



Helpline: 01902 713001



The Haven Wolverhampton E Bulletin



Supporting women and children who are vulnerable to violence and abuse

Registered Charity: 1065427 Company Ltd by Guarantee (Registered in England) 03159029



Issue 7 – December 2010

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

Welcome to The Haven's December E-Bulletin

Thank you for joining us for our last bulletin of the 2010. In what has been a challenging yet rewarding year I would like to extend my thanks to the many supporters who have allowed The Haven to be able to continue to deliver quality to vulnerable women and children. A special thank you is extended to all of The Haven volunteers who have dedicated their time and efforts to support the women and children of The Haven throughout 2010 – your support has been priceless.

At this time of year our thoughts turn to the women and children who will be spending Christmas in refuge accommodation. In order to ensure that the women and children have a happy and memorable Christmas The Haven will be carrying out a number of festive fundraising and awareness raising activities. We also continue to promote our Christmas Toy Appeal which year after year continues to demonstrate the kindness and generosity of the public. Please read on to find out more about how you can help support women and children affected by Domestic Violence this holiday season.

On behalf of all at The Haven I would like to wish you a happy and safe Christmas and a prosperous New Year.

Kath Rees, Chief Executive

Coping with Christmas



Whilst historically incidents of Domestic Violence increase over the Christmas period, many women continue to suffer in silence.

Over the last few years The Haven Wolverhampton has witnessed an increase in the volume of calls made to its 24 hour helpline in the month following the festive period leading us to believe that many women are 'hanging on' in difficult relationships over Christmas.

Christmas can be a difficult time for those in abusive relationships as the pressure of strained finances, spending prolonged periods of time with family members and increased alcohol consumption can create greater anxiety and stress.

There are a number of reasons why women stay in abusive relationships over Christmas; many do not wish to upset children or family members, some worry about the financial aspects of leaving and fear poverty or becoming homeless. However, it is important to realise that whilst incidents of Domestic Violence might appear more prevalent or talked about over the Christmas period, Domestic Violence occurs all year round and affects women and children from all backgrounds on a daily basis.

The Haven encourages those affected by Domestic Violence to come forward and seek support. Operating a 24 Hour helpline, 365 days a year, The Haven is able to provide guidance and information on the different options available to women in the City and further afield if required. Trained professionals are on hand to answer your call anytime of the day or night – even on Christmas day!

Call 01902 713001 to speak to someone in confidence

Coping with the Cold

This year The Haven Wolverhampton has witnessed a rise in the number of young single homeless women referring to its accommodation support services.

The Haven Wolverhampton works closely with the homelessness department at Wolverhampton City Council to help support vulnerable women. The chilly winter months can be a difficult time for homeless women.

“During the winter period as the temperature drops there is greater risk to homeless people in particular those who find themselves on the streets rough sleeping. We therefore ask that if organisations working with homeless people require support or options for someone who is homeless please contact the Housing Options Unit on 01902 554747.”

**For more information please
contact Anthony Walker
Commissioning Project Officer
Housing and Homelessness on
01902 551631**

Say it with a Card

Send your festive greetings to friends and loved ones this year with a Haven Christmas Card.



Designed by one of our youngest residents all funds generated from the sales of these cards will go towards ensuring the women and children of The Haven have a happy and safe Christmas.

Cards are priced at 89 pence each or £2.99 for a pack of 6. Standard postal charges apply.

To order your cards please call **01902 572173** or write to info@havenrefuge.org.uk with details of your order.

Please ensure your order is placed before Monday 20th December to ensure delivery in time for Christmas.

Hurry as availability is limited.

Christmas Raffle

In keeping with Haven tradition we are pleased to inform you that we will be holding another Christmas raffle. There are some fantastic prizes up for grabs including;

- 1st Prize – 2 x First Class Virgin Train Tickets
- 2nd Prize - £100 La Senza voucher
- 3rd Prize – 1:7 scale F430 Ferrari Toy Car
- 4th Prize - £50 Red Letter Day Voucher
- 5th Prize – Black Country Living Museum Family Pass

Tickets cost just £2 each and are available from The Haven's head office on Fold Street .

If you would be willing to sell raffle tickets within your community / organisation please get in touch.

Please call **01902 572173** for more information

Haven Christmas Appeal 2010

The Haven is calling out to all its loyal and generous supporters as we launch our Christmas Appeal 2010. The appeal invites you to donate gifts of toys, toiletries, clothing and food for the women and children who will be spending the festive period at The Haven.

For some women and children Christmas will not be spent in their own homes, but in refuge accommodation. Many have had to leave their homes in a hurry with few personal possessions after experiencing violence and abuse at the hands of their family members and loved ones.

Being away from friends and familiar surroundings can often cause many of our younger residents to question whether they have done something wrong. Some children even worry that Santa won't be able to find them in refuge.



Yet regardless of their circumstances all mothers still want to be able to give their child a gift on Christmas day.

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 also to prepare Christmas dinner, decorate our refuges and carry on other festive traditions.



We therefore appeal to you to donate gifts for the women and children. Whether it is a new toy for a child, toiletries for mothers or food for families in refuge, your donations will go a long way towards creating a happy Christmas.

We ask that gifts for children are new and unwrapped and that tins and non-perishable foods are within their sell by date.

It is at this time of year that we ask you to spare a thought for those who will not be spending Christmas in their own homes. When you are out Christmas shopping pick up an extra gift for a family in need and help us to make this a very Merry Christmas!



If you are interested in making a donation to The Haven Christmas Appeal please call **01902 572140** or write to info@havenrefuge.org.uk

Dear Santa, I've been good this year because.....

'I've kept my room clean and tidy'

'I've been kind'

'I've tried very hard!'

'I ate all my vegetables'

'I'm doing well at School'

'I've helped with the chores'

'I've made mummy laugh!'

From the children at The Haven Wolverhampton

Walking in a Winter Wonderland

This year The Haven will be going out into the community encouraging members of the public to get involved in 'Christmassy' activities whilst aiming to raise awareness of Domestic Violence.



Come and join us at our Winter Wonderland where you can pick up some last minute gifts, cards and scrumptious Christmas foods. Take advantage of our gift wrapping service or bring the children along to take part in our Christmas craft workshops where you can make your own cards and decorations.

We will have performances, festive games and if you are lucky, you might even catch a glimpse of Santa Claus himself.

Poetry, artwork and photography produced by our service users will also be on display for you to enjoy.

Interested? Why not join us on **Thursday 9th** and **Friday 10th December**, from **9.30am to 4.30pm** at the old 'Sports Soccer' retail unit located on the Ground Floor of the Mander Shopping Centre, Wolverhampton, WV1 3NH

OR, if you are looking to escape the hustle and bustle of the Christmas rush, why not come and join us at our relaxation station where you can get your hands on a **free cup of tea and mince pie!**

The Haven's Relaxation Station will take place from **16th to 18th December**, from **9.30am to 3.30pm** at 'City 10' (Former Tourist Information Unit), Queens Square, Wolverhampton City Centre.



For more information please contact Grace on **01902 572173** or write to publicity@havenrefuge.org.uk

Record Breakers



The Haven Wolverhampton is calling on members of the public to help them become **Guinness World Record** breakers. The record currently stands at **1 minute 26 seconds** and was set by David Cole on ITV's Paul O'Grady Show in December 2005

We are inviting members of the public to take part in the festive record attempt, and provide an opportunity to have the record breakers' name appear in the Guinness Book of World Records. The record breaking attempt will take place at **2.30pm** on **Friday 10th December** at the former '**Sports Soccer**' unit in **Wolverhampton's Mander Shopping Centre** and participants are asked to pay £2 to be in with a chance of breaking the record. We are also delighted to announce that The Mayor and Mayoress of Wolverhampton will be adjudicating the event.

Those interested in taking part in the record attempt should contact Grace on **01902 572173** or write to publicity@havenrefuge.org.uk Full terms and conditions can be found at <http://www.havenrefuge.org.uk/Support%20Us/Fundraising/RecordAttempt.html>

Get in Touch

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**.



We would also like to hear from you if you have any ideas/contributions for future issues.



Words from Children

"I know Christmas will not be the same as last year because I will be at The Haven but the playroom is fun and I get to paint and make things. It helps me feel safe and normal."

From Mimi aged 9

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