

2019/20

433
& 86



'Women's Aid gave me everything I needed to get back to a place where I could move on in my life'

We provided **3,618** individual and group support sessions to women through our Office Based and Outreach services and Kilmarnock Women's Centre.



We provided **1,180** individual, group and family support sessions to children and young people through our Children & Young People's Outreach service.



Power to Change

A new group this year introducing strategies to manage trauma and develop self-esteem. Participants practiced self-help techniques such as mindfulness, yoga and meditation and were introduced to journaling as a way to write about their feelings and experiences in between the group sessions.

"I am glad I came out today, I only have one day off this week but I realised that I really need the group"

Feel Good! sessions in the Women's Centre and refuge

'I love this group, I now know our feelings change like the seasons do. When I am feeling sad, I know its ok, but it will pass and change like it changes from Winter to Spring'

The **Moving On** Group helps women to understand and recover from the impact of domestic abuse upon their lives

'It built my confidence up. It allowed me to see every little thing that happened to me and supported me through overcoming my feelings'

'I came to this group because of all the changes with my Dad. By the end of the group there are even more changes. My feelings are important and my feelings matter. Things change in life all the time. This group has helped me to understand that, so I feel better dealing with changes in my life whilst not feeling as angry as I would have before'

51
refuge requests

60
domestic abuse alarms

36
follow-on support sessions

The 'groundbreaking' **Domestic Abuse (Scotland) Act** came into force on April 1st, 2019. We delivered **16** information and training sessions to ensure agencies working with women and children were able to support them to use the new legislation.

57 women at the highest risk of harm from domestic abuse were referred to the **Domestic Abuse Advocacy Service**



'I can honestly say I don't think I'd have gotten through this past year without her and will be forever grateful for her support'

The support you give to the girls every week, is really helpful for them. I know this by the way they speak about what they do with you and how much they enjoy it. I have noticed a big change in how much they open up with me now about how they feel. They wouldn't have done that before so thank you very much. Honestly the girls would never have got to this stage if it wasn't for you. I will always be grateful for that. Thanks again!

Mum

29 women and **29** children moved into our refuges

5 women moved into another Women's Aid refuge

13 women and **23** children were rehoused in East Ayrshire

We provided **1,405** individual support sessions to women in refuge and **367** to children and young people

'Refuge helped me get through a tough time emotionally while always making sure we had somewhere safe to call home'

How my life has changed:



I am more able to get what I need for myself



I have more ways to keep myself safer



I understand more about how domestic abuse affects me



I know more about my options



We delivered **24** learning and development sessions to **583** participants on behalf of the East Ayrshire Violence Against Women Partnership.



We delivered **8** training sessions to **254** NHS staff and students to support the implementation of routine enquiry of gender based violence.

I have learned and understood more about the new domestic abuse act and signs to look out for in adults who may be suffering from abuse

