

**A Life Free From Domestic Abuse
is the Goal**



Lighthouse
For a brighter future, free from domestic abuse

**Corporate
Fundraising
Pack**

Lighthouse

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Thank you for your interest in supporting Lighthouse Women's Aid to empower women, young people and children who have been affected by domestic abuse within their personal or family relationships. By supporting us, you are enabling traumatised women, young people and children to have a future free from domestic abuse.

We have been providing safe supportive refuge in Ipswich since 1976. We also offer a range of community services, advice and support, therapeutic courses to help victims on the road to be a survivor and rebuild their lives after domestic abuse.

Our support is tailored to the needs of each individual person that we support, be it through our Refuge, Women's Centre and Resettlement.

We provide:

- Safe Refuge Accommodation
- Resettlement Support
- Dedicated Children's Support Services
- Advice & Support
- Safety Planning
- Legal/Debit/Housing Appointments
- A Range of Therapeutic and Preventative Courses
- Drop In Sessions
- Well Being Workshops

1 in 4 women &
1 in 6 men in Suffolk will
be affected by
domestic abuse
in their lifetime.

The women, young people and children who have accessed our services, have received a lifeline of support to enable them to recover from the traumatic effects of domestic abuse and take the time to make informed choices. They have been able to move on and rebuild their lives free from the effects of domestic abuse.

We work hard within the community delivering training to the corporate world and also to practitioners to ensure they understand the nuances of domestic abuse, how to recognise the signs and the services that are available to victims. We also raise awareness of domestic abuse to people in harder to reach demographic groups. As well as visiting schools to deliver 'Expect Respect' which is a an innovative prevention programme promoting Healthy Relationships to students to ensure they have healthy relationships within school, family life as well as with their peers and intimate partners.



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Due to austerity over the past years we rely heavily on voluntary donations and fundraising to support a large amount of our income in order to continue developing and implementing our services. We need to raise £80,000 to be able to deliver our services this year, this equates to £219 per day.

We do not need specialist equipment to deliver our services, but we do need to raise funds to continue to offer the specialist one to one and group support to each woman, young person or child that flees to refuge, or requires support through our Women's Centre.

Your support could help us to provide:

£50.00 - Crisis Pack for a family entering refuge with nothing

£240.00 - 6 counselling sessions for a woman in Refuge

£106.00 - One place on the Freedom Programme

£240.00 - One place for a child on the ELSA (Emotional Literacy Support Assistant) programme

£40.00 - One to one support session to a traumatised child

£320 - 8 Art therapy sessions for a child in Refuge

Sophie's Story

Sophie worked in a local business, she was well educated and took home a good wage. She met her partner on a weekend away with friends, after the weekend away, they continued to grow their relationship via messages and phone calls, or her future partner came to visit. After a few months they moved in with Sophie as they said work was easier for them to find in this area than the other way round. It was not long after this that Sophie started to see a difference in their behaviour. They both worked full time, but Sophie was expected to do the largest portion of the housework, but to help with this burden her partner took on looking after the finances. Eventually they set up a joint bank account and Sophie's wages were paid into this account and she was given an allowance, just enough to cover the food shopping, but everything else she had to ask for, her partner said this was to ensure that there was always enough money to pay the bills. After a year Sophie became pregnant and went on maternity leave, however when it was time for her to return, her partner was upset as they felt she was putting her job before their child, and as the pressure began to build, Sophie chose to give up her job and become a full time mum and housewife. Her partner started to come home late from work, had to go out unexpectedly, and wasn't happy when Sophie wanted to meet friends or family. Her family and friends were becoming more concerned about Sophie's partner's controlling behaviour but Sophie kept telling them everything was fine, and anyway they had never physically hurt her. One day Sophie went to a fundraising event with her mum, the charity being supported was Lighthouse, someone spoke on behalf of the charity about what domestic abuse is and the work they carried out, Sophie was shocked as a lot of what was said related to her relationship. The next day Sophie looked on the charity website, found their contact number and made the call. Sophie is now on her way to a life free from domestic abuse.



Why partner with Lighthouse?

Lighthouse is a leading provider of quality services to women, young people and children affected by domestic abuse across Suffolk. Being a regional charity you can be assured that the money you raise or donate to Lighthouse Women's Aid will benefit local people.

Supporting us will demonstrate to employees, clients, customers, business partners that your organisation is dedicated to supporting victims of domestic abuse, raising awareness of domestic abuse and will promote an open culture in your organisation around domestic abuse.

We will ensure that news of the partnership is publicised, if you wish, via our newsletters, website and social media platforms to help promote your organisation and thank you for your support.

Ways you can Support:

Charity of the Year:

Choose Lighthouse to be your charity of the year and focus your fundraising efforts to our cause. To support your understanding of domestic abuse and as a thank you we will provide you with a free on line training session for 25 HR Professionals or Managers.

Your organisation may also have some skills that could benefit Lighthouse as an organisation to support the women, young people and children.

In Kind gifts:

We often run appeals for items that are needed by those we support, such as gifts for the women, young people and children at Christmas, Easter eggs, non perishable food, items for our resettlement team to support women and families moving on from refuge into their own homes. As well as office equipment such as laptops, desktops, tablets etc.

Could you provide a prominent location for a collection bucket? If you have a busy shop or business why not consider hosting a counter top collection bucket for us, or a collection point for one of our appeals.

Staff Fundraising:

Fundraising together is a great way to build your team spirit while raising funds for Lighthouse. Whether it's a tea party, raffle, golf tournament, auction of promises, cake sale or a dress down day in the office. It is also a great opportunity for team building by entering a challenge event. There are lots of different ways you can work together to make a real difference to our cause and those we support.

Staff members can set up their own online giving page for individual fundraising or companies can set up a team page, this can be done via our website. www.lighthousewa.org.uk then click on the donate button.

Match Funding: If an employee or group of employees are taking part in a fundraising event, would you consider match funding their fundraising total either the total amount or up to a certain amount?

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Payroll Giving:

Payroll Giving is a flexible scheme which allows anyone who pays UK income tax to give regularly and on a tax free basis to the charities and good causes of their choice.

Payroll Giving donations are deducted before tax so each £1.00 given will only cost 80p, and if the donor is a higher tax payer it will only cost 60p.

Payroll Giving (also known as Give As You Earn or Workplace Giving) is a valuable, long term source of revenue, providing regular income to help charities budget and plan ahead more effectively. Employees can choose to support any charity of their choice with a donation direct from their pay. It's cheaper because it's tax free - for example, a donation of £5 per month costs the basic rate tax payer £4 (the taxman pays the rest)!

To set up a Payroll Giving Scheme; all that is needed is to sign up with an approved Payroll Giving Agency. HM Revenue & Customs (HMRC) approves Payroll Giving Agencies and lists them on their website. Each Payroll Giving Agency is itself a charity.

Just set up your payroll system for Payroll Giving, then you can offer the scheme to your employees.

Support from Lighthouse:

We will happily provide our logo for any promotional material, come to speak to your Corporate Social Responsibility (CSR) team so they understand who and what they are supporting and how it will help. We can also use our social media platforms to promote any public events that you may put on. We will add news articles to our website to promote the fundraising you are undertaking for Lighthouse and attend a cheque presentation and promote you final fundraising/donation total.

The information contained in this booklet should answer most of the questions you have about how you can support and fundraise for Lighthouse but please do not hesitate to contact Deb Johnson for an informal chat or further information:

Deborah Johnson - Business Coordinator

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www.lighthousewa.org.uk



Lighthouse Women's Aid is affiliated to Women's Aid Federation England
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Registered in England.



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