This year, we made 39 applications to the appeal. We'd like to say a HUGE THANK YOU to all at MFR Cash for Kids! This appeal makes such a difference to families at Christmas!

KWICK Deliveries: Every year, Gary from KWICK Deliveries picks up our sacks from MFR Cash for Kids and takes them North for us free of charge! And we know we aren't the only organisation he does this for! Thank you Gary & KWICK Deliveries!

SOME OF THE FEEDBACK FROM PARTICIPANTS OF OUR WORK WITH HIGHLAND CULTURE COLLECTIVE:

'It helps to understand, to express, to enjoy'

'It was lovely, something new, relaxing'

'I felt it was well thought out and flowed well'

'I enjoyed it all'

'Its easier to be yourself in a group like that'

'You didn't feel judged'

'It focuses my thinking and stops negative thoughts'



Women's Service

GROUP WORK - We have been busy organising our first face to face groupwork programme in Caithness. Using Natalie Collin's Own My Life concept, we will be running a 12 week programme for a group of around 10 service users starting in 2022. Own My Life is a creative and educational course developed to help women who have been subjected to abuse or violence from a partner. Using short videos, structured discussions, group and individual activities, and a comprehensive learning journal, we will explore the impact of domestic abuse and how we can regain ownership of own lives to move toward long term recovery.

HIGHLAND CULTURE COLLECTIVE - CASWA was contacted by Highland Culture Collective about a new project which is part of a national pilot programme to establish a network of creative practitioners, organisations and communities, working together to create a positive difference locally and nationally in response to COVID-19. The exciting new project which involves working with Cat Meighan, a contemporary visual artist who focuses on working with women and young people impacted by domestic violence, and Sinead Hargan, a contemporary performance maker. They created three sessions with the theme of journey, these sessions use the metaphor to engage with a range of creative activities to inspire, be meditative, and respond to the environment in creative ways. This took participants on a journey of creation, from making a physical journal, to filling their pages, creating experiences and memories bound together.

MASSIVE THANK YOU - Our Women's Group in Sutherland have been meeting up regularly and have been busy crafting little items! Two of our domestic abuse specialists attended a craft fayre before Christmas to raise some money for CASWA. Check out the stall:



A HELPING HAND AT CHRISTMAS FROM CASWA

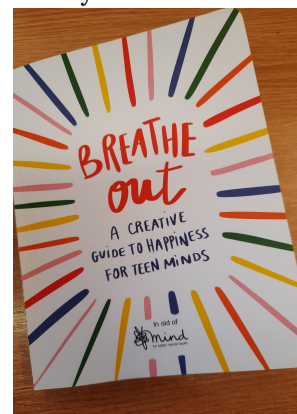
The last two years have been extremely challenging for everyone...adding financial struggle into the mix has caused a huge amount of stress, worry & sleepless nights for many people. Thanks to donations & fundraising, CASWA was able to provide families we work with who are experiencing financial difficulties with a helping hand for Christmas. We distributed **Tesco vouchers** to **33 families** just before Christmas to go towards the Christmas food shop. We know how much difference this will have made to so many families.



Children & Young People's Service

REFLECTION WORK Our work supports children and young people to develop their reflection skills. Reflection helps us to explore and better understand ourselves, our relationships, our experiences and the world around us. We've been working with some children and young people to reflect on the relationships in their life and as the end of the year came towards us, we've been supporting them to reflect on their year.

RESOURCES Part of the support we provide to children and young people includes gifting them resources that they can keep and use in their own time between sessions. We love this illustrated, creative journal, "Breathe Out", which aims to help young people explore what makes them "them", build new inner strengths and discover how to prioritise their wellbeing. After all, the last two years have been really, really difficult and we all need to look after ourselves!



take care of your mind



breathe

PREVENTION WORK We've been working behind the scenes to develop a new prevention group work program for young people about relationships! We hope to pilot this in the new year internally with young people accessing our service and externally with another local youth group. Watch this space!



Let's talk about...

*Healthy Relationships - Unhealthy Relationships
Domestic Abuse - Gender - Stereotypes - Consent*

“Thank you so much for your support, it has been invaluable to us as a family. At times where I felt alone or that no one understood, you always did. Things are looking so much brighter, I certainly feel a lot stronger which has a lot to do with your support. The children are so much more settled and secure. We are really looking forward to our next chapter. We will never forget how much you helped us all.”

Feedback we've received recently from a Mum and from a Young Person supported by CASWA

“It is nice to have someone I can trust with all of the hard things going on in my life... Ever since we started talking you've helped me understand how I feel and how to cope with many of my issues. You've been very open-minded and nice and I wanted to thank you. Thank you for noticing and helping me understand when nobody else did. Talking to you has made my life a lot easier.”

HERE for Caithness

IT WAS JUST A JOKE!
WHY DO YOU CARE?

MURDER

RAPE
SEXUAL ASSAULT
PHYSICAL
EMOTIONAL
& FINANCIAL ABUSE

HARASSMENT
THREATS & VERBAL ABUSE

TRADITIONAL ROLES, GLASS CEILING,
RIGID GENDER-BASED STEREOTYPES

SEXIST/HOMOPHOBIC/TRANSPHOBIC JOKE,
PROBLEMATIC LANGUAGE, OBJECTIFICATION

SEXUAL VIOLENCE EXISTS IN A PYRAMID.
YOUR JOKE CONTRIBUTES TO A CULTURE OF VIOLENCE!

@miffins

A new online resource was launched by Caithness Voluntary Group (CVG) on 10th of October (World Mental Health Day). The website, a year in the making, serves as an interactive, digital platform for the Caithness community to find help on their journey towards better mental health and wellbeing. It aims to connect the community with tools and resources as well as showcasing the brilliant range of support services available right now in Caithness. CVG worked collaboratively a number of services, including CASWA, to provide insight into the services available and a clear path to accessing them. HERE stands for Help, Education and Resources for Everyone's Mental Health.



CASWA are delighted to have been part of this project and featured as one of many services available to the Caithness community.

*"Your voice
is your
superpower!"*

- Lisa Congdon -

Feminist Book Fairy - During 16 Days, the CASWA team gained wings and turned into book fairies delivering books across Caithness & Sutherland. As a team of readers we had no shortage of feminist literature that we wanted to share to raise awareness of feminism and promote women-centred stories! Read more about the project and the literature we selected on our blog post:

<https://www.caswa.org.uk/blog/book-fairy-project-2021>

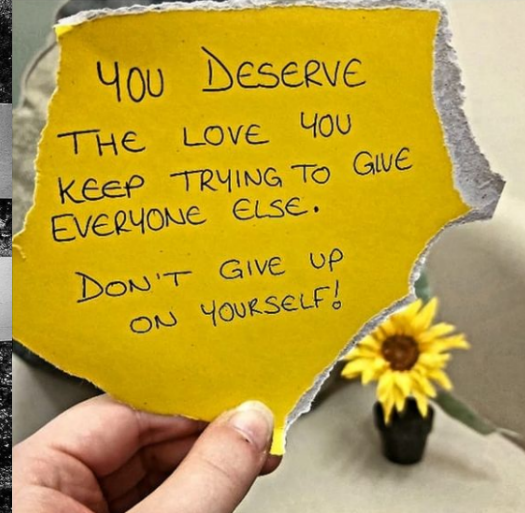
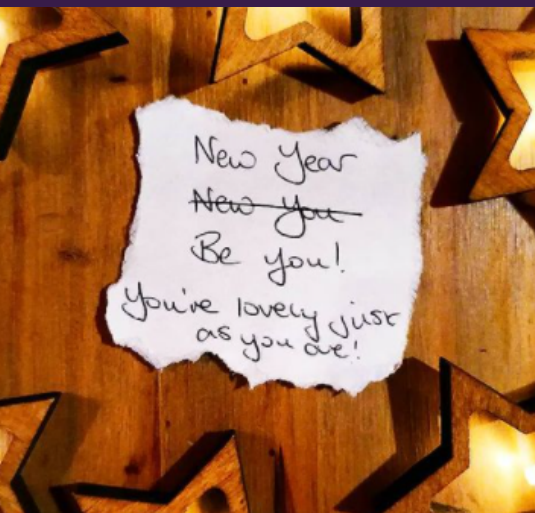


"Never doubt that a small group of committed citizens can change the world...indeed it is the only thing that ever has!"

- Margaret Mead -

CUT OUT & KEEP

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



GIVE IT A GO...



Notes of Positivity - The notes above were shared by our team on our social media platforms waaay back at the start of 2020 as part of our #notesofpositivity campaign. Why not "give it a go" and create your own notes of positivity...? Find or write a quote on a scrap of paper and add it to a vision board, pop it on your fridge, attach it to your mirror or take a photo! Or enjoy a walk on the beach and pick up a stone to decorate with your positive note and then keep it for yourself, gift it or leave it for someone else to find...

A reflection exercise for the new year...

Draw around your hand three times so you have three hand prints on blank pieces of paper or a notebook. Use one hand print to reflect on five things you would like to leave behind in 2021 and write each one in each of the five fingers. On the second hand print, reflect on five things you'd like to carry with you into 2022 and do the same writing them on the fingers. For the third hand print, reflect on things you might want to pick up going into 2022 and write these on the fingers... It is up to you what you write... Perhaps you'll leave negative self-talk behind in 2021, you might carry with you into 2022 some boundaries you established and perhaps in 2022 you'll pick up a new hobby you've been meaning to try...



Why not "give it a go"...

Create a vision board - Visualising is a powerful thing...! ...And creating a vision board for yourself is a GREAT activity to do at the start of the year to bring your visions for your future to life and bring some clarity to your goals! Here at CASWA, we LOVE them! If you've never heard of them before, we wrote a handy "how to" guide last year. Why not "give it a go"...

<https://www.caswa.org.uk/blog/vision-boards>

Ever listened to a podcast? Podcasts are spoken word/audio discussions and there is one on anything and everything! You can listen to them online or download them via websites and apps, often for free! Podcasts are fabulous company for a walk and a great "background sound" while making dinner, doing the dishes or falling asleep!

Why not "give it a go" and listen to a podcast. Here are a some podcasts our team enjoy:

I WEIGH with Jameela Jamil - What started as a social media post has become a mental health movement, and now a podcast. This podcast challenges societal norms through conversations. It celebrates progress, not perfection!

Period Power by Maisie Hill - Harness your hormones and get your cycle working for you. This is an informative podcast about the menstrual cycle.

Bryony Gordon's Mad World - Intimate conversations about getting unwell - and getting better. From household names to ordinary people with extraordinary stories. A great podcast about mental health, "because mental health deserves to be talked about".

The Guilty Feminist - An award winning comedy podcast about our noble goals as 21st century feminists & the hypocrisies & insecurities which undermine them.

Not Perfect Podcast with Poppy Jamie - Explores what it is to be human. This podcast addresses "how to thrive being human from the inside, out."

The Big Life Kids Podcast - Teaching children to stay resilient, this podcast supports children to "believe in themselves, and face life's challenges with confidence!"

The Sleepy Bookshelf - Fall asleep to classic works of fiction, adapted and narrated to help you rest peacefully.



PODCAST



"Today is the opportunity to build the tomorrow that you want..."

-Ken Poirot -