



## About Domestic Abuse

As a society we have come a long way in terms of our understanding around Domestic Abuse and wider Gender Based Violence. However, it is clear we still have a long way to go in eradicating this type of crime.

So what actually is Domestic Abuse?

Quite often we think of domestic Abuse as physical harm from one partner to another. That is certainly a part of it for many victims however abuse is often more than just physical actions. Domestic abuse is a pattern of controlling, coercive, threatening, degrading and/or violent behaviour, including sexual violence, by a partner or ex-partner. Anyone can experience Domestic abuse, but it is a crime which is overwhelmingly experienced by women and girls and perpetrated by men and boys.

It is important therefore that we all learn about abusive behaviours, how to spot them and how to call them out when safe to do so!

After all, tackling Domestic Abuse is EVERYONES Responsibility!

## Coercive Control: The Dark Heart of Domestic Abuse

Economic Abuse      Emotional Abuse

Isolation

Coercion & Threats



Using Children

Intimidation

Using Male Privilege

Minimising Denying  
& Blaming

And/Or Physical or Sexual Abuse

## Our New Rural Drop-In Service

If you would like to speak to a member of staff in person but struggle to make it in to our office, we now have a number of Rural Drop-In sessions throughout Stirlingshire:

Balfron Medical Centre  
1st Wednesday of the month, 1-3pm



Forth Valley College, Stirling Campus  
4th Tuesday of the month, 11-1.30pm



Edenkiln Medical Centre, Strathblane  
2nd Thursday of the month, 9-12noon



University of Stirling Campus  
2nd Wednesday of the month, 1-4pm



Fallin Church Hall  
4th Friday of the month, 10.30-12noon



Buchlyvie Medical Centre  
3rd Thursday of the month, 9.30-12noon

## Energy Crisis

The energy crisis continues to affect all of us, and particularly those on low incomes using prepayment meters. We were fortunate enough to secure a small pot of funding to provide insulation materials and additional warm items such as blankets and duvets for the families living in our safe accommodation. Thank you to our community partners at the NHS for this funding.



# Christmas as SDWA

This year we decided to invite Mrs Claus to come and sit in our grotto, talk to children and parents and to give out gifts. This was a hugely successful event with many families coming along to enjoy the crafts, hot drinks and gift giving. The children loved meeting Mrs Claus and many of them have since sent letters and pictures and talked about it with SDWA staff – she's clearly left a good impression and we look forward to inviting her back next year.

Thank you to our incredibly generous community supporters who made all of our Christmas planning possible. Because of the generous donations we received in the form of gifts, gift vouchers and funding, we were able to put on the Grotto over three nights to ensure everyone who wanted to could come, give out gift bags to all of our children and young people (over 100 bags) containing multiple gifts, vouchers and selection boxes, and we were able to give all of the families living in our safe accommodation a hamper of Christmas food and goodies.



## SDWA Prevention Service

We believe that the more people who understand the dynamics of Domestic Abuse the more responsibility society will take to tackle it. Our Prevention service provides practitioner based training and awareness raising to other agencies, community groups, businesses, local colleges, universities and schools. As well as providing targeted multi-agency training, sessions can be tailored to individual groups. This service is available to any group or organisation who feels they would benefit from information and support on dealing with Domestic Abuse and wider Gender based violence.

We do a lot of work in schools across Stirling on a wide range of topics within Gender Based Violence. Schools across Stirling have truly shown their commitment to tackling Gender Based Violence within the wider community by educating young people and challenging them to call out unhelpful and abusive attitudes and behaviours when safe to do so. Our prevention staff have thoroughly enjoyed working with schools across Stirling and look forward to continuing this partnership in the future.

If you are interested in arranging input from our prevention service please get in touch with us at the details below.

In these increasingly challenging times, we are so grateful to all the wonderful and generous people in Stirling who support us and the work we do.

We are often asked how people can support SDWA...

- By making a donation via our JustGiving page
- By purchasing an item from our AmazonWishlist
- By shopping using AmazonSmile (see our handy how to guides)
- By shopping via easyfundraising.org.uk
- By looking out for specific donation requests via our Facebook page
- By liking and sharing our social media posts

If you are looking for support or advice about domestic abuse you can contact us on

Tel: 01786 469518

Email: [info@stirlingwomensaid.co.uk](mailto:info@stirlingwomensaid.co.uk)

Find us on Facebook under Stirling and District Women's Aid