

DECEMBER 2025

Dear Friend

I'm delighted to share highlights from 2025 and to thank everyone who has taken part in our work this year. Our annual update report sets out the progress we've made listening to women across Scotland, and our social care conference report captures the lived-experience evidence and recommendations of women accessing social care in Scotland.

Looking ahead, we're excited about our upcoming events, details of these can be found below.

Thank you to all the women who joined our events in 2025, your voices and time have been invaluable. Wishing you all a happy festive season. I look forward to continuing our work together in the New Year.

Best Wishes
Agnes Tolmie, Chair SWC

SWC Publications



The Scottish Women's Convention
The Realities of Scottish Social Care for Women
The Realities of Scottish Social Care for Women
Conference Report

[Access report](#)



Annual Update 2025

[Access Report](#)

SWC EVENTS



Unfiltered: Women, Body Image, and the Illusions of Perfection

With the rise of social media and the digital world, women are constantly being confronted with unrealistic standards of beauty that shape how they see themselves and others. From the use of AI and digitally enhanced images to social media filters, the idea of "perfection" has become part of everyday life and can be damaging to women's mental health and wellbeing.

This conference explores how societal pressures, media portrayals, and internalised ideals contribute to distorted body image and self-worth.

Through open dialogue, expert insights, and personal stories, we aim to challenge these false narratives and celebrate authenticity, diversity, and the beauty of imperfection. The aim of this conference is to empower women to redefine beauty on their own terms and foster a culture that values confidence, health, and self-acceptance over the illusion of perfection.

Saturday 31st January
11.00am - 3.00pm
Glasgow Grosvenor Hotel

[Register here](#)



International Women's Day 2026

IWD will take place on Friday the 6th of March 2026, where women from all over Scotland will attend in person and listen to inspiring speakers.

There will be 250 spaces available for women in Scotland to attend, please register your interest by clicking 'Book for this Event' and the draw will be completed by early January (please note by doing this you are only expressing interest, you will be notified if you are successful or not following our draw).

Our ballot will take place in January 2026.

[Register Interest Here](#)



Festive Break

We'll be taking a little festive pause from Friday 19 December and will be back on Monday 5 January.

During this time our offices will be closed, but we'll catch up on all emails as soon as we return.

Wishing you a wonderful holiday season!



We've moved!!

That's right as of 5th January, we'll be settling into our brand-new office at:
348 Argyle Street
Glasgow
G2 8LX

We can't wait for this fresh new chapter in our new space!

[Contact Us](#)



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