

# Women's Group Newsletter

JULY - SEPT 2022  
ISSUE 02

Hemat Gryffe Women's Aid

*It's been another busy couple of months!*

On the 24<sup>th</sup> August, we hosted a Wellbeing Event with our women's group which included a range of activities and a light lunch.

This was facilitated at the Maryhill Community Central Halls and 30 women attended. The event was created to allow the women in the group to relax and have a day of fun and self-care. The day began with a group workshop and the women participated in 'The Listening Lab' facilitated by Carol Ann Gvineria ([www.thelisteninglabs.com](http://www.thelisteninglabs.com)). This was a brief course highlighting the importance of listening to others and making your voice heard.

Belly dancing with Kerimeh was next and this got everybody moving and was good fun! The women loved joining in the dancing and even got to try on the belly dancing skirts.

Next, we had a form of gentle seated Pilates with Kerry Stewart. The women learned useful exercises to relieve stress that can also be practiced at home. This was all followed by a light lunch.

Throughout the day, there was the opportunity to get a free massage which was a highlight for many! There was also the chance to walk round the NHS information stalls facilitated by community links practitioners Lorna McMillan and Farhat Khan.

The day concluded with an exercise where select women shared their personal experiences and the support they have received. The women were enthusiastic about sharing their success stories, and the difficult journeys they have been on to get to where they are to inspire other women. This was a hugely successful day!



**HEMAT GRYFFE** The Scottish Government  
Womens Aid Repobliosa na h-Àrda

## Women's Wellbeing Event!

Hemat Gryffe Women's Aid  
Wednesday 24<sup>th</sup> August  
10am - 2pm

- 10am - Tea, Coffee, Meet & Greet
- 10.15 - Introduction
- 10.30 - The Listening Lab
- 11am - Walk Around the Information Stalls
- 11.15 - Belly Dancing
- 11.45 - Gentle Seated Exercise
- 12noon - Success Stories
- 1pm - Light Lunch

Community Central Halls,  
292-316 Maryhill Road,  
Glasgow,  
G20 7YE

No parking available.

Hemat Gryffe Women's Aid is a company limited by guarantee incorporated under the Companies Acts (Company Number SC419662) and a registered charity (Charity Number SC012849) having its registered office at Flat 0/1, 24 Willowbank Street, Glasgow, G3 6LZ. Recognised as a charitable organisation by the Inland Revenue in Scotland.

Women's Wellbeing Event poster, pictured above.



## Workshops - CEMVO

The women took part in a series of workshops hosted online by CEMVO. The aim of the workshops were to empower minority ethnic women to become more confident and better informed about their financial choices and decisions to improve financial management.

The workshops helped to improve women's financial awareness, help them to budget, and understand how to manage their finances better. With living costs increasing, they found these 'tips and tricks' beneficial for their everyday life.

The workshop topics were as follows,

- Banking and Online Banking
- Credit Scoring and Borrowing
- Credit and Debt
- Energy Awareness

“Very informative and raised my awareness of credit cards and loan options. Also to be aware of the small print and think about changes and life in the future. Thanks, I really enjoyed these workshops”.

- Service User on Workshops

## ESOL Classes with ESOL Forum

ESOL classes were a huge success in the quarter, as a result further sessions have been organized. These classes are facilitated by ESOL Forum and are through Zoom. There has been more interest in learning English and keeping these classes running with more women joining the women's group. The ESOL forum teachers met with the group initially face to face to assess the levels of English the learners are at. This group will run for 10 weeks every Tuesday morning and 5 women currently attend.

“I am keen to learn English, I want to be able to confidently read, write and speak English, I am very pleased we are able to take these classes”

- Service User on ESOL Classes

## Lunch to Welcome New Members

The women group were taken out for lunch at Nandos. This was an opportunity for women who have newly joined the group to meet and get to know the others. Everyone had a lovely time!

“Thanks a million to Hemat Gryffe staff for doing this for us. It was so good to meet everyone again and making it possible for me to be able to attend. It makes me feel so good and loved”

- Women's Group Member Feedback

## Child Protection Guidance Workshops

The Centre for Excellence for Children's Care and Protection (CELCIS) are developing guidance which will be accessible to women and children to help them understand what child protection is and the procedures that follow from this. Representatives of CELCIS met with staff to provide information on the type of feedback they required.

Four women took part in a series of meetings with them over Zoom to discuss their understanding of child protection and the processes that Social Work undertake. They also looked over the guidance that has been developed and provided their suggestions on how this can be improved and better suited for women that find themselves in this situation. As a result of partaking in this research, the women received a voucher.

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)

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