



**Safer
Places**



Fundraise your way

**Join us in creating a society where everyone
lives a life free from fear and abuse**

Welcome to team Safer Places

We have over 45 years of experience supporting all those affected by domestic abuse across Essex and Hertfordshire.

We support anyone, regardless of gender identity, sexuality, age, race, ethnicity, religion or disability.

Domestic abuse does not discriminate and neither do we.

No-one should have to live a life of fear and abuse. With the money you raise fundraising we can continue our lifesaving, life-changing services

There are many ways you can support us. The following fundraising pack is a great place to start, showing you how to keep the 'fun in fundraising'.

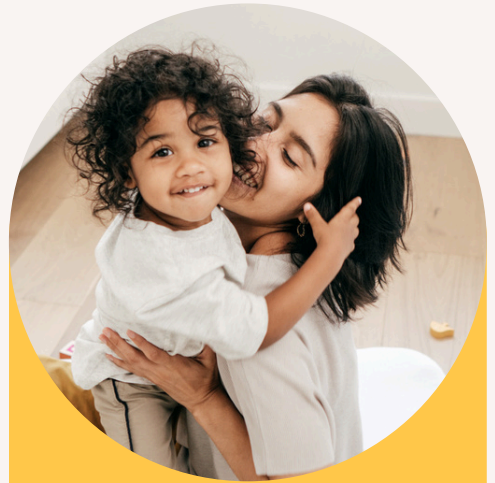


About us

In 2023 we
received
3,568
referrals



Supported
2,207 adults



Supported
1,062 children

The support we offer includes:

- A safe place to stay
- Safety planning
- Therapy & counselling
- Legal, financial & housing advice & advocacy
- Stalking support service
- Family fun sessions, trips & activities
- Children's support services

For more information on how we support survivors of domestic abuse see [our website](#).



Sarah's story

Sarah is 29 years old and was living with her perpetrator, her husband of two years. After being in a relationship for some time before the marriage, the abuse began three months after the wedding date. Sarah and her husband owned several businesses together all of which were in debt as a result of her husbands' financial abuse.

This was not Sarah's first abusive relationship. Throughout her childhood, Sarah experienced emotional and sexual abuse from a family member, and she lived with her father who was dependent on drugs and emotionally abusive. Sarah then entered into a relationship in her young twenties which became increasingly violent and, when she made the decision to leave, her perpetrator raped her.

Understandably, the decision to leave the relationship with her husband was incredibly difficult. As the abuse continued to escalate, Sarah's husband was sent to prison for other violence offences and criminal activity. Sarah saw this as her chance to flee; she closed the businesses and sold most of her belongings to pay off the company debt. Sarah came to Safer Places after her perpetrator contacted her and threatened to kill her if he was ever able to find her.

When Sarah came into refuge, she was suffering with PTSD and anxiety, homeless and did not have access to finances. During her stay, Sarah was supported regarding her trauma in one-to-one sessions and attended our Triple R programme.



Sarah had never told anyone about the abuse she suffered as a child or the previous rape she was victim of but felt comfortable to disclose. We supported Sarah to attend her GP, access mental health support and she now has a long-term therapy plan. She was supported with housing and finances, and her outstanding debt issues are fully resolved.

She now resides in a one-bedroom flat in a safe area, has regular benefits and her rent is fully covered by housing benefit. Sarah continues to liaise with the police as some criminal justice aspects are ongoing given the complexity of her husband's offending. She is progressing in divorcing him and is awaiting the decree nisi.

Sarah tells us that the support she received has changed her life; she feels stronger and more able to face her future.



Sarah has even made the decision to start up her own beauty business again.

The money you raise can help support people like Sarah



How the money you raise will help?

No-one should have to live a life of fear and abuse.

With the money you raise fundraising we can continue our lifesaving, life-changing services.



£100

Provides a survivor of domestic abuse with immediate emergency safe accommodation

£250

Provides a survivor of domestic abuse or their child with five weeks of counselling

£500

Provides a survivor of domestic abuse with a week in refuge including additional support

£1k

Provides children and young people with age appropriate toys and equipment for refuge

£5k

Contributes to significant refuge refurbishments e.g. a children's playground



Get creative

Whatever you're into there's a fundraising activity that will help transform survivors' lives, for example...

Bake off

Host your very own cake sale for your family and friends or even at work.



Fun run

Challenge yourself to a 5k fun run with the help of sponsors from friends and family.



Stream team

Why not get gaming with friends and host a stream night raising money for those in need.



Coffee morning

Host of a coffee morning with your family and friends for coffee, cake and a donation.



Public events will be subject to relevant permissions and health and safety guidelines. This will be the responsibility of the event organiser.



What next?

Fundraising top tips



Set a date

Remember to give yourself plenty of time to plan your fundraising event and invite others



Set your target

Setting a fundraising target will help to shape your fundraising activity. Aim high and push yourself. We're here to help with your fundraising efforts!



JustGiving

Set up a **JustGiving** page as soon as possible so friends and family can sponsor you. Upload your profile picture, set your target and share why this fundraising event is important to you.





Spread the word

Tell as many people as you can about your plans and invite them to take part. Social media is the easiest way to do so, as long as your content is engaging.

Share photos of you preparing for your event, encourage your audience to contribute to your fundraising target and thank them for supporting you.

Remember to keep your audience updated on your fundraising journey. Download our free fundraising social media images on [here](#).



Celebrate your successes

The money you raise can help transform the lives of those affected by domestic abuse.

Every penny counts.



Keep in touch

Email us at [**fundraising@saferplaces.co.uk**](mailto:fundraising@saferplaces.co.uk) if you need a chat, advice or simply some inspiration. We're in this together!



Banking

Now that you've done all the hard work, you can pay in the money you've raised!

Via our website

Go to our website and hit the **donate** button to send us the money you've fundraised.

Online banking

Or you can pay the money you've fundraised directly into our bank account:

Safer Places
Lloyds Bank
Account Number: 02196386
Sort Code: 30-93-89

**Every
penny
counts...**



Thank you!



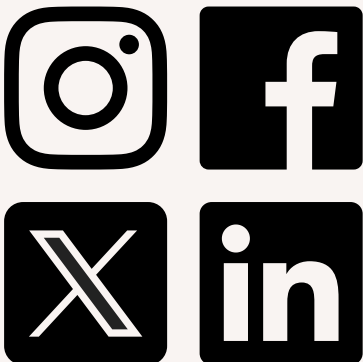
Thank you for choosing to fundraise for Safer Places.

We would not be able to provide our lifesaving, life-changing services for survivors of domestic abuse without your generosity through fundraising.

Thanks to people like you, we can ensure families who have suffered at the hands of domestic abuse have a safer place to call home.



If you have any questions or enquires, please email us at: **fundraising@saferplaces.co.uk**.



Follow us on social media to stay up to date:
@saferplacesuk



Creating a society where everyone lives a life free from fear and abuse

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