

## GEWA SUPPORT & WELFARE SERVICE

Over the past year the service has supported women with various benefits/financial and energy difficulties. In addition 10 women received emotional and well-being support in one to one sessions. Clare has continued to work with the sub group on the Poverty Leadership Panel (PLP) and our women took part in two further surveys which will help to inform the main PLP at Glasgow City Council; giving our women a voice at a strategic level. Clare has also worked in collaboration with Scottish Women's Aid (SWA) and Engender and provided evidence for the latest report 'A Widening Gap: Women & Welfare Reform' which was presented to the Welfare Reform Committee at the Scottish Parliament on 29th April 2015. SWA have chosen GEWA to take part in a fact finding mission that will involve our women using digital media to tell their own stories about their experiences of how the Welfare Reforms have affected them.

## MULTI-AGENCY APPROACH

GEWA has operated within a multi-agency context since its formation and the organisation continues to maintain a pro-active approach in being involved with local strategic groups and partnerships. Pamela works as the multi-agency development worker and is involved with strategic groups to influence future policy and practice. Pamela represents GEWA at the Glasgow Violence against Women Partnership and the North East Violence against Women implementation Group and a range of themed subgroups. The presence of GEWA is essential in maintaining input and raising awareness of the issues facing women and children and young people fleeing domestic abuse in the North East of Glasgow. Contributing to delivery developments and influencing the decision making and policy development aimed at the ultimate goal of ending violence against women.

GEWA runs a 10 week volunteers course which continues to be successful. GEWA would like to recognise the hugely valuable contribution that all volunteers bring to the service. The volunteer course allows women to come in and work in GEWA, offering the opportunity to improve their knowledge, gain confidence, and achieve skills that increase employability.

This year at our conference "But He Doesn't Hit Me" held on the 2.4.15 the attendance was overwhelming and evaluations and verbal feedback indicated that it was a real success. The conference aimed to raise awareness of women's experiences, and help professionals support women more effectively. This year's focus was on highlighting the damaging and long lasting effects of psychological abuse. The event was supported by amazing speakers Ann Moulds (Action Scotland against Stalking), Anne-Marie Hicks (National Procurator Fiscal for Domestic Abuse), Katie Mathieson (Rape Crisis Scotland) and our very own Janice Hannaway, a women's counsellor in GEWA.

However the highlight of the day was the women survivors at GEWA who worked with Naomi Breeze, a drama specialist. Together they worked really hard to put on a powerful performance of "But He Doesn't Hit Me" (the mini drama).

### Statement of Financial Activities (Incorporating the Income and Expenditure account) Year ended 31 March 2015

	Unrestricted Funds (£)	Restricted funds (£)	Total funds 31.3.14 (£)
<b>INCOMING RESOURCES</b>			
Voluntary Income	5,943	592,608	598,551
<b>RESOURCES EXPENDED</b>			
Charitable activities	7,265	558,007	565,272
Charitable expenditure			
Governance costs	-	10,528	10,528
Total resources expended	7,265	568,535	575,800
<b>NET INCOMING RESOURCES</b>	(1322)	24,073	22,751
<b>RECONCILIATION OF FUNDS</b>			
Total funds brought forward	80,208	131,690	211,898
<b>TOTAL FUNDS CARRIED FORWARD</b>	78,886	155,763	234,649

\* Reserves Policy – We aim to hold a prudent general reserve to cover any costs arising in the event of the closure of the charity. This equates to approximately 3 months running costs which is an acceptable level of reserves.

## FUNDING

For the last 8 years Lynne has been the finance worker during this time she has ensured the smooth running of GEWA funding in conjunction with the Collective. Lynne and the Collective are committed to keeping the financial course as smooth and as robust as possible this is not always an easy task in this difficult financial climate.

## GEWA Events

GEWA organises events every year for survivors of domestic abuse these are family events aimed at building on the strengths of family's and giving them some much needed happy memories together to take forward on their journey of recovery. These events are open to the whole service and this year there were trips to M&D's, Blair Drummond Safari park also there were Halloween and Christmas parties. Additionally during the 16 days of activism against gender violence Big Groove promotions kindly provided a drumming workshop that the women really enjoyed.

## HOW CAN YOU HELP?

You can help our much needed service to continue providing the excellent service it does in Glasgow East. Your support can help a family move on from the impact of domestic abuse and help them on their journey of recovery leading to a safe and fulfilling life with opportunities:

- Visit our website at [www.gewa.org.uk](http://www.gewa.org.uk) for more information on how to make a donation.
- Contact our office on 0141 781 0230 for a standing order form no donation is too small.

## YOUR DONATIONS COULD PROVIDE:

- £10 could provide a birthday gift and card for a resident child in refuge.
- £20 could provide a Welcome Pack of essentials for a new family arriving in refuge.
- £50 could provide a trip to an outdoor or wildlife centre for 5 children.
- £100 could contribute towards an annual TV licence, Christmas Gifts for residents in refuge or contribute to the food for taking children on a residential trip.

## ANY HELP IS GREATLY APPRECIATED, THANK YOU!

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Formerly Greater Easterhouse Women's Aid.  
Affiliated to Scottish Women's Aid.

Charity Number: SCO23938 Company Number SC399133

# Glasgow East Women's Aid

Working together to make a difference

## Annual Report 2014 / 2015



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## BOARD REPORT

Over the last twelve months, the Board changed in structure as old members have left and new members have joined. The board is now in its fourth year and is an established integral part of the overall GEWA service. The board continue to work towards building their collective strength, knowledge, and expertise in working with the staff at GEWA to progress the agency's goals in ending Violence against Women. This has been another difficult year with austerity cuts impacting on the women, children, and young people who need our service. Despite these difficulties, GEWA has managed to continue to provide an excellent, vital, and valued service to women, children and young people throughout the North East of Glasgow. The success of GEWA is very much attributed to the dedication and ongoing commitment of its members, employees, volunteers, and, of course, the strength and bravery of the women who contact GEWA. The staff members have remained committed, positive, and proactive in networking and securing funding for the service in these very difficult times, while simultaneously dealing with a high volume of need for the service. Despite need continuing to outweigh the availability of refuge, staff members continually work towards finding innovative ways to support service users and secure their safety. The Board continues to work proudly for GEWA, the Collective, the women, children, and young people who need the service, and all involved with the organisation.

Type of Activity	1/4/14-31/3/15
Total Number of Contacts	7451
Of which were Women	2894
Of which were CH/YP	107
Abandoned/hang-up calls	48
Women 1-1 Contacts-Sessions	2154
Women Group-work Sessions	84
CH/YP 1-1 Contacts	876
CH/YP Group-work Sessions	1197
Requests for Refuge	91
Women given Refuge Accommodation	5
CH/YP given Refuge Accommodation	6
Women not admitted due to lack of space	81
CH/YP not admitted due to lack of space	60

## REFUGE

Providing a safe shelter to women and families fleeing abuse is a vital service provided by GEWA. The service has 5 flats that are in constant use and this year the service has managed to totally refurbish 2 of those flats, and hopes to do the same next year. Having a warm, safe and welcoming place that, women and their families can seek sanctuary is vital to their recovery. The refuge staff offer much needed support and advice to women and promote recovery with person-centred and needs-led practice.

Whilst housing demand continues to outweigh availability in many areas of Glasgow, the legacy of the Commonwealth games has provided much needed housing stock to the community. These housing providers have consulted and involved GEWA, and have housed women and their families.

There are a range of activities offered to women in refuge including parenting support, counselling support, and practical assistance such as budgeting and healthy eating. The service has an allotment and women and children are encouraged to actively engage with this and have enjoyed this experience.

The support offered to families in refuge is crucial to enabling autonomy, promoting agency, and making plans for the future. Most women coming into refuge have not



experienced autonomy either financially or personally and as such making parenting decisions and being independent are new concepts that require nurturing and support.

The women regularly meet up for coffee mornings which provide an opportunity for peer support with other women that have an understanding of their situation. At Christmas, women meeting at their coffee mornings made Christmas decorations which they all enjoyed and bonded over.

## WOMEN'S THERAPEUTIC COUNSELLING AND SUPPORT SERVICE

Again in 2014/15 one of the most valued services provided at GEWA was the Women's Therapeutic Counselling and support service provided by Anne, Janice, Livvy, Clare and Lyndsay.

The need for this service is demonstrated in the year on year increases of referrals for women and families. The counselling and support services are offered from the GEWA main office and also on an outreach basis covering the North East Sector of Glasgow.

Lyndsay continued to work in partnership with GEMAP (Glasgow East Money Advice Project) to deliver a wrap-around service to women including financial, emotional, and practical support. One woman was successfully re-housed at the Commonwealth village with her three young children after fleeing abuse and has applied to start college this year. Positive feedback Lyndsay received really highlights how important and rewarding our work is: "Women's Aid have been amazing. You have been there to support me through everything from major things to even a little chat when I have been feeling down, honestly don't know what I would have done this year without you, I am very grateful for everything. All the help and support has given me back my freedom and confidence. I cannot thank you all enough."

GEWA strives to adapt to the ever-changing needs of women in today's society. The service works with women affected by issues of addiction, childhood sexual abuse, rape, sexual assault and all forms of sexual violence. Often survivors of domestic abuse and other issues such as sexual violence can turn to drugs or alcohol in order to cope with the physical and emotional pain they are experiencing. Statistics demonstrate that compared to non-abused women, survivors of domestic abuse are 15 times more likely to abuse alcohol and 9 times more likely to abuse drugs; therefore this type of support is both vital and highly relevant to the service.

The correlation between adult survivors of domestic abuse and the likelihood of experiencing other forms of sexual violence remains high. GEWA statistics from 2006 found that for every 10 women referred to the service 6 had experienced some form of childhood sexual abuse. Therefore providing therapeutic services alongside practical and emotional support is vital to meet the needs of GEWA service users.

## COMPLIMENTARY SERVICE

We have two therapists, Claire and Geraldine, who offer complimentary therapies to service users. Women can choose from massage, reflexology, facials and various other treatments and therapies. This provides women with some much needed time for themselves to enjoy the benefits of a therapy. Often women fleeing domestic violence have never spent any time on themselves and this provides the opportunity to do so while also building self-esteem and promoting feelings of self-worth. We are always fundraising for this service because it is so worthwhile, and the women see great results from engaging with it.

## CHILDREN'S & YOUNG PEOPLE'S WORK

Our Children & Young People's Service continues to provide one to one therapeutic support and group programmes to children and young people between the ages of 4+18 years who have experienced domestic abuse. Our service is provided at our refuge and on an outreach basis and is delivered by Gemma, Karen, Gillian, Tricia and Agnes. The service continues to grow and develop and this is highlighted by the high level of referrals received from children's mothers, young people, Social Work, Health, Education and other organisations. Our strong multi agency links allows us to work closely in partnership with these agencies to ensure the child's needs are met. We have recently secured further funding until the end of March 2015 from the Scottish Government. The service provides support around issues such as personal safety, healthy relationships and positive re-attachment, expression and managing of emotions/feelings and relationships and how that impacts on behaviours. Our workers advocate on behalf of children and young people to ensure their views and opinions are central in their Care Plans.

Last year our service was inspected by the Care Inspectorate and we were delighted to be graded very highly – almost all sixes!! We will continue to look at ways to improve and develop our service further. In response to current research and media reports in relation to

children living in poverty and the links to domestic abuse, children and young people helped to come up with the idea of a media project where they interviewed key people that they thought could impact on future services. The families in refuge also wrote a drama about their experiences of domestic abuse until the point of coming to refuge. This resulted in our conference in May 2014 where interviews with key people were shown on the day. The conference was co-facilitated by an ex service user who lived at refuge with her daughter and who did a fantastic job on the day. Key people included the Commissioner for children and young people, Tam Baillie, and BAFTA winning actor David Hayman who was also a guest speaker on the day. The children and young people felt empowered by conducting the interviews and the Children's Commissioner sent out a tweet in recognition of the quality of the questions put to him. The conference was well attended and received very positive feedback.

This is a link to our Facebook where our drama can be viewed in the videos section <https://www.facebook.com/glasgoweastwomensaid>

We organised a summer programme of activities for children and young people using the service, including a variety of excursions, outings and parties to encourage opportunities for peer support, building positive relationships/friendships to promote children and young people's self-esteem and social development. Some of our activities included visiting M&D's theme park and Blair Drummond Safari Park. In particular, these large group outings provided opportunities for children and young people to bring their mums or carers and their siblings along to spend quality time as a family, having fun together.

Our staffing is again at full capacity following the return of Gillian last June and Gemma in February from maternity leave. Welcome back Gillian and Gemma.



## ALLOTMENT

GEWA secured an allotment for use by service users and families in refuge. This has kept Christine busy, digging, planting and planning what needs to be planted when. Looking forward to another season of fruit and vegetables



## FAMILY DEVELOPMENT SERVICE

The family development worker supports women, children and young people to strengthen fragmented relationships, improve family dynamics, and build resilience by offering emotional and practical supports. Eleanor aims to support families to find a sense of safety and stability, and to empower women in their role as mothers; something which is often undermined when living with domestic abuse. It can be difficult to establish boundaries and structure that women want to create for their children due to the fractured power dynamics often experienced within the house. Eleanor provides person-centred support for women, children and the family unit through both one-to-one and family sessions; women often experience a crisis of confidence in their ability to parent alone, maybe never having been allowed to be a parent when the perpetrator was in the house and the entire family often needs understanding and support both individually and as a family unit.

Sourcing future funding has been a huge challenge this year, however based on the successful evaluation of the first three years of the Family Development Service and a lengthy funding application the Big Lottery fund has awarded us a further 3 years funding and given us money to expand the project and employ a second worker. Eleanor continues to promote the development of family work within GEWA and has developed excellent links with external agencies, particularly social work and local schools. Eleanor has co-facilitated a CEDAR group, a project with the key aim of helping mothers to understand the impact of domestic abuse on children and to support children in their recovery. A weekly yoga and stress reduction class was started which has proved very popular, and organised a cooking on a budget class which was thoroughly enjoyed and well attended.

"I don't know what I would have done without Women's Aid; I am starting to have confidence again. I know what to do if something happens again and I have a better understanding of things and keeping my kids safe."