

# Women, Children and Young People Newsletter

APRIL - JUNE 2023  
ISSUE 05

Welcome to the Women, Children and Young People's Newsletter.

This issue contains information in relation to what has been happening in the women's group and children's service between April 2023 - June 2023.

## Women's Group - Pilates Classes

The women's group have been taking part in Pilates sessions over Zoom. The sessions have been running for 4 weeks and the women have loved getting active and learning more about the benefits of Pilates on their health and wellbeing.

A huge thank you to Kerry from Kerry Stewart Pilates for facilitating the sessions.

*Thank you so much for the Pilates classes, I'm proud to say they have been working for me!*

*Looking forward to another group exercise class, hopefully face-to-face!*

- Group Member on Pilates Workshops

## Workshops - CEMVO

The women's group partnered with CEMVO again this quarter. CEMVO delivered two workshops to the group.

The first session was called 'Savvy Spending'. Discussions were held about tracking spending, identifying spending habits and attitudes, recognising your money personality type (spender, investor, etc) and different tips and tricks for saving money when shopping.

'Jargon Buster' was the second session hosted by CEMVO. This workshop helped the women make sense of financial terms used in their day-to-day lives and understand abbreviations like APR, AER or VAT. Also reading payslips, bank statements and utility bills.

The women who attended fed back that they found the workshops very helpful and informative!

Once again many thanks are extended to CEMVO with whom Hemat Gryffe enjoy a positive partnership working relationship.

## Pottery Classes



The women in our service had a fantastic time learning to make pottery in May.

The women were invited by representatives of the ESOL forum with whom we enjoy a positive partnership working relationship for many years with. Some of the women are regular attenders at classes organised by the ESOL forum to learn English.

The goal of this session was to practice speaking English in a practical setting whilst having fun and being creative.

Grateful thanks are extended to Maryhill Open Art Space for inviting the women to their studio and to the Glasgow ESOL forum for funding the session.



Photographs from Pottery Workshop, above.

## Children's Service

We received a generous Easter Egg donation in April. A massive thank you to all the staff at Partick Job Centre for their generosity! The Easter eggs were enjoyed by all the children and shared across the refuge, follow on and outreach services!

Donations like this is a further example of the positive working relationships we have with Partick Job Centre and make a big difference to our service.



Photograph of Easter Egg Donation, above

## Youth Philanthropy Initiative Information Event

On 4th May, our women's support workers attended Knightswood Secondary School to take part in their Youth and Philanthropy Initiative (YPI) information event. Staff spoke with the pupils to inform them about the work that we do and the difference that their fundraising can make to the lives of women and children who access our services.

Thank you to Knightswood Secondary School for having us!

## Summer Holidays 🕶️ 🍦

The school summer holidays have now commenced, the children in our service are looking forward to our upcoming trips and outings and spending some more time out and about! Fingers crossed the sun stays out. ☀️

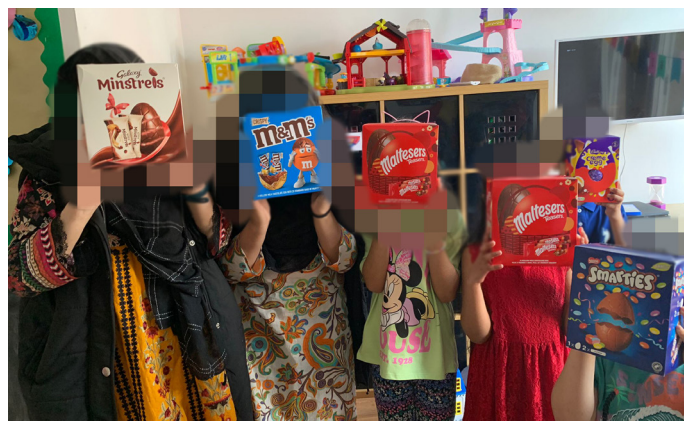
You can find out more about the children's summer adventures in our next issue!

We hope you have enjoyed reading our newsletter. If you have any questions, comments or feedback feel free to get in touch at [womensaid@hematgryffe.org.uk](mailto:womensaid@hematgryffe.org.uk).

## Easter/Eid Party! 🌙 ⭐ 🇷🇺

We had a joint Eid and Easter party (**Eid-ster**) for the children in the refuge. Thanks to the generosity of Kids Out and Partick Job Centre, each child received Eid presents and an Easter Egg.

The children were very excited to learn and celebrate different religious festivals, Ramadan and Easter. Staff discussed with the children the different celebrations and traditions of each holiday.



Photographs from 'Eid-ster' Party, above

