



Refuge

For women and children.
Against domestic violence.

Refuge

For women and children.
Against domestic violence.

www.refuge.org.uk

Together we can
change and
save lives

Refuge



YOUR FESTIVE FUNDRAISING GUIDE

NEED HELP?

National Domestic Abuse Helpline
24 Hour CALL FREE 0808 2000 247

Live chat: Mon–Fri 15.00–22.00
nationaldahelpline.org.uk

BSL service: Mon – Fri, 10am – 6pm
nationaldahelpline.org.uk/en/bsl

THANK YOU

THANK YOU FOR STANDING WITH WOMEN AND THEIR CHILDREN IN THEIR TIME OF NEED, THIS FESTIVE SEASON

When a child arrives at a refuge in the countdown to Christmas, they're withdrawn and in shock. The mums and our support workers will do all they can to give every child the Christmas they deserve. But they need you. Because most mums who escape domestic abuse arrive at a refuge with little or no money – they simply can't afford Christmas. But the children will really need it. And, right now, there are no presents, and no tree to put them under.

You can change that.

Whether you're hosting a Christmas bake sale, a sponsored walk, or something uniquely festive, every penny raised brings hope to women facing abuse, helping them step into a brighter future.

The money you raise could buy the gifts for Santa to fill the stockings, the dinner with all the trimmings so there's plenty for everyone – you can even buy the tree with all the sparkles a child could wish for.

When you fundraise for Refuge this Christmas, you'll make a child's face light up for the first time in a long time – and lighten the load for a mum when she sees their happy smile.

This joy we will create, together with you, will grow in every refuge across the country this Christmas.

Because our refuges will be full. But they will also be filled with joy.

Help make Christmas magical this year.

Refuge Community Engagement Team

community@refuge.org.uk



NEED SOME FESTIVE FUNDRAISING IDEAS?

WHETHER YOU'RE FUNDRAISING SOLO OR AS A GROUP,
WE'VE GOT YOU COVERED!

SOLO FUNDRAISING

🎄 FESTIVE MOVIE NIGHT

Gather your friends, family or colleagues together for a movie night. You could even add snacks and a pick and mix stand for a great cinematic experience.

🎄 SECRET SANTA

Organise a Secret Santa where those taking part spend £9 on a gift and donate the remaining £1 to Refuge.

🎄 VIRTUAL CHRISTMAS CRAFT SESSIONS

Organise a virtual workshop in exchange for donations to Refuge. You could do tutorials on wreath making, festive cards or whatever you like!

🎄 BOARD GAME NIGHT

Is it the festive break without some competitive board games? Get your friends and family together to take part in various different board games and activities and charge an entry fee to raise some money. You could even organise prizes for the winners!

FUNDRAISING WITH MY CLUB OR COMMUNITY GROUP

🎄 FESTIVE FAYRE

Organise a craft fayre selling festive goods or even games, like a lucky dip or guess the number of candy canes in a jar.

🎄 QUIZ-MAS

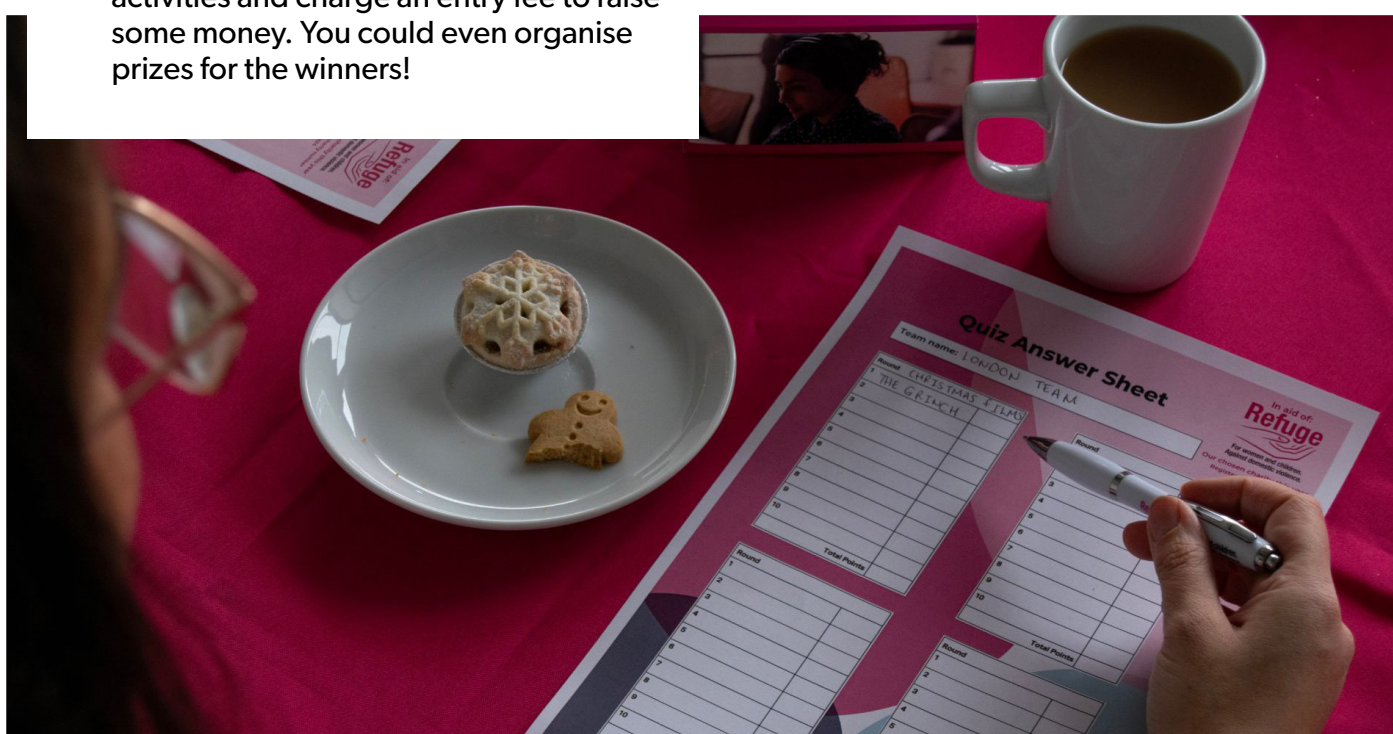
Get your team together to do Christmas quiz. You could have a prize for the winning team and a wooden spoon for the team in last place

🎄 GIFT WRAP SERVICE

Organise a gift-wrapping station in exchange for donations.

🎄 CAROL SINGING

Sing carols in your local area with a Refuge collection bucket for donations



FUNDRAISING WITH MY WORKPLACE

🎄 CHRISTMAS JUMPER DAY

Organise a day where everyone wears a Christmas jumper in exchange for donations to Refuge. You could even give a prize to the best jumper.

🎄 SPONSORED SANTA RUN/WALK

Wear a Santa outfit or fancy dress and walk or run a distance of your choice. You could also set up a JustGiving page to collect donations

🎄 WINTER SOCIAL

If your office is hosting a winter social, why not turn it into an opportunity to fundraise for a good cause? You could add on a raffle or auction to raise money for Refuge!

🎄 CHRISTMAS RAFFLE

Organise a raffle with some festive gifts and hampers as prizes

Why not get your workplace involved in Giving Tuesday?

Head over to the website to find out more.

FUNDRAISING WITH MY SCHOOL OR UNIVERSITY

🎄 CHRISTMAS PLAY

Use your school's Christmas play or panto to raise money for Refuge. Charge a suggested donation for entry to parents and staff.

🎄 BRING AND BUY SALE

Organise a bring and buy sale, where people can donate their unwanted items.

🎄 BAKE SALE

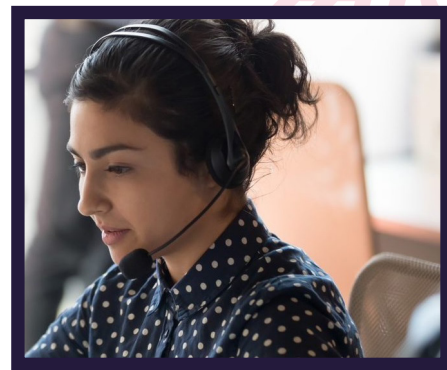
Organise a bake sale with treats like gingerbread biscuits or minced pies. You could even offer hot chocolate to make it really festive!

🎄 CHRISTMAS CARDS

Set up a photo booth/station to take festive photos for people's Christmas cards with proceeds going towards Refuge. You can offer props like reindeer antlers and elf hats!



HOW YOUR FUNDRAISING HELPS



£25

could help to pay for a special festive feast for a woman staying in one of our refuges.

£105

could buy gifts for 3 mums and their children staying in a refuge.

£700

could help to keep one of our refuges running for a day – so women and children have the safety and specialist support they need to plan for a brighter year ahead.

£52

could pay for one safe night in a refuge for a woman and her children fleeing an abuser.

£250

could help to cover the cost of Christmas dinner with all the tasty trimmings for ten mums and their children being supported in our refuges.

£1,000

could provide 40 emergency parcels, providing basic necessities such as toiletries, nappies, food and clothing, for a woman and her children arriving at one of our refuges this Christmas

£75

could go towards providing emotional and practical support to enable women to rebuild their lives after escaping abuse.

£555

could cover the costs of running the Helpline for three hours.

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Whether it's to explore their options, reach a place of safety, or simply lend a listening ear – your support ensures we can be there for women in the moment, whenever they need us. Thank you."

*Lucy, Refuge Team Leader,
NATIONAL DOMESTIC ABUSE 24 HOUR HELPLINE.*



GETTING STARTED

FOLLOW THESE EASY STEPS TO GET STARTED WITH YOUR EVENT.

- **Decide on your activity**
- **Let us know your plans and if you need any materials or support at community@refuge.org.uk**
- **Set a date for your event**
- **Set up your fundraising page**
(details of how to do this are on the next page)
- **Order your free fundraising materials**
(just get in touch with the Community team)
- **Promote your event by sharing on social media, displaying posters in your place of work, school, gym or community hall, advertising in your local newspaper, and sharing to your contacts on WhatsApp**
- **Invite friends, family and colleagues along to the event**
- **Remember to thank everyone for their generous donations**

Fundraising offline?

You are welcome to download a Refuge sponsorship form from our website.



SETTING UP YOUR JUSTGIVING PAGE

In just a few minutes, you can set up your fundraising page and start raising money.

HOW TO SET UP YOUR FUNDRAISING PAGE



Scan this QR code to be taken to the Refuge JustGiving page.



WHAT TO DO IF YOU'RE NOT FUNDRAISING VIA JUSTGIVING

If you prefer to fundraise offline, you can easily pay in the funds you raise [through our website](#), or via bank transfer.

To notify us of your fundraising activity and for support with paying in your fundraising, you can reach out to the team on: community@refuge.org.uk.

TIPS TO BOOST YOUR FUNDRAISING



Personalise your fundraising page and keep updating it. Promoting your fundraising on social media to your friends and family is the quickest way to spread the word.



Double your fundraising through matched funding. Speak to your employer to see if this is something they offer so they can match what you raise.



Ask your friends and family to add Gift Aid to their donation. This will mean Refuge can reclaim an extra 25% in tax on every eligible donation made by a UK taxpayer. For every £1 donated with Gift Aid, Refuge can claim an extra 25p at no extra cost to you.



Up your target – as you move close to your fundraising goal, increase the fundraising target on your page. People will donate more as they see you getting closer to your target.



Hosting a fundraising event? Why not add on an extra activity to boost your fundraising! You could organise a raffle at your pub quiz or a bake sale at an open mic night.

MAKE
YOUR OWN
BUNTING



YOU CAN PRINT AND DISPLAY THIS POSTER FOR YOUR EVENT

FESTIVE FUNDRAISER

On any given day Refuge supports thousands of women and their children experiencing domestic abuse

Refuge



For women and children.
Against domestic violence.

**Come along to my event to
show your support**



Details:

Date:

Time:

Location:

Contact us:

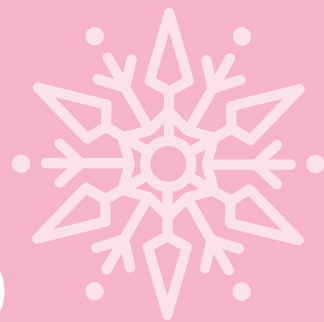
www.refuge.org.uk

Charity Registration no. 277424

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INSPIRING SUPPORTER STORIES



The Women's Network at the National Association of Headteachers have supported Refuge as their chosen charity for a number of years, and to celebrate the festive season they organized a Christmas Jumper competition for their colleagues (and their dogs!).

"With the help of the Refuge team, we've been able to provide colleagues with additional information regarding how raised funds are spent in support of vulnerable women and their children this festive season. This information has enabled colleagues to gain a greater understanding of the work of Refuge and this in turn has encouraged them to participate".



The NAHT Women's Network raised **£233.75** for Refuge!

Tig has organised two festive live streams for Refuge where she has played games with her community and watched a Christmas movie with them.



"I chose Refuge due to the amazing work it did during lockdown raising awareness and providing support to women and children trapped with abusive partners. I streamed on Christmas day to provide a safe and fun place to hang out for those in need of some company on a potentially lonely day".



In total Tig has raised **£2,605** for Refuge!



KEEP THINGS SAFE, LEGAL AND FUN

If you are organising fundraising for Refuge, you are responsible for carrying it out legally and responsibly. Here's a handy checklist of things to remember:

■ Insurance

By organising your own fundraising event in aid of Refuge, you are responsible for ensuring the event doesn't pose any risk to others. You may need to organise public liability cover for some events, which will protect you against claims made by third parties for injury or property damage as a result of negligence. Please seek advice if you are unsure.

■ Food & drink

Anyone selling or processing food for an event is required to do so safely and hygienically. The Food Standards Agency provides guidelines for preparing, handling and cooking food. If you are using an external caterer for your event, you will need to ensure that they have a food hygiene certificate and public liability insurance. Ensure food is labelled with allergens (e.g. contains nuts or dairy). Alcohol sales need a licence from your local authority.

■ Raffles & auctions

If you are planning a raffle or other game of chance (such as a tombola or duck race) as part of an event, and tickets will only be sold at that event, you would not require a licence. If you wish to sell tickets in advance, or to people not attending the event, this would require a licence which you can check with your local authority. Prize draws are a great alternative. In order to

qualify as not being a raffle, it must be possible to enter the prize draw for free, but you can suggest a donation for entry. Any donations can have gift aid applied to them.

■ Risk assessment

Events need to be adequately risk assessed to find, reduce and control the risk to all those taking part and members of the public who may be attending. It is best practice to complete a risk assessment form to show that you have considered and mitigated any potential risks. Refuge cannot accept liability for any loss, damage or injury suffered by yourself or anyone else as a result of taking part in a fundraising event organised in aid of Refuge. You'll also need to ensure that suppliers of any goods or services are a reputable company with their own risk assessment.

■ First aid

Ensure you have adequate emergency and first aid procedures for your type of event, so you know what to do in the event of an injury. Ensure a first aider is present, or you have a well-stocked first aid box. If you think you might need first aid support, check with an organisation such as St John's Ambulance or the Red Cross.

■ Money handling

When collecting or taking payments, make sure that the

cash is secure by using a cash box with a lock or a sealed collection bucket. Wherever possible, have two people available to count or transport cash, and get it to the bank as soon as possible after the event. If you are ever confronted by someone demanding the cash, hand over the money and report the incident to the police as soon as possible.

■ Public collections

Public collections have strict legal requirements and require a licence from your local authority. Private collections take place on private premises and you require permission from the owner of the premises.

■ Data protection

Make sure any electronic or paper record you keep about people involved in a fundraising event complies with GDPR law. Don't keep information about people any longer than you have to, and don't share information or data about someone without their permission.

■ Children

If there are children at your event, ensure it is properly and adequately supervised. Appropriate background checks are required if adults are to have unsupervised access to children.

COMPLETED YOUR FUNDRAISER?

WELL DONE, HERE'S WHAT TO DO NOW.

Thank you for standing in solidarity with survivors by fundraising for Refuge. It's now time to pay in your fundraising so we can celebrate your amazing efforts. You can easily pay in your fundraising through one of the simple methods below.

ONLINE FUNDRAISING PAGE

If you have been fundraising online (eg. on Just Giving) and have some offline donations to pay in, you are most welcome to pay them into your own page.

BANK TRANSFER TO REFUGE

If you have not been fundraising online, or if this does not work for you, you can pay in your fundraising via bank transfer, please email us to request our bank details and your reference for the transaction.

SEND A CHEQUE TO REFUGE

If you have a cheque donation which you would like to send to Refuge, please use the following address:

Refuge, C/O Fora, 92 Albert Embankment London SE1 7TY

Please make cheques payable to 'Refuge'. We would appreciate it if you could please include a letter/note with your donation including your contact details and what the donation is for e.g. sponsorship/ collection/ personal donation so that we can properly thank you for your amazing fundraising.

PAY THROUGH OUR WEBSITE

You can also pay in your donation via our website by clicking on 'donate', then the 'give just once' section and then ticking the 'paying in a collection or sponsorship' box.

Give Monthly Give Just Once

✓ Amount 2 Details 3 Payment

Complete your donation:

My donation is...

☐ In memory of

☐ In celebration of

☒ Paying in a collection or sponsorship

☐ Personal Donation

Please give us more details of your event

Event Name

Any other information

Title

First name* Last name*

If you are unable to do any of the above and would like to discuss further options, please email us at community@refuge.org.uk

ABOUT DOMESTIC ABUSE



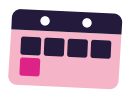
Domestic abuse is **physical**, **emotional**, **psychological**, **economic**, **tech**, and/ or **sexual abuse** from an intimate partner or between people who are personally connected. It can be perpetrated by anyone against anyone, but it is much more commonly perpetrated by men against women.

CURRENTLY...



1 in 4 women

in England and Wales will experience domestic abuse in her lifetime.



1 woman

is killed every 5 days by a current or former partner in England and Wales.



Every **30** seconds

the police receive a domestic abuse-related call.

ABOUT REFUGE

Every **2** minutes someone looks to **Refuge for help.**

Refuge supports thousands of women and their children every day, in our emergency accommodation, community services, and through the National Domestic Abuse Helpline which is run by Refuge and is the gateway to support services across the country.

Specialist women's domestic abuse services continue to face a funding crisis, with funding cuts and poor commissioning decisions failing to ensure they can keep running.

■ **Economic abuse:**

Denying a woman access to and control over basic resources. It includes the denial of funds, refusal to contribute financially, denial of food and basic needs, controlling access to health care, employment, running up debts without their knowledge or consent.

■ **Emotional/Psychological Abuse:**

When an abuser uses emotions, self esteem and/or a person's emotional state to establish and maintain power and control over his partner.

■ **Tech Abuse:**

When an abuser uses modern technology to stalk, isolate and control their partner using the tools of everyday life.

■ **Sexual Abuse:**

When an abuser uses sexual acts to establish and maintain power and control over his partner without their consent.

■ **Verbal Abuse:**

When an abuser uses words to establish and maintain power and control over a partner.

■ **Coercive control:**

Controlling behaviour that is designed to make a person dependent by isolating them from support, exploiting them, depriving them of independence and regulating their everyday behaviour. It can include assault, threats, humiliation and intimidation or other abuse that is used to harm, punish, or frighten their victim.



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