

Rise & Take Action, Cardiff Women's Aid

MOVE IN MAY WITH CWA

RESOURCE PACK



CWA
CARDIFF WOMEN'S AID

ABOUT THE CAMPAIGN

At Cardiff Women's Aid we have been working for over 45 years at the forefront of delivering services for survivors of violence against women, domestic abuse and sexual violence. We provide RISE-Cardiff, a specialist 24/7 service for women affected by violence and abuse. We also provide aftercare and recovery services for women through our Cardiff Women's Centre.

In March Cardiff Women's Aid launched the Rise and Take Action campaign following the sad news of the death of Sarah Everard and Wenjing Lin. Unfortunately, we know that these cases are not one-off incidents. Since International Women's Day 2020, at least 6 women in Wales are suspected to have been killed by men. In January 2021 the UN Women UK reported that 71% of women of all ages in the UK have experienced some form of sexual harassment in a public space this number rises to 86% among 18-24-year-olds.

Over the last few weeks and months women from around the UK have talked about the need to share their stories in a supportive environment and with other women who understand their experiences.

Cardiff Women's Aid provides safe spaces through our Peer Support Groups, Women's Centre app and our aftercare and recovery activities. However, some of these services are under threat of closure due to lack of funding.

With the Rise and Take Action campaign, we are seeking to raise funds to sustain the work of our Women's Centre services. With more women coming forward to share their stories, these spaces are increasingly important and crucial in ensuring women are supported to feel safe in Cardiff.

We are asking for you today to stand with us in solidarity and support women to feel safe in Cardiff. Find out more about the campaign [here](#).

CWA
CARDIFF WOMEN'S AID

**MOVE IN MAY
WITH CWA
RESOURCE
PACK**



ABOUT THE FUNDRAISER

As part of the Rise and Take Action campaign Cardiff Women's Aid have launched **Move in May for CWA!** This is an active way for you to Rise and Take action to support our cause, by moving and raising awareness to create real change for women and their children who have experienced abuse in Cardiff.

You can choose how you move in May – this can be **running, walking, cycling, swimming** or even on a **scooter or rollerblades!** You have the power to choose how you move, as long as you feel safe and comfortable. You have the whole month of May to complete the challenge and get people to sponsor you. Just remember to stay within the coronavirus restrictions.

f /cardiffwomensaid

ig @cardiffwomensaid

tw /cardiffwaid

Charity Number: 518608

cardiffwomensaid.org.uk

RISE Helpline: 029 2046 0566

IDEAS FOR MOVEMENTS

Move in May for CWA allows you to choose how you move, however check out some of these ideas below on how you could challenge yourself, or work as a team to meet a crazy goal in the month of May!

CWA
CARDIFF WOMEN'S AID

**MOVE IN MAY
WITH CWA**
RESOURCE
PACK

IDEAS FOR INDIVIDUALS



Practice a yogathon or seated exercise challenge.



Increase your steps or movement per day, for one whole month.



Run as far as you can every day, for one month.

IDEAS FOR TEAMS



Create a danceathon.



Hike up as many mountains as you can, in one month.



Cycle as many miles as you can, in one month.

YOGATHON FUNDRAISER

If you don't fancy creating your own challenge in May, why not come along to Cardiff Women's Aid's very own Yogathon Fundraiser!

This event will take place on Tuesday the 25th of May from 7-8:30pm, via Zoom. This event is for all abilities, ages and will include back to back sessions of Yoga. You can sign up on our [Eventbrite here](#)



 /cardiffwomensaid

 @cardiffwomens_aid

 /cardiffwaid

Charity Number: 518608


cardiffwomensaid.org.uk

RISE Helpline: 029 2046 0566

HOW TO CREATE YOUR FUNDRAISING PAGE

Simply follow the steps below or [click here to create your own fundraising page connected to the campaign page, and get moving:](#)

[Click here to create your own fundraising page](#)

- 1 Click on the [campaign link](#) 
- 2 On the right hand side of the screen where it says 'be a fundraiser - create your own fundraising page and help support this cause', click on the orange '**start fundraising**' button.
- 3 This will take you to a page where you can choose which type of fundraising activity you will be doing, choose the '**fitness at home**' option.
- 4 This will then take you to another page where you can create your own fundraising page! Enter your **event type** (type of movement), **give your challenge a name**, **choose your own website hyperlink** then click '**create your page**'.
- 5 You now have your very own page which you can **share with everyone** you know and **ask them to sponsor you to complete your challenge by donating to your page**. All the money you raise will go directly to our Rise and Action campaign which aims to sustain the services under threat of closure at our Women's Centre.

Start fundraising



Fitness at home

Set yourself a physical challenge and track your progress with Strava.

You're raising money for



Rise and Take Action
run by Cardiff Women's Aid

Tell us about your event

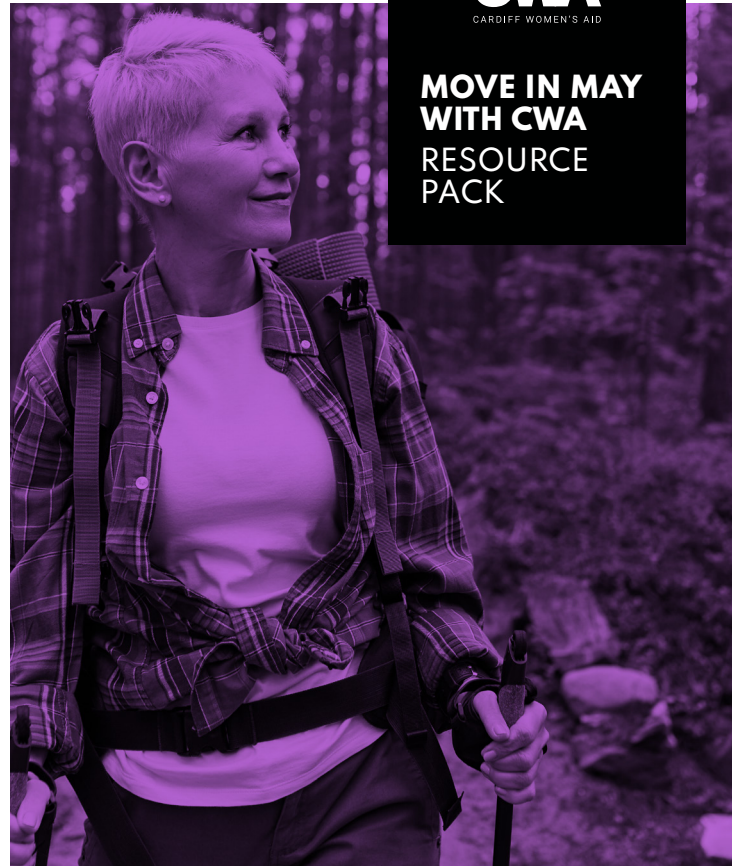
Event type

a personal swim

We've given you a few ideas to get you started, however you choose to move in May, as long as you feel safe, comfortable and good when you are moving that is all that matters!

Why not try to create your challenge based on these statistics:

- If you hike 6 mountains in May, this could represent the 6 women in Wales who are suspected to have been killed by men, since International Women's Day 2020.
- If as a team, you cycle 4000km in May, this could represent the average number of girls aged 16-59 who have been a victim of sexual assault in Cardiff and the Vale.
- If you take 10,000 steps every day in May each step would symbolise the average number of women and girls aged 16-59 who have been a victim of domestic abuse in Cardiff and the Vale.



THANK YOU!

Thank you for choosing to Move in May for CWA, by moving and raising awareness you are helping to create real change for women and their children who have experienced abuse in Cardiff and ensuring the services under threat in our Women's Centre can be sustained.

Remember you have the whole month of May to complete the challenge and get people to sponsor you. We'll keep you posted with further details of the campaign and messages of support throughout May via our social media channels, so make sure you follow us! Don't forget to post your progress throughout the month and tag us in your posts so that we can cheer you on too!

DISCLAIMER

You are taking part in this fundraising challenge at your own risk and will not indemnify Cardiff Women's Aid for any risk, damage, loss or costs arising as a result of your participation. Prior and during your fundraising challenge you will be responsible for your own safety and will take all reasonable care to ensure the safety of others and will comply promptly with any safety instructions or Coronavirus government guidelines.