

Happy New Year!

Women's Group Newsletter

OCT - DEC 2022
ISSUE 03

Hemat Gryffe Women's Aid

Welcome to Hemat Gryffe Women's Aid Women's Group newsletter for October - December 2022.

Black History Month

As part of Black History Month Scotland, Glasgow Life Museums hosted a series of events highlighting the histories and legacies of empire, colonialism and slavery.

Black History Month UK is celebrated in the month of October each year and is a time to honour and remember African and Caribbean heritage peoples' achievements and contributions to the British economy, culture and history.

Earlier in October, our women's group visited Kelvingrove Art Gallery and Museum to explore and learn more about Scotland's history. The exhibition they visited at Kelvingrove Art Gallery provided an insight into the role of slavery in Glasgow's past, telling a story through the buildings and streets that have a tangible link with slavery.

The women reported that they thoroughly enjoyed the trip and felt like they learned a lot.

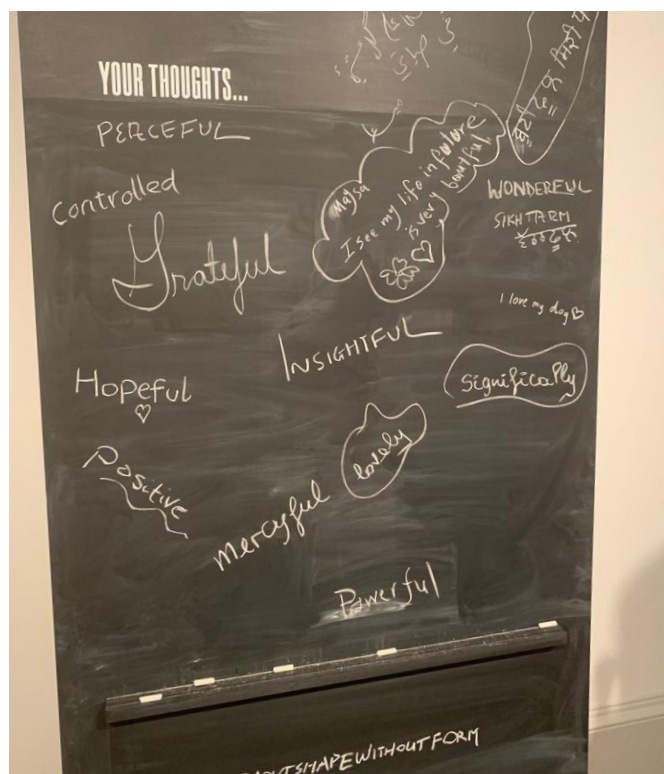
Information Session - GCRC

Glasgow and Clyde Rape Crisis held an information session with the women's group on 27th October.

The session provided the opportunity for GCRC to introduce themselves and their service to the women's group. Workers spoke with the women, informing them of the different specialist services Glasgow and Clyde Rape Crisis provide to survivors. One of the services highlighted was the 'The Ruby Service'. The Ruby Service supports women from different nationalities and minority groups who have experienced sexual violence. GCRC also work with survivors who are seeking asylum in the UK, supporting them through the asylum process.

ESOL Classes - ESOL Forum

ESOL Classes have been continuing throughout this quarter. Women have fed back that the classes have been helping them with everyday tasks; for example, making a call to the doctors, approaching a worker in the supermarket, or asking their teacher a question. The women have also been learning about significant dates in the British calendar, such as Halloween and Guy Fawkes day and they have found this interesting and enjoyable!



Kelvingrove Art Gallery and Museum Visit, photographs above.

Workshops - CEMVO

On 8th December, CEMVO delivered a workshop to the Women's Group. The session was called 'Planning for the Future' and was held over Zoom. The session had speakers from the Money Advice Service, they discussed the money and pension service and advice with the women. Speakers also gave the women the link to a money helper budgeting calendar. In addition, a speaker from AGE Scotland provided the women with information about the state pension, winter fuel payments, attendance allowance, and carers allowance.

Thanks are extended to CEMVO, The Money Advice Service and Age Scotland for their organisation and delivery of the session.

Women's Empowerment Day

To celebrate the 16 Days of Activism against gender-based violence, we collaborated with Glasgow and Clyde Rape Crisis to host a Women Empowerment Day.

Glasgow and Clyde Rape Crisis kindly invited our women's group and staff down to their new office.

We started the day with coffee and cake, the women shared their personal journeys and what inspires them to feel empowered.

It was a really fun day, thank you again to Glasgow and Clyde Rape Crisis to for welcoming us to their office!



To celebrate the 16 Days of Activism...

WOMAN EMPOWERMENT DAY

When: Friday December 2nd, 10:30AM

**Where: Glasgow and Clyde Rape Crisis
Centre
Empire House,
131 West Nile Street
G12RX**





Poster Advertising Woman Empowerment Day, above.

16 Days of Activism - Information Session

Staff provided an information session to the women's group. They discussed the 16 Days of Activism Against Gender Based Violence and our women's group were given an overview of what the 16 Days of Activism is, when it takes place annually etc. Staff informed the women what Hemat Gryffe Women's Aid's campaign plans were for the 16 Days 2022.

The women viewed the Domestic Abuse Animation produced in partnership with Police Scotland. They also listened to an audio file, produced in collaboration with our service users the audio file contains women sharing their stories and the stories of other women affected by Domestic Abuse.

Fire Safety Training - ASCO

A Fire Safety Training session was delivered to our women's group by ASCO. The training session was held on 6th October and tailored specifically to fire safety in the home. The group and HGWA workers learned the importance of unplugging phone chargers and other electrical appliances when sleeping, how to set up your fire alarms correctly and various other fire safety topics.

Focus Group - Police Scotland

On 4th October, the women took part in a focus group with Police Scotland to assist their research. The purpose of the research was to gain insight to help inform Police Scotland's approach to tackling violence against women and girls.

The women helped Police Scotland develop a greater understanding of how they can improve their services and build community relations. All the woman received vouchers as a thank-you for their participation.

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

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