

**Advice Line: 01473 228270**

# Lighthouse

*For a brighter future, free from domestic abuse*

**Newsletter No. 96 January 2024**

Registered Charity No.

**Sally Winston - Chief Executive**

**Patron - Mark Murphy MBE**

## **A word from our CEO**

Once again we have been astounded by the generosity of our supporters this Christmas time, with a wealth of gifts, food, toiletries, gift cards and monetary donations allowing us to provide additional support to the women, young people and children who turn to us in need. Christmas can be a difficult time for families, with the cost weighing heavily on their minds; however when you have fled to refuge and your extended family and friends are not with you it can make this time of year even harder. Therefore the joy that your support brings is just wonderful and we send our sincere thanks to you all.

We do however start 2024 in the knowledge that funding for charities across the board is becoming more difficult to acquire, this is partly because of cuts to statutory budgets as well as the pressure of applications on private Trusts and Foundations.

Core costs take the brunt of this issue, as this is sometimes overlooked as an integral part of a charity's requirements; though without a building that is heated, lit and has all the regulatory requirements fulfilled we would be unable to deliver any advice/crisis appointments, or our therapeutic courses from our Women's Centre for women, young people and children that so desperately need it. In 2023 we supported just over 1,000 women and their children via our Women's Centre and finding funding to support this work is uppermost in our minds as we begin 2024.

Despite these struggles we are continually grateful for the generosity of our local community and beyond for the support they provide. We are thankful for the businesses that choose Lighthouse as their Charity of the Year or for longer term support as this allows us to plan ahead with the knowledge of upcoming funds. If you would like to support the crucial work carried out at Lighthouse please do nominate Lighthouse as your charity or get in contact with Deb Johnson who will be able to provide further details of how you can support Lighthouse. Thank you again and please do take time to read

### ***Calling all budding runners - Ipswich Half Marathon - 22.09.2024***

Lighthouse are delighted to announce that we have been nominated as a partner charity for the Larking Gowen Ipswich Half Marathon, a Run for All event. This means we have some charity places available for a reduced fee of £25.00

#### ***Why Run For Lighthouse?***

1 in 3 women and 1 in 6 men in East Anglia will be affected by domestic abuse in their lifetime. 91% of domestic homicide victims were women, killed by their current or former partner between 2018 - 2021.

If you would like to run on behalf of women, young people and children affected by domestic abuse in Suffolk and raise much needed funds, please email [deb@lighthousewa.org.uk](mailto:deb@lighthousewa.org.uk) to book your place now.

## Women's Centre Update - By Jo Bigger, Service Manager

As we move into 2024 we are finding that more women contacting our Women's Centre are presenting as high risk. This means that the women are at more risk of serious harm or death and it is vital that they are seen by our advice team as soon as possible. The Advice Worker will discuss the woman's situation with her and complete a D.A.S.H. Risk Assessment (Domestic Abuse, Stalking and Harassment and Honour Based Violence) to ascertain the clients current level of risk. Once this is complete, if the risk assessment reaches the correct threshold we can then refer the client to M.A.R.A.C. (Multi Agency Risk Assessment Conference) where the client will be assigned an IDVA (Independent Domestic Violence Advisor) to support them to bring their risk down. This service is funded by the Police & Crime Commissioner. It is extremely important that these clients have a first point of contact like Lighthouse to support them through this process and ensure that they get the help they need.

Our Community Worker has been busy assisting with a White Ribbon event that was held at The Hold, with other partner agencies and charities. The event had speakers on subjects such as Domestic Abuse Awareness, Honour Based Abuse as well as survivor's stories. Other events attended were the Future Female Society, Be Well bus, talking to attendees about the work Lighthouse carries out.



Our Families & Children's Worker is very busy supporting the children of the women accessing our service. Children and young people are hugely impacted by domestic abuse in a variety of ways and Amy works in groups, with mum and children in the Re-connect and Play/Together sessions and also provides one to one sessions with the children/young people if they have a specific concern they would like to work on.

## Refuge Update - By Jo Bigger, Service Manager

Christmas was a lovely affair in Refuge and this was massively supported by the wonderful donations that we received from the local community. We had a range of activities going on including a Christmas party with Mrs Christmas popping along to say hello.

Life is very demanding at the refuge with occupancy being high and when women and families are ready to move on, their rooms need to be turned around quickly by our Housekeeper ready for the next woman or family to move in. The welfare team who support the women are often dealing with some very complex support needs as they have in the past supported women around their immigration status and social care involvement with their children. Including the support provided by the refuge Welfare Workers, the women can also access counselling sessions, attend The Freedom Programme and our Power To Change programmes. All of which go towards helping the women start to recover from what has happened to them.



The Children's Support Workers work very closely with mum and schools to ensure that they get a place in nursery or school as soon as possible after moving into refuge. This is vital to ensure the children's education is disrupted as little as possible and to give them some sense of normality back into their lives. The children also enjoy lots of activities with the workers with Mum & Me sessions and interactive story time, which recently was Peppa Pig at Christmas as well as activities for the older children.

## How to Give...

### Ways to donate

Simply click on:

[https://  
lighthousewa.enthuse.com/  
profile](https://lighthousewa.enthuse.com/profile)



And follow the instructions on screen

Thank You

If you would like to receive our newsletter three times a year please send your email address to

[deb@lighthousewa.org.uk](mailto:deb@lighthousewa.org.uk)

Follow us on



### Donations

We are currently accepting donations, of Toiletries, including those for babies and Food. We are also in need of gift cards to support the women and families, please contact Deb for more information, or on the most useful gift cards to purchase.

[deb@lighthousewa.org.uk](mailto:deb@lighthousewa.org.uk)

Thank You

# Lighthouse

For a brighter future, free from domestic abuse

## Programme & Support Diary

Course/Events	Day	Dates	Times
Advice Appointments (1 hour)	Monday to Friday	Weekly	9.00 am to 3.00 pm
Freedom Programme	Various	Weekly (10 weeks)	Various Via Zoom or Face to Face Sessions
Power To Change Programme	Various	Weekly (10 weeks)	Various Via Zoom or Face to Face Sessions
Escape the Trap	Various	Weekly (9 Weeks)	Various Via Zoom or Face to Face Sessions
Re-Connect Together	Tuesday (am)	Weekly (6 weeks)	10.00 am to 12.00 pm Face to Face Sessions
Re-Connect & Play	Tuesday (pm)	Weekly (6 weeks)	4.00 pm to 5.00 pm Face to Face Sessions
1-2-1 work with Children	Various	Various	Various Face to Face Sessions
ELSA (Emotional Literacy Support)	Various	Various	Various Face to Face Sessions
Empower Me	Monday	Weekly	10.00 am to 12.00 pm Face to Face Sessions
Wellbeing Workshops	Various	Monthly	Various Via Zoom or Face to Face Sessions
Legal Surgeries <i>(for service users only)</i>	Thursday	Monthly	9.30am to 12.30 pm <i>(30 minutes by telephone)</i>

We currently operate a waiting list for most of our programmes.

All Service Users must complete a Registration Form and have an Advice Appointment.

This is to make sure we are offering the most suitable programme for you.

Please call the Women's Centre to find out more - 01473 228270





# Children's Work

- by Kirsty, Children Support Worker

Hello, I'm Kirsty and I have the pleasure of working as part of the Children's Services Team. I am based at our refuge and spend lots of time with the children.

Part of my role as Children's Support Worker is planning and running activities for the children who live in the house. I have worked with people of all ages and abilities, previously running a craft studio and working within schools. I understand the importance of providing an all inclusive environment and making a difference to the people I work with. My role at the refuge can vary day to day; a big part of my role is securing a school/nursery placement for the child to ensure they continue their education.



We are very lucky to have a large outdoor space along with a wonderful playroom and I utilise these amazing spaces when organising activities. I love to craft, so enjoy getting everyone together to use their creative skills, from painting, to modelling and more. We have lots of fun and get to experience new activities together. During this time I work closely with the children getting to know their likes/ dislikes and needs. The Children Services Team provides support to children at a very unsettled time in their life, and pride themselves in supporting families throughout their stay with us.

In conjunction with Wots Up, we hosted a Christmas party for the families of the house during the festive period. We had a bouncy castle, party food, played party games and also had a visit from Mother Christmas.



Whilst working at the refuge for over a year, I have seen first hand the difference our support has made to the families. We see the children grow and adapt here at the refuge, building confidence and developing relationships. I love my role and consider it a privilege to not only to work for Lighthouse but to make a difference to the wonderful families we meet.

# Training Update

- By Deb Gingell, Trainer

## Support for businesses and organisations in 2024

The support given by businesses and organisations throughout 2023 enables us to continue to provide our invaluable services to victims and survivors of domestic abuse. One thing we can do to say thank you and raise awareness of the complexities around domestic abuse is to offer you and your staff some free training.

Domestic Abuse statistics are so high that we will all, at some point, come into contact with someone who is experiencing or has experienced domestic abuse. The key objective of the training is that every participant will leave knowing how to support someone who discloses that they are or have been a victim of domestic abuse, whether that be a colleague, friend or family member.

This informative 2 hour training session will also challenge some of the myths around domestic abuse and its causes, discuss the impact of the 2021 statutory guidance that places a duty of care on Employers to safeguard employees and look at what organisations can do, now that remote working has become the new normal.



## Choose your session and register now

**Tuesday 12<sup>th</sup> March 2024 9.30 – 11.30 am**

**The impact of Domestic Abuse in the Workplace  
(IN PERSON)**

Venue: Suffolk Enterprise Centre

Address: 44 Felaw Street, Ipswich, England, IP2 8SJ  
(Parking available)

Link to register:

<https://Lighthousetrainingevent.eventbrite.co.uk>

**Thursday 14<sup>th</sup> March 9.30 – 11.30 am**

**The impact of Domestic Abuse in the Workplace  
(ONLINE)**

12<sup>th</sup> March 2024 9.30 – 11.30 am via ZOOM

Link to register:

<https://DAtrainingonline324.eventbrite.co.uk>



## Fundraising Update - By Deb Johnson, Business Coordinator



Each year we are humbled by the support we receive from our local companies at Christmas time and this year has been no exception. The support provided has been truly marvellous; with individuals, Women's Institutes, Mother's Unions, churches, a whole village, other organisations, NHS, businesses, community groups and schools all donating gifts for the women and young people. Toys, PJs, dressing gowns, slippers, advent calendars, selection boxes for the children, festive food, toiletries and gift cards. One arrival of donations is always eagerly anticipated by staff and clients alike, the most wonderful hamper creations made by student's at Farlingaye High School filled with festive food. The imagination of the student's and generosity of their families never cease to amaze us.



We also attended some wonderful events with a charity quiz held by Fuducia Wealth, we had a stand at Ipswich Town Football Club to highlight White Ribbon, encouraging to challenge the seemingly 'harmless' attitudes and behaviours that perpetuate violence for women and girls. Our stall at the Saints Ipswich Festive Street Market at the end of November was a great success, and enabled our trustees to speak to lots of supporters and past clients.

With the cost of living crisis which includes the huge hike in gas and electric prices we are finding more women who turn to us for support also suffering hardships due to this. Consequently we are now giving out far more food and toiletries than we have in the past

and therefore are even more grateful for donations that are received throughout the year and not just at Christmas.

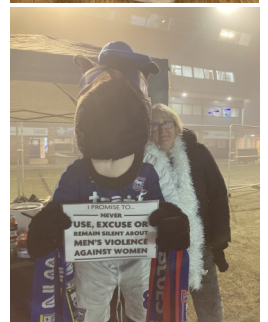
Funding is vital for Lighthouse, just as every other charity is finding it increasingly hard to find suitable funding, so is Lighthouse, we are very grateful to Suffolk Community Foundation and The Rope Trust for their continued support.

Lighthouse therefore has to rely quite heavily on fundraising within our community and are thankful for local businesses who chose Lighthouse as their Charity of the Year, make regular donations, work with us to provide certain projects, supply staff for volunteering projects and attend events.

Community groups and individuals also are a vital support to Lighthouse, in March we have a Spring Ceilidh, taking place at Bealings Village Hall on 16th March, 7pm - 11pm, as well as charity quiz, on the 16th March, 6pm onwards at Seckford Golf Club. All our events can be found on our website in the Get Involved section. [www.lighthousewa.org.uk](http://www.lighthousewa.org.uk)

We will also be attending a bake sale at Crown Place on 14th February to help raise funds and awareness by speaking to staff members whose offices are based in Crown Place.

We are again looking for willing participants to take part in the Larking Gowen Ipswich Half Marathon this year and help us beat last year's amazing fundraising total. The half marathon takes place on Sunday 22nd September and it will all begin and end at Ipswich Town football Club. If you would like to take part, or support Lighthouse in any way please do get in touch with Deb Johnson, via [deb@lighthousewa.org.uk](mailto:deb@lighthousewa.org.uk) or call 01473 220770. Your help is very much needed to ensure we are there to support the women, young people who turn to us for a life free from abuse.



**Thank You**

# Regular Donors

Stradbroke Ladies Group

Farlingaye High School



Ipswich Unitarian Meeting



Nicky's Crafty Crew

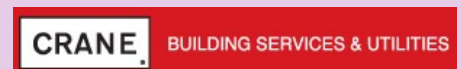
St Mary's Church, Gt Blakenham



Refuseniks



St Augustine's Church, Ipswich



*Thank You*  
To all the individual donors who support Lighthouse throughout the year., but due to Data Protection we can not name. We thank you for your continued support, it makes a huge difference to the lives of the women, young people & children we support.



Wilby WI

Childrens Hospital

Suffolk Libraries

St Mary's PCC

Warren Hill Prison

River Church, Ipswich



Broke Hall School



Copdock & Washbrook Ladies



Birchwood Primary School

Felixstowe United Reform Church

Charsfield Primary School

Rushmere WI

Nacton Village & Church



Chantry Methodist Church



Northgate High School



SE Suffolk WI Federation

St Mary's School, Ipswich



Suffolk One Feminist Society

Baby Senses

Capel St Mary WI

The Mix

If you would like to support Lighthouse with a fundraising event, donation or nominate Lighthouse as your charity of the year please contact Deb on 01473 220770 or email [deb@lighthousewas.org.uk](mailto:deb@lighthousewas.org.uk)

# Become a Member of Lighthouse and you will be helping local women and children recover from the trauma of domestic abuse

Suggested minimum membership is £25 per year for which you will receive:

- lapel badge and car sticker to show your support
- Regular Newsletter keeping you up-to-date with all that's happening
- the chance to become a Trustee

**To become a member complete the form and return it to us with your payment.**

Name: \_\_\_\_\_ Address: \_\_\_\_\_

Postcode: \_\_\_\_\_ Email address: \_\_\_\_\_

**I wish to become a member of Lighthouse Women's Aid:**  Yes  No

(Suggested minimum membership is £25 per year)

## Section A (Please complete this section if enclosing a single/monthly/yearly donation)

I enclose a cheque payable to Lighthouse Women's Aid Ltd for £

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

## Section B (Please complete this section if making a regular payment)

I'd like to make a monthly/annual donation of £

To set up a Standing Order, please use the following details:

Bank Name: Natwest, 2-8 Tavern Street, Ipswich IP1 3BD

Account Name: Lighthouse Women's Aid Ltd Sort Code: 53-61-24 Account Number: 66764599

To pay online through our fundraising platform Enthuse, please log on to Lighthouse's website

[www.lighthousewa.org.uk](http://www.lighthousewa.org.uk), and click on the 'donate' button and follow the instructions.

DATA PROTECTION: We would like to keep you up to date with newsletter and events. If you would like to receive this information, please tick  We will not disclose your details to anyone else.

*giftaid it*

As a UK taxpayer you can use Gift Aid to make your donation go further.

Lighthouse Women's Aid can claim at least an extra 25p for every £1 donated and it won't cost you a penny more. All you need to do is tick and sign:

Please treat all donations for the last four years, this donation and all future donations to Lighthouse Women's Aid, as Gift Aid donations until I notify you otherwise.

I am a UK taxpayer and understand that if I pay less Income Tax and/or Capital Gains Tax than the amount of Gift Aid claimed on all my donations in that tax year it is my responsibility to pay any difference. Signature: \_\_\_\_\_ Date: \_\_\_\_\_

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Emails: [admin@lighthousewa.org.uk](mailto:admin@lighthousewa.org.uk)

### CONTACTS

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Editor.....Sally Winston

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