



Stroud Women's Refuge Supporters' News

Summer 2021

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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

justgiving.com/stroudberesford

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

Inspired Cookery!

We are excited to introduce "Inspired", created by our supporters at Personal Best, the health care and personal training studio at South Woodchester.

This fabulous cookery book is being created to celebrate 20 years of Personal Best, with all profits going to Stroud Women's Refuge. This beautiful cookery book is a feast for the eyes and a celebration of our local food culture in the Stroud Valleys.

Personal Best are passionate about promoting health and wellbeing so interwoven between a collection of recipes from famous local chefs, which are straightforward to prepare and delicious to eat, will be facts and figures and stories from our refuge as well as words of encouragement to inspire you to cook!

"We are so blessed to have fantastic campaigners and fundraisers in Stroud. Carl's work to create a cookbook to raise money for Stroud's Women's Refuge is very exciting. The Refuge provides much needed support for women and their families who are fleeing domestic violence. They change lives in so many ways. I am pleased to support the Personal Best venture."

SIOBHAN BAILLIE MP MEMBER OF PARLIAMENT FOR STROUD, THE VALLEYS AND VALE

"Please support Carl Benton and his cookery book. It is wonderful finding someone so dedicated to making the lives of women and children safer. I wish him every success with the project."

JILLY COOPER CBE, AUTHOR & JOURNALIST

'Inspired' goes on general sale in late August but you can pre-order by using the website button below to pre-order a copy.

[Pre-order Inspired](#)



in 2001

PERSONAL BEST WELLNESS REINVENTED

How Intimate Partner Violence affects children's health

Childhood should be a happy and carefree time, but often it doesn't work out that way. Children are exposed to all the stresses and strains that affect the families and communities in which they grow up.

Researchers at the Murdoch Children's Research Institute found that exposure to stress and family conflict can have long-term consequences on children's health. Their study found that one in three children (and their mothers) experienced intimate partner violence or domestic abuse by the time these children turned ten.

Children exposed to intimate partner violence were two to three times more likely to have impaired language skills, sleep problems, elevated blood pressure and asthma.

These findings highlight the need for health services and schools to be very attentive to the role intimate partner violence might be playing in children's health, behaviour and language development and recommend that health services and schools need to be more involved in recognizing signs of children's exposure to domestic violence.

Domestic Abuse and the Link to Football

Councils across the UK have issued a stark warning about domestic abuse which signposts victims to support services as the Euro 2020 kicks off.

Research from Glasgow Caledonian University and Bristol University found the number of domestic abuse cases reported to some local police forces in the 2002, 2006 and 2010 World Cups surged by 38 per cent on the days when England lost.

Councillor Nesil Caliskan, of the Local Government Association said: "Football does not cause domestic abuse - the behaviour and actions of abusers who exert power and control over their victims cause it. However, with research showing a clear link between football tournaments and rising instances of domestic abuse, there is a need to ensure people are aware of the potential signs of domestic abuse and where to go to report it or seek help."

Euro 2020 is one of the biggest world sporting events, stretches until Sunday 11 July when the final will be held at Wembley Stadium in London.

Ruth Davison, chief executive of Refuge, which is the UK's largest provider of shelters for domestic abuse victims, said: "As the Euros start, our message to people experiencing domestic abuse remains clear: You are not alone, we are here for you."

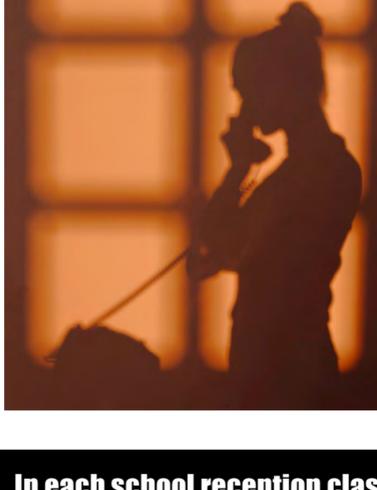


On average the police in England and Wales receive over 100 calls relating to domestic abuse every hour.

Because of YOU ...

Charlie, aged 19, fled her home due to experiencing physical, psychological and emotional abuse from her father and secondary abuse from her mother who was forced into mistreating her daughter. The abuse had been ongoing for most of her childhood but had increased when she became more independent around age 15. Her father had threatened her male friends, controlled her movements by making demands for her to care for her younger siblings and making threats that if she didn't comply he would hurt her siblings and mother.

At the point of referral Charlie was a student who had finished studying her A Levels and had been offered a place on a course she had always wanted to study. Charlie had been working part time to build up some savings to take with her. When she told her family she had



Many survivors of domestic abuse face homelessness whilst looking for refuge space. 7% have to sleep rough

been accepted onto her university course, the abuse escalated again. Charlie's father forced her to give up her job and took her phone so she became isolated from her friends and workplace. Charlie was left with no money and no hope of being able to take up her university place.

Charlie was signposted to our service from a housing department. She was still desperate to go to university in order to secure her future educational opportunities. Charlie came to us with no money and very few personal belongings. With our support Charlie contacted the university to explain her situation. She was supported to finalise her student finance, therefore increasing her income for the coming academic year and preventing future financial crisis while at university.

On exit from our service, referrals were made to various local agencies to help her gain essential grants to support her purchasing items for her new accommodation and studies.

Your continued support really makes a difference.

In each school reception class there will be at least one child who has been living with domestic violence all their life.



On-line Shop

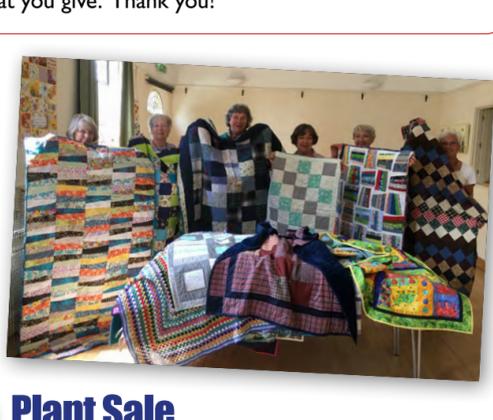
Our brand new on-line shop will be ready in time to buy our fantastic new range of Christmas Cards once again designed and donated by local Artist and Refuge supporter Alison Vickery. Details in our next Newsletter.

Fundraising

Once again we are overwhelmed by the generosity of our fundraisers and regular givers and continue to receive financial support from local Village Hall groups, local Rotary groups and individuals helping to raise money for the Refuge. None of what we do would be possible without you and we are immensely grateful for what you give. Thank you!

Chalford Stitches

A big thank you to the Chalford Stitches who have once again generously donated a wonderful selection of colourful and beautifully made quilts for the families in the Refuge.



Plant Sale

On an extremely wet Saturday in May, Alison Vickery held a plant sale on her front drive. Plants had been donated in substantial quantities and although hopes were high the weather was disappointing and she wondered who would brave the elements and what she would do with all the left-over plants. However, as the customers arrived and their generosity proved more determined than the rain the plants disappeared, leaving just a few by the end of the day.

The amount of money raised was quite extraordinary and has now nearly reached £1600. Absolutely amazing! Thank you so much to Alison and all the people who turned out to support us.



Upcoming events

- On the 'Thank You' day being held in the Abbey Gardens in Cirencester on July 4th, a proportion of the proceedings will be given to the Refuge.
- Stroud Women's Refuge will have a stall at the Dursley Town Festival on 10th July and we will have a stall at two of the Stroud Farmers' Markets in November.

Refuge Update

As a result of a generous £4,000 donation from the Rotary Club of Cotswold Tyndale, we have carried out refurbishment of 3 of our rooms. This has taken the form of new furniture, carpets and a fresh lick of paint. This has brightened the rooms and our newest residents have commented on how homely the spaces now feel.

As things begin to open up we are looking at how our service continues to change and operate. Through our outreach support service we are still available to support women in the Stroud District who have experienced or who are experiencing domestic abuse. Outreach support can be on a one to one basis to identify risks, make safety plans and get general support for domestic abuse or group support through our 'Next Steps' course. We are planning further online courses and looking ahead to how we can safely hold our face to face again.

Our families have been enjoying getting out to the local parks now the sunshine has finally returned, and we hope to plan some summer holiday trips and activities in the future.

Please donate today: justgiving.com/stroudberesford

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