
IN SUPPORT OF

women's aid

until women & children are safe

CHARITY REGISTERED IN ENGLAND AND WALES: 1054154

Who are we & what do we do?

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Women's Aid is the national charity working to end domestic abuse against women and children.

For almost 50 years, Women's Aid has been at the forefront of shaping and coordinating responses to domestic abuse through practice, research and policy.

We empower survivors by keeping their voices at the heart of our work, working with and for women and children by listening to them and responding to their needs

Our Values: what we believe



We are...

Feminist - We recognise that domestic abuse happens within the context of patriarchy and we use our platform to challenge this.

Survivor-Centered - We place survivors at the heart of everything we do

Inclusive - Women's Aid exists for all women who have survived domestic abuse and our members who support them

Empowering - We want all those we work with – survivors, colleagues, members and sister organisations – to fulfil their potential. We provide opportunities, work collaboratively and share our platform.

Resilient - We act to ensure that we and our member organisations can keep working and making a difference for years to come. We are experts in our field, and sector leaders in research and evaluation. We are enduring.

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What is domestic abuse?

We define domestic abuse as **an incident or pattern of incidents of controlling, coercive, threatening, degrading and violent behaviour**, including sexual violence, in the majority of cases by a partner or ex-partner, but also by a family member or carer. **It is very common**. In the vast majority of cases it is **experienced by women and is perpetrated by men**.

Domestic abuse can include, but is not limited to, the following:

- **Coercive control** (a pattern of intimidation, degradation, isolation and control with the use or threat of physical or sexual violence)
- **Psychological and/or emotional abuse** [2].
- **Physical or sexual abuse.**
- **Financial or economic abuse.**
- **Harassment and stalking.**
- **Online or digital abuse.**

How you can support someone experiencing domestic abuse:

Supportive language, Validation, Signposting!

Domestic Abuse in the UK

- An estimated **1.7 million** women experienced some form of domestic abuse in the year ending March 2022
- An average of **three women every fortnight** were murdered by their male partner or ex-partner between 2016-2019
- On average the police in England and Wales receive over **100 calls** relating to domestic abuse **every hour**.

Domestic Abuse and Society

The economic and social costs of domestic abuse in England in 2022 were just under £78 billion

For every pound invested in domestic abuse support services we will see a saving to the public purse of at least £9

There is a 23.2% shortfall in refuge bedspaces and vacancies (a number which has persisted since the pandemic)

55.8% of women survivors reported sustained non-physical effects of domestic abuse (e.g. mental health problems)

Our Direct Services



Live Chat: An online instant messenger with an expert

Survivors' Forum: A safe space for survivors to connect

Survivors' Handbook: A practical support guide for anyone seeking help regarding domestic abuse

Women's Aid Directory: The national directory of all services within the domestic abuse sector

**The
Survivor's
Handbook**

No Woman Turned Away

Supporting women and their children fleeing domestic abuse, who face barriers when trying to access a safe refuge.

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- Work with women who have additional barriers to accessing refuge or safe accommodation.
- Assist local domestic abuse services when they are struggling to find safe accommodation for a woman/ family and feel they have exhausted all other avenues.
- We do not replace the support of the local domestic abuse service but will work alongside them to offer additional support to women.

No Woman Turned Away is an additional project as part of our direct services

Our Work



We save lives
(direct services)



We educate and inform
(Through training in all areas of society)



We support the sector



We raise awareness
(campaigning publicly and lobbying the government to change policy)

"I think it's an amazing service. I was feeling isolated and wasn't sure who to talk to about my situation. But they listened and provided links to support. They made me realise that [his] controlling, aggressive behaviour is not normal or acceptable"

- Live Chat

Road to Refuge

- Women's Aid has joined forces with National Express to support survivors of abuse by providing free coach travel across the UK.
- The Road to Refuge scheme provides women, men and children escaping domestic abuse with access to free National Express coach travel to reach safe refuge accommodation and support.
- The scheme is particularly crucial as survivors escaping domestic abuse are often advised to seek refuge services far away from their perpetrator. For many, paying for travel can be very difficult and become a barrier to seeking refuge as survivors will likely be carrying little money and belongings when fleeing abuse. This is especially true for women experiencing economic abuse, who may have little to no access to money.
- The new Road to Refuge scheme is an extension of Women's Aid's Rail to Refuge programme whereby survivors can access free travel on the UK's rail network. Since the launch of Rail to Refuge in April 2020, up to 1st October 2023 the scheme has supported 7,432 survivors, including 2,146 children over 5 to safety. On average, Rail to Refuge helps on average 6 survivors, including children, find safety each day.
- National Express initially supported the expansion of the Rail to Refuge scheme in summer 2022, supporting survivors during rail strikes by offering their coach services for free when survivors were unable to flee by train.

"It is a vital scheme for survivors who would otherwise be trapped and at a huge increased risk of further abuse. The Road to Refuge scheme will be truly lifesaving, giving survivors the opportunity to travel to vital, specialist support for free."

~ Farah Nazeer, Chief Executive of Women's Aid

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national express



Come Together To End Domestic Abuse: 5 things everyone can do

1. Make a change where you are – workplace, school, sports club – is there a domestic abuse policy? Is there a poster on how to get help? Has anyone had domestic abuse training?
2. Dispel myths about domestic abuse and challenge sexism.
3. Take action, your voice counts! Join campaigns for better protection for survivors or fundraise to enable us to make a change.
4. Learn what to say to someone experiencing abuse – understand the reasons why it may not be easy to just leave.
5. Speak Up – show we are standing up against domestic abuse together.



Come Together To End Domestic Abuse

What can you do, as an individual, and as a business?

We know that there is no one thing that will solve the significant societal issue that is domestic abuse.

Domestic abuse affects people throughout society and at every stage of life – what we need is for people to come together, to step up, and do what they can do in their communities and workplaces to end domestic abuse.

As Women's Aid heads towards our 50th birthday in 2024, we are asking everyone if they will **Come Together to End Domestic Abuse.**

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How you can get involved!

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Challenge Events (1.7)
(or even volunteer at a cheer spot)



Feminist Film (or book) club night



Bake Sale



Organise a Tournament



Host an event
(perhaps linked to special times of the year)



Go Purple (mufti day)



Payroll Giving Scheme



You can move your miles in any way - walk, run, cycle, wheel, static cycle, swim, kayak, dance, hop, skip or jump...the choice is yours.



You don't have to do it alone - split up into teams and compete to walk 1.7 million steps the quickest.



Not a runner? Don't worry! Read 17 books in September, or host a bake sale in the office and charge £1.70 per cake.

Where to get support

- Women's Aid Live Chat:
<https://chat.womensaid.org.uk/>
- Survivors' Forum
<https://survivorsforum.womensaid.org.uk/>
- Survivors' Handbook
<https://www.womensaid.org.uk/the-survivors-handbook/>
- Find your local service:
<https://www.womensaid.org.uk/domestic-abuse-directory/>
- If you're worried about someone else:
<https://www.womensaid.org.uk/the-survivors-handbook/im-worried-about-someone-else/>
- Other support services
<https://www.womensaid.org.uk/information-support/>



**Women's Aid is the national charity
working to end domestic abuse against
women and children.**

Thank you for your support!



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For more information please visit:

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