



## E Bulletin



Supporting women and children who are vulnerable to violence and abuse

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### Don't suffer in silence this Christmas

As the festive period fast approaches The Haven Wolverhampton will be working in partnership with West Midlands Police and Wolverhampton Domestic Violence Forum to ensure that Christmas is a safe and enjoyable time for all across the City.

Christmas for most is a time for enjoying yourself, having fun and spending quality time with family. However, for some, the emotional strain of the season can contribute to a rise in domestic abuse.

Last year there were over 5000 incidents of domestic violence reported to Police in Wolverhampton. Detective Inspector Annie O'Grady of West Midlands Police notes that "even the healthiest relationship can suffer stress and strain over Christmas, with all the commitments in relation to family and friends and the need to provide for family. It is also a recognised that alcohol plays a part in many incidents. Domestic abuse is not tolerated at any time of year but with the support of partner agencies we are keen to highlight this issue at a time when many people may be thinking mainly about enjoying themselves."

Kathy Cole-Evans, Wolverhampton Domestic Violence Forum Strategic Coordinator said "Organisations in Wolverhampton are working closely together this Christmas to support families suffering domestic violence to turn around their lives."

Kath Rees, Chief Executive of The Haven Wolverhampton echoed "we are keen to make the general public aware that agencies such as The Haven, Wolverhampton Domestic Violence Forum and West Midlands Police will continue to provide support services over the festive period. For those who may be suffering at home we urge you to make that phone call."



Funding from Wolverhampton PCT 'Keep It Safe' campaign has allowed The Haven to produce a series of awareness raising posters featuring the contact details of all the partner agencies. To ensure that this message reaches as wide an audience as possible we are appealing to local businesses and supporters to help display these posters in customer waiting areas or even somewhere as discreet as staff / public restrooms or changing rooms.

A3 and A5 posters are available on request from The Haven Wolverhampton. Please contact [publicity@havenrefuge.org.uk](mailto:publicity@havenrefuge.org.uk) or call **01902 572173**



Supporting communities nationwide

### A Guide to Achieving Financial Independence

This December The Haven, with funding from The Nationwide Foundation, is launching a toolkit which aims to provide those experiencing financial difficulties as a result of domestic violence with information and advice on how to achieve financial independence. 'Surviving Financial Abuse: A Guide to Achieving Financial Independence' provides information and contact details of the different agencies that can assist individuals to achieve a life free from abuse. The toolkit forms part of The Haven's [Financial Inclusion Project](#).

To request your free copy of the toolkit please [email](#) The Haven Financial Inclusion team or call **01902 572145**

## The Haven Wolverhampton Christmas Appeal

This Christmas The Haven Wolverhampton will support up to 53 women and 100 children in emergency refuge accommodation and many more in the community.

Many of our residents have had to leave their homes in a hurry with few personal possessions after experiencing violence and abuse. Being away from friends, family and familiar surroundings can often cause many of our younger residents to question whether they have done something wrong. Some also worry that Santa won't know where to find them in refuge.

It is The Haven's wish to bring joy and happiness to those accessing our services not only by providing gifts for mothers to give to their children but to also prepare Christmas dinner, decorate our refuges and carry on festive traditions.

We therefore appeal to our generous and loyal supporters for donations of gifts for women and children. Whether it is a new toy for a child, toiletries for mothers or food for families in refuge, your donation will go a long way to creating a very Happy Christmas for our residents. We are also grateful to receive gift vouchers and financial donations. We ask that gifts for children are new and unwrapped and donations of food are within their sell-by date.

Please spare a thought at this time of year for those who will not be spending Christmas in their own homes. When you are out shopping pick up an extra gift for a family in need and help The Haven to make this a very Merry Christmas.

To make a donation call **01902 572140** or write to [info@havenrefuge.org.uk](mailto:info@havenrefuge.org.uk)



### Letter from Zack

This Christmas The Haven will support young children like Zack:

#### My Letter

Hello, my name is Zack and I am 10 years old. I live at The Haven with my mom. I had to come to The Haven because mum said it wasn't safe. Dad always shouted at us and hurt our mom and dog when he had his cider.

Before I came to The Haven I was sad because Charlie was hurt, his paw, and dad hurt his legs. Mom was always crying 'cos we never had any money. Mom sometimes stole food for dinner.

I like it now because mom smiles more, I miss Charlie but they said we can't have pets.

I would like Santa to bring me Charlie, he was my best friend, maybe some colouring books and a mp3 player. I like art and drawing.

With your support we can provide resources and support to ensure that children like Zack have a happy and safe Christmas.

**Please make a donation to one of our Christmas Appeals today.**

### Christmas Cards are so last year!

This year, instead of buying Christmas cards why not try one of The Haven's eco friendly alternatives.

#### The Haven Christmas Tree Poster Appeal

Order one of The Haven's brand new A3 Christmas Tree Posters and display in staff rooms, canteens, reception areas, offices or wherever else you see fit! Encourage your friends and colleagues to write a festive message for a small donation (suggested donation £1).

All funds generated from The Haven Christmas Tree Poster Appeal will go towards developing [The Haven Women's Emergency Fund](#) – supporting women affected by domestic violence and financial abuse.

To order your free poster please write to [fo2@havenrefuge.org.uk](mailto:fo2@havenrefuge.org.uk) or call **01902 572145**

#### Charity E-Card

The Haven has joined forces with Charitecards.com to give our supporters the opportunity to raise funds whilst also doing their bit for the environment. The process is simple whether you want to send a card as an individual or as a company.

Simply log onto [www.charitecards.com](http://www.charitecards.com) and select The Haven Wolverhampton as your beneficiary. You decide how much you wish to donate and you can also send an unlimited amount of cards (not just Christmas cards!). Once you have completed your payment details (please remember to select 'Gift Aid') you can start designing your own card and send on to your friends and colleagues.

For more information please write to [fundraisingofficer@havenrefuge.org.uk](mailto:fundraisingofficer@havenrefuge.org.uk) or call **01902 572123**

### Christmas Raffle

To be in with a chance of winning a brand new Dell laptop worth £500, plus an array of other fantastic prizes in time for Christmas, simply purchase a Haven Christmas Raffle ticket.



Money raised from the sale of the raffle tickets will go towards The Haven's [Cycle to end the Cycle](#) campaign – cycling 270 miles from London to Paris in order to raise £40,000 to commemorate 40 years of The Haven Wolverhampton.

Tickets cost just £1 and are available from The Haven Head Office or by calling **01902 572173**

### Grab a Christmas Bargain!

The Haven's charity shop - [The Haven Wolverhampton Clothesline](#) - was officially opened by The Mayor of Wolverhampton Councillor Bert Turner on 15<sup>th</sup> November.



The shop stocks a variety of good quality second hand clothes, toys and other goods as well as a collection of one of a kind craft items hand made by Haven service users.

The Haven Wolverhampton Clothesline is located at 10 Salop Street and is open between 10am and 3.30pm on Tuesday's, Wednesday's Friday's and Saturday's.

**Come along and pick up a Christmas bargain!**

### Shop online and raise funds for The Haven

If you are thinking of doing your Christmas shopping online this year why not consider using easyfundraising. It won't cost you a penny extra to shop through easyfundraising and you can even save money with special offers and voucher codes.

Click [here](#) to register and start shopping with over 2000 well known retailers including Amazon, Argos, Asda, Marks & Spencer and many many more. Whenever you make a purchase the retailer will make a donation to The Haven Wolverhampton.

What's more, this Christmas easyfundraising are giving away prizes worth over £5,000 including an impressive £1000 in cash.

**easyfundraising**  
.org.uk

**So start fundraising now and you could be a winner too!**

### Swish in the City

Swishing is the latest craze in eco shopping where you can swap the clothes you don't wear for the things you will!



Swishing events allow participants the opportunity to bring their unwanted clothes, shoes, bags, accessories and jewellery and swap them for tokens. More items = more tokens. Then, *swish* along the rails to find yourself a bargain and 'pay' using your tokens.

The Haven will be hosting a swishing event on **Thursday 12<sup>th</sup> January** at **Wightwick Manor** from 6pm. Tickets cost just £5 which includes a free glass of wine or soft drink. You will also be able to get advice from beauty experts and sample some yummy home made foods.

For more information and tickets call **01902 572123**



### The Mince Pie Challenge



How many mince pies could you eat in 1 minute? The current Guinness World Record is 2! If you think you could beat this record why not join The Haven and City of Wolverhampton College at **The Mander Shopping Centre** from **12pm** on **Saturday 17<sup>th</sup> December** to be in with the chance of becoming a record breaker!

### Salsa Party

Step into the new year in style at The Haven Salsa Party.

**When: Friday 27<sup>th</sup> January** from 7.45pm until late

**Where: Oxbarn Social Club, Bradmore, Wolverhampton**

Tickets cost £5 in advance or £8 on the door.

For more information call Kiran on **01902 572123**.

### Feedback

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](mailto:publicity@havenrefuge.org.uk) or call **01902 572173**

### Contact The Haven

**24 Hour Helpline:** 01902 713001

**Office:** 01902 572140

**Fax:** 01902 572144

**Post:** PO Box 105, Wolverhampton, WV1 4LP

**Email:** [info@havenrefuge.org.uk](mailto:info@havenrefuge.org.uk)

**Web:** [www.havenrefuge.org.uk](http://www.havenrefuge.org.uk)

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