



Make a Difference

Solace Fundraising Guide

solacewomensaid.org

Solace Women's Aid is a charity registered in England and Wales.
Charity Number 1082450. Company Number 03376716

March 2023

solace

We are Solace

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For nearly 50 years we've supported women and children in London to build safe lives and strong lives. Futures free from male abuse and violence.

Solace is a leading Violence Against Women and Girls charity supporting thousands of survivors each year.

We know that women across London are experiencing domestic and sexual violence right now. Whatever form this comes in, from rape and trafficking to relationships based on psychological or financial control, we work to end it. But we know escaping abuse can be the hardest thing to ever do. **That's why it's so important we're here.**

In recent years, we have seen an increase in domestic abuse during the pandemic and recent tragic femicides including Sarah Everard, Bibaa Henry, Nicole Smallman and Sabina Nessa. Whilst we've seen increased awareness of the issues related to violence against women and girls, domestic abuse still often remains unseen and cuts to funding make it harder to reach survivors and **get them the help they need.**

For every woman and child, we have supported, we know that we are not reaching everyone who can benefit from our life-saving services, and we need your help to do that. Stand with us to **end violence and abuse now.**

Your support means we can keep fighting to end abuse and secure safe, strong futures for women and girls.



What we stand against

85,000

women are raped in
England and Wales
every year

2

women a week are
killed by a current or
former partner

1 in 8

crimes in London are
related to domestic
abuse

1 in 4

women will
experience domestic
abuse in their lives

97%

of young women
have been sexually
harassed

1 in 8

women have
experienced
economic abuse

6 years &
11 months

is the average length of time a woman experiences
abuse before arriving at Solace's services

*Latest known statistics as of March 2023

Our Services

solace

accommodation

solace

therapeutic services

solace

advice & support

solace

for young people

solace

multiple
disadvantage

solace

rape crisis

solace

partnerships

solace

training

How You Make a Difference

£20 could provide emergency essentials for women arriving with nothing.

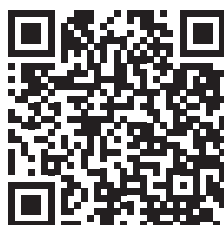
£100 could fund counselling for a survivor in crisis.

£500 could fund art therapy sessions for children recovering from abuse.

£1,000 could setup a family in a new home after fleeing with nothing.

Other ways to support Solace

- Support us on social media
- Get your company involved
- Take part in a challenge event
- Sign up to our newsletter
- Volunteer with us



Visit solacewomensaid.org/get-involved to find out more!



How To Get Involved

How to setup a fundraiser

1. Decide on your activity.

Set yourself an individual challenge or bring people together with your own event. The possibilities are endless!

2. Set up a fundraising page (We recommend JustGiving)

An online page lets you easily collect donations and keep people updated on your fundraiser.

- Create your page and set yourself a fundraising goal.
- Select Solace as your beneficiary charity.
- Write your personal story (Why you have chosen to fundraise for Solace?)

3. Promote

Share your page and spread the word. Tell your friends/family/colleagues. Post on your social media channels. You can also get featured on Solace's "Supporter Series" on Instagram. Just send us details of your fundraiser and we will share your amazing work.



Cycle



Run



Bake sale



Swim

Join Team Solace and share your story with us! Whether you are doing a bake sale, swimming the channel or hosting a comedy night, by being part of Team Solace you can save lives.

Legal fundraising practice

By fundraising for Solace you must adhere to the Fundraising Code of Conduct. For more information on the do's and don'ts of fundraising visit our website.

solacewomensaid.org/get-involved/legalfundraising



Survivor Ambassador

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Bunmi is a lecturer and survivor of domestic abuse, a proud mother of one and an activist in the fight against violence against women and girls.

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Bunmi came to Solace after being supported by Social Services to save herself and her son from the assaults she experienced for two years. She was naïve about the support available, otherwise she would have left the relationship sooner. However, with constant reassurance from the Police, Social Services and MARAC, she agreed to get help and was assisted with finding and moving into one of Solace's refuges in London.

Solace was able to support by offering Bunmi accommodation, workshops (ARISE and parenting), and therapeutic services, including one-to-one counselling.

Looking forward, Bunmi now works with one of the universities in the country, where she educates hundreds of students from diverse backgrounds and cultures annually. The support she received from Solace helped her recognise her worth and value, which enabled her to achieve higher educational degrees at bachelor's (BSc) and master's (MSc) levels, completing them with outstanding and commendable achievements. While she studied, she started a cake-making business that thrived beyond her expectation within five years of operation. She is working on expanding her business while she begins her Doctoral degree.

We are here for every survivor who needs us, supporting thousands of women and children every year. People come to us from all walks of life, all looking for guidance, advice, healing and growth.



Case Study

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Katrina experienced physical, emotional, financial and psychological abuse from her ex-partner. She also experienced jealousy, harassment and threats to kill her and her mother and burn the house down.

Katrina's daughter also experienced abuse and witnessed her mother being pushed to the floor and being kicked whilst she was crying on the kitchen floor. After missing a lot of time off school, social services visited Katrina and her daughter and referred them to a Solace refuge.

They have been receiving support in the form of weekly 1-1 sessions which involve support plans and safety plans as well as being supported with making Universal Credit claims and registering at a GP surgery. Solace's Employee Assistance Programme found employment for Katrina and have found her a Polish speaking counselling service for emotional support. Her daughter has been working with the Art's Therapist in the refuge and this has proven to be positive to her recovery.

They are now in a place of safety, free from domestic abuse and no longer in their danger area. They have both engaged well with Solace's service as well as sourcing medical care which they were not doing whilst with the perpetrator. The daughter has been enrolled in a new school and attends every day.

Solace has changed their lives for the better and without it, their lives could have taken a turn for the worse. They are now looking after themselves and looking forward towards their lives.



**"Solace saved
my life."**

Violence against women and girls ends here.

Advice line freephone | 0808 802 5565
E mail | fundraising@solacewomensaid.org
Website | solacewomensaid.org
Twitter | @SolaceWomensAid
Instagram | @SolaceWomensAid
Facebook | /SolaceWomensAid

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Registered with
**FUNDRAISING
REGULATOR**

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