

In 2015- 2016, we invited our community to contribute patches that arose from thinking about how women's roles have changed over the previous 100 years - a programme complemented by workshops and lots of conversation.

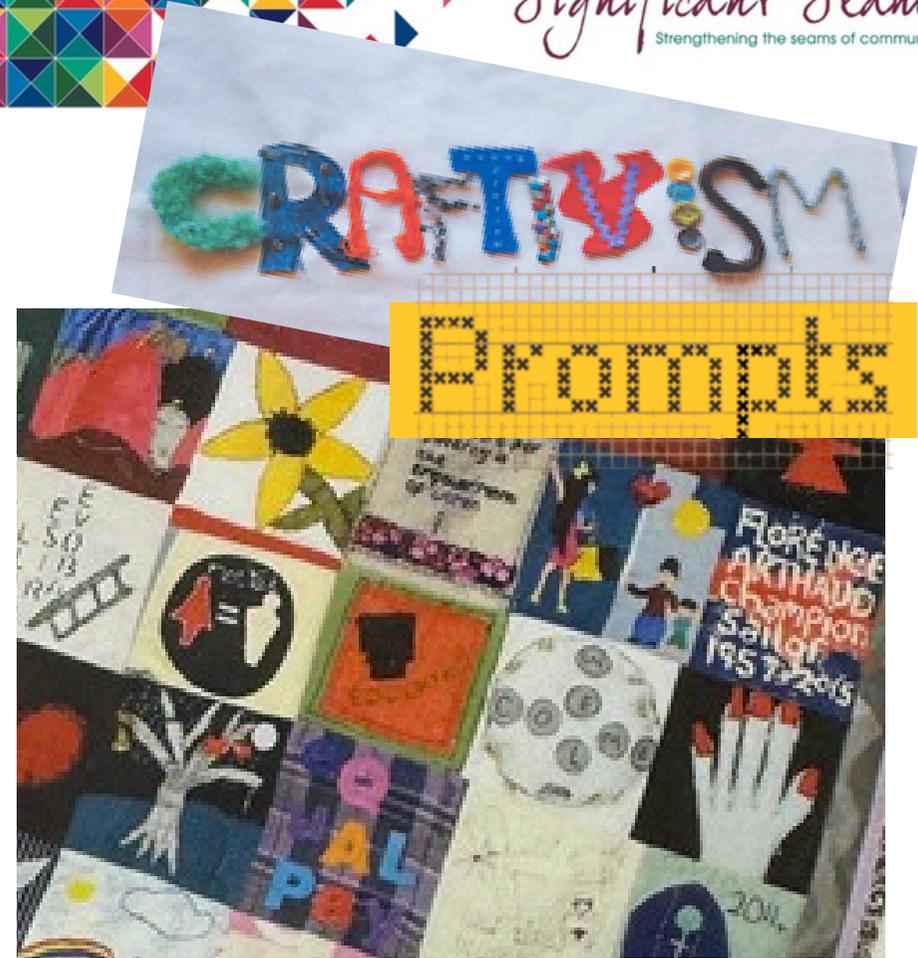
Ten years on from its original exhibition, we have run intensive programmes with young people, unpaid carers, people with 'learning difference' labels, and people who particularly struggled through lockdowns. We have worked across Europe on a project supporting health workers grappling with burnout and empathy fatigue, as well as people navigating various types of recovery.

Women have been prominent across the work, in professional and creative roles, and as participants and beneficiaries.

This leaflet invites reflection and creative action - with ideas for making change, as well as art for wellbeing.



www.SignificantSeams.ORG.UK



Changing Roles of Women Quilt

**Suggested for use with activities for:
International Womens Day, White Ribbon Day
Youth Mental Health Week, Personal
Development Learning, & RSE Curriculum**

Inspiration Index

Trailblazing Women

Gender Pay Gap

Craftivist Manifesto

Quotable Women

VAWG Emergency

Women and Care

Make Art, Make Change

1. Draw, paint, stitch, or collage a woman you admire. .
Choose three words that capture why she matters to you, and weave them into your artwork.
2. Write a letter about a female's experience you've lived, or witnessed. Was there someone who helped it unfold – someone to thank? Is there something that needs to change so it doesn't happen again?
3. Consider sharing your artwork, letter, and/or story – perhaps tucked inside one of our Changing Role of Women QUILT notebooks. Gift it to someone who would receive it with care (eg. an MP, local councillor, teacher, family member, or friend)
4. Notice the names that surface as you do this. Let them lead you to more art, more letters, more listening. Change begins with reflection, and grows through action, even little ones.

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NOTES FOR FACILITATORS

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Heavy Realities

Unpaid Care

Approximately 3 million women in England and Wales provide unpaid care, 59% of all unpaid carers. 20% of female carers use food banks. Female carers are at a higher risk of poor mental health, with 58% reporting feeling "always or often" overwhelmed.

Equal Pay

The paid social care workforce in the UK numbers of 1M workers, who are predominantly (81%) women. The sector experiences high turnover (around 30%) due to low wages and intense workload pressures. Experienced workers earn only marginally more than those with less than one year of experience (e.g., a 10p-33p per hour difference).

As measured in April 2025, median hourly pay (excluding overtime) for women was 6.9% less than for men. Around 3 million women are paid below the real Living Wage.

Violence against Women & Girls

In 2024, UK police chiefs declared Violence Against Women & Girls a national emergency. Just under 1 in 5 (20%) of recorded crimes in England & Wales is violence against women or children. A woman is killed by a man every three days in the UK. Over 100,000 rapes or sexual assaults are recorded annually in the UK.



Made with Origami birds!
for Medica Mondiale

Positive Notes

Women now make up ~50% of university students globally, compared with about 30% in the 1970s.

Women hold over 26% of parliamentary seats worldwide, up from 11% in 1995 – the highest level ever recorded.

Since 1970, over 2,000 laws worldwide have been reformed to improve women's economic rights (e.g. owning property, opening bank accounts, working without permission).

Women now lead or co-lead some of the world's most powerful institutions, from governments to Fortune 500 companies – something that was nearly nonexistent 50 years ago.

Quotable

"We need women at all levels, including the top, to change the dynamic, reshape the conversation, to make sure women's voices are heard and heeded, not overlooked and ignored."

Sheryl Sandberg, Facebook COO

"I think women are scared of feeling powerful and strong and brave sometimes. There's nothing wrong with being afraid. It's not the absence of fear, it's overcoming it and sometimes you just have to blast through and have faith."

Emma Watson, actor & activist

"We need to reshape our own perception of how we view ourselves. We have to step up as women and take the lead."

Beyoncé, singer-songwriter

Coercive Control

Coercive control is an act or a pattern of acts of assault, threats, humiliation and intimidation or other abuse that is used to harm, punish, or frighten.

Coercive control involves isolating someone from support, exploiting them, depriving them of independence and regulating their everyday behaviour. ☺☺☺

Coercive control is behaviour that is designed to make a person dependent. ☺☺☺

Coercive control is now a criminal offence. Coercive control is abuse. Coercive control is NOT okay. ☺☺☺



Signs & Indicators in others

Behaviour Changes, Withdrawal, Tiredness, Chaotic Appearance, Increased illness, Anxiety, Dysregulation, Language changes, particularly towards guilt or shame

Support

The Hollie Guard app can automatically start your smartphone's camera and microphone to capture real-time evidence of the situation around you. Your emergency contacts can access this evidence real-time, as well as being saved in the cloud for later use. Every 5 seconds the platform will update your precise location based on your speed and movement activity to identify where you are once an alert has been raised. HollieGuard is a personal alarm, deterrent, evidence catcher and more. <https://hollieguard.com/>

In Devon, (at 2026) a referral is not needed to access support at Young Devon, ECI (Exeter Communities Initiatives) Family Resource Project, Homestart, or the Devon Domestic Abuse Alliance (including North Devon Against Abuse, Surviving Abuse, CRAFT, More Positive Me, Encompass, Olive Project, and CoLab).

Supports from these providers seek to enable:

- telling story only once
- support in relevant settings (including in schools for young people)
- training programmes (in-person and online, group or individualised, for victims, perpetrators, and frontline workers who work with them)
- assigned IDVA (Independent Domestic Violence Advocate)
- post separation supports

Devon Safeguarding Children Partnership Webpage
<https://www.devonscp.org.uk/>