

# Glasgow East Women's Aid

753 Westerhouse Road  
Easterhouse  
Glasgow  
G34 9PB

Tel: 0141 781 0230

Crisis Line: 0141 773 3533

Fax: 0141 771 4711

Web: [www.gewa.org.uk](http://www.gewa.org.uk)



**Annual Report 2010/2011**

**Charity Number: SC023938**

**Private Limited Company Number 399133**

## SUPPORTING WOMEN

It's that time of year again when we have to record what has happened in the last year to improve the lives of the women, children and young people who use our service. GEWA are very fortunate to have very comfortable premises within the Easterhouse area, however, for some women it can be very difficult to come along. There are many reasons why coming to Easterhouse may be difficult such as; being timed by an abusive partner, returning to the area where the abuse took place, child care / contact issues, returning to the area where she was involved in addiction, and financial constraints.

Therefore, GEWA offers an outreach service to ensure that all women throughout the east of the city receive a service. We work very closely with the East Areas Social Work Team based at the Newlands Centre, Springfield Road, Parkhead, the Sandyford East Project, local schools, health facilities and Quarriers Family Centre and many other resources. We are very grateful to all other services for the use of space within their projects as it has proved to be very successful. Taking the service to women has improved engagement and this has impacted on major child protection concerns; identified by statutory services.

The core of GEWA's work is to support women, children and young people who live or have lived with domestic abuse. Living with abuse creates many barriers to recovery, by offering an outreach service we are endeavouring to break some of them down. This ensures that all women requesting our service have access to support at a local level.

As one of the workers responsible for delivering this service it has been my pleasure to see the difference this has made to many women. For example I have been involved in many cases where the children in the family have had their names placed on the Child Protection Register due to profound domestic abuse within the home, with a real threat of being accommodated by the local authority, they are now living safe happy lives with their mother due to the support provided by GEWA and the level of engagement by mum.

So looking back has endorsed the success of this work and with the help of other projects who offer us a safe space to work we will continue with this support. If you are a project with a room we could use please let us know. The space may only be necessary for a short time and we would always let you know in advance if we were coming along, please contact us if you can help.

Anne Kelly  
Project & Development Worker

## REFUGE



### SOME STAFF FROM REFUGE

Ann, Kim (centre) and Christine

2010 was a typical year for refuge, not enough flats for the women and children who need safe and supported accommodation as well as the ongoing shortage of suitable housing in the East End of the city.

But it would be wrong to give the impression that life at refuge is all doom and gloom, far from it. The full time staff Ann, Kim and Karen, along with sessional staff, Christine, Tricia and Agnes do their bit to put a smile on everyone's face.

As a picture paints a thousand words here's a brief view of life at refuge.



BBQ - WAS DELICIOUS!



NO-ONES BIRTHDAY IS FORGOTTEN



ARE THE REFUGE STAFF BURIED UNDER THE SNOW?



FLOWER ARRANGING - LOOKOUT INTERFLORA !



EASTER BUNNY DELIVERS EGGS TO REFUGE

## CHILDREN YOUNG PEOPLES SERVICE



CHILDRENS WORKERS



Gillian, Gemma and Karen

### Hopscotch

Another proud achievement was gaining funds to take 9 children on a week long residential activity based trip to the North of Scotland. This trip was provided by Hopscotch Charity who offers holidays to vulnerable children and young people throughout Scotland. This was a once in a lifetime experience for the children some of whom had never been given the opportunity to leave the East End of Glasgow. The children took part in various activities including horse-riding, rock climbing, canoeing and hill walking. This proved to be a holiday of 'firsts' for most of the children for example a trip to the beach or a BBQ let alone try the various activities on offer.

On the final evening staff organised a treasure hunt, which was a great success and then we danced the night away at our own private disco!! The dancing was great fun and of an excellent standard. Well done to all the boys and girls who partied the night away. Oh and the staff had a few 'moves' themselves!!



### Party Night!!

## Seasons for Growth

Our 3 children's workers are now qualified to facilitate the Season's for Growth group work programme. This is a specialised programme and is based on the belief that change, loss and grief are normal and valuable parts of life. It aims to produce a sense of resilience, personal growth and acceptance of change in people's lives.

The children and young people's programme deal with change, loss and grief associated with death, family breakdown, or any other form of separation. This is relevant to the children and young people using our service in relation to the loss they have experienced i.e. their parents separating, no contact with their father, moving home due to safety concerns therefore the loss of their home, toys and friends etc.

We have delivered our first Season's group which was a great success. The children bonded well as a group and friendships were established. The children were able to gain an understanding of the changes/loss in their lives and their feelings surrounding this and how best to look after these feelings. They were given the opportunity to share their story with the group to allow them to express themselves and gain peer support. The children were expected to complete personal journals and this was a great resource for the children who did not feel comfortable or confident enough to share their story. This proved to be a valuable keepsake for the children once the group had finished.

Please see below a photograph of our 'feelings plant'. This exercise provided an opportunity for the children to safely explore that their feelings, particularly concerning the changes that have occurred in their families. They chose one of these feelings and explained how best they would look after their feelings. Once the group did this they were asked to place their flowers in the plant pot and this remained in the room for the remainder of the group. The children were also given a real plant to take home and were encouraged to look after this in the same way they should take care of their feelings.

What the children said they learned from the group.

- "I am terrific"
- "My story is special"
- "I take care of my feelings"
- "I can make good choices"
- "I know who can help me"
- "I have a special family"



### Summer Holiday Programme

As a result of further consultation with our CYP we were able to secure funding from Bishopwood's Area Committee to provide a varied summer holiday programme which was offered to all CYP receiving one to one support and/or living in our refuge. The outings included trips to the cinema, bowling, crazy golf, Xscape, Adventure Planet and trips to local parks. The holiday programme ensured children and young people were less isolated and given the opportunity to develop friendships and gain further peer support. Although this was a huge success we are aware due to the current financial climate this may restrict future opportunities for our children and young people.

### Women's 10K

One of our children's workers, Gemma Wylie and a group of her friends and family took part in 10k run to raise funds for Glasgow East Women's Aid children's service. Gemma completed the run in 1:02:03 and jointly raised £500. This money will be used for next years Hopscotch holiday if we are lucky enough to secure a place. Well done Gemma!!

## DONATIONS

Over the past year we have received many donations and GEWA are extremely grateful for everything that we have been given. It is truly amazing that even in this recession that the wonderful people from Glasgow's East End and further afield manage to dig deep and continue to surprise us with their efforts.

We have received many donations and gifts including dry/tinned goods, clothes, baby blankets, Easter eggs, Selection boxes and money. Everything has a place to go and given to the women, children and young people who GEWA support.

We would like to thank Procurator Fiscals Office, St Benedict's Parish, St Clare's Parish, Spirit Aid, Viewpark Parish Church Guild, Project Linus, St Andrew's Secondary, Charlotte Street Nursery, Curves, Café Wonda and finally all the anonymous individuals who pop in on passing to donate.

***WE THANK YOU ALL.***



**Just some of the donations at Christmas**



## MULTI-AGENCY WORK



Multi Agency Worker  
Pamela

The year 2010-2011 was a busy one for GEWA within the multi-agency area. Changes to the geographical structures of the CHCP's meant an increase in the strategic planning of services for women, children and young people in the North East area of Glasgow.

One of the outstanding priorities of the Violence Against Women Action Plan for the East was Young People's work; there appeared to be a gap in resources for assisting youth providers with the appropriate tools for referring/reporting domestic abuse disclosed by young people. In partnership with NHS Health Improvement partners, the multi-agency development worker devised guidelines to address the gap; these are on their third draft and will be launched in the summer of 2011.

Part of the multi-agency role is to co-ordinate a programme of unpaid workers training, and we have undertaken two courses this year. Women who apply for this training find it very rewarding in terms of personal experience, but also for future employment opportunities. One woman summed up the training as follows:

***"During my time on this course I have learned so much, it has opened my eyes to the things that go on in many relationships. It has made me more certain that I would really like to carry on down this line, and hopefully be of help to women and children in abusive relationships."***

The highlight of the VAW calendar is the 16 Days of Action campaigning against Violence Against Women, which takes place from 25<sup>th</sup> November. Unfortunately, due to extreme weather conditions most of the events planned were cancelled,

but GEWA did manage to squeeze one in before the avalanche! The event at the Bridge focused on Self-Harm in the context of GBV, and in partnership with SAY Women, Wise Women and Glasgow Council for Alcohol, we managed to raise awareness of the links and issues for agencies to be aware of. Fingers crossed for 16 Days 2011!

## EVENTS



MOCKTAIL - ALCOHOL FREE



WHEN 'DO YOU WANT A DRINK' MEANT TEA!



BABYCHAM AND ONE ONLY ☺



GET YOUR FILL BEFORE WE GO ☹

The International Womens Day Event we held in the Bridge in March 2011 was very well attended and enjoyed by all. The aim of the event was to celebrate all women, from all cultures and all backgrounds. The fashion show and dance display by the Maryhill Integration Network was a joy to watch, the different cultural wear on display was so beautiful. We also fitted in a very insightful, and humorous, look at the ways in which alcohol has shaped the society we live in over the last century. The play put on by the Glasgow Council for Alcohol also

highlighted the gendered perspective of alcohol, and how it can be used to stereotype and blame women within the context of gender-based violence.



### THE HUMAN TOUCH



### Therapists - Geraldine and Clare

For the past 4 years Glasgow East Women's Aid has provided therapies to women. Women can choose from complementary therapies such as body massage, head massage, reflexology, facials and even manicures. An initial consultation will

determine what type of therapy the woman will receive. This consultation gives the therapist an indication of any areas where the woman does not want to be touched. It also develops mutual trust and gains the woman's confidence in the therapist.

The human touch is very important for all women as this has been proven to raise the individual's confidence and self esteem.

In order to ensure that women are benefiting from the treatments there is an ongoing assessment.

### **SHADOW BOARD**

GEWA must review there organisational structure to ensure full compliance with the Charities and Trustee Investment (Scotland) Act 2005, to enable the organisation to retain their charitable status. During this year we will be searching for members for the Shadow Board who will then progress to be a Board of Directors of Glasgow East Women's Aid. We aim to be a Company Limited by Guarantee for the start of financial year 2011.

If you think you may like to be a Board member then please get in touch.

### **YEARLY STATISTICS**

<b>Date</b>	<b>1/4/10-31/3/11</b>
Total Number of Contacts	<b>5640</b>
Of which were Women	<b>4169</b>
Of which were CH/YP	<b>1471</b>
Women 1-1 Contacts-Sessions	<b>1675</b>
Women Groupwork Contacts Sessions	<b>131</b>
CH/YP 1-1 Contacts	<b>822</b>
CH/YP Groupwork Contacts	<b>541</b>
Requests for Refuge	<b>92</b>
Women given Refuge Accommodation	<b>11</b>



CH/YP given Refuge Accommodation	12
Women not admitted due to lack of space.	79
C/YP not admitted due to lack of space.	87

### **SPECIAL MENTION**

It was with great sadness that GEWA learned of the passing of Patricia McCrossan, Area Manager, Community Planning Office. Patricia was a great supporter and an invaluable ally in the campaign of violence against women and children. She will be sadly missed.

### **ACKNOWLEDGEMENTS**

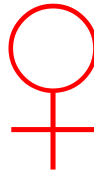
2010-11 has been a difficult time for funding, and has at times has been very stressful, waiting to know if we have been successful in our applications. We could not exist without the support of our funders and we would like to extend a huge thank you to them all. They are; Glasgow City Council Integrated Grants Fund (FSF/Childcare Strategy), Supporting People, and Grants to Voluntary Organisations  
Scottish Government (DASDF, SASDF, W.A. Children's Fund)  
Robertson Trust, NHS East CHCP, Celtic Football Club and Postcode Lottery. We are fortunate enough to receive some other funds/donations often from individuals and these are just as important.  
To each and every one we extend our grateful thanks on behalf of the many women and children who use our services.

We also wish to thank the following people and organisations; Mhairi McGowan and the team @ ASSIST, The Care Commission (Barbara Miller), Cllr. Jim Coleman, Janice Neil and the Community Casework Team, Margaret Curran MP, Pat Coltart & Sonia Chadha @ Glasgow City Council Children's Services Planning, Alan Stewart Area Community Planning Officer, Anne Fehilly, Kirtsy Hay, Pauline Kelly GCSS, Wise Women, Cathie McMaster, Margaret Dornan & Marian Hodgson @ Childcare Strategy Unit, Garthamlock & Craigend Church, Lorna Gray and Karen Ryan @ Gerber Lander & Gee. Glasgow Caledonian University, Jean McDade @ Glasgow City Council Chief Executives Department, Shirley Wilson, Margaret Cosgrove, GHA, Glasgow Violence Against

Women Partnership, VAW Strategy Group, Sandyford Clinic, Pauline Caulfield, Ian McDonald and staff, Glasgow East Family Support Project, DWP, Keegan & Pennykidd, Iain Attack & all at Lindsays & Co., National Commission for Social Care, Racam, Say Women, Scottish Women's Aid & the Network, The Standing group on Violence against Women, Strathclyde Police with special thanks to Community Police @ Easterhouse Station, The Web, Wellhouse Housing Co-op, The Women's Voluntary Sector Network, Women's Support Project, Childcare Glasgow East, S.S.S.C., Social Work Commissioning Team, East and North East Area Social Work Team, Equality Network, Scottish Women's Convention, G.C.V.S., liaison team at reproductive clinic, P.A.C.T. team @ S.W.D. , Paul Tiernan and staff @ GERA, DW Sports @ Glasgow Fort, Westwood Business Centre, Starter Packs, Father Brian, Father Tony, Morag Boyle Sanctuary Management Services, Quarriers, Dalmarnock PS and Crail Street Nursery.

We would also like to thank all our unpaid workers and Sessional workers, all the individuals who give us donations throughout the year. Lastly we would like to thank the women children and young people of Glasgow East and beyond who continue to inspire us.

If we have forgotten someone, please forgive us and accept our grateful thanks.



*women helping women helping women*