

Women, Children and Young People's Newsletter

JAN - MAR 2023
ISSUE 04

Welcome to the women, children, and young people's newsletter for the period of January 2023 - March 2023.

It's been a busy start to the new year!

BrightHer - Workshops

Throughout January and February, our women's group took part in a series of workshops organised by BrightHer.

BrightHer is a student-led social enterprise group, supporting survivors of domestic abuse. The group is comprised of University of Glasgow students, and Hemat Gryffe Women's Aid have worked in partnership with BrightHer for a number of years.

The workshops were delivered over Zoom and ran for 5 weeks beginning on Jan 26th. A different topic was covered at each weekly session. Listed below:

- Week 1 - Self Care
- Week 2 - Self Confidence
- Week 3 - Communication and Public Speaking
- Week 4 - Goal Setting and Strengths
- Week 5 - Rounding Up

The workshops were informative, the women stated the sessions were enjoyable, helped them feel more confident, and it gave them a platform to share their stories.

You can follow BrightHer on Instagram @brighther_

'These classes have helped me gain confidence and given me a better understanding of self-love.'

'It was a welcoming environment for everyone to put forward their opinions and I really enjoyed participating. I look forward to more workshops like these!'

- Group Members on Workshops

Walking Tour

On 2nd March, the women's group participated in a walking tour around Glasgow City Centre. The tour was facilitated by Discover Scotland, in collaboration with University of Glasgow/BrightHer. The tour commenced at Glasgow City Chambers and finished at The Gallery of Modern Art.

Afterwards, the women enjoyed having coffee and cake together. It was lovely to chat in person and warm up out of the cold air!

'I have learned a lot about Glasgow that I never knew over a decade of living here. The rich history of Glasgow, and so many historical stories and buildings we all enjoyed listening to and learning about today. I really appreciate it, and I can't wait to tell my kids and friends about it.'

- Group Member on Walking Tour



Group photograph taken on walking tour, above

Group Wellbeing

Our women's group took part in a wellbeing session on the 12th of January. This gave the group members a chance to catch up over Zoom after the Christmas period.

On January 18th, the group went for lunch at World Buffet. It was lovely for everyone to get together and enjoy a sit-down meal together. The women reported that they really enjoyed their day and socialising together in person.

Coffee Morning

The women in refuge and staff had a coffee morning on 3rd February. Lots of delicious cakes were eaten and it was a treat to spend time together indoors on a chilly winter morning!

The meeting was informal, with women having the chance to catch up with one another and get to see everyone socially.



CEMVO - Workshop

In partnership with CEMVO, the women participated in a workshop entitled 'Illegal Lending, Loan Sharks and Scams'. The session took place over Zoom and was part of a Financial Capability Project.

The aim of the Financial Capability Project is to empower women from ethnic minority communities across Scotland to become more confident, be better informed about their financial choices and decisions.

Discussions involved the financial worries of women given the increase in prices of food and utility bills which continue to rise at a considerable pace. We also discussed the increase in scamming and methods scammers use in the attempt to exploit individuals and specifically targeting people in an attempt to obtain their personal details and bank account information to steal their identity and money.

Group members reported that they felt the workshop was highly informative and that they are better informed and observant when dealing with financial transactions, as they are mindful of potential exploitation.

Children's Service

During the recent mid-term break, the children in our refuge had a great time engaging in a variety of exciting activities. All trips and activities enjoyed by the children are requested and planned by them during group discussions.

Children have been able to go to the cinema to watch the new animated movie "Puss in Boots", they then went on a fun-filled trip to play bowling and had a lovely lunch with all the families living in refuge. Additionally, they had a blast visiting a trampoline park and bouncing around until everyone was tired. Children also went to a toy store, where each child picked out a new toy for the children to enjoy in the play flat and another for themselves to take home.

In March, the children welcomed a special visitor from Children in Need, they came to our refuge and met all the workers and children. Our visitor was able to see our play flat and hear the children's stories, whilst also joining with in some art and craft activities. The children had decorated the play flat with Pudsey pictures and wore their Pudsey ears.

The children spoke freely about all the places they were able to go because of funding we get from Children in Need, they showed her the resources they chose too, that they can use in the play flat.

At the end of March, the children are busy thinking about Easter and what fun things they will be able to do during the school break. Some of the activities they have requested to do are; have a party, go shopping, go to Inflat Nation and soft play. You can read about these adventures in our next newsletter

