

# SWA NEWSLETTER



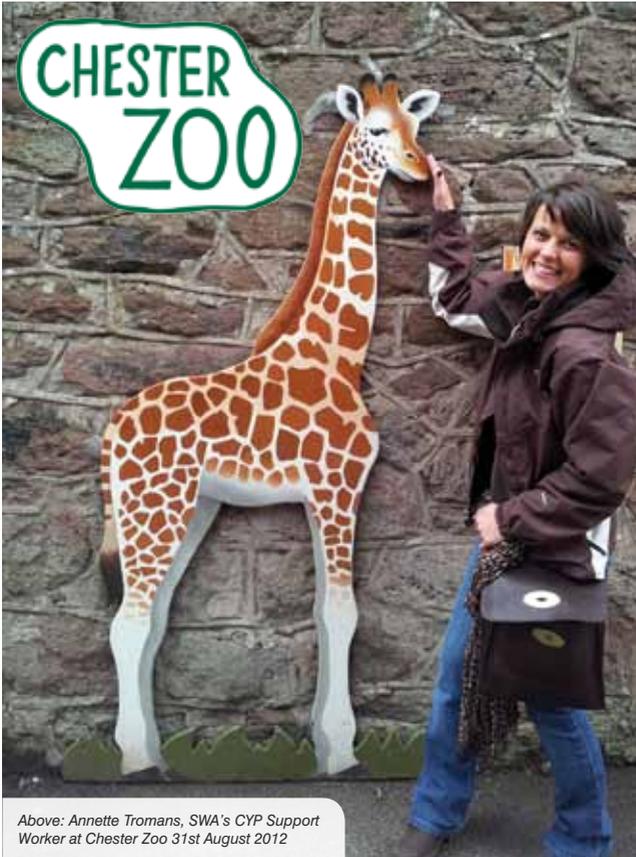
## White Ribbon Campaign

White Ribbon Day was originally a campaign set up in order to eliminate violence by men towards women.

White Ribbon Day is celebrated on 25th November. In recent years it has become recognised that although violence from men to women still accounts for over 80% of domestic abuse; same sex relationships and male victims of abuse also need recognition and this is one of the key reasons that we changed our name to Stockport Without Abuse.

Our White Ribbon celebrations therefore seek to raise awareness of domestic abuse across Stockport and to fund-raise in order that we may continue to support those who need our services.

This year SWA held celebrations at Stepping Hill Hospital and Stockport Council. Many Primary Schools joined in by wearing white and donating to our Charity. White Ribbon metal pin badges can be purchased at any time from Stockport Without Abuse for a £1 donation and is a visual way of demonstrating your support.



Above: Annette Tromans, SWA's CYP Support Worker at Chester Zoo 31st August 2012

## Chester Zoo Trip

Annette Tromans is one of our SWA Children and Young People's Support Worker. Part of her role is to organise activities, events and plan days out.

After consulting with the residents of the refuge, it was decided to have a trip to Chester Zoo as many of the residents have never been. Annette organised for the trip for the end of August as this gave the school children something to look forward to after many weeks off school.

*"It was a very good trip, I really enjoyed it. The children loved seeing all the animals and I wouldn't have been able to go without the help from SWA due to expense and travel."*

Sam, Aged 3 said: *"I liked the dinosaurs and the aquarium the best. I saw lots of animals but the lion was shy, it popped his head round the corner but wouldn't come out."*

## Charity Abseil

Earlier this year The Mayor of Stockport, Cllr Wendy Meikle, chose us as one of her Charities of the Year along with Tree House children's centre at Stepping Hill Hospital.

The Mayor organised a Charity Abseil down Stopford House, one of Stockport Borough Council's main buildings on 6th October 2012.

Sue Martin, SWA's Chief Executive bravely volunteered herself among 20 other people to raise funds for this valuable cause. Sue alone raised a massive £360.



## AGM

In October we held our Annual General Meeting at Stockport Masonic Guild Hall. Many people attended to learn about our achievements over the past year and our plans and aims for the next 12 months.

We reflected on:

- Specific pregnancy/post-birth support
- MARAC partnership award
- Girls are Strong Project
- New community premises

And we heard inspirational stories of local people who have survived living with abuse.



## Waitrose

We are grateful for the support given to us by the shoppers of the Waitrose Cheadle Hulme store. By selecting SWA from the options offered within the Community Matters fund, they raised the grand sum of £400.

Picture: Helen Hopkinson, SWA's Administrator being presented with the cheque from Waitrose employee Jake Aikenhead.



## A Fighting Chance

Claire Sutcliffe, one of our SWA volunteers wanted to set up a class for women teaching them self defence. Violence can happen to anyone at anytime. The frightening feeling of being powerless is what made Claire want to learn and help others learn to defend themselves.

The class was held at St Thomas' School Hall in Stockport and has been a fantastic turn out with on average 8 women attending each week. The class has been very empowering for the women, increasing their confidence and assertiveness and giving them awareness of potential risks and how to avoid them.

Also on the plus side, it keeps you fit and the women always have a laugh! It isn't about fighting, it's about having a fighting chance to escape safely and unharmed.

# Support Over Christmas

At SWA we recognise that Christmas can be a difficult time for people experiencing abusive relationships and often a lonely time for those who do not have close family or support close by. Increased pressures at this time can result in more instances of abuse and violence than usual, forcing some families to flee their home during Christmas and New Year.

In order to keep yourself safe, we advise always having your mobile phone with you, ensuring that it is fully charged and you have available credit. In the case of an emergency make sure you are safe and contact the police immediately by dialling 999.

We believe that everyone has the right to a safe home, free from violence and abuse, and we continue to work to support women, children and male victims to get the help and support they need.

## Changes to hours over Christmas 2012



### Local Helpline 0161 477 4271 and Refuge

Christmas Eve	8.30am – 3.00pm
Christmas Day	Closed
Boxing Day	Closed
New Years Day	Closed
27th/28th December	9.00am – 4.00pm
New Years Eve	8.30am – 4.00pm

### Useful Contact Numbers

National Domestic Violence Helpline

**Telephone: 0808 2000 247**

ChildLine

**Telephone: 0800 1111**

Samaritans

**Telephone: 08457 90 90 90**

Men's Advice Line

*(Open Monday - Friday 10am-1pm and 2pm-5pm)*

**Telephone: 0808 802 4040**

Rape Crisis Helpline

*(Open between 12pm-2.30pm and 7pm-9.30pm)*

**Telephone: 0808 802 9999**

## Contacting Stockport Without Abuse



**Don't suffer alone, we can help you**

**You can telephone our helpline in the strictest confidence on:**

**0161 477 4271**

Lines are staffed Monday to Friday from 08:30am to 6:00pm and there is an answerphone outside of these hours.

You can **email** us (from a safe place) at [info@stockportwithoutabuse.org.uk](mailto:info@stockportwithoutabuse.org.uk)

Or **fax** us on:  
0161 429 8756

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

