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We have a **JustGiving** page and a website, www.stroudwomensrefuge.org, so it's really easy to make your donations in just a couple of clicks!

Your donation will be spent carefully and very much appreciated. Thank you.



Click here to donate on-line

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Stroud Women's Refuge is run by Stroud Beresford Limited, a registered charitable company. Charity number: 1132626 Company number: 5128281 Website: www.stroudwomensrefuge.org

Nailsworth personal trainer creates fundraising cookbook for Stroud Women's Refuge

When his studio was forced to close again during Lockdown 3, Carl Benton put his spare time to good use by creating a cookery book to help raise much needed funds for Stroud Women's Refuge

Carl collected over 50 recipes from famous chefs and local restaurants for this project. Interwoven between each section of recipes are words of encouragement and support that will hopefully help you grow in confidence and inspire you to cook more. There are also facts and figures about the Refuge that may stir the emotions and prompt you to do more! The book also includes several works by local artists. www.inspiredcookbook.co.uk

We believe that this project will touch many hearts and raise much needed funds and awareness for the refuge. The new cookbook, which is donating all profits to Stroud Women's Refuge, includes recipes from Gloucestershire's very own Tom Kerridge and is available to buy now.

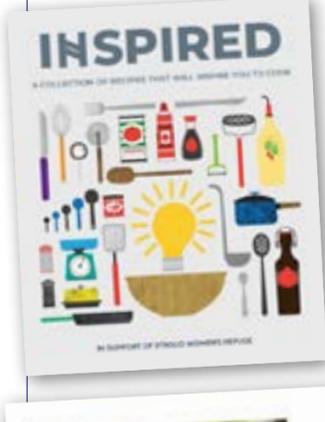
Alongside Tom Kerridge, Diana Henry and Thomasina Miers, the book features recipes from local favourites such as Jolly Nice, Wilder and the Bell at Selsley

The cookbook is now on sale and costs £20.

For more information, or to order a book, visit www.inspiredcookbook.co.uk

"Carl Benton's initiative in putting together a cookbook to raise money for Stroud Women's Refuge is admirable in every way. It is a remarkable charity, and its resources are more needed than ever. It needs all our support. It has mine. Please help by buying this book. It's not a lot to ask, but collectively you can give a great deal."

MATTHEW FORT
GREAT BRITISH MENU JUDGE



85% of victims of domestic abuse sought help on average five times from professionals in the year before they got effective help to stop abuse..

Because of YOU ...

After experiencing years of abuse, Siobhan fled from her husband. She had tried to leave him many times but her family always told her to stay with him even through what they described as 'difficult times'. Siobhan explained to refuge staff that her family were always on his side, agreeing with the demands he put in place. Her family forced her to stay as they believed that if Siobhan left her husband it would be shameful for the family.

Siobhan had to break all contact with her family in order to leave her husband. This caused her a great level of personal distress as she wanted her family for support at this tough time but knew that they would only put her at further risk.

Through open and honest conversations with refuge staff, Siobhan grew in confidence. She wanted to respect her



family roots but knew that emotional abuse was wrong. She spoke openly to other women in the refuge about her family experiences and how this had left her vulnerable to further abuse and kept her in the relationship for so long. Siobhan has moved on to a property in the local area and is hoping to find work and gain further independence.

There are only about 350 Women's Refuges in England and Wales. Refuges turn away around 90 people and their children each day because of lack of space.

Christmas Cards

Evenings begin to draw in and although Christmas still seems a long way off, thanks to the amazing talent and generosity of local artist Alison Vickery, we now have a new selection of Christmas Cards (already featured in our last Newsletter). They are available to buy directly from us using our new on-line shop (see below) or at our stalls in the Farmers' markets in November. There are three attractive designs in packs of 5 for only £4 per pack.



New online shop

We are really excited to share our new Christmas card online shop:

<https://www.stroudwomensrefugeshop.org/>

It's designed to be easy to use and make ordering your Christmas Cards much quicker and more secure.

As with last year, the cards feature beautiful paintings by artist Alison Vickery. Just click on your favourite design and choose how many packs you'd like to order. Once you've clicked "add to cart" you can either checkout with secure online payment or go back and add more cards from the other designs.

The good news is this makes it easier for people from all over the country to support the refuge, so we'd love it if you could share the link with friends and family.

Upcoming events – put them in your diary

• Stroud Women's Refuge will have a stall on **26th September** at the Forest of Dean Half Marathon being held at The Speech House Hotel, GL16 7GL (01594 822607), where we will be selling Christmas Cards and a variety of other craft items to raise money for the Refuge.

• From **November 2nd** Alison Vickery will be holding an art exhibition for 2 weeks in the new gallery at Three Storeys in Nailsworth GL6 0JE (01453 798766) info@threestoreys.co.uk where she will be promoting our new cookbook 'Inspired' produced by Carl Benton.

On **November 6th and 27th** The Refuge will have a stall at the Stroud Farmers' Market.

A quarter of 13-18 year old girls report experiencing physical abuse in their own intimate partner relationships, and one-third sexual abuse.

Refuge Update

During the summer holidays staff made sure there were going to be lots of activities to keep children and families busy. We started with some animal encounters where the children got to meet a giant snail, a mouse and a snake. All the children loved the session and enjoyed meeting all the animals and insects.

Next on the agenda were plenty of arts and crafts with glitter, paint, glue and sequins. To finish off, we made our way to the kitchen where brownies and pizza were on the menu. It's been great to have all our family sessions running over the holiday period again.

Now the children have returned to school, our schedule changes again to include after school art sessions and sensory play for our younger children who aren't yet at school. We also continue with our proactive work to enable women to move into housing. Our group meetings have returned where we complete essential work to increase understanding of the impact of domestic abuse and how to manage risks and increase safety.

It's been a busy time with lots of people moving in and many others moving on.

Please donate today: justgiving.com/stroudberesford

If you know someone who might need our help, phone us on 01453 764385