

The Haven Wolverhampton Newsletter 2011

Supporting women and children who are vulnerable to violence and abuse
SPRING/SUMMER



Welcome from Chief Executive – Kath Rees



Welcome to The Haven Wolverhampton Newsletter 2011 – Spring / Summer Edition. My thanks go as always to those who have

continued to support us through what has been a challenging period for The Haven. The effects of the current economic recession and reduction in public funding to the voluntary sector has resulted in The Haven adopting innovative and enterprising strategies in order to be able to sustain a consistent level of support to women and children affected by Domestic Violence.

Proposed changes to the welfare system which will target a number of key benefits on which women rely can further undermine the financial capabilities of women affected by Domestic Violence as well as having wider gender implications. The Haven will therefore continue to respond to research and consultation in order

to keep the needs of women and children at the forefront.

As a newly appointed Board member for the City Centre Company it will be my role to support the development of our City centre and contribute to the overall Strategic Plans for the City where the views of those supported by The Haven will help to contribute to improving public, private and voluntary sector integration and to meet mutual outcomes of shared benefits for all.

You will see from the pages that follow that a dedicated and professional team of staff and volunteers have worked tirelessly to support women and children affected by Domestic Violence and their changing needs. My special thanks go to Ann Dawson, Chair, and The Haven Board whose sterling governance

continues to guide The Haven through these challenging times.

Each year across the UK 3 million women experience violence, and there are many more living with the legacies of abuse experienced in the past. It is with your sustained support that The Haven can continue to help women and children who are vulnerable to violence and abuse.

Kath Rees
Chief Executive Officer

What's inside

- Survivor Story – Colleen McCrystal
- New Look for Refuge
- Children and Domestic Violence
The Haven Wolverhampton Children and Young People's Support Service
Who Cares 4 Me?
- Community Support
- Counselling
- DAPHNE – An EU Comparative
- Promoting Financial Inclusion
- Making a Difference
- How you can help
- Upcoming Events

Survivor Story – Colleen McCrystal

Hi, my name is Colleen and I am a survivor of Domestic Violence.



Domestic Violence affects thousands of women and children each year, often in total silence. We are all aware that Domestic Violence happens in the home, but unfortunately, we find it easy to turn a blind eye just because we do not wish to get involved or make a fuss. But, little do we realise this could be happening in your family; to your mother, father, sister, brother, aunty, niece, nephew, friend, neighbor or work colleague. Sometimes the signs are there, but we choose to ignore them as we often think 'this wouldn't happen to them'. I too thought the same. Well I can tell you -yes - it does happen. It did to me.

I first came into the contact with The Haven 14 years ago when I left my husband. I came to the Haven with my son; scared, confused and overwhelmed. I had been brought to The Haven by the Police who responded to a 999 call from a concerned neighbor who had seen and heard my husband be emotionally and physically violent towards me. The support I received at The Haven was amazing. They helped me to realise that the abuse wasn't my fault, that I shouldn't be ashamed or scared to talk about what I had been through and that

no matter how much I loved a person, I had the right not to live in fear.

I have continued to stay in contact with The Haven and know first-hand the impact of the work they do, I truly believe that they saved my life and the lives of many others affected by Domestic Violence.

I work on a voluntary basis, to campaign about Domestic Violence. I also promote awareness on alcohol and substance abuse, sexual abuse, depression and anorexia, all of which are issues that have affected me personally. I credit The Haven to my recovery and to making me a stronger person. The Haven has helped to give me the drive and passion to help other victims of Domestic Violence.

I encourage you to support The Haven in any way you can, whether you give financially or offer an hour of your time as a volunteer. You can help to support women and children affected by Domestic Violence.

You can help to save lives.

New Look for Refuge

In July this year The Haven will re-open one of its oldest refuge buildings after it closed its doors in 2010 for major refurbishment.

Thanks to a generous donation from Trinity Housing Venture, a Domestic Violence support agency which sadly had to close and sell one of its refuge buildings in 2009, The Haven has been able to transform one of its family refuges which has been supporting women and children since 1976.

The refuge has undergone complete refurbishment including the development of new lounge, kitchen, dining and playroom areas.

The donation has also allowed The Haven to extend the existing building increasing the number of bed

spaces from 5 to 10. This will also include one unit which is suitable for residents with a disability.

The Haven would like to thank Lewis Architecture Ltd and B.E Barkers who have worked incredibly hard to renovate the building.

A special thank you goes to the Trustees of Trinity Housing Ventures who, without their donation, we wouldn't have been able to provide a beautiful safe home for families experiencing Domestic Violence.

We look forward to telling you more about the refuge re-opening in the next newsletter.

Children and Domestic Violence

At least 750,000 children a year witness Domestic Violence (Dept. of Health, 2002).

The Haven Wolverhampton provides a comprehensive service for children and young people who have experienced Domestic Violence. We are able to support up to 100 children at any one time across 3 of our refuge sites all of which have indoor and outdoor play facilities and areas for teenagers.

The Haven Wolverhampton Children & Young People's Support Service

The aim of the Children and Young People's support service is to increase children's self esteem, security and sense of belonging and to encourage the rebuilding of damaged relationships as a result of Domestic Violence. Over the last 6 months children and young people at The Haven have been encouraged to take part in group discussions and meetings which give them the opportunity to contribute towards the planning of future sessions and activities at The Haven. Artwork activities have allowed children to creatively express their personality and emotions, a piece of work which is particularly effective amongst children who feel they are not yet ready to talk openly about their experiences. Many mothers comment on how enjoyable it has

been to finally watch their children play and enjoy themselves in a safe environment.

Through this service The Haven is able to provide a safe environment for mother and child as well as the opportunity for children and young people to come to terms with their experiences of abuse.



Who Cares 4 Me?

On 1st April 2011 The Haven launched 'Who Cares 4 Me?', a new and innovative project, funded by Comic Relief, which aims to support young people aged between 11 and 18 who have taken on caring and emotionally supportive roles of their mother and / or younger siblings as a result of Domestic Violence.

Project Update

Since the launch of the 'Who Cares 4 Me?' project Children's workers Mark Brown and Donna Thompson have been building up contacts within the wider Wolverhampton community to promote and raise much needed awareness of young carers and Domestic Violence. The team have so far developed links with Wolverhampton College, Youth Service, Subs (A substance misuse charity), various Children Centres, Platform 51, Base 25, Spurgeons Society, six high schools and most recently the various Multi Agency Support Teams (MAST) across

Wolverhampton. These meetings have allowed the team to share project information with other professionals as well as provide links for which to refer most young carers within the Wolverhampton community. Project forms and processes have been established and referral procedures and criteria assessment are all now in place.

The Haven will build on the work that has been done to get the project off the ground and look forward to further reporting on the developments within the project later on this year.

For more info call 01902 572168 or write to csc@havenrefuge.org.uk



Community Support

Every woman and child experiencing Domestic Violence has different needs and not all victims wish to access refuge accommodation. For this reason The Haven provides a Community Advocacy Support service which offers support to help women devise safety plans, progress housing applications, support with taking cases through the criminal justice system and access to various community support services. The services also utilises the skills of Independent Domestic Violence Advisors (IDVAs) who are able to obtain injunctions and protection orders to ensure the safety of the client. The service also offers emotional support to help women deal with feelings of isolation and experiences of abuse.

Case Study

Susan was referred to the Haven Community team having developed mental health issues as a result of sexual abuse. Over a period of six months the team supported Susan with appointments to see her GP and a specialist counsellor. This helped Susan to speak out against her abuser and to overcome her feelings of being responsible for the abuse. Susan received ongoing

support from a Community Advocacy Support worker who accompanied her to local sexual abuse forum meetings where survivors can meet other survivors as well as hear professional speakers discuss many different ways to cope. With the support of the Community Advocacy Support Team Susan has taken steps to prosecute her abuser.

Over the last year the Community Advocacy Support Team has supported 280 Women and 472 dependent children.



For more information call 01902 572127 or write to communityteam@havenrefuge.org.uk

Counselling

The Haven's current counselling project 'Beyond Surviving' is now in its final year having supported hundreds of women over the last 3 years with both generic and specialist counselling support. Since the beginning of the project (June 2009) over 2200 hours of counselling have been delivered.

The counselling service is currently working towards achieving BACP (British Association for Counselling & Psychotherapy) accreditation which will demonstrate that the service adheres to an established ethical code of practice, and that all counsellors are registered as members of a professional body. The number of

For more information call 01902 572151 or write to cco@havenrefuge.org.uk



counsellors within the service has also recently increased to include two sessional counsellors and placement students whose skills have helped to support generic counselling services as well as the development of alternative therapy including dance and movement therapy.

The service also continues to provide specialist counselling support and utilises the skills of a male counsellor, Asian counsellor and a specialist counsellor all of whom aim to reach out to excluded members of the community as well as those with special needs and disabilities who are particularly vulnerable to abuse.



DAPHNE - A European Union Comparative

This year The Haven launched a new research project; *Daphne - European Union Comparative: Counselling Survivors of Domestic Violence*, which will explore the availability and funding sources of counselling services for survivors of Domestic Violence. The project is funded through the European Commission Daphne III programme which aims to prevent and combat violence against children, young people and women.

The Haven will lead the project and work alongside 8 other partners based in Wolverhampton, Portugal, Germany, Latvia, Bulgaria, Italy and the Netherlands to formulate the research. The first Transnational meeting took place in May with representatives from each partnership organisation attending to discuss work plans, methodology and evaluation of the project. Kath Farmer, The Haven's Daphne project lead said 'it is hoped that The Haven's role in this project will cement our position as an important organisation in the field of Domestic Violence research.' We look forward to updating you further on this project in future editions of the newsletter.

For more information call 01902 572143 or write to daphneproject@havenrefuge.org.uk



Promoting Financial Inclusion

On Thursday 12th May The Haven hosted 'Surviving Financial Abuse: – A Collaborative Approach to Supporting Victims of Domestic Violence and Financial Abuse' – a conference which aimed to raise awareness of financial abuse and the work being done promote financial inclusion in Wolverhampton.

Joanne Lancaster, Assistant CEO of Wolverhampton City Council, delivered a presentation on the City's Financial Inclusion Agenda as part of the half day event which was chaired by Ann Dawson, Chair of the Haven Board and included speakers from The Haven, Wolverhampton Citizens Advice Bureau, Natwest Bank, Money Made Clear and Trading Standard Illegal Money Lending Team. All presentations from the conference can be downloaded at www.havenrefuge.org.uk

What is Financial Abuse?

Financial abuse is a form of mistreatment in which an abuser forcibly controls a victim's economic means. It can involve confiscating, rationing, stealing or withholding money; not allowing the victim to take part in any financial decisions; or even forcing the victim to quit their job. Financial abuse can also occur when one partner purposely accumulates large amounts of debt in their partner's name.

"I don't know what happened to the money, he took care of that"

My husband was physically and emotionally abusive. I endured beatings whilst I was pregnant with my first child. I tried to leave once before, but he begged me to come back and assured me he would never hurt me again.

One day he decided he wanted to start his own business. The next thing I knew, credit cards came to the house in my name. He took the

cards away from me, and ran up a debt of £3000. After that I would have papers pushed in front of me asking to sign for personal loans in both our names. I don't know what happened to the money, he took care of that. He was my husband, of course I trusted him.

The relationship got progressively worse, so I decided to leave. I would hear from my mum that letters were

being pushed through the door about the credit card and loan agreements which had been put in my name. My husband had run up a debt of £35,000 and was refusing to make payments unless I went back. That's when I turned to The Haven for help.

Mary - Haven Service User



Supporting communities
nationwide

The Haven Financial Inclusion Project

In 2010 The Haven received funding from The Nationwide Foundation to develop the Financial Inclusion Project which offers specialist financial support to women experiencing financial difficulty as a result of Domestic Violence who are currently accessing The Haven services. The project has continued to grow over the last 12 months and in April 2011 The Haven received a license through Advice UK to give advice, guidance and support on money matters and finance queries. The project also supports women to apply for grants from both external sources and via an internal fund called The Haven Women's Emergency Fund. So far the project has supported 42 women with financial advice and 79 grants have been awarded since April 2010.

The project continues to engage with external financial institutions to raise awareness of financial abuse. The Haven has delivered training to Nat West and Barclay's Bank in Wolverhampton and is also working with Northern Rock and Credit Unions based in Wolverhampton City Centre to help develop a more streamline service for victims of financial abuse.

Over the next year The Haven will work to develop a specialist financial inclusion website and toolkit which will offer comprehensive and detailed information to both those affected by financial abuse and professionals working in the field of Domestic Violence to help achieve financial independence.

For more information call 01902 572145 or write to FIC@havenrefuge.org.uk



Making a Difference

The Haven Wolverhampton is grateful to Wolverhampton City Council from which we receive funding through the Supporting People programme to deliver our refuge based and community support services. In order to be able to continue to provide The Haven's other crucial support services including Counselling, Children & Young Peoples support, 24 Hour Domestic Violence Helpline and Financial Inclusion support The Haven seeks to raise vital funds and awareness.

Sadly The Haven is only able to support an average of 30% of its referrals; this is due to limitations in funding, resources and staffing. Therefore The Haven seeks to raise funds from individual donors and corporate groups through events and community initiatives. We are extremely grateful to the many local business, communities and individuals who, over the last 6 months, have pledged their support to help women and children affected by Domestic Violence. Here is what they have been up to:



Jackie Powis and David Lloyd, Dudley – Zumbathon

Thanks to Jackie Powis and David Cross who hosted a zumbathon at The David Lloyd Leisure Centre, Dudley, on Saturday 14th May. The zumbathon was attended by over 100 people who danced for 2 hours, all in aid of The Haven Wolverhampton. Event organiser Jackie said *"I chose to support The Haven as I have seen many different Domestic Violence victims suffer with very little support following their ordeal. The Haven offers support for these victims and I feel charities like The Haven get bypassed or forgotten about in favour of national charities. I hope to raise more funds for the Haven soon, and will support the charity as much as possible."* The event raised a total of £471.17.

Andy Howell and Mary Jacques – Skydive

On Friday 10th June daredevils Andy Howell and Mary Jacques reached for the sky as they took part in a sponsored skydive for The Haven Wolverhampton. Both Andy and Mary jumped 10,000ft in order to raise money for the women and children of The Haven. Here's what one of our jumpers thought of the experience;

I don't want to die, I thought as they called out my name. The journey up to 10,000ft was oddly calm, the experience of the door opening and being dangled over the edge was decidedly not, and then we were gone. Words cannot really describe that feeling of falling and spinning and hurtling, and then of floating and seeing and living. It turns out I sort of did die after all; the person who landed was changed, reborn. I jumped out of a plane, for crying out loud, I can do anything I want now!

Andy

Huge thanks go to Andy and Mary for taking on the Skydiving challenge and raising approximately £300 for The Haven.



DJR Marketing Solutions

Local telemarketing experts DJR Marketing Solutions named The Haven Wolverhampton their charity of the year in April this year. DJR have pledged to support The Haven over the coming year with fundraising activities including car boot sales, charity lunches, cake sales, fancy dress and pub quizzes. Su from DJR Marketing said *'After hearing all about the hard work The Haven do after a visit from the companies Fundraising Officer, Palvinder, the staff unanimously voted to pledge their support. We are delighted to support such a worthy cause.'*



Highfields Science Specialist School

The Haven has continued to work with Highfields Science Specialist School as their chosen charity of the year to help raise funds for women and children affected by Domestic Violence. The staff and pupils have already exceeded their target of raising £1000 and have supported awareness raising activities through the development of media projects as part of the pupils Citizenship studies. Our thanks go to all at the school and we look forward to their continued support through the rest of the year.



So, how can you help?

By supporting The Haven you will be helping to improve the lives of women and children affected by Domestic Violence. Here's how you can help:

Make The Haven your Charity of the Year

The Haven is keen to work with local businesses and communities to achieve mutual benefits. Studies show that a consumer is more likely to buy a product or use services which at the same time help a charity. Whether you participate in a Haven event or organise your own you will help to build valuable partnerships that will support and improve the lives of women and children affected by Domestic Violence. Charity of the Year partnerships will also help to motivate employees, boost staff morale and encourage team building through fundraising events as well as providing good publicity for your business or community.

Make a Donation

Every penny donated to The Haven is used to improve the lives of those affected by Domestic Violence. You can make your donations in a number of ways;



- **By Post** – Send a cheque made payable to The Haven Wolverhampton to PO Box 105, Wolverhampton, WV1 4LP



- **Donate online** - This only takes a few seconds and is completely secure. Make your donation today at <http://www.mycharitypage.com/thehavenwolverhampton>



- **Payroll Giving** - Donate to The Haven through your company's payroll giving scheme. A donation will come from your salary every month before tax. For more information please contact us.



- **Legacy Giving** - In the event that the unthinkable should happen it is important to ensure that your loved ones are provided for. You may also want to consider leaving a legacy bequest to The Haven whether it be a gift of money or any assets. Should you choose to leave a gift in your will to The Haven we recommend that you seek advice from an independent legal and/or financial advisor in the first instance. For more information please contact us.

Gifts in Kind

If you are unable to make a financial donation a gift in kind can go a long way to supporting the women and children accessing our services. We are able to accept donations of second hand clothing, bedding and furniture providing they are in decent condition. We do ask that donations of children's toys are in reasonably good condition due to reasons of health and safety and that any electrical items have been PAT tested.

Raise Awareness

As well as raising funds The Haven would like to encourage community members to help us raise awareness of our services in order to reach out to as many women across the City of Wolverhampton who may be affected by Domestic Violence. You can do this by displaying The Haven's publicity materials, including leaflets, flyers and posters, in shop windows, waiting areas, on display/notice boards, or anywhere you feel appropriate.

You can also view and share our latest campaign film online at www.homesweethomefilm.com

Become a Volunteer



The Haven relies upon the support of volunteers to lend a hand in delivering our life changing services. There are a number of opportunities for you to get involved in including the support of refuge, community and children's services as well as office duties in Finance, Fundraising, HR, ICT, Marketing and Publicity. Volunteer opportunities are open to both male and female applicants and you can choose when and how often you volunteer. We aim to support volunteers with varying levels of ability providing supportive programmes in order to meet a range of needs.

If you would like more information on any of the above please call **01902 572140** or write to **info@havenrefuge.org.uk**



Upcoming Events...

Wolverhampton Carvers Marathon - Sunday 4th September 2011

The Haven is delighted to have been nominated as one of the charities to receive a share of the proceeds raised at this year Carvers Marathon. You can take part in this years marathon in 2 ways;

- 1) Take part as a runner (or walker) and raise sponsorship for The Haven. There are a number of different events to get involved in including the Full Marathon, Half Marathon, Half Marathon Relay Challenge and 19.4K Cycle Event. There's even a Children's Mini Marathon for those aged 14 and under.
- 2) If running isn't your thing, why not support The Haven as a volunteer marshal? Offer your support on the day guiding runners along the marathon route and support The Haven to raise awareness of Domestic Violence.

If you would like to get involved in this years Carver Marathon event visit

www.wolverhamptoncitymarathon.co.uk or contact The Haven Fundraising Officer on 01902 572173 or fundraisingofficer@havenrefuge.org.uk



Multi Agency Domestic Violence Awareness Training – Thursday 8th September 2011

The Haven Wolverhampton's Multi Agency Domestic Violence Awareness Training programme returns on Thursday 8th September for one day. This training programme is designed for individuals and organisations who are interested in learning more about Domestic Violence and is open to those who work in the field as well as those who simply wish to gain a greater understanding of the subject. The training covers a number of topics including 'Myths and Stereotypes', 'Good Practice', 'The Criminal

Justice System' and 'Cultural and Equality Issues'. Training will run from 10am to 4pm at Friends Meeting House in Wolverhampton City Centre and costs just £50 per person.

For more information and to book a place call 01902 572128 or write to training@havenrefuge.org.uk

Walk a Mile in Women's Shoes - Sunday 2nd October 2011

Walk a Mile in Women's Shoes will return for a second year to West Park on Sunday 2nd October. The unique event encourages men to don a pair of high heels and walk a one mile circuit of West Park raising both funds and awareness to support the needs of victims of Domestic Violence. The light hearted event was a huge success last year and we hope this years event will be just as good, if not better. High heeled shoes from sizes 6 to 14 are available to hire. So – are you man enough to take up the challenge?

Call 01902 572123 or write to fundraisingofficer@havenrefuge.org.uk to find out more.



The Bupa Great Birmingham Run – Sunday 23rd October 2011

The Bupa Great Birmingham Run, formerly the Birmingham Half Marathon, is expected to be one of the largest mass participation events in the West Midlands. An estimated 15,000 people are expected to take part, from elite athletes to those taking part for fun. We are currently looking for runners to take part in the event and raise sponsorship for The Haven Wolverhampton.

If you are interested in taking part visit <http://www.greatrun.org/Events/Event.aspx?id=14> or contact The Haven Fundraising Officer on 01902 572123 or fundraisingofficer@havenrefuge.org.uk

HOW TO CONTACT US...

Helpline (Referrals Only): 01902 713001

Office Number: 01902 572140

Fax Number: 01902 572144

Post: The Haven Wolverhampton, PO Box 105, Wolverhampton, WV1 4LP

Facebook: www.facebook.com/TheHavenWton

Twitter: www.twitter.com/TheHavenWton

LinkedIn: www.linkedin.com/company/2260528

Email: info@havenrefuge.org.uk

Website: www.havenrefuge.org.uk



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The Haven Wolverhampton

Children's Summer Play Appeal



Over the summer months The Haven will support up to 100 children across its refuge service. In order to keep the children and young people active, engaged and occupied The Haven produces a summer play programme.

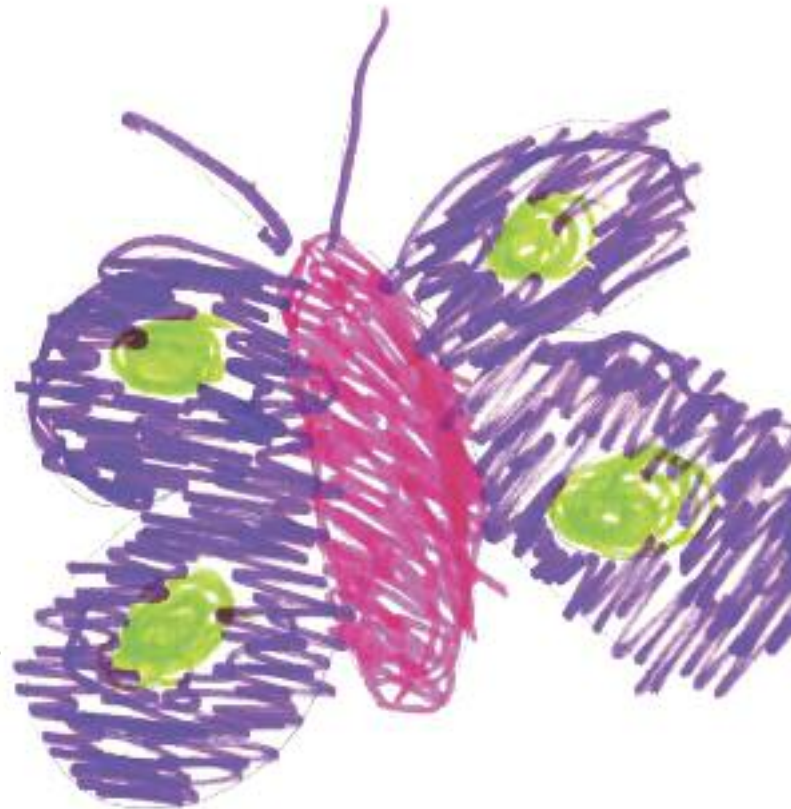
The programme will include a range of activities such as art and craft workshops, book clubs, cooking competitions, sports days and outings to leisure centres, theme parks and museums.

Play, fun and laughter are always high on the Summer Play Programme agenda. Helping to build confidence and making the children's experience of refuge as enjoyable as possible is extremely important to us. The chance to make new friends and play with great toys will help to ensure that the children at The Haven remember summer for all the right reasons.

The Haven Summer Play Appeal calls out to donors and supporters to make a contribution to the programme which lets 'children be children'. We appeal for donations of new games and toys, tickets to local attractions and even financial donations which will enable the children to visit and engage in events taking place across the UK.

Your support will help to provide a safe, stable and fun environment for children affected by Domestic Violence.

To make a donation to the Children's Summer Play Appeal call **01902 572140** or write to **info@havenrefuge.org.uk** for more information.



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The
Nationwide
Foundation

Supporting communities
nationwide

Established 1973

The Haven Wolverhampton

Women's Emergency Fund Appeal

The Women's Emergency Fund has been set up by The Haven to provide women affected by Domestic Violence and financial abuse with access to small grants.

Many women affected by financial abuse find themselves in situations where they have very little to no control over their own finances. Some women have access to their funds restricted, some are not given any financial support by their partners and others are forced to take out credit cards and loans thus building up large amounts of debt.

"My husband refused to pay any rent or contribute to bills, he even refused to give me any money for our kids. I had no money for food and the bailiffs had started knocking the door"

The Women's Emergency Fund was set up in conjunction with The Haven Financial Inclusion Project in April 2010. The fund has supported a number of women accessing The Haven's services with financial support to purchase essential items and help alleviate debt. Funding through the Women's Emergency Fund is available to clients who have limited access to other external funding support. Since 2010 the Women's Emergency fund has provided;

- Maternity items for a heavily pregnant client with no support from family or friends
- New school uniforms for children who have had to move to a new school for their safety
- Clothing for a client who had to flee her home in the middle of the night

- Household items including fridges, freezers, beds etc for women setting up a new home after leaving refuge
- Travel expenses for clients needing to attend appointments safely and securely
- Applications to utility trusts to help clear arrears

On average, grants are awarded for £300 per application. The Haven receives an average of 10 applications to the fund per month which means a minimum of £3000 needs to be available at any one time. For The Haven to be able to continue to provide financial support to women and children affected by Domestic Violence we need your help to ensure this fund is topped up at all times.

By making a donation you will be supporting The Haven to provide quality support services to women and children who have been affected by Domestic Violence and financial abuse.

If you would like to make a financial contribution to the Women's Emergency Fund please call **01902 572123** or write to **kiranl@havenrefuge.org.uk**



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