

# CWA

CARDIFF WOMEN'S AID  
CYMORTH I FENYWOD  
CAERDYDD

**RISE AND  
TAKE ACTION**

**TO END DOMESTIC ABUSE &  
VIOLENCE AGAINST WOMEN**

Registered with/Cofrestrwyd gyda'r



[fundraising@cardiffwomensaid.org.uk](mailto:fundraising@cardiffwomensaid.org.uk)  
[cardiffwomensaid.org.uk](http://cardiffwomensaid.org.uk)  
Registered charity No: 518608  
Company No: 2065201

# A LITTLE ABOUT US

**We are Cardiff's leading specialist service supporting women and children affected by domestic abuse.**

We operate a 24/7 helpline, provide safe and secure accommodation, support children and young people who have witnessed or experienced domestic abuse to process their trauma, and deliver aftercare and recovery services through our Women's Centre, which supports survivors of abuse to rebuild their lives.

Cardiff Women's Aid provides needs-based support and a place of safety for all women and children experiencing and at-risk of gender-based violence. We work alongside survivors to create change, raising awareness of the causes and consequences of violence against women and girls. We work in partnership with others to prevent gender-based violence and promote equality.

**Did you know the first woman & child to enter our refuge was in 1975?**

## OUR VISION

**A world where women and girls are free of all forms of gender-based violence; in Cardiff and across the globe.**

### SEREN'S\* STORY

"My partner controlled all aspects of my life; what I wore, what I ate, where I went, and what I could spend my money on. I had to get myself and my two children away from the physical and emotional abuse that was happening at home.

Cardiff Women's Aid gave the three of us somewhere safe and warm to live. They helped me get support for my mental health, and build back my self-confidence.

**My life is now free from fear and violence."**

# THE DIFFERENCE YOUR FUNDRAISING MAKES

**£20.00**



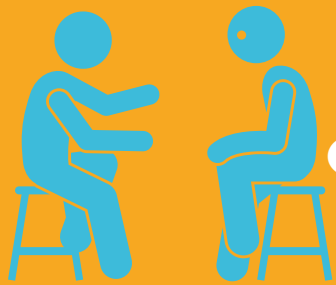
Could provide a child in refuge with brand new pyjamas, toiletries, a book & a toy

**£50.00**

Could cover the costs of one night in a safe and secure refuge for a woman in crisis



**£100.00**



Could pay for 3 one-hour counselling sessions for a survivor of domestic abuse or sexual violence

**£200.00**

Could pay for a child affected by domestic abuse and sexual violence to receive 10 one-to-one support sessions with our CYP team



**£500.00**



Could cover the running costs of the RISE Cardiff helpline for 24 hours

**3,374**

Was the number of survivors we supported to rebuild their lives following abuse throughout 2021/22

**222**

Women and children were housed in a Cardiff Women's Aid refuge throughout 2021/22

**81%**

The number of survivors on our waiting list had increased by compared to the previous year

# HOW ARE YOU GOING TO RISE AND TAKE ACTION?

Check out the list below we've curated for some inspiration!

**A** Abseil / afternoon tea

**B** Bingo / bike-a-thon

**C** Car wash / climb a mountain

**D** Dog walk / dress down/up day

**E** Exhibition / eighties party

**F** Face painting / five-a-side tournament

**G** Games night / give something up for a month

**H** Hoola hooping / half marathon

**I** International food evening / ice bath

**J** Jigsaw marathon / jump rope challenge

**K** Knitted goods sale / karaoke night

**L** Lunch & learn / live music event

**M** Marathon / music night

**N** Night walk / Name the...

**O** Obstacle course / Office Olympics

**P** Pamper evening / poetry slam

**Q** Quiz night / quadrathlon

**R** Run / raffle

**S** Skydive / Sponsored swim

**T** Trek / triathlon

**U** Ultra challenge / upcycle sale

**V** Virtual event / variety show

**W** Walk / welly wanging contest

**X** X marks the spot challenge / Xmas event

**Y** Year long challenge / yoga-thon

**Z** Zip wire / zorb football

# FEELING MORE ADVENTEROUS?

If our A-Z of fundraising didn't get your adrenaline going, we've partnered with Global Adventure Challenges and Skyline Events to give you incredible opportunities and to raise money for Cardiff Women's Aid at the same time!



Plan a Skydive with Skyline Events!

Trek Snowdonia at night with Global Adventure Challenges!



Cycle London to Paris with Global Adventure Challenges!

Scan the QR code for more information on how to get involved!



# FUNDRAISING TIPS



Set up a Just Giving page, it's quick, easy and safe to use. You can set a fundraising goal, update your page regularly and friends and family can donate anywhere, anytime!

Do you have an email signature for your work? Pop a link to your Just Giving page to help raise awareness of your fundraising.



Does your workplace offer a matched funding scheme, or a friend or family's work that does? A lot of companies will offer matched funding to those fundraising or helping at a fundraising event. It's always worth asking!

Utilise your social media! You can update your friends & followers with your fundraising journey and you can add your Just Giving link into your bio on Instagram.



Did you know we have promotional materials? Get in touch with us as we can help provide items such as posters, leaflets and buckets for your fundraising event.

## REMEMBER!

- If you're arranging to hold a bucket collection on the street you must gain a permit from your local authority. Please visit **[institute-of-fundraising.org](https://www.institute-of-fundraising.org)** for up to date information on bucket collections or contact your local authority.
- If your fundraising event includes food that you or a friend/family member is providing, please ensure to follow the simple guidelines for preparing, handling and cooking food to the **Food Standards Agency**. Visit **[food.gov.uk](https://www.food.gov.uk)** for more info.
- However you decide to raise money for us always remember to keep safe and keep it legal!

# HOW TO PAY IN YOUR FUNDRAISING

## ONLINE

You can donate your money via our website  
[www.cardiffwomensaid.org.uk/support-us/donate](http://www.cardiffwomensaid.org.uk/support-us/donate)

## BANK TRANSFER

We accept bank transfer for donations. Please email us at [fundraising@cardiffwomensaid.org.uk](mailto:fundraising@cardiffwomensaid.org.uk) for our details & for us to give you a fundraising reference for your donation.

## CASH & CHEQUE

You can bring your cash or cheque into our office, just get in touch with us first to arrange when this can be done. You can post your cheque to our address

50 Meteor Street, Adamstown, Cardiff, CF24 0HE

Please ensure that your cheque is made out to "Cardiff Women's Aid" and to include your details so we know who its come from!

*giftaid it*

Remember if you're a UK Taxpayer, your donation can be increased by 25%, so for every £1 you raise we get an additional 25p from the UK government. If you donate online you have the option to tick the gift aid box, or ask us for a gift aid declaration form. Your details are not shared or used for contact purposes when claiming.



# THANK YOU

From all of us at Cardiff Women's Aid, thank you for joining us to help create a world where women and girls are free from all forms of gender based violence.  
We couldn't do it without you.

[Cardiffwomensaid.org.uk](http://Cardiffwomensaid.org.uk)

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**OUR 24/7 SUPPORT HELPLINE 02920 460566**

## KEEP IN TOUCH VIA OUR SOCIALS



@Cardiffwaid



@CardiffWomensAid



@Cardiffwomens\_Aid

## SIGN UP TO OUR NEWSLETTER

[www.Cardiffwomensaid.org.uk](http://www.Cardiffwomensaid.org.uk)