



## INTERNATIONAL WOMEN'S DAY (IWD)

SPECIAL EDITION

# International Women's Day

International women's day (IWD) is an annual event celebrated on March 8th. The event is a chance to celebrate the social, economic, cultural, and political achievements of women everywhere. It also marks a call to action for accelerating women's equality. It belongs to every one of us no matter our ethnicity, religion, sexual orientation, social status.

IWD is about shining a light and becoming aware of the massive differences on a range of issues wages, rights, treatment of women, among many others. We are sometimes described as the weaker sex but are often the ones who hold everything together, homes, children, family, finances. We have a million different things going on at once and nearly always keep a brave face for the children and outside world.

Women have been at the forefront of the current cost of living crisis as we have been disproportionately affected by surging poverty levels in the past decade. Several of us, on many occasions are single mothers, the sole providers for our children, and with the rise in food and fuel costs this has become severely unmanageable for families. We are expected to do more with the same amount of money as before the cost-of-living crisis.

We can see from the struggle of women in Glasgow City Council how women have won the struggle for equal pay, forcing the Council to backdate and guarantee equal wages. There are women standing up for their rights all over the world for example, in Iran and Afghanistan where they are fighting for equality and the right to be themselves. We should take their lead, and in our case, in our communities and in our streets, we should not feel unsafe when walking alone at night. We have the right to be ourselves and have safe warm spaces we can access within our communities where we can come together and access support we need. Our children should have the space and facilities and activities within their communities to be safe and grow relationships with their peers and advance their educational journey.

Drumchapel is a place with women from all over the world who all want the same thing, to belong, to be safe, to be able to give our families a safe and secure environment. We have more inspirational women in Drumchapel than can be listed here, in organisations such as G15 Youth Project, 3D Drumchapel, Drumchapel Cycle Hub, Friendship House, Fortune Works, to name a few.

Now is the time to come together and demand real positive social change for our community and our lives. We need to stand up and be counted. We are stronger together and we can influence real change.



# “SHE” Course Empowers Women with Learning Disabilities

A group of women with learning disabilities are taking steps to empower and inform themselves after completing a specially designed course.

Service users at Enable Glasgow Fortune Works recently finished the S.H.E (Sexual Health and Empowerment) Course run by “Values into Action Scotland”.

The 12-week programme is for woman with learning disabilities and autism and aims to teach about what it means to be a woman, how to have healthy relationships and how to keep safe from harm.

The project covers topics such as positive relationships, body image, and sexual health, personal safety, spotting abusive behaviours as well as confidence and self-esteem.

Several organisations visited the Drumchapel Fortune Works Centre, including health professionals and charity workers.

Gillian Brown, Support Worker at Enable Glasgow Fortune Works, helped facilitate the sessions and explained how useful they have been on International Women’s Day, *“the service users were all incredibly engaged with the programme. They really enjoyed the self-defence class, which went well”*.

The course was pitched at a good level for our guys and used a variety of mediums of communication like videos and props. And of course, there were lots of freebies which is always good! But seriously, it sparked conversations that may not have otherwise happened as people felt free to speak openly.

Gillian explained: *“We spoke about different cancers that affect women and explained how to check ourselves correctly and how to talk about it if*

*we find something that we are worried about. Unfortunately, there was a gap in knowledge in women’s health, but we were able to fill that gap”*.

*“The group also learned about abusive relationships and what is right and what is wrong.”*

Donna- Marie Speir, VIAS Lead Consultant, added: *“The sessions also bring in guests from other organisations such as Dates-n-Mates, Women’s Aid, Wise Women and Police Scotland. The highlight of the course was the session with Frances from Wise Women who gave the group a crash course on personal safety and self-defence. Everyone enjoyed letting off a bit of steam with the punch pads!”*

David Campbell, Operations Manager of Enable Glasgow Fortune Works, stressed the importance of empowering woman with learning disabilities in Drumchapel and added *“This was a transformational project for some of the women within the group. The feedback we have received has been overwhelmingly positive; it shows us that giving women with a learning disability space to communicate in a safe environment can be a very powerful tool in empowering them in their lives.”*

*“We know that women with learning disabilities are disproportionately affected by sexual violence, poor health outcomes, and other forms of harm - that is why projects like these are so important in educating and building confidence.”*

*“Our Women’s Group goes from strength to strength and as we mark International Women’s Day it is so important that it includes women with learning disabilities and that we recognise the contribution they make to our community and society as a whole.”*

Fortune Works on Drumry Road East supports 117 adults with learning disabilities to take part in meaningful economic activities.

The weekly Women’s Group visited The Women’s library in Bridgeton and spoke with a senior female firefighter. They have plans to get out into the community to take part in sports and activities together. If you think you can facilitate a visit, please get in touch with: [Davidc@enableglasgow.org.uk](mailto:Davidc@enableglasgow.org.uk)



If you would like to find out more about S.H.E get in touch with Donna-Marie by calling **0141 212 3395** or by email at [donna-marie.speir@viascotland.org.uk](mailto:donna-marie.speir@viascotland.org.uk)



International Women's Day

THRIVING PLACES  
Listening, learning, informing, connecting

USAW

NO MORE SILENCE, NO MORE LIES WE WILL BE HEARD

WOMAN - WONDERFUL  
WOMAN - OUTSTANDING  
WOMAN - MARVELOUS  
WOMAN - ADORABLE  
WOMAN - NURTURING

WOMAN WONDER

International Justice

THRIVING PLACES

NHS



# Menopause,

## what we talk about and what we don't!

International Women's Day is a time to celebrate women & what they've achieved, I believe it's also time to reflect on issues women face and the support they need. At the network, a group of women members have been coming together as a Menopause support group, sharing issues, advice & thinking about how we can help other women. Menopause is something that nearly every woman will experience but few people are willing to talk about. On International Women's Day and every day after please make speaking about the menopause part of everyday conversations and offer support to those who need it.



The menopause is a natural event in most women's lives during which they stop having periods and experience hormonal changes such as a decrease in oestrogen levels. It usually occurs between the ages of 40 and 60, and typically lasts between four and eight years. It can also be brought on by

certain medical treatments or induced chemically, which means its onset can be sudden. Each woman's experience will differ, and menopausal symptoms can occasionally begin before the age of 40. Perimenopause, or menopause transition, begins several years before menopause. Women may start to experience menopausal symptoms during the final two years of perimenopause.

### Some of the symptoms are:

- hot flushes
- night sweats
- anxiety
- dizziness
- fatigue
- memory loss
- brain fog
- depression
- headaches
- recurrent urinary tract infections
- joint stiffness, aches, and pains
- reduced concentration
- heavy/erratic periods
- sleep disturbance
- painful sex
- hair loss
- changes to appearance
- weight gain

### Source of help & support

- **Menopause matters** provides information about the menopause, menopausal symptoms and treatment options
- <https://www.themenopausecharity.org/> a charity set up by Dra Louise Newson, a menopause specialist
- <https://thebms.org.uk/> provides information for health professionals.
- <https://rockmymenopause.com/> aims to empower women about their choices around menopause.
- **Daisynetwork.org** for women who experience early menopause
- **Menopause Cafe** information on spaces to meet, virtually and in person to talk all things menopause.
- <https://www.rcog.org.uk/en/patients/menopause/hysterectomy/RCOG> Hysterectomy information on menopause and hysterectomy symptoms.
- **www.theros.org.uk** National Osteoporosis Society, advice and information.
- <https://menopauseintheworkplace.co.uk/> Information on menopause symptoms specific to work.

## Women of Wonder

3D Drumchapel launched their newly developed Women of Wonder (WOW) course in November 2022.

The course objectives are to provide women with a supportive environment, encourage peer support, raise knowledge and understanding of gender-based issues, and help the women increase confidence, self-assurance and enable them to confront areas of inequality in their lives.

The definition of empowerment and its five components were discussed, one of these being, women's sense of self-worth. To highlight this, the women were invited to create a timeline of their lives. This encouraged the ladies to reflect on the challenges they have experienced, and to focus on strengths and celebrate their many accomplishments.

The other components discussed were women's freedom to make decisions and exercise choice, the right to access resources and opportunities, the capacity to shape social change to establish a more equal social and economic order, locally, nationally, globally, and the right to have control over their own lives, both within and beyond the home.

It is reasonable to assume that these conversations had a significant influence on the lives of some of the women. One was able to set clear limits with an ex-partner who believed he had the right to visit her house whenever he wanted. She felt empowered by the group's support to speak up and take the required action to regain her and her children's sense of safety.

We went on to look at feminism and touch on its history, which included the struggles to win women the right to vote and the subsequent suffragette movements.

We moved on then to address some of the more pressing gender-based issues feminists are constantly fighting for, including unequal educational access, job segregation, lack of legal protection, a lack of bodily autonomy, sub-standard medical care, and a lack of religious freedom, racism, and societal mind-sets.

We listened to each other's experiences of these issues, and it was interesting to hear, from the diverse range of backgrounds in the group, how cultural differences impact the lives of women.

### These are some quotes from the WOW group...

'This course has opened my eyes to issues women around the world face daily. It has been good to hear from other women, on how issues affect them and their lived experiences'.

'I look up to MYSELF now, I have come so far'.

'I feel like I have a voice, like a bubble has been popped and I can see things clearly'.

'I have a great admiration for women who have moved to this country for safety'.

'I struggle with anxiety and depression and find groups hard, but I am here, which is an achievement in itself'.

'I now have the confidence and self-belief to help support my children and be a voice for them'.

'I didn't really know what hardships and issues women from other countries face'?

'This group has helped me to stop locking myself away and to become more sociable, while learning, and meeting new people'.

'This course has raised awareness of the asylum processes'.

The group reconnected in the New Year, to develop, plan and host a community event for International Women's Day.

**WOW - To inform, to cheer on, to lift each other, to organise & to celebrate!!**



Sana Hassan



Karen Smith



Ghada Elfaki



Elizabeth Soriano

A big thanks goes to the WOW group for taking the initiative to promote the day, Drum TV for its contribution with the interviews and recording on the day, Sarah Jane for her photos, the Asian Forum for the food and every man, woman and child who made the day a success.

A special thanks goes to Kevin Harvey for his continued contribution with several editions of Drumchapel News.

Full content of the day is available on Drumchapel TV which can be accessed by scanning the QR code or:

 drumchapel TV

 @drum-tv



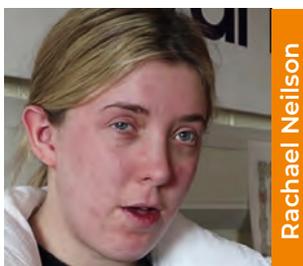
Kimberly Timao



Lynn Mcaneny



Sharon Henderson



Rachael Neilson



Sam Kennedy

- **Sana Hassan** – “The feeling of being a woman and a mum will be the same for many all over the world, I will do my best to bring my children up. Bringing up my children and seeing how they have grown makes me happy.”
- **Ghada Elfaki** – “There are millions of mums who are super, I just want to be a good mum for my kids. The happiest moment of my life was when my son kicked on my stomach. I think you should have the power to bring children up and a right to be educated. International Women’s Day is well known all over the world, it’s on tv, social media, it is a trend.”
- **Karen Smith** – “Being a woman, in 2023 it has changed over the years, women have got more opportunities and more of a say, there are bigger voices because there are more women who are for example politicians and women are being recognised now”
- **Elizabeth Soriano** – “I think the best thing about being a woman is that we can have a baby, looking at my children for the first time made me happy. In my culture, in El Salvador, when women are married we need to ask our husbands permission to do something. We need to have a voice and be able to do everything without men. If we see women experiencing difficult times, we can help each other.”
- **Kimberly Timao** – “Celebrating International Women’s Day feels good, I don’t know if I am speaking on behalf of all young women, but I do think we have more opportunities now than before.”
- **Lynn Mcaneny** – “I think it is interesting, difficult, fun and rewarding being a women. In terms of opportunities, we still don’t receive the same number of opportunities as men do, we are getting there but we are not quite there yet, things are getting better.”
- **Sharon Henderson** – “It is exhausting being a woman, as in from a mother’s point of view with kids with additional needs, making breakfast, doing the school run and mother duties, it is like a vicious circle so not only you are having to deal with the kids, you deal with yourself as well.”
- **Rachael Neilson** – “Being a woman is about having freedom, having fun, and making our own choices. We are powerful and we are strong.”
- **Sam Kennedy** – “I think Drumchapel is quite a good place to be a woman, we are strong and men respect us. Women are resilient, we have many different roles and responsibilities throughout life, we are parents, we study, and we work. There is a lot of pressure on women physically, social media plays a part in this, I look at women on Instagram with six packs, fit and healthy and automatically think I need to attend the gym. There are still some jobs that are favoured over women. To have to fight to get the same opportunities as men then of course that should be celebrated.”

