



**CARDIFF WOMEN'S
AID RECEIVES £10,000
GRANT FROM THE
NATIONAL LOTTERY
COMMUNITY**



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CARDIFF WOMEN'S AID

- Cardiff Women's Aid has received a grant from the National Lottery Community Funding worth £10,000.
- Charity to sustain their SHOUT workshops and add to their Women's Library

Cardiff Women's Aid supports survivors of violence against women, domestic abuse and sexual violence (VAWDASV) and they have been awarded a £10,000 grant from the National Lottery Community Fund which will help them to support women and children who have experienced violence and abuse in Cardiff.

The National Lottery Community Fund distributes money raised by National Lottery players for good causes.

Cardiff Women's Aid provides a 24/7 crisis service including emergency accommodation (refuge), support and advocacy, aftercare and recovery through ongoing support to survivors of domestic abuse and sexual violence to reclaim their lives and reach their full potential.

Women and girls who have experienced any form of VAWDASV are at increased risk of abuse and trauma during the pandemic. Those who are trapped at home with their abuser experience increased risk of physical, mental and emotional harm with no relief through usual sources such as work, social activities, or education. Survivors of abuse who have escaped remain at risk of further trauma due to the removal of safety nets and support networks, and lockdown replicating the effects of abuse.

Leyla Helvaci, Cardiff Women's Centre Worker said: "A huge thank you to the National Lottery for helping us sustain our much needed workshop and library service. Workshops provide women with the space to build their confidence and create a support network within them. They are a true life line and we're incredibly grateful for the donation. Our 'Women's Library' is a hub for resources and literature to empower women through women's voices, and the opportunity to expand and grow this platform is incredibly exciting. Grants are vital to the work we do, and this money will make a huge difference".

Cardiff Women's Aid will be using this grant from the National Lottery Community Fund to sustain their aftercare and recovery SHOUT workshops which are aimed at women who have experienced all forms of violence and abuse, however they are open to all women in the community. The workshops contribute to developing women's wellbeing, confidence, skills, and support networks, as isolation and shame are a key factor in abuse remaining "private" and secret, and breaking out of these can be the first step to recovery. These workshops include a range of online therapeutic activities, such as yoga, mindfulness, creative writing and fitness.

Women who have attended workshops previously have told us how much they enjoy them, that they hope the classes continue long term, that it is helping them during a difficult time, and that the classes have helped them to restore confidence and self-esteem. Here are some quotes:



'Thank you ever so much for getting me through lockdown'

'Thank you for the workshops. Being on my own, it will be a life-line. Look forward to Wednesdays'

Alongside sustaining these workshops, the fund will also contribute to Cardiff Women's Aid 'Women's Library' which uplift women's voices, provide access to books freely and flexibly, and supports local female authors.