

# Women's Group Newsletter

APRIL - JUNE 2022  
EDITION 01

Hemat Gryffe Women's Aid



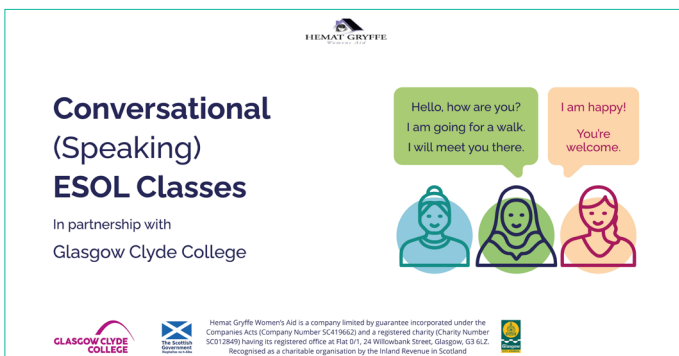
The women's group was created to allow women fleeing or experiencing domestic abuse to join together for support. The group was formed to allow women to meet in a safe environment where they can build positive relationships. Women are encouraged to join the group, as it reduces isolation and develops social skills. The women who attend our group come from a diverse range of backgrounds. The group is a platform where women can speak freely about their experiences, which increases their confidence and self-esteem. The women make their own decisions and have control over choices they want to make, learn new skills, and increase their knowledge of various issues relative to women who understand their experience. They participate in courses and have a sense of achievement. Feedback from those previously participating in the group tells us that that women become motivated,

make like-long friends and regain their sense of self as they were previously subordinate to control and abuse.

The coronavirus pandemic changed the manner in which the group met in March 2020. The group went from providing face to face support at the drop in centre at 24 Willowbank street, to an online virtual platform. It was essential for Hemat Gryffe Women's Aid staff to introduce this new way of working in order to prevent social isolation. This has been a success as it is easily accessible for women. The women do not require to seek childcare services and do not incur travel costs. These factors have led to an increase in the number of women who attend. With the assistance of emergency funding iPads/tablets were provided to women to allow them to access the meetings virtually.

## ESOL Classes

Many of the women who access our services cannot speak English and this can create a barrier for them in different ways. At the refuge, we have been hosting 'English as a Second or Other Language' classes (ESOL) to enable women to learn conversational English. The classes have been run in partnership with Glasgow Clyde College and have been a great success. Originally, the classes were intended to run for 4 weeks, however, this has now been extended due to the number of requests for more classes. Colleges and other educational institutions mostly do not operate in the summer months so women having the opportunity to develop their conversational English language skills during the break has been highly appreciated. Attendees are reporting that they are feeling more confident and look forward to the classes each week. Some of the women with good English skills have reported that they also enjoyed the classes because they were able to brush up on their conversational skills. Funding from the Scottish SADAQ Charitable Trust has enabled us to pay for the English classes. Pictured below is a poster advertising the classes.



## NHS Online Harm and Abuse Research

The women participated in research on behalf of the Health and Social Care Partnership (NHS). The NHS hosted an online meeting with the women's group on the 5th of May to deliver an awareness session about online harm and abuse. The session explained the signs of online abuse and how to identify them. A wide range of topics were discussed such as revenge porn, negative comments and online harassment.

Following this awareness session, a focus group involving service users was facilitated to explore the effects of online abuse/harm for research purposes. The NHS are in the process of developing a guidance to raise awareness about online abuse, how to recognise and deal with it and welcomed the participation from service users. The group met on the 26th of May, women were asked about the impact of social media upon their mental health and shared their own experiences and stories. The women feedback that the sessions were interesting and informative and were given a £20 amazon gift card as a thank you for taking part. The guidance is currently in development and we are waiting for the final copy to be published.



"I found this really interesting and insightful."

- Service User on Awareness Session

"It gave me an opportunity to share my story and trauma."

- Service User on Awareness Session

## Workshops - Glasgow Clyde College

A student adviser from Glasgow Clyde College held a workshop explaining the process of applying for courses at the college, submission dates for applications, entry requirements for different courses, the various types of qualifications and what you can go on to do in the future. She also explained bursaries, and briefly discussed universities and applying for SAAS.

### - Hate Crime

West Of Scotland Regional Equality Council (WSREC) delivered a workshop focused on hate crime. Discussions concerned what constitutes a hate crime and helped provide attendees with more information about hate crimes. There were discussions about how to identify a hate crime, how to report a hate crime and who to report it to.

### - Steps Into Employment

CEMVO delivered a 3 week session entitled 'Steps into Employment'. It covered topics such as how to write a CV correctly, key interview skills, how to efficiently search for jobs and what websites to search on.

### - Savy Spending and Saving

CEMVO delivered another session entitled 'Savy Spending and Saving'. This gave the women advice on how to save money, budgeting, and different tips and tricks to cut down their spending.

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)

