

STOP
DOMESTIC
ABUSE



Registered with
**FUNDRAISING
REGULATOR**

A photograph of three young women who have just finished a mud run. They are all smiling broadly and have mud smeared on their faces and clothes. The woman on the left is wearing a black t-shirt, the middle one a black tank top, and the right one a purple tank top. They are standing outdoors with a blurred background of trees.

Your guide to Fundraising

Give a helping hand to those who need it

[Donate Now](#)

STOP DOMESTIC ABUSE

HOW YOU CAN HELP

Your support helps victims and survivors of domestic abuse



Our refuges offer more than just somewhere to stay. We provide a homely, supportive and nurturing environment where victims can recover from the trauma of domestic abuse and begin to rebuild their lives.

It's now more important than ever to make sure there are specialist refuges for families who have made the incredibly difficult decision to leave their home to find safety.

There are victims of domestic abuse who remain within the community and in the abusive household, who receive support from our specialist team, tailored to their level of risk and support needs.

We aim to identify and support all victims and survivors at the earliest opportunity whilst maintaining our values of working with integrity, compassion and accountability to make a difference to anyone in our care.

THANK YOU FOR SUPPORTING STOP DOMESTIC ABUSE



Thank you for choosing to fundraise for Stop Domestic Abuse! Taking on a challenge, putting on a quiz, baking up delicious treats - whatever you decide to do - you're making a difference to local people whose lives have been damaged by domestic abuse.

We know that taking on a fundraising challenge can be a bit daunting, but our friendly team is here to support you every step of the way. Whatever you need, whether it's sponsorship forms or t-shirts, words of encouragement or help setting up an online fundraising page - we're here whenever you need us.



02392 008 329



changemaker@stopdomesticabuse.uk

STOP DOMESTIC ABUSE

JENNY'S STORY



“

Stop Domestic Abuse organised a taxi to get me and my belongings to the refuge. On the way, I was terrified, I felt alone and scared and had no idea what was going to happen to me.

I arrived at the door and I was greeted by Alice who made me feel instantly at ease, helping me take my bags inside. She guided me into the kitchen where I was introduced to other women who asked me if I would like a cup of tea. Alice took me on a tour of the house and it felt clean and tidy and I was greeted by really lovely people.

***Client's name has been changed for anonymity**

I really wasn't used to being treated with such kindness. I felt so nervous and anxious that I could barely say a word to anyone. When I reached my room, I felt safe. It was so nice to have a space I could call my own. A part of me wanted to lock myself away and hide. Thankfully that wasn't an option for me as a friendly resident knocked on my door and said she would show me the garden.

As the days passed I began to feel more and more comfortable. The refuge team helped me regain my confidence and self esteem, so I was able to start planning for a future free from abuse.

”

FUNDRAISING STARS

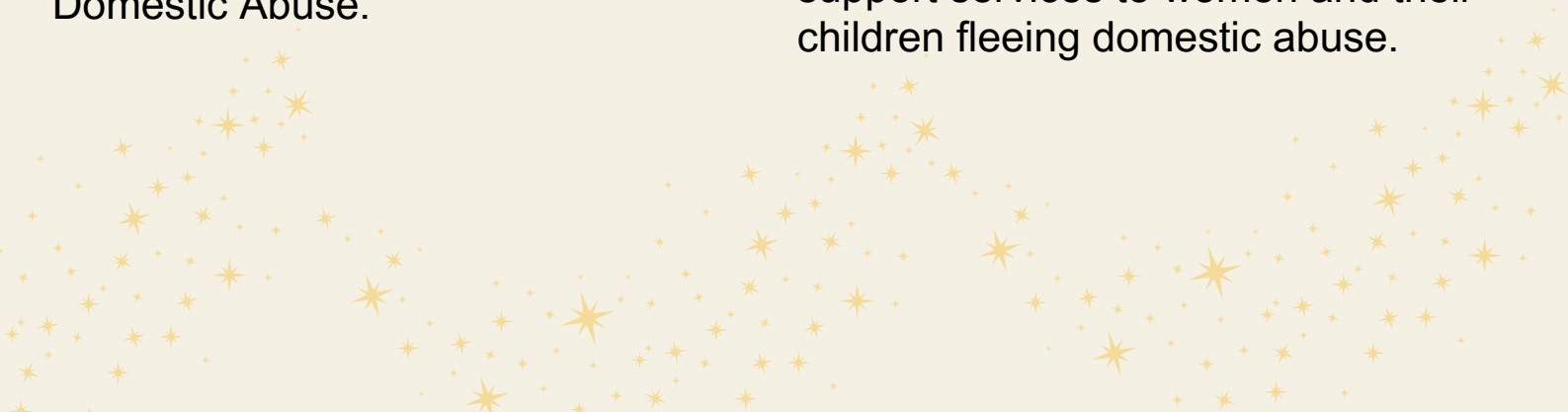


Leeanne Barber and Lisa Phipps, two fitness instructors from Havant, completed the IRONMAN challenge and raised over £5,000 for Stop Domestic Abuse.

Three years ago, Leeanne and Lisa decided to take on the ultimate challenge of completing a full IRONMAN, before Covid put paid to their plans. Their intensive training regime and fundraising efforts finally paid off when they travelled to Spain and completed the challenge in under 12 hours.

The event was a gruelling 2.4 mile open water swim, 112 mile bike ride followed by a Marathon. Leeanne and Lisa chose to support Stop Domestic Abuse through their epic challenge.

Thanks to Leeanne, Lisa and many other generous supporters, we are now one step closer to building a dedicated refuge providing innovative support services to women and their children fleeing domestic abuse.





“

This was such a tough challenge both physically and mentally. I'm delighted that we have successfully raised vital funds to help Stop Domestic Abuse build a new local, child-centred, holistic refuge. Knowing we are helping women and children affected by domestic abuse has kept us motivated throughout our journey.

”

YOUR DONATION MAKES SUCH A DIFFERENCE!



£10 a month
could provide a welcome
pack for a family arriving
in refuge



£20 a month
could help provide a
playworker to support
children to recover from
abuse



£50 a month
could help us deliver
support groups for anyone
affected by domestic
abuse



A one-off donation
can help us continue to
fight domestic abuse and
support victims to live a
safe and healthy life.

TAKE ON A CHALLENGE



Triathlon



Spinnaker Tower Abseil



Skydive



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**Organise a social with
your friends**



**Have a bake sale at
work**



**Organise a dance or
fitness event**

ORGANISE YOUR OWN EVENT

Here are just a few ideas to get you started. If you'd like more ideas, or would like to chat through your plans, please get in touch!



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STOP DOMESTIC ABUSE

JOIN US AS A VOLUNTEER



Get in touch to find out how you can help us provide practical support to victims of domestic abuse.



volunteer@stopdomesticabuse.uk



GET STARTED WITH ONLINE FUNDRAISING

The easiest way to raise money and get it directly to Stop Domestic Abuse is by creating an online fundraising page. We recommend using Enthuse.com

Visit <https://stopdomesticabuse.enthuse.com/profile>

Share your Story

The most important thing is to tell your story. Making it personal is the best way to help your friends and colleagues connect with your fundraising idea, and with the work we do at Stop Domestic Abuse.

Include photos

Keep your page updated regularly with pics of your progress and what you've been doing!

Share your page on social media

Shout about your fantastic efforts, share your story and invite people to support you by donating to your chosen charity.

Get in touch

If you have any questions or want to share your ideas with our friendly team, please get in touch

Call us on 02392 008 329

Email us at changemaker@stopdomesticabuse.uk

GET IN TOUCH



For fundraising queries -
changemaker@stopdomesticabuse.uk

For volunteering queries -
volunteer@stopdomesticabuse.uk

Via social media



[@southerndas](https://www.instagram.com/southerndas)

Thank you for your support



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