

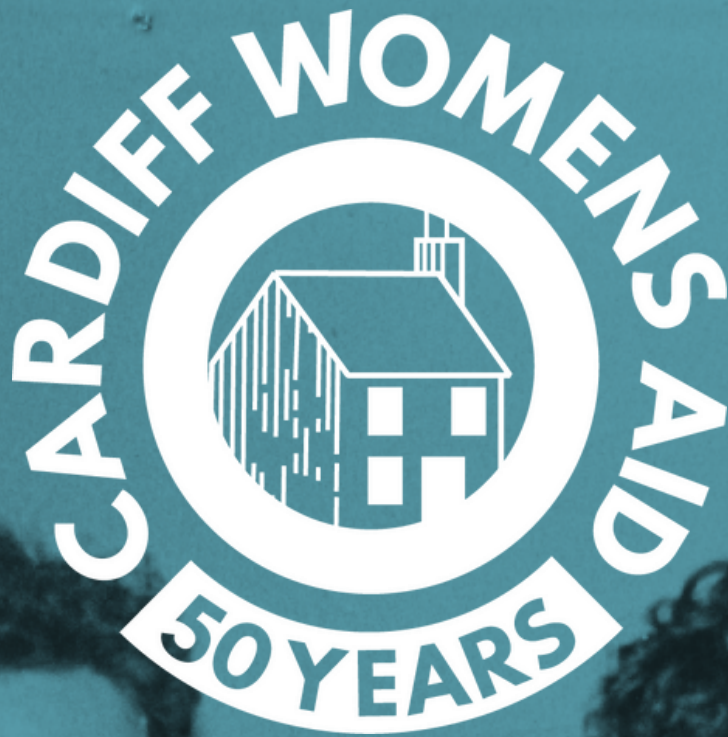
# CARDIFF WOMEN'S AID 50TH ANNIVERSARY SCHOOL PACK

Celebrate our past and help to secure  
our future

Registered with/Cofrestrwyd gyda'r



Registered charity No: 518608  
Company No: 02065201



**CELEBRATE OUR PAST.**

**SECURE OUR FUTURE.**

**FOR THE WOMEN OF  
CARDIFF SINCE 1974.**

# YESTERDAY.

In 1974 a committed group of women got together to campaign for, and open, the first refuge in Wales - this became Cardiff Women's Aid. Since then, thousands of women and children have come through our doors from every community across the city, and beyond, to find a place of sanctuary and empowerment, to recover and thrive, free from abuse. Last year we supported 3,845 women and 342 children find freedom from abuse. We continue to provide this support 24 hours a day 365 days a year

# TODAY.

We have never had enough funding to meet the demand. Last year 317 women were referred to us for refuge support, but we could only support 202. We did not have the space or capacity to provide nearly 40% of those needing refuge with support when they needed it most.

# TOMORROW?

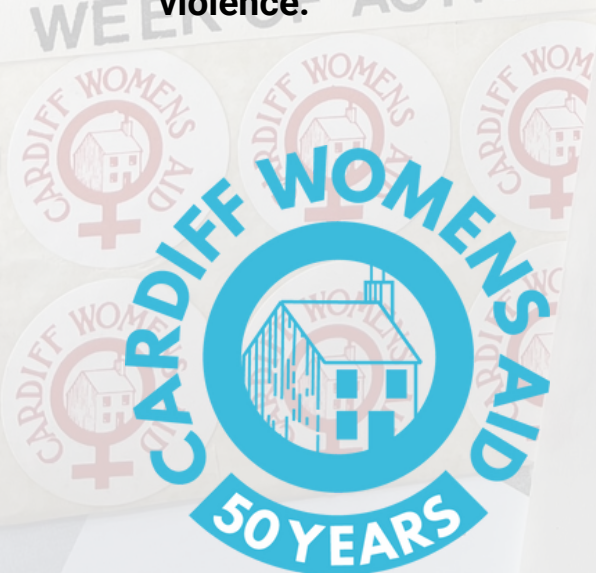
Beyond our 50th year, we do not know if we will have the funding to meet current demands, let alone the increase in need we are seeing from women and children across the city. Thank you for looking at this pack. We hope you will join us in our mission to create a world free from gender-based violence.

## JOIN YOUR LOCAL

We hope this pack inspires you to become a part of our 50-year-old movement.

Read, get inspired and contact us:  
[Fundraising@cardiffwomensaid.org.uk](mailto:Fundraising@cardiffwomensaid.org.uk)

**Diolch. Thank you.**



are you  
way to  
treat  
fright  
man in

Contact us at  
20 Moira Terr  
Adamsdown  
Cardiff  
Tel : 460566  
Open Mon -  
10am  
Tel : The Sar  
Out of office  
Caawimaada  
Ydych chi yr  
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बाबनार बी  
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हल आदन  
सो ब्याचे

# A NOTE FROM CARDIFF WOMEN'S AID CEO, DEBBIE BEADLE

## WHY YOUR SUPPORT MATTERS

Thank you for your interest in Cardiff Women's Aid. I am heartened by the support from our community, without which we would not be able to provide our much needed, life saving services. This is a vital time for us with funding ending in 2025, we are reliant on monies raised to keep our doors open and meet the increasing demand from women and children fleeing violence. We have been here for 50 years standing for and alongside women and we will still be here for as long as we are need. We will not give up!...



## A small look at some of our history...



# WHY IS CARDIFF WOMEN'S AID NEEDED?

Domestic abuse and violence against women exists in almost every society experiences. It is deeply entrenched in everyday life, and women all over the world are affected by it every day.

In Wales, 10,791 women and girls will experience domestic abuse and violence against women each year. As the leading provider of services to women and children affected by domestic abuse in Cardiff, we will support over 3,000 women and children each year, and we receive over 150 referrals to our service each week. Each statistic represents a woman, girl, or family in crisis, and every year the number of people needing our lifesaving services will increase.

## CARDIFF WOMEN'S AID IN NUMBERS

Below details the figures we saw in 22/23 and are already seeing an increase this year.

The impact your fundraising could have on the people we support

**3,845 women.**  
**342 children.**

Supported by us in 2022-23

**835**  
**pupils**

Engaged in workshops on healthy relationships and awareness of violence against women.

**295**  
**survivors**

Supported through targeted projects such as DRIVE and IRISI.

**202**  
**women**

Accommodated in refuge

**597**

**women**

In contact with our Women's Centre through group work, workshops and other activities.

**144**  
**phone calls**

To our helpline every month, on average.

**£500**

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

**£200**

Could pay for a child receive 10 one-to-one support sessions with our CYP team

**£50**

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

**£20**

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

**£100**

Could pay for 3 1HR sessions for a survivor of domestic abuse or sexual violence

**£10**

Could provide a survivor of domestic violence with an 'Own My Life' journal to support her recovery plan

# THE WORK WE DO

## Statistics from the UK...

- Almost one in three women aged 16-59 will experience domestic abuse in her lifetime (Office for National Statistics (2019) Domestic abuse in England and Wales overview: November 2019)
- In the year ending March 2019, 1.6 million women experienced domestic abuse in England and Wales. (Office for National Statistics (2019) Domestic abuse victim characteristics, England and Wales: year ending March 2019)
- 20% of children in the UK have lived with an adult perpetrating domestic violence (NSPCC (2011) Child abuse and neglect in the UK today; Research into the prevalence of child maltreatment in the United Kingdom)

## What is Cardiff Women's Aid work & goal?

Our goal is to support survivors of domestic abuse to overcome the trauma they have suffered, and to end violence against women and domestic violence for good, so that in the future nobody has to experience abuse ever again.

To achieve this goal, we empower women and children who have experienced domestic abuse to rebuild their lives, and we work with young people and children to raise awareness of how healthy relationships should make you feel. Through our lifesaving services, thousands of women and children in Cardiff have been able to get the help they need to escape abusive homes.

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**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." \*names have been changed to protect identities





**Bethan's Story\*:** "I struggled to engage with my Independent Virtual Advisor (IPA) at first, I was scared, but my advisor gave me the time and space I needed to explore my own needs. As time went on I grew to trust them. I felt safe to tell them everything I had experienced, and they helped me to access support specific to my experience. From talking with my advisor, I realised that the abuse I had experienced had caused me to suffer from PTSD and depression. I'm now getting help with my mental health, and I feel so much safer, thanks to my advisor at Cardiff Women's Aid."

\*names have been changed to protect identities.

## WHAT DOES THE CHARITY SPEND IT'S MONEY ON?

A 24/7 helpline for women, girls, and families in crisis. You can visit the website <https://rise-cardiff.cymru/> for more information



Advocacy and support services in the community for women affected by domestic abuse. This involves having a personal advisor who can advise on your rights and the benefits available to you to keep yourself safe, as well as involving one to one support sessions.

Support for children and young people who have been affected by domestic abuse. This involves group support, one to one support, and working with schools to support pupils who have been affected by domestic abuse, and raising awareness of healthy relationships.



Safe and secure refuge for women and families when it's not safe to be at home. Aftercare and recovery services to help survivors of domestic abuse rebuild their lives, and learn new skills.

# WHAT WOULD CARDIFF WOMEN'S AID SPEND £1000 ON?

**A donation of £1000 would make a huge difference to the women, girls and children we support in Cardiff and surrounding areas especially during the cost of living crisis. The donation could be spent on....**

- Providing safe refuge for women and families when it's not safe for them to stay in their home.
- Supporting women and families in the community to rebuild their lives following experiencing domestic abuse.
- Providing therapeutic care and counselling to women who have experienced the trauma of abuse.
- Providing survivors of domestic abuse with opportunities to learn new skills that promote health and wellbeing, like yoga, tai chi, and creative writing. These activities are an informal way to explore your sense of self, and rebuild your confidence.
- Supporting children and young people who have witnessed or experienced domestic abuse happening in their home to understand what has happened, and helping them to feel safe again.
- To provide workshops in schools to help young girls and boys recognise healthy and unhealthy behaviors in relationships and friendships, helping them to keep themselves safe.

## **HOW CAN YOUR CLASS SUPPORT CARDIFF WOMEN'S AID?**

**Awareness Raising!** Domestic abuse can happen to anyone, regardless of their age, religion, ethnicity, sexuality or gender expression. You can help raise awareness of services that can help people affected by domestic abuse by putting up posters with helpline information in classrooms, bathrooms, and communal areas. Your school can also get involved in Cardiff Women's Aid's Whole School Approach project, where our team will work with the school to deliver workshops on healthy relationships.

**Fundraising!** you'll be making it possible for thousands of women and children who are affected by abuse to get the help they need to escape their situation, and rebuild their lives. We've curated a list of ideas below to help get you started!



# NEED SOME IDEAS?..

## CELEBRATE OUR PAST, SECURE OUR FUTURE

### **CELEBRATE OUR PAST**

Our 50th anniversary is going to be our biggest fundraising year yet! We want to recognise how far Cardiff Women's Aid has come and raise awareness of the the work we've done to be able to support women, girls and children across Cardiff over the past 50 year and why it is still needed. Promote our logo on your website and socials. Speak to us about awareness raising events we can support with for your staff and networks.

### **SUPPORT US TODAY**

Do you have volunteer days that you can donate to Cardiff Women's Aid to support with fundraising or pro bono expertise to support the running of our business or services to the peopel we support?

### **SECURE OUR FUTURE- WE NEED TO RAISE £500K!**

With funding running out by the end of 2025 we're setting ourselves the challenge to fundraise **£500k** with the help of our incredible supporters, like you! With a dedicated team on hand to give you the support & guidance to help get the most out of your fundraising.

### **50 CHALLENGE**

To tie in our 50th year we're challenging you to take on a '50 challenge'! whether that's 50 miles, 50km, 50 days we would love to see how you challenge yourself to raise vital funds!



# PUTTING THE FUN INTO FUNDRAISING!

## 50 Challenge ideas to get you started....

- Complete 50 miles in a month however you like
- Do something 50 times. Bake 50 cakes or knit 50 hats to sell
- Dance for 50 minutes for 50 days
- Run, swim, walk, cycle 50km



Our 50 challenge not for you?  
Why not try some of our fundraising ideas below!

- Guess how many
- Fancy dress day
- Table top sale
- Talent show
- Bake sale
- School Olympics!
- Raffle
- Let your imagination go wild!

Make sure to tell us about your fundraising so we can support you and give you the materials and resources to help your fundraising be better than ever!

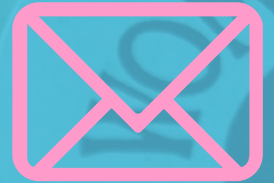


# MAKE YOUR MONEY GO FURTHER



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.

## DONT FORGET...

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](http://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](http://food.gov.uk) for more info.

However you decide to raise money for us always remember to keep safe and keep it legal!

# PAYING 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

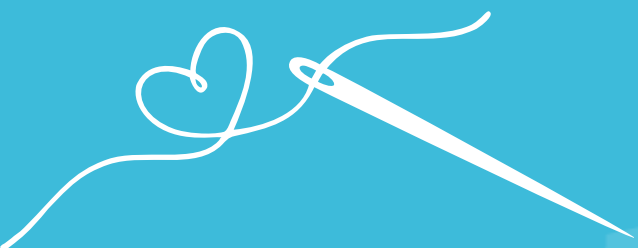
50 Meteor Street, Adamstown, Cardiff, CF24 0HE

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.

# 50TH ANNIVERSARY QUILT



As part of our 50th anniversary celebrations, we are supporting survivors and our shared communities to make a quilt that represents their varied experiences of survivorship, recovery and support.

We welcome everyone to take part in this collaborative project, whether you have lived experience, have supported someone with lived experience, or support Cardiff Women's Aid's mission to end gender-based violence.

You can contribute to the quilt in a couple of ways, either by creating one of the squares, or volunteering to help sew squares together. We'll be displaying the quilt at an event in 2025 (details to be confirmed), so there's plenty of time to get involved whichever way you like.

You do not need to be an artistic or crafting expert! We welcome contributions from everyone, including young people, children and organisations. We want this quilt to belong to and represent the community of people who created it

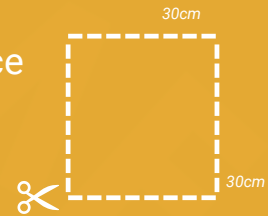


If you would like to contribute we've added some guidelines below for you. However we kindly ask not to include any identifiable or confidential information on your design. If you represent an organisation, please don't include any logos in your design. Your organisation name can be displayed in the list of contributors.

# 50TH ANNIVERSARY QUILT

## HOW TO MAKE YOUR CONTRIBUTION

Squares should be 30 cm x 30 cm approx (the long-side of a piece of A4). Please leave a 2.5 cm border around every edge so that the squares can be joined together without ruining your design.



The backing of the square should be a non-stretch, light or medium weight fabric. Old bed sheets, pillow cases or clothing can work well.



Feel free to use any medium to create your design. The quilt will be displayed indoors, so you can use pen, paint, paper, glue, string, wool, anything you like!



Please drop or post your square to the Women's Centre, 50 Meteor street, Cardiff, CF24 0HE. We will keep these safe until they are able to be sewn together. If you would like to include your name in the list of contributors to be displayed alongside the quilt, please include this with your square, with first names only.

# 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)

[Fundraising@cardiffwomensaid.org.uk](mailto:Fundraising@cardiffwomensaid.org.uk)

50 Meteor Street, Adamstown, Cardiff, CF24 0HE

Registered Charity No: 518608

Registered Company No: 2065201

**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)



Registered charity

No: 518608

Company No:

02065201

Registered with/Cofrestrwyd gyda'r



FUNDRAISING  
REGULATOR  
RHEOLEIDDIWR CODI'ARIAN

Proud winners of

**Cardiff Life**  
AWARDS 2024

**CWA**  
CARDIFF WOMEN'S AID



**FUNDRAISING  
BUNTING**

Cut the triangles out along the dotted line, punch holes, and thread them together with a string or ribbon.



# We're fundraising for Dwi'n codi arian i

