

# International Women's Day Newsletter

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ISSUE 04

Welcome to the International Women's Day Newsletter for Hemat Gryffe Women's Aid!

## Me and My Journey!



'Me and My Journey' poster, above

An event was hosted at the refuge on 15<sup>th</sup> of March to celebrate International Women's Day, all women attended. The event was entitled 'Me and My Journey'.

The event brought the women and a range of topics were discussed including

- Adapting to the 'Cost of Living' crisis
- What is meant by Equality and Equity
- How to manage personal finances

The cost of living crisis has been on the women's minds they reported. Tips to cut costs and effectively manage personal finances were discussed at the event. The cost of living crisis means that individuals, families and businesses are having to reassess the way that they operate and make changes to lower costs.

One of the ways that individuals and families can save money is thinking about food and changing their kitchen habits. Some examples include; buying frozen fruit and veg as opposed to fresh, searching for coupons and discounts online, visiting community kitchens, and using less energy whilst cooking.

The women were provided with slow cookers as another method of cooking food in their homes to help lower costs. Alongside this, the women were also given two slow cooker recipe books. Everyone was delighted!

The global theme for International Women's Day 2023 was 'Embrace Equity', The aim of the IWD 2023 #EmbraceEquity campaign theme is to get the world talking about why equal opportunities aren't enough. People start from different places, so true inclusion and belonging require equitable action. Attendees talked about what equality means to them, and the differences between equality and equity.

The women talked about how they manage their personal finances currently which is particularly difficult in the current climate with the rising cost of food and utility bills. Staff discussed with women different ways they can budget, and that they can access free budgeting tools online to help them calculate their incoming and outgoing costs.

Some of the women had no recourse to public funds, did not have a bank account, and did not know how to manage money prior to accessing the service. Some of the women had experienced financial abuse and control by their husbands, and as they are now financially independent they felt empowered as they are able to make their own personal choices purchasing food and essential items

There was food and drinks at the event that were enjoyed by everyone also.

Overall, the event was a success! The woman reported they learnt lots about all topics discussed.

## International Women's Day!

On March 8<sup>th</sup> the women's group attended the University of Glasgow.

The theme for the day was 'Embrace Equity'. To celebrate women's achievements and raise awareness about discrimination. We are asked to imagine a world free of bias, stereotypes and discrimination. A world where difference is valued and celebrated and together we can forge women's equality.

The women's group and BrightHer gathered together to discuss the purpose and history of International Women's Day, reflecting on women's achievements past and present.



Photograph from Event, above

The women's group members also celebrated the launch of an audio clip created by them alongside Hemat Gryffe staff. The audio clip is entitled 'Hidden Stories' and contains the experiences of women in relation to domestic abuse, forced marriage and honour-based abuse. The audio clip will be shared and decimated throughout Scotland to raise awareness of women's experiences. The women involved in the creation of the clip found the process therapeutic and rewarding and an opportunity to reflect upon how far they had come on their journeys.

'Hidden Stories' is now available to listen to on our YouTube channel. Please follow the link below to listen

<https://www.youtube.com/watch?v=WApMltb5F-s>



Hidden Stories - Hemat Gryffe Women's Aid

After the event had ended, the women were given a tour of the University campus. The women enjoyed the tour and said it was interesting as they had never been on a University campus before.



Group Members at University of Glasgow, above

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