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You ease my anxiety  
and make us smile  
through it all.

- woman living in refuge

“

I can hear my  
girls laugh whole  
heartedly.

- mum living in refuge

# Glasgow Women's Aid

## Impact Report 2018/2019

“

I don't feel that sad anymore  
about my Dad leaving. With  
the worry box- that's what  
really helped me because I got  
to actually tell my worries to  
somebody. Because then it's  
not bottled up inside of you.

- child age 8



We provide information, support and temporary refuge accommodation for women, children and young people who are experiencing domestic abuse.

## Our services

**Crisis Support:** We have a Crisis Support service where women can come for face to face support or phone our dedicated helpline.

**Refuge for Women and CYP:** We have refuge accommodation for single women and women with their children. Women are supported through a support plan created and led by them and can access practical and emotional support with their own key worker. There is a mixture of 1-1 support, group work and peer to peer support. Children living refuge also get 1-1 support, group work and free play sessions. Our children's workers use a variety of therapeutic tools to support children with their own experience of domestic abuse.

**Follow On for Women and CYP:** When women move on there is a Follow On service to support women and their children as they settle into their own tenancy.

**Outreach for Women and CYP:** We provide support in the local community to women who do not need refuge accommodation. We also provide 1-1 support in schools for children and young people who have lived with domestic abuse.

“

Through regular meet ups with their support worker, my children became more stable psychologically, better able to deal with their emotions and more confident about themselves.

- mum of children in outreach



## Our achievements

Despite an increased need in our services we continue to provide a high quality service to as many women and children as possible and continue to receive excellent Care Inspectorate reports for our refuge accommodation. We have opened a new family flat therefore increasing our refuge accommodation to 37 flats.

We have expanded our group work programme and now provide domestic abuse awareness groups, mindfulness groups and child contact support groups for women. Children's group work includes Lego Therapy, CEDAR (Children Experiencing Domestic Abuse Recovery), Art Therapy and a 5 day residential trip.

### We sit on a number of strategic groups including...

- Glasgow Violence Against Women Partnership
- MARAC Steering Group
- Multi Agency Partnership

Our fundraising and donations has increased by 48%.

All of our workers are trained in the new Coercive Control Legislation and we have been delivering this training to external organisations.

“

We were able to talk about our past, present and future without feeling judged and also received practical support as needed.

- mum of children in outreach

# What we have achieved this year...

“  
I was frightened,  
now I am fearless  
and getting stronger.  
- age 6

## Women's Services



The number of women who moved into refuge



women supported in Follow On



133

women supported in outreach

8,025

women supported through our Crisis Support service

## Children & Young People Services



113

childcare sessions provided



children supported in Follow On



children and young people moved into refuge

138

children supported in outreach

10

supported in Play Therapy

79

supported by Cedar programme

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