



The Haven Wolverhampton E Bulletin

Supporting women and children who are vulnerable to violence and abuse

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Helpline: 01902 713001

Keeping you up to date with the latest news, events and developments at The Haven Wolverhampton

Welcome...to The Haven's October E Bulletin

October is Domestic Violence Awareness Month (DVAM). Domestic Violence Awareness Month originated in the United States in the early 90's and has since become increasingly popular across the globe. The international campaign evolved from the "Day of Unity" in October 1981 conceived by the National Coalition Against Domestic Violence in the United States.

This October The Haven will be playing its part in raising awareness of Domestic Violence Awareness Month. We encourage our readers to support our campaigns or take part in one of our events in order to help raise vital awareness.

For more information about DVAM please click [here](#)

Why is DVAM so important?

It is estimated that 1 in 4 women and 1 in 6 men will experience Domestic Violence during their lifetime and according to official government statistics one incident of Domestic Violence is reported to the Police every minute in the UK (Home Office 2009). Last year the number of incidents of Domestic Violence reported to the Police in Wolverhampton rose from 3858 to 5164. There were also 3 Domestic Violence related homicides in the City last year (Wolverhampton Domestic Violence Forum 2010-2011).

Yet despite these staggering statistics Domestic Violence is still a subject which people often shy away from talking about.

"People don't talk about it. It's something that's hidden, kept secret behind doors. There's an element of shame, fear, a great fear. But it's something that we need to have a very frank community conversation about," Quoted by a Survivor

Domestic Violence can include a range of behaviours including physical, emotional, financial and sexual abuse, all of which can have a devastating impact on the lives of its victims and their families.



A recent study conducted by the NSPCC found that more than half of girls questioned for their research entitled '[Standing on my own two feet: disadvantaged teenagers, intimate partner violence and coercive control](#)' said that they had been a victim of physical violence in at least one of their intimate relationships, with a quarter of boys saying they had also dated physically aggressive partners.

The Haven firmly believes that with the support of the local community we can challenge attitudes towards Domestic Violence, bring the issue out into the open and encourage people to question abusive behaviour when they see or experience it. Read on to find out how you can make a difference this Domestic Violence Awareness Month.

5 things you can do this Domestic Violence Awareness Month

The Haven would like to encourage our readers to take action this month. Here are just a few ideas on how you can make a difference.

- 1) Help The Haven to raise funds to support women and children affected by Domestic Violence by making a donation to one of our appeals: [The Harvest Appeal](#) or [The Haven Women's Emergency Fund](#)
- 2) Take part in The Haven's official Domestic Violence Awareness Month event – [Walk a Mile in Women's Shoes](#). This light hearted event encourages men to walk one mile wearing women's shoes and speak out against Domestic Violence. For information on how to join please read on.
- 3) Find out more about Domestic Violence by visiting The Haven [website](#)
- 4) Watch and share The Haven Wolverhampton's Domestic Violence Awareness film – [Home Sweet Home](#)
- 5) Memorise the following telephone number: [The Haven Wolverhampton Helpline – 01902 713001](#)

Together we can bring an end to Domestic Violence

Cycle 2 End the Cycle

This October The Haven is launching one of its biggest campaigns to date. 'Cycle 2 End the Cycle' will see 6 brave women cycle over 270 miles in just 4 days from London to Paris in order to raise money to support women and children affected by Domestic Violence.

Kath Rees, Chief Executive of The Haven Wolverhampton, will take on the challenge with 5 other volunteers next July.

Kath Rees said "we will be cycling a grueling 270 miles to raise money for The Haven's Counselling service. This service offers a vital lifeline to women and children helping them to come to terms with emotional issues and break free from abuse."



The cycle ride which will take place between the 18th and 22nd July 2012 will also mark the start of celebrations of The Haven's 40th Birthday with plans for a celebratory ball to be held after the challenge is complete.



The Haven is currently looking for individuals, local businesses and community groups to support the 'Cycle 2 End the Cycle' campaign and help make a life changing contribution to women and children affected by abuse.



For more information please [email](#) or call us on **01902 572173**. You can also get in touch via twitter - [@Cycle2EndCycle](#)

The Commonwealth Fellowship Programme

In 2010 The Haven Wolverhampton hosted two Commonwealth Fellowship placements from the Women and Child Watch Initiative (WOCWI), Nigeria in order to share knowledge and experience of supporting victims of Domestic Violence.

We are delighted to host three new placements for 2011 - Mrs. Oluwatoyin Opawoyer; Nursing Officer, Ms. Edetan Olanike Folashade; Scientist and Mr Benjamin Okeowo; Journalist - from Nigeria who will be with The Haven for between one and three months.

During their time at The Haven our guests will receive Domestic Violence Awareness Training, learn about The Haven's different services and activities and also meet with other external support providers in order to gain an insight into how Domestic Violence services are delivered in the UK.

We look forward to updating you on our visitors' progress and experiences over the next 3 months.

The Haven needs you!

The Haven is looking for volunteers to support a new and exciting charity shop development in the City Centre. The Haven has secured not one, but two retail sites and we are looking for reliable and committed volunteers to help staff the units. If you would like to find out more please get in touch via [email](#) or call **01902 572123**



Vote for The Haven

The Haven Wolverhampton is through to the next round of the Nat West Community Force; an initiative which will see Nat West working with local communities to support projects and charities which help to make a difference to the lives of people in the local community. It is up to the general public to vote for which project should receive a grant of up to £6000.

To vote for The Haven visit the Nat West Community Force website by clicking [here](#).

- Click register at the top right hand side of the page then fill your details.
- You will be sent a link in an email which you will need to click.
- You will then be taken through to the Nat West Community Force website. Under 'Search' select 'by Project Name' and type in The Haven Wolverhampton, then click the magnifying glass icon
- Click on the orange icon which will appear on the map on the right of your screen.
- Select 'Read More'
- Accept the terms and conditions then click 'Vote for us'

Voting closes on Sunday 23rd October

Supporting victims of Financial Abuse



Haven Tea Party

On Friday 25th November The Haven would like to encourage you to host your very own tea and coffee morning on behalf of The Haven. Why not make delicious treats and ask your friends, family and colleagues to make a donation.

The Haven Christmas Tree Appeal

Instead of sending cards this year why not send your festive greetings using one of our new Christmas Tree Appeal posters. You can display the posters anywhere you like and for a donation of just £1 you can leave a message for your friends and loved ones whilst raising money for The Haven at the same time.

All money raised will go towards developing The Haven **Women's Emergency Fund**

For more information [email](#) Kiran Laroya or call **01902 572123**

Walk a Mile in Women's Shoes

There's an old saying; 'You can't really understand another person's experience until you have walked a mile in their shoes'.

Walk a Mile in Women's Shoes returns to Wolverhampton's West Park for the second year running on Sunday 16th October.

The light hearted event which quite literally asks men to walk one mile in women's shoes aims to get people talking about Domestic Violence, a form of abuse which claims the lives of 2 women every week in the UK. Participants are also asked to raise sponsorship to help raise funds for women and children who access The Haven's services as a result of experiencing Domestic Violence.

The first 'Walk a Mile in Women's Shoes' event last year was a great success with men from across the City donning high heels and even partaking in a spot of fancy dress!

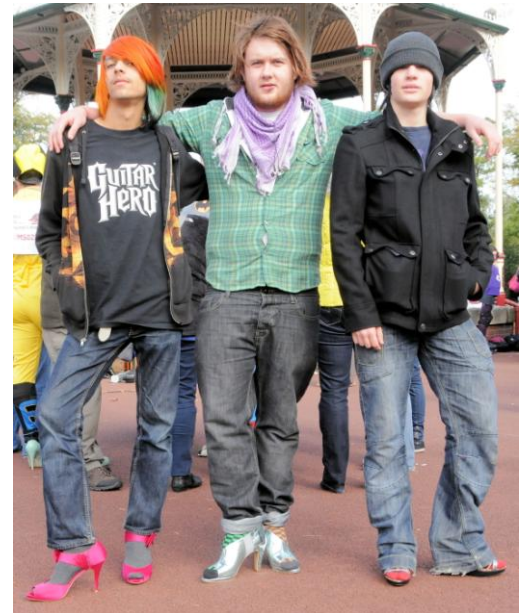
This year we want to make 'Walk a Mile in Women's Shoe's even bigger and better.

We would like you to encourage your husbands, boyfriends, brothers, uncles, nephews and work colleagues to take part in the event and help us to raise money for victims of Domestic Violence.

High heeled shoes insizes 6 to 14 are available to hire on the day, or you can bring your own!



"I don't know how women walk in these heels! Today has been a lot of fun though, I think it's a great way to raise money and awareness."



The event will also feature performances from award winning Dance Crew WDC and Michael Jackson impersonator MJ2 as well as a number of exciting opportunities to get your hands on some fantatsic prizes.

Participants are asked to meet at the bandstand in West Park at 11.30am on Sunday 16th October.

For more informaiton and to register for the event contact Palie Dulai, Fundraising Officer, on **01902 572123** / fundraisingofficer@havenrefuge.org.uk

Walk a Mile in Women's Shoes is sponsored by Manby Bowdler Solicitors



Thanks for Reading!

If you have any comments or feedback about this or any previous issues of The Haven E-Bulletin please get in touch on publicity@havenrefuge.org.uk or call **01902 572173**

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