

Advice Line: 01473 228270

# Lighthouse

For a brighter future, free from domestic abuse

Newsletter No. 97 July 2024

Registered Charity No. 1069296

Sally Winston - Chief Executive

Patron - Mark Murphy MBE

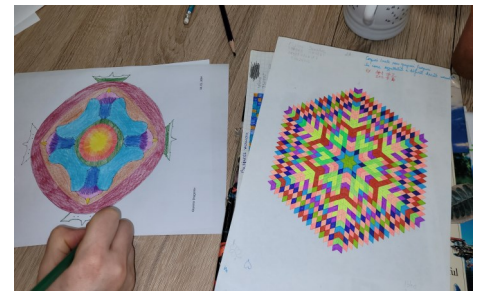
## Empower Me

Our Empower Me sessions have been running now for just over 18 months, all supported by our volunteers and external supporters, and what a year it has been! The women have been able to take part in a Life Review, Felting, Origami, OM Chanting, learning about Mandalas, setting up some raised beds in the Women's Centre garden, which has been huge fun and rewarding with the women being able to take home the produce and flowers grown. Informational sessions have also taken place, Workplace Confidence, 5 Ways to Wellbeing, Education - Your Next Steps as well as much more and lots still to come this year.



As you see from the comments below these sessions really do help the women accessing our service have another avenue of support.

***“Empower Me is a great group of ladies and volunteers. It is so nice to have somewhere to go where I don't have to explain myself and people just 'get it'. We have a great range of activities, things that I would never normally get to do and of course the best tea and biscuits! It truly is empowering and I would be lost without***



***My Monday Ladies”***

***“This is only my second time in coming to Empower Me. Already I feel there's a really welcoming and pleasant atmosphere. I can come and be myself and no one is judging me. I was looking forward to the Chanting today and it was a really good experience. The ladies in the group and the volunteers are all so kind, caring and lovely. I look forward to coming again next week”.***

If you are a business, individual or charity and have a skill, interest or useful knowledge that you would like to share or for more information around how you could help support these wonderful sessions please contact [deb@lighthosuewa.org.uk](mailto:deb@lighthosuewa.org.uk) to discuss further.

[www.lighthousewa.org.uk](http://www.lighthousewa.org.uk)

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

The Women's Centre remains busy with referrals continuing to come in from practitioners and also women self referring. We are now able to restart our Child Contact advice sessions for women being controlled by their perpetrator via the children, this is vital to give women an opportunity to discuss issues around child contact and the impact it is having on them and their children. These sessions are only offered to women who have had an advice appointment so that the risk has been ascertained first to ensure their safety.

Currently we are running 5 Freedom Programmes and 4 Power To Change programmes for women, which are a mix of face to face and online, as well as 4 Escape the Trap courses for teenagers. There continues to be numerous group and 1-2-1 sessions for children that are all face to face as they are very activity based. However we do have a long waiting list for these courses, and funding is essential to keep this service going forward.

Our Community Worker and other local organisations, have organised a Cultural Community Day on Friday 16th August, this will be held in Christchurch Park, there will be a number of agencies attending, offering advice and support, games for children and attendees are encouraged to bring along a picnic for a fabulous and inclusive community day.



**Cultural Community Day**  
FRIDAY 16TH AUGUST  
11AM-3PM  
Christchurch Park, IP4 2BE  
Please bring a picnic along  
FREE EVENT

ACT Anglia Care Trust  
VS VICTIM SUPPORT  
Lighthouse  
FFS FUTURE FEMALES SOCIETY  
THE FERNS

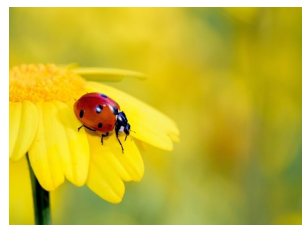
Police Car, Wellbeing Bus, Facepainting, Cultural Dancing, Sports Activities For Children, Lego Exhibition, Badge Making

E: Stacey@futurefemalesociety.org  
kelly.holmes@lighthousewa.org.uk

## Refuge Update - By Jo Bigger, Service Manager

At the time of writing our Refuge is at 90% capacity and has continued to be so for some time, there will always be small drops now and then, when women move out and we await a new referral and arrival of the next woman and her children. This is a busy time for our Housekeeper who will clear a room when a family or women has moved out and prepare the room ready for new arrivals. Once she knows who will be coming and when, she will give the room another good clean, make up the beds, add a basket of toiletries and age appropriate toys if needed and stock the fridge and cupboard with food. This is an area where our fundraising is invaluable and we really couldn't offer the support we do without it.

National Grid kindly came and cleared an area of the garden to allow our Children's Support Workers to set up a Magic Forest Club. This area will be used on a weekly basis to allow lots of fun activities to take place, these will include bug hunting and identification, foraging, whittling wood to make marshmallow sticks, as well as completing flora and fauna identification sheets. Being out in nature is a proven benefit for our wellbeing so it is a wonderful addition for our refuge families.



## 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)



### 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

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## 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 Online or Face to Face Sessions
Power To Change Programme	Various	Weekly (10 weeks)	Various Online or Face to Face Sessions
Escape the Trap	Various	Weekly (9 Weeks)	Various Online 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 Online 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.

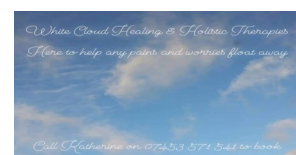
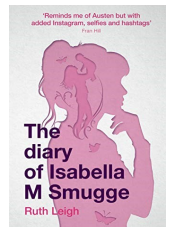
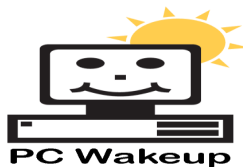
Please call the Women's Centre to find out more - 01473 228270



# ISSBA Anglia Business Exhibition - By Deb Gingell, Trainer

Ipswich & Suffolk Small Business Association (ISSBA) nominated Lighthouse to be their 'Charity of the Year' last summer (2023) and what a great year it has been! We have thoroughly enjoyed attending all the monthly networking meetings and getting to know all the members. A highlight of mine was of course providing members with free online DA Awareness Training. This training was gratefully received and gave all the members who attended an in depth insight into the effect domestic abuse can have on those affected, how to respond to a disclosure of domestic abuse, as well as where to signpost them for specialist support.

ISSBA offered Lighthouse a free stand at the recent Anglia Business Exhibition in May 2024, which is a phenomenal event every year, and allowed us to host the raffle. We also had an advantageous starting point because ISSBA donated a prize of a free space at ABE 2025. However, we were absolutely blown away by the generosity of local businesses that kindly donated incredible prizes, allowing us to raise a staggering **£1380.00** on the day! We would like to convey a huge **THANK YOU** to all the businesses and individuals who donated prizes and to those who purchased tickets. The money raised is crucial for Lighthouse to sustain the essential and much-needed services we provide for local women, young people and children who have been impacted by domestic abuse.



Tristan Bolton

Continued .....

## ISSBA Anglia Business Exhibition - continued

Our sincere thanks to Merie Sennett and Graham Barton for their mentoring and support throughout our charity year, below are a few words from Graham the ISSBA Chair.

***We have loved supporting Lighthouse Women's Aid as our charity of the year this year and would like to thank them for sharing so much useful information about domestic abuse and the support that is available. Debra and her colleagues have fully engaged with ISSBA from day one and we are thrilled that it culminated in such a successful day at ABE2024. We wish them every success going forward and encourage everyone to find out more about this amazing charity.***

***Graham Barton, ISSBA Chair***

We are now looking for organisations and businesses to nominate Lighthouse as their 'Charity of the Year' for 2025. We are excited to work together with businesses and organisations who share our values and vision for a safer, healthier future for all. Please reach out to Deb Johnson via [deb@lighthousewa.org.uk](mailto:deb@lighthousewa.org.uk) to discuss how we can collaborate and make a positive impact together. All businesses and organisations that support Lighthouse as their charity of the year will also receive a free 2 hr training session on The Impact of Domestic Abuse in the Workplace.



For more information about Lighthouse's Training please visit our website  
[www.lighthousewa.org.uk](http://www.lighthousewa.org.uk)

# Fundraising Update - By Deb Johnson, Business Coordinator



We have had a busy few months since our last newsletter went out at the end of January, with the pleasure of attending a number of events and cheque presentations, giving talks to community groups and businesses, as well as greeting supporters at our Women's Centre when they kindly drop off physical donations to support our work.

The support we receive from our local community plays a fundamental role in the support we can provide to those who turn to Lighthouse in their time of need. Our clients are always very thankful for this support and knowing that there are people and organisations out there willing to help them, also instils a sense that they are believed and this was not their fault.

Now more than ever Lighthouse needs your help, with statutory funding, trusts and foundations having ever increasing requests for support, the odds of receiving funding once an application is submitted is getting smaller, one foundation recently received 490 applications for funding but only had the ability to support 20, and sadly Lighthouse were not in the 20 to receive support.

Our Women's Centre supports over 1,000 women and their children each year from across Suffolk, and is reliant on fundraising donations, so the donations you provide both monetary and physical make such a difference to their lives and in some cases saves their lives. So by rallying together and channelling the power of many, we know our community can achieve remarkable feats and ensure that Lighthouse continues to be there for those in desperate need.

## How can you help?

We have various events taking place in aid of Lighthouse, details can be found on our events page, please do go along and support them.

Lighthouse have a team taking part in the Ipswich Half Marathon on 22nd September so why not come and join us, you will receive a T-shirt and a goodie bag as a thank you.

If you are a business considering your charity of the year, by choosing Lighthouse you will be making a meaningful impact in your community, supporting local people, you will also receive a free training session on The Impact of Domestic Abuse in the Workplace.

However you would like to support Lighthouse, please do get in touch with me and I will be very happy to support you in your fundraising journey. Thank You

**[deb@lighthousewa.org.uk](mailto:deb@lighthousewa.org.uk) or 01473 220770**



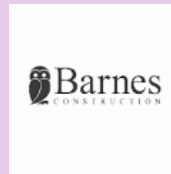
Regular Donors



Nicky's Crafty Crew



St Mary's Church, Gt Blakenham



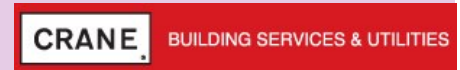
Stradbroke Ladies Group



SUFFOLK  
Community  
Foundation



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.



Crown House



Changing the way we clean

Company of Four



New Skills Centre



Holbrook Methodist Church  
Stitchworks - Woodbridge



St Augustines Church

L81, Doric Lodge



St Mary's Church PCC

Woodbridge Methodist Church

Framlingham Community Baptist Church

Belstead Singers

Capel St Mary Methodist Church

Home for Good

Middleton Cum Fordley PC

SCC Customer Services



Rough Cast Theatre Group

Grundisburgh & Culpho PC

St Mary's Church, Mowenden

Vinnicombe Court

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: \_\_\_\_\_

Head Office,  
238 Felixstowe Road,  
Ipswich IP3 9AD  
Tel: 01473 220770  
Emails: [admin@lighthousewa.org.uk](mailto:admin@lighthousewa.org.uk)

### CONTACTS

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Editor.....Sally Winston

EAST ANGLIAN DAILY TIMES

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