

## 16 Days of Action to End Violence Against Women

25<sup>th</sup> November – 10<sup>th</sup> December 2020

Dear Ladies

NFWI is highlighting 16 days of action to end violence against women starting on 25<sup>th</sup> November.

There are some great ideas of how you can help to raise awareness in issue 56 of the PA Digest, including wearing a white ribbon on 25<sup>th</sup> November. Obviously you are all somewhat restricted this year to showing off your ribbons owing to lockdown, so perhaps you could take a photo of yourself wearing a white ribbon and post it on your Facebook.

**My WI** also has ideas on how to promote the 16 days of action.

Below, Bury St Edmunds Women's Aid Centre and Lighthouse Women's Centre (Ipswich) tell us the activities they will be promoting during the campaign.



We are planning to promote Domestic Abuse Awareness around white ribbon day, last year we had an open event that was great but for obvious reasons we are unable to do that this year.

Therefore, our plan this year is a social media event raising awareness of domestic abuse especially through COVID-19 and to promote our services and get the word out locally that we are still here and can offer safety, support and advice to women and children. This is going to be a 16 day event with daily posts on [facebook.com/BSEwomensaid](https://www.facebook.com/BSEwomensaid) and information on our website [burystedmundswomensaid.org.uk/](https://burystedmundswomensaid.org.uk/)

We will be holding 'Duck Race' to raise funds and a Christmas raffle. We are also in the process of setting up an Amazon 'wish list' for donations and we are also a listed charity on Amazon Smile, both of which we will be promoting during the campaign.

We have Purple Tea party fundraising pack so an option could be that WI members could set up a Purple Tea party event to raise funds and awareness.

We would really appreciate any support that West Suffolk Federation of WIs is able to offer.



It would be lovely if you would like to support Lighthouse with any of the following, we feel very privileged to have such good and dedicated support from our local WI groups.

Our plans for this years White Ribbon is a Zoom presentation to businesses supporting employees affected by domestic abuse and the employers obligations as well as the new Domestic Abuse Bill changes. If you know of any businesses that may be interested contact Lighthouse on 01473 220770 or [admin@lighthousewa.org.uk](mailto:admin@lighthousewa.org.uk)

We have a social media campaign for the 16 days of action, visit [facebook.com/Lighthouse-Womens-Aid-1487513951534927](https://facebook.com/Lighthouse-Womens-Aid-1487513951534927) and please like our page and share our posts. More information can also be found on our website [lighthousewa.org.uk/](http://lighthousewa.org.uk/)

Lastly, we would be delighted to talk to any of your groups and facilitate this via Zoom, if anyone is interested in a talk about the work we do, what is domestic abuse and how it impacts women, young people and children, or how Lighthouse have continued to support those affected by domestic abuse during this even more difficult time please contact us.



## **Suffolk Virtual Santa Challenge 2020**

Lighthouse Women's Aid and Fresh Start new beginnings have teamed up for the Suffolk Virtual Santa Challenge 2020.

We invite you to clock up the miles and bring Santa from the North Pole to Suffolk in time for his Christmas delivery. Whether you run, walk, cycle, hop, skip or jump all the miles add up and you will be able to watch as our virtual Santa rides his sleigh through the starry skies.

Both local charities are working together to help raise funds and awareness following an increase of demand on our services due to lockdown.

Team up or take part solo, enjoy an afternoon stroll or hit the road for a Sunday cycle, remember to register those miles and help get the presents here on time. The challenge can take place anytime from 1<sup>st</sup> Dec – 24<sup>th</sup> Dec with Santa arriving in time for his delivery. Sign up here <http://tgun.it/e/1191>

With your help we can continue to help the people who need our services, so make sure you spread the word that you are taking part and get those sponsorships in on our Virgin Money Giving fundraising page [uk.virginmoneygiving.com/charity-web/charity/displayEventDetails.action?eventId=35936](http://uk.virginmoneygiving.com/charity-web/charity/displayEventDetails.action?eventId=35936)