

The Women's Fund for Scotland



Headlines

- The Women's Fund for Scotland is strongly aligned to Sustainable Development Goal 5 (Gender Equality)
- The Women's Fund for Scotland can clearly demonstrate how grant monies may have a lasting impact amongst policy and decision-makers.
- 29 grants were awarded during the organisation's last grant making round and this involved unrestricted grants and project specific grants.

Overview

This report aims to provide an update on several projects that have benefited from grants awarded by The Women's Fund for Scotland. The report will explore how the 'cost of living' crisis is disproportionately impacting women in society and will also look at the projects that are trying to alleviate this economic downturn.

A number of organisations from across Scotland will be highlighted and each update will include testimonials, images, and success stories from 2022. Foundation Scotland hopes that this report will highlight the exceptional difference that monies are having in empowering women across Scotland.

The Women's Fund for Scotland and the 'cost-of-living crisis'

The 'cost of living crisis' refers to the fall in 'real' disposable incomes (that is, adjusted for inflation and after taxes and benefits) that the UK has experienced since late 2021. Scotland is currently witnessing rates of inflation not seen in the last forty years. According to a recent report from the **Scottish Government**, Scotland saw a 108% rise in the number of emergency food parcels distributed in July 2020 compared with July 2019, and one in five households in Scotland with dependent children reported that they were "in serious financial difficulty". For women, this crisis has been particularly pronounced and several reports across the third sector suggest that this demographic is being hit hardest.

The gendered impact of the 'cost-of-living crisis'

According to a report from the **Women's Budget Group**, women tend to be the 'shock absorbers' of poverty, due in part to their caring responsibilities for children and families. Women's caring responsibilities mean that they are often less able than men to increase their hours of paid work and often must make the difficult decision to provide at home care support due to the steep rise in childcare costs. Single parents, the majority of whom are women, have also been plunged further into financial difficulties due to the rise in groceries and essentials. As a result, agencies and healthcare providers have seen an increase in women with anxiety, depression, and stress related medical issues. Women are therefore bearing the brunt of this economic downturn.

The Women's Fund for Scotland

Amidst this looming crisis, the Women's Fund for Scotland launched its annual grant making round in the autumn of 2022. To ensure that charities and community groups could best use grant monies and support themselves over the crisis, applicants were given the opportunity to submit proposals for unrestricted funds. The awarded projects represented a blend of project centred applications and core funding proposals; however, it is interesting to note that the majority of applicants still framed their projects around thematic activities for women and girls. The following section of this report will look at some of the newly awarded projects and examine how activities are actively assisting women who have been hit by the 'cost of living crisis'.

Domestic violence and abuse

According to **Women's Aid**, many women who face domestic abuse already experience economic control by their abuser. This financial disadvantage means these women face further barriers when trying to leave, recover and rebuild their lives after abuse. The soaring cost of living compounds this crisis, making it even harder for women to escape abuse. The finding from one of their recent reports reveal that two thirds (66%) of survivors reported that abusers are now using the cost-of-living increase and concerns about financial hardship as a tool for coercive control, including to justify further restricting their access to money. Almost three quarters (73%) of women living with and having financial links with the abuser said that the cost-of-living crisis had either prevented them from leaving or made it harder for them to leave. The third sector now faces a challenge in accessing these vulnerable individuals and supporting their recovery from abuse. One such project taking on this fight is **Clackmannanshire Women's Aid**. In February 2023, the charity was awarded a grant of £3,520.00 to support the delivery of two therapeutic projects for women residing in the local authority. *Own My Own Life* is an innovative, creative, and educational 12-week course that supports women to regain ownership of their lives when they have subjected to domestic abuse or violence. *Escape the Trap* is an 8 week programme designed to help young women to recognize abusive behaviors and identify the impact of such behaviors on their mental health and emotional well-being. It is hoped that this project will directly address the many different forms of abuse (including financial) that are inflicted on women and aim to place them on positive pathways for the future.

Did you know?

In the UK, one in eight adults (12.2%) – 5.9million people – experience economic abuse in their lifetime from a partner or family member. 4.2 million of them are women.

Supporting women from minority ethnic communities

It is important to note that the cost-of-living crisis can impact different demographics of women in different ways. As outlined by the **Women's Budget Group**, poverty rates amongst women are significantly higher among people from Bangladeshi (53%), Pakistani (48%) and Black (40%) ethnic groups than among White people (19%), making it harder to meet rising living costs. In this current climate, many women are purchasing the bare essentials in order to care for themselves and their family which leaves little left over the recreational and communal activities. In Glasgow, **Minority Communities Addictions Support Service** is being supported by the Women's Fund for Scotland with its '*Paratha in the Park*' project. This initiative aims to support an existing group of 16 older BME women to take part in a weekly activity session from April 2023 onwards for 18 months. Many of these women come from traditional families, where women are often not afforded the same opportunities as men, and

many of them have lived sheltered lives without the economic means to experience the vast culture and heritage of Scotland. Activities will be varied and could include classes that teach the women new skills, and workshops that help the women with support to combat poverty and build financial resilience. Previous sessions have included yoga, pottery, and swimming classes. It is hoped that 16 women will directly benefit from project activities.

Supporting mental health and wellbeing

In the last 12 months, the **Poverty Alliance** has conducted research into how the 'cost of living crisis' is impacting people's mental health. In depth qualitative research carried out by the organization with 18 women on low incomes in Scotland describes their "deepening experiences of poverty and hardship including hunger and being cold". The participants' diary entries showing their increasingly difficult choices and increased deprivation are deeply disturbing, and emblematic of the impossible situations people face daily. Not surprisingly, most participants reported negative mental and physical health effects of their economic stress, with feelings of disconnectedness and increasing isolation prevalent. In 2023, the Women's Fund for Scotland supported several projects aimed at promoting women's health and wellbeing. In Oban, **Argyll Wellbeing Hub** was awarded a grant of £5,000.00 to deliver its Women's Peer Support Project. This project has been delivered by the charity since January 2019 and this funding would enable AWH to continue to deliver a weekly women's peer support group and a fortnightly weekend women's group. The project will benefit at least 20 members who attend the peer support group meetings almost every week. The peer support groups have helped the members cope with their mental health, feel less isolated, and develop supportive relationships. Several women have advised that engaging with AWH had saved their life. Many women who have benefitted from using the peer support service go on to lead positive, productive lives. They have moved on to new jobs following attendance at the groups, have made new connections and been able to open up in a confidential space about their thoughts and mental health. It is evident that over the next 12 months and as society faces a steep rise in costs, this project could provide some much-needed assistance and an opportunity for social connection.

Whilst it is clear that the 'cost of living crisis' is negatively impacting women across Scotland, it is also promising that the third sector is actively mobilizing to help this demographic. Thanks to the Women's Fund for Scotland, 29 projects have been supported in the last 6 months, all of which will aim to enhance the lives of women and girls across the region during this testing time. The following pages in this report will capture some of the impact stories from 2022 projects.

References:

Scottish Government - [Chapter 5: Households Most Affected - The Cost of Living Crisis in Scotland: analytical report - gov.scot \(www.gov.scot\)](https://www.gov.scot/publications/analytical-reports/2022/05/chapter-5-households-most-affected-the-cost-of-living-crisis-in-scotland/analytical-report/)

Women's Budget Group - [The-gendered-impact-of-the-cost-of-living-crisis.pdf](https://www.wbg.org.uk/wp-content/uploads/2022/09/The-gendered-impact-of-the-cost-of-living-crisis.pdf) ([wbg.org.uk](https://www.wbg.org.uk))

Poverty Alliance - ["It's hard work being poor" - Women's Experiences of the Cost-of-Living Crisis in Scotland - The Poverty Alliance](#)

Impact Story: Rise Against Abuse CIC

Grant Awarded: £5,000.00

Location: Paisley

Rise Against Abuse (RAA) was established by two women with personal experiences of abuse, one of whom is a law graduate. Their aim is to stop the cycle of abuse and to work within communities to educate everyone on abuse, the warning signs and how to safely leave these situations. Since August 2021, RAA has worked with over 20 women who were going to court, needing legal advice or just general information regarding the process of investigations, organizing case files, and the various orders they could apply for. RAA state that they have had an amazing response to this, with women asking for more workshops, drop-in sessions, and presentations on "all things legal."



RAA recognizes that there is a desperate need within Scotland for more services that can support and advise women on legal matters without the many barriers and the cost that comes with dealing with solicitors. In 2022, the organisation was awarded a grant from the Women's Fund for Scotland to support their 'Justice Equality for Women and Children Project' which aimed to support women and their children to recover and move on from domestic abuse and gender-based violence in the following ways: support to navigate the legal system; produce free non-harassment and non-molestation to the court (Solicitors can take months to produce these and charge up to £3000 for clients); act as a mediator for clients and support them to communicate with court, support clients to apply for legal aid if not already in place; deliver drop-in zoom sessions to help victims understand legal jargon, know how to present themselves in court and when communicating with legal professionals.

Project activities got underway in the spring of 2022. The organisation found that 2022 was a particularly important year for vulnerable women in the local community due to the backlog of legal cases and hearings that had occurred over the course of the Covid-19 pandemic. The charity also states that following the end of lockdown restrictions, they saw a sharp increase in the number of women coming forward to report cases of abuse, harassment and stalking. Activities were varied and were often shaped around the needs of individual women and families. The steady stream of women who engaged in this project highlighted a greater need for further programmes to be developed in the organisation and for year-round group activities and zoom sessions to be delivered. As a result of this grant, the organisation was therefore able to secure grant monies from other funders including Caledonian MacBrayne and the Big Lottery.

If one looks at the impact that grant funding had on individual women and girls, the following figures have emerged:



Case Study

"Due to the funding provided by Women's Fund for Scotland, one participant was able to submit a non-harassment order to the court and protect herself and her children from ongoing abuse. She was able to do so without the support of a solicitor and without paying hundreds of pounds for legal advice.

Impact Story: Broke not Broken

Grant Awarded: £3,330.00
Location: Perth and Kinross

Broke not Broken is a charity that operates out of Kinross and currently runs an advice hub from a local health centre and have undertaken consultation sessions with women who use their services. These women have expressed an interest in taking part in more activities that bring women together and state that there are currently no groups in the area that are free to attend. BNB has a varied portfolio of projects that support in-need people in the community, and therefore wish to use this experience to help establish a free local women's support group that can eventually become self-sustainable and take its own direction.



In 2022, the Fund supported a series of user-led activities for local women. The project aimed to invite women currently using their services to meet, face to face or virtually, to develop relationships, share information and develop their own direction. Working with local social prescribers and community link workers, the women would be encouraged to plan their own days out, such as trips to the cinema, theatre, or museums. Broke not Broken recognized that they are based in a rural area with limited transport available and what is available is expensive. There are baby and mother groups as well as WI groups and women's circles, but many of these have barriers in terms of costs to join or can be run by people with no experience of poverty. The charity hoped this project would help to facilitate peer support and discussion amongst women, as well as increase the women's own skills and confidence by having them lead on organizing and planning activities. The charity estimated that approximately 30 women from Perth and Kinross would stand to benefit from the project.

Over the last 12 months, Broke not Broken's project has exceeded everyone's expectations and 60 women have now engaged in the project. The charity started by publicising a womens + group and at the first session, they asked the women to feed in what they would like to look at. As a result of these consultations, the following activities and events have taken place:

- Storytelling
- Human Rights
- Welfare rights and support
- Breast Cancer
- Mindfulness
- Games nights
- Wreath making and crafts
- Books and reading
- Witches and herbalism

On average 10-15 women attended every session with at least one new attendee each week. The majority of activities took place in village halls and community centres across Perth and Kinross. During the Summer months, members of the group managed to take a successful trip to the Edinburgh Fringe to attend 'Bloody Difficult Women' and 'Menopause the Musical'. These trips were so popular that the organisation plans to provide access to additional performances at this year's Fringe. Over the course of the project, the charity learnt that the women being able to choose what happens over the course of a year is key to engagement. Volunteers also learnt to be flexible and not put too much pressure on the women to attend. The project also established that whilst childcare and other restrictions can hinder women attending, they often make arrangements specially to come along, and they show up for each other as much as for themselves.

50 women stated that their confidence and self esteem increased thanks to the project.



40 women stated that their inter-personal skills improved.



60 women participated in the project.



Broke not Broken would like to extend their thanks to the Women's Fund for Scotland – "Being able to trial this project with the funding from Women's Fund for Scotland has been key to the continuation of this project. We now have funding through the Mental health and Wellbeing fund and have an application in for Social Isolation and Loneliness funding for the next 3 years. Lasting changes include the relationships formed with women you would not normally meet. This is commented on time and again by the women in the groups. It has been important to encourage women using our services to attend but also to open it up to the wider community."

Please find the following testimonials from project participants:

"I love attending the women's group as I never really get time for something that's just for me. I enjoy getting time out away from housework, studying and being a mum. I have met loads of new people who I probably wouldn't have crossed paths with before. I think it has a great impact for the mental health of us all being able to meet up and chat freely about matters that we all overcome in life!"

"I have been having a tough time in general, and also finding it hard to make friends or find interesting activities locally. This group provides a lot of what I need, in a kind and supportive environment and even if I'm not feeling great when I go, I feel better afterwards."

Impact Story: Lochaber Environmental Group

Grant Awarded: £5,000.00

Location: Lochaber

Lochaber Environmental Group (LEG) was established in 1999 and is a Registered Charity and Company Limited by Guarantee. The organisation aims to help and encourage everyone in Lochaber and the North-West Highlands to reduce their impact on the environment by (a) promoting the preservation, conservation and restoration of the natural environment of Lochaber for the benefit of the community, (b) providing information and training about the environment and about ways to live in a more sustainable manner. Activities in 2021 included an e-bike sharing scheme, carbon literacy training, the development of a community hydro scheme and the Go, Glow and Grow which encourages local food production. Operating out of the An Drochaid centre in Fort William, the charity is active throughout the week and is assisted by a team of 6 part-time staff and a pool of 5 volunteers. LEG estimate that on an annual basis, it works with up to 6,000 local residents.

In 2022, the charity was awarded a grant of £5,000.00 to support 'Wheels for Women' project which aims to increase women's participation in biking for active travel and leisure. Grant monies were allocated to support a number of flagship activities which will include:

- 12 guided bike rides including route planning
- 6 bike repair workshops
- 6 e-bike loans
- 5 female cyclist profiles (case studies of women who cycle to promote participation more widely across the community)

All activities were planned to take place in and around Fort William and the project would be overseen by LEG's Environmental Development Officer. The requested grant would specifically support the salary of this staff member for a period of 6 months, as well as additional project related items. It was hoped that 80 women in the local community would directly benefit from project activities.



Project activities got underway later than unexpected due to the unexpected passing of a staff member which delayed activities for several months. By October 2022, the charity had recruited a new bike mechanic and the brunt of activities got underway. In the last 12 months, the project ran seven maintenance workshops for women which was more than projected in the application form. Women of a variety of ages and cycling backgrounds attended to improve their mechanical skills and confidence. The organisation saw a mix of mountain bikers, commuters and mums looking to fix their kids bikes!

During the timeframe, Wheels for Women loaned fourteen women e-bikes from Lochaber Environmental Groups library, so that they could see how an e-bike fitted into their busy lives, for active travel purposes. Eight women borrowed accessories (such as child trailers) and it was clear from the numbers (more than double the projected number) that there is an appetite for this equipment in the local community.

An unexpected highlight of the project was the offering of leadership qualifications for local women. During the last 12 months, the project officer needed to obtain her Cycle Ride Leader award in order to run guided rides. The applicant decided to fill the other spaces on the course with local woman - giving them a chance to obtain a free qualification. The aim of this was to empower them and enable them to help out with any local group trying to run a ride. Seven women (six plus the PO) obtained their award which created a long-term legacy for this project.

When it came to the guided bike rides, the charity reported difficulty in finding local women to partake in this activity. Many reported caring responsibilities as a restriction to participation. Nonetheless, Lochaber Environmental Group teamed up with Arisaig Eco Trust and ran one guided ride for four women in the remote community of Arisaig. They had the chance to try out both e-mountain bikes and e-commuter bikes. participants cycled a coastal route in the evening, enjoying a beautiful sunset! The charity was also contacted by one elderly lady who wanted to have a private demo session with Lochaber

Environmental Groups e-trikes. Staff took the e-trikes to a quiet location with her so that they could demonstrate how they worked and let her have a trial ride under supervision.



When the charity started to realise that they were unlikely to meet the target of twelve guided rides, staff began to look at where else they could focus the resources of the project and they were pleasantly surprised by the interest in Lochaber Environmental Group's (LEG) active travel library. LEG therefore decided to run an event called Bikes, Bairns and Baggage, where mothers could come along and try out e-bikes and accessories to aid active travel with kids (or baggage) in town. Advertising for the event was very popular on social media and led to an increase in sign ups for the library. Nine women attended the event. One family in particular from this event have been regular users of the library and have just bought their own bikes/child trailer so they can travel by bike daily.

Over the course of the project women who attended workshops were given freebies (e.g. cleaning brushes, tyre levers, puncture repair kits, chain wear tools) to take away so that they could continue to use the skills the learned at home. Women who bought bikes from the Bike Kitchen were equipped with free lights/locks etc. Initially Bike Kitchen's supply of these types of items were used (including consumables).

LEG collected Rider Profiles of six different women who interacted with the project, and these will soon be promoted across social media. LEG state that thanks to the project they now know that there is a market for women's bike maintenance workshops in this area and women now making up the bulk of their waiting lists for workshops. Thirteen women have since attended mixed gender bike maintenance workshops. LEG have also since seen a rise in the number of women attending Fix Your Own Bike sessions.

Looking to the future, LEG will focus on how they can help women/families with active travel in the future. The charity now has 164 library users who borrow items, 87 of these are women! Word has reached a local pregnancy group and they currently have a number of pregnant ladies using e-bikes to get around. Hopefully they will continue to use the library to borrow child seats/trailers etc as their family grows up.

Please find the following testimonial from three generations of women that took part in the project:

The F**n Family - Three Generations of Riders**

Christobelle (78 years old) - *"My attendance at the women's bike maintenance course in fort William bore fairly instant results. It was fascinating to learn how to clean my bike and fairly humbling to realise I'd never done this or simple maintenance properly before. I nearly cried trying to put my back wheel onto the bike again as I have a really heavy ebike but I learned that should I have to do this "in the field" I'd need to find a fence or low branch to hang the bike from . The whole afternoon was most enjoyable and useful and generated a trip to Halfords ;so I now have a bike first aid kit and a new battery operated pump. Bike and chain looks a lot cleaner too!!!"*

Freda - *"I am delighted to have done the bike maintenance course. I have wanted to do it for years. I love biking, but am embarrassed to say a year ago, with my last puncture coming down the Ben track I called for a pick up at the North Face car park, as I didn't have anything to fix it with me. I have even been known to call my brother for advice too, on simple things. I like to be self-reliant as I am often out biking on my own, so the bike maintenance course was great and gave me loads of confidence and now I know good bits to bring with me."*

Lucy – *"I persuaded my Mum to come on the course too, as she had a new ebike, but also lives alone and does lots of biking on her own as well as with pals. At the age of 78, I thought it might be good for her safety to also have some skills. We both got loads from it, as you can read from my Mum's paragraph. My kids love bike packing, so I am pleased that I know a bit more to support their adventures - in June we biked around Tiree & Coll and it was amazing! Thankfully we had no mechanicals, but now I know what to do so I am looking forward to more. Eilidh (8) also did 3 mornings in the bike kitchen and I reckon she has quick become our resident bike mechanic - she absolutely loved exploring her bike and learning!"*

The family have been off on a bike-packing holiday which they all greatly enjoyed. Their bikes are running safely & smoothly as a result of their improved skills. Eilidh is very well practiced in her M safety checks!

62 women and girls
participated in the
project.



The grantee built
partnerships with 2
local organisations.



Impact Story: Period Place CIC

Grant Awarded: £5,000.00

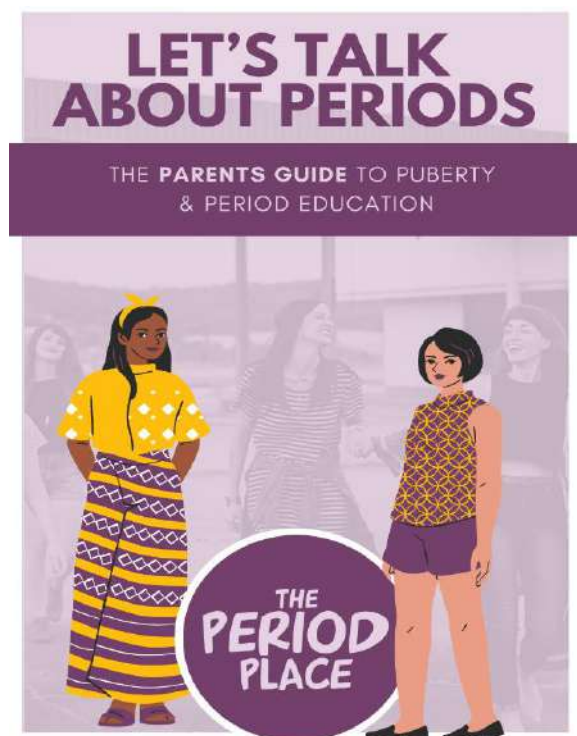
Location: Aberdeen

Period Place CIC is a women led non-profit-making organisation whose mission is to continually promote the education and awareness of periods and disabuse the stigma around periods, whilst providing young girls and women with safe and hygienic period services/products to tackle period poverty in Scotland. Operating out of Aberdeen, the charity adopts a vision for girls and women to have a safe place to come to in relation to all thing's periods. Their approach includes celebrating, empowering of women/parents through campaigns, workshops and summits on menstrual hygiene and education. In November 2020, the charity started an online campaign titled 'Much Ado about Periods' to educate parents about the importance of period education and how having the right conversations can help build self-confidence and support the mental well-being of young girls coming into puberty.

In 2022, The Women's Fund for Scotland awarded the organisation a grant of £5,000.00 to deliver an educational project that aimed to deliver free-period clinics and workshops that targeted mothers of young girls from ethnic minority communities. The project would be a continuation of an existing initiative and project activities aimed to help mothers build better relationships with their daughters by providing them with the right education and tools to talk about menstruation and the associated side effects. Workshops would be run virtually via Zoom and delivered by a Period Place administrative worker who would work with volunteers (medical professionals) in delivering these workshops for a year. It was hoped that 250 women and girls would stand to directly benefit from project activities.

Project activities commenced over the Summer of 2022. The organisation used a number of its partner organisations and internal connections with the refugee community and those from minority backgrounds in order to ensure that wide range of women could access activities. Over the course of one year, The Period Place held 12 virtual clinics with medical professionals and volunteers running the clinics. Due to the location of the organisation, the majority of attendees were from Aberdeen City and Aberdeenshire and all activities were held in a single sex environment. The delivery of activities often involved mothers and daughters coming together to learn about period health and to assist participants the charity made their own self-published guide available online and via post. This helped to ensure that participants had

a long-term resource with which they could consult. The organisation state that this project came at a crucial time for many members of the local community. Due to the current cost of living crisis, many mothers are reporting that they face economic obstacles in purchasing period products for themselves their daughters. As a result, this project also helped to provide free sanitary products to members and also signposted users to other helpful resources and providers.



By the end of the project a total of 207 women and girls took part in this project. This was slightly lower than expected and was due in part, to some of the difficulties in engaging with minority ethnic communities. A series of physical sessions in Aberdeen were attended by 34 women and this has evidenced a need for more physical activities in the future. Looking forward, Period Place hope to continue running this project over the next 12 months.

Please find the following testimonials from project participants:

Lilian, a mum in Aberdeen who attended one of the virtual clinics commented " *This workshop is quite insightful. I now have tips to use and start the period conversation with my daughter. I was so anxious about it. But knowing that I can have a fun time with her with great conversation starters like what you shared has been great. Thank you*"

Mavis another mum had this to say – *“I always felt that the period conversation is an awkward one to have, thanks to this session. I feel more confident and ready to have a chat with my daughter”.*

Nkechi a single mum was so excited and was full of thanks after attending the workshop – *“I am so chuffed to have been part of this workshop, it was time well spent. The manual is very helpful as I would not have had any idea about products and what is suitable for a 9year old”.*

64 women reported
an improvement in
their knowledge of
menstrual hygiene.



207 women
participated in the
project.



56 mothers reported
increased self esteem
and confidence
thanks to activities.



Impact Story: Jubilee House

Grant Awarded: £1,947.80

Location: Paisley

Jubilee House is a domestic abuse recovery hub that is based in Paisley, Renfrewshire. The charity has various groups and classes which are designed to empower women and their children to live their best lives. Although they were originally set up to help victims of domestic abuse, groups are now geared towards empowering ALL women. Service provision is varied and includes a financial empowerment course, craft class, a meditation/wellness class and a gardening group. The charity also works alongside organisations in the community (Crisis counselling, Women's aid, Women and children first etc), and refer women to these organisations as appropriate.



In 2022, the organisation was awarded a grant to cover the cost of equipping and furnishing one of the newly refurbished rooms in their building in Paisley. This room would act as a second meeting room for classes and other activities. At the time of the application, the organisation was experiencing a huge

surge in demand following the end of lockdown restrictions. To meet this new interest, the charity developed the 'Freedom Project', a free domestic violence women-only programme that examines the tactics, behaviours and beliefs of abusive partners. It also looks at the behaviours of non-abusive partners and explores the roles that society plays in forming these. The aim of the Freedom Programme is to help victims make sense of and understand what has happened to them, allowing them to go on to live abuse-free lives. It also aims to raise awareness about coercive control. The course comprises of 12, 90-minute sessions held weekly and run by a qualified facilitator. A fully furnished second meeting room would enable the charity to accept more women onto their Freedom Programme courses since and it was hoped that 60 women and girls who are victims or survivors of domestic abuse would benefit from this project.



Thanks to grant monies from the Women's Fund for Scotland, Jubilee House was able to quickly purchase all of the necessary equipment for the second meeting room. This meant that by the Summer of 2022, the charity was able to expand the 'Freedom Project' programme for women in the local community. The refurbished facilities were visited by local MSP Gavin Newlands who subsequently championed the cause of service users and highlighted issues of domestic abuse during parliamentary PMQs. When monitoring the impact of the project, the organisation collated responses via a questionnaire and found that the provision of a confidential and calming space in which women could access support was hugely beneficial.

"We have many ladies who have told us, and the group, that if it had not been for Jubilee House, they would have taken their own life. We are so very grateful for the grand funding which you gave us. This allowed us to move forward and build this charity. Thank you so much!"

Please see an image on the following page of Jubilee House staff members enjoying their new space!

