



Creative Activities Pack for Awareness Raising



International Women's Day

8TH MARCH

Together we are stronger

Thank you for showing your support this International Women's Day

Thank you for your interest in raising awareness this International Women's Day. By showing your support, you can help remove the stigma women experiencing domestic abuse and sexual violence face, and empower more women to reach out for support.

Last year, we supported more than 3000 individuals through our services, which range from practical help with accommodation, safety planning and accessing services, to emotional support via one-to-one appointments, outreach, counselling and group work. Our other services include education programmes and creative therapies for adults, and children and young people's support services.

We pride ourselves in going the extra mile for those we support; whether that's through providing home comforts and activities in our refuges or introducing new services to meet a wider range of needs. Community awareness raising helps us to spread the word, so we can help more individuals and families get the support they need.

We hope you find this pack useful. Please contact our team if you would like to discuss linking in with us to raise awareness or support us in any other way.

Helen Swain

CEO of Cyfannol Women's Aid

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Raising Awareness

We understand that talking about violence against women, domestic abuse and sexual violence is difficult. Accepting that, for many women, home is a place of fear and relationships are harmful, can be uncomfortable and distressing.

But by recognising and discussing violence against women, domestic abuse and sexual violence, we can open up conversations, making it easier for victims and survivors to speak out and access support.

You can help by:

Telling women and children about Cyfannol Women's Aid when you think they need support.



Asking for our leaflets for yourself, your friends or your workplace and displaying them prominently.

Asking us to provide information or give a talk in your workplace.



Arranging fundraising events or sponsored activities check out page 16 for our latest fundraising challenge.



International Women's Day

The very first IWD gathering was in 1911, supported by more than a million people.

International Women's Day is a global day that invites us all to:

- Celebrate women's achievements
- Be thankful for the women in our lives
- Take action for equality

Why we celebrate International Women's Day

As a women's aid charity, International Women's Day is important to us as part of our commitment to protecting and championing the rights of women and girls.

The World Health Organisation estimates that 1 in 3 women worldwide have been subjected to physical and/or sexual violence by an intimate partner, or non-partner sexual violence, or both. The attitudes and behaviours that sit behind this violence have their roots in broader society, where negative attitudes are normalised and harmful behaviours often go unchallenged.

This is why we continue to raise women up; to spread messages of empowerment; and to remind each other that **Together We Are Stronger.**



Cyfannol Women's Aid is an independent local charity based in Abergavenny, Ebbw Vale, Newport and Pontypool, which provides services and support throughout Gwent to people experiencing any form of Violence Against Women, Domestic Abuse or Sexual Violence.

What is VAWDASV?

VAWDASV stands for Violence against Women, Domestic Abuse and Sexual Violence. It incorporates Violence Against Women (and girls), Domestic Abuse, Rape and Sexual Violence, Sexual Harassment, Female Genital Mutilation, Honour based violence, Forced Marriage, Stalking, Trafficking and other forms of violence.

What is Domestic Abuse?

Domestic abuse is any abusive behaviour used by one individual to control and/or dominate another person with whom there is or has been a close relationship.

The abuse can be physical, emotional, psychological, sexual, verbal, or financial. It might be a combination of one, some, or all of these elements. Domestic abuse occurs irrespective of gender, race, class, age, religion, sexuality, mental ability, physical ability, income, lifestyle or geographical area of residence.

What is Sexual Violence?

Sexual violence is any unwanted sexual act or activity. Sexual violence can be perpetrated by a complete stranger, or by someone known and even trusted, such as a friend, colleague, family member, partner or ex-partner.

Sexual violence can happen to anyone. No-one should ever be made to engage in sexual activity without their consent. If this has happened to you, it was not your fault and you are not alone.

Types of support we offer:



Refuge



Support to
stay at home



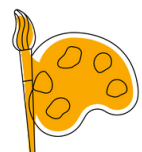
Drop-in
support



Groupwork



Counselling



Creative
therapies

The Live Fear Free Helpline is available 24/7 for advice and support:

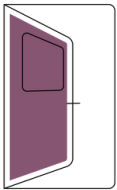
0808 80 10 800

Our Services

Knowing what services are available helps individuals to reach out for support or signpost others to the right support for them.

Our team offers expert information and advice in person at our centres in Torfaen, Monmouthshire and Blaenau Gwent (Mon-Fri 9.30am-4.30pm), as well as over the phone on 03300 564456

Domestic abuse support services:



Drop-in Support

We provide drop-in support sessions in Blaenau Gwent, Monmouthshire and Torfaen, enabling individuals to reach out for support when they need it.



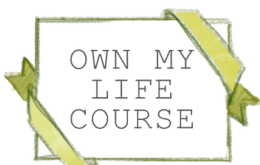
Accommodation

We have a range of refuge options across Torfaen, Newport, Monmouthshire and Blaenau Gwent, including self-contained flats and multi-occupancy houses. Refuge spaces are available to single women, as well as women with children. The locations of our refuges are confidential to ensure safety.



"Floating" Community-based Support

Our community-based floating support aims to enable people to feel safe and secure at home and within the community, offering individuals an opportunity to address their needs, access services, achieve goals and rebuild their lives.



Group Work

Own My Life is designed to enable women to regain ownership of their lives after abuse. The course helps women make sense of what has been done to them, discover their strengths and develop the skills to move forward.



The Recovery Toolkit is a 12-week course which aims to support women to recover from the effects of living with domestic abuse. The course is designed for women who have left an abusive partner.

Children and Young People's Support:



Young Person's IDVA

One-to-one support through the Children Affected by Domestic Abuse (CADA) project that aims to meet the individual needs of children and young people aged 11-18 who have experienced domestic abuse within their family, and/or who experience intimate partner violence in their own relationships.



Group-based Support

Groups for young people who have experienced or witnessed domestic abuse. The programmes aim to build self-esteem, communication skills & support emotional development through activities and projects.



Mentoring

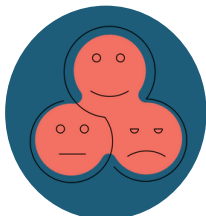
Mentors are matched with children and young people, offering opportunities for them to channel their energy into positive activities and projects.



Parent and Child Support

We offer groupwork for children aged 7-11 and their non-abusive caregiver, aimed at improving communication after domestic violence has ended:

- STAR (Safety, Trust And Respect) programme
- Strengthening the Child to Parent Bond



Break4Change

Adolescent-to-parent violence programme that supports families to make positive changes. Suitable for young people aged 11-16, along with their parents/carers

Could you be a mentor?

As a mentor you'll act as a role model, inspiring positive changes in behaviour. Mentors will be matched with a child and will meet them once a week, engaging them in positive activities.

Please get in touch with us if you'd like to find out more.



Our Horizon Sexual Violence Services can support anyone who has experienced rape, sexual violence or childhood abuse at any time in their life.



Sexual Violence Counselling Service

Specialist counselling is available for women, men and children aged 9+ who are currently experiencing, or have in the past experienced, sexual abuse. Our counselling service can help bring about effective change, providing freedom from the damaging effects of sexual abuse and supporting survivors to move on and regain control of their lives.



The Sexual Violence Recovery Toolkit Programme

A 12-week programme that helps survivors, who are in a position to take part in a group, come to terms with their experiences and develop positive lifestyle and coping strategies.



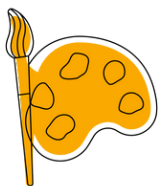
Sexual Exploitation Team

This Gwent-wide project provides information, advice, support and advocacy services to adults and young people who are currently, or are at risk of, experiencing sexual or financial exploitation.



Peer Support Groups

These groups bring together people with shared experiences to support each other, offering useful information on coping with the trauma of sexual violence and abuse, and introducing ideas and approaches that others have found helpful.



Creative Therapies

We offer a range of creative therapies, including art therapy and equine therapy, as part of our commitment to providing holistic support. Art therapy is delivered on a group basis, with participants meeting for weekly sessions (online or in-person) over the course of each programme. New group-based support options are being developed all the time.

How to donate

You can donate directly to us via any of the following methods:



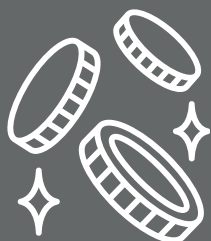
Online

Through our website, you can set up one-time donations or direct debits. We accept a wide range of payment methods, including Apple Pay, Google Pay, and PayPal.
<https://cyfannol.org.uk/donate/>



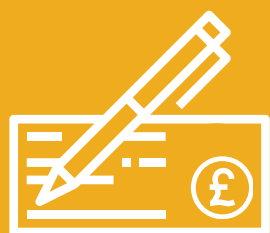
Text

Text **PACK** followed by your donation amount to 70450 to give that amount. You can donate £1 and £20 by specifying a number in your text message – texting 'PACK 3' to 70450 would donate £3.
Texts will cost the donation amount plus one standard network rate message.



Cash

You can make a cash donation of any amount to any one of our four offices located throughout Gwent. Our staff will collect some personal information so that we can acknowledge your contribution. To donate via cash please visit our website for our office locations: <https://cyfannol.org.uk/contact/offices/>



Cheques

Cheques should be made payable to "Cyfannol Women's Aid" and posted to our head office:

Cyfannol Women's Aid
3 Town Bridge Buildings
Park Road
Pontypool
NP4 6JE

If you donate to Cyfannol Women's Aid and you're a UK tax payer, you can increase the value of your donation at no extra cost to you.

giftaid it



Cyfannol Women's Aid is a registered charity in England and Wales, registration no. 1045890.

Creative Activities

Over the next few pages, we give you a chance to be creative while raising awareness. Below are steps you can follow to get the most out of them.

International Women's Day Cards - page 12

Print and cut out these cards to give to amazing women in your life or to cheer someone up on International Women's Day. You can also use the back of the card to write a message to that woman.

Strength is... Quote Card - page 13

Why not show people what you think Strength is... and show your support for Cyfannol.

Print page 14 out, write out what Strength is to you and take a photo to share on social media using the hashtag: **#StrongWomen**

Support Poster - page 14

Show your support for Cyfannol Women's Aid by printing this page and displaying it in your window, or by taking a selfie and posting to social media.

Fundraising Challenge - page 15

Step Up for Strong Women: Empowering Every Step

We empower women on every step of their journey, as they rebuild their lives after abuse. You can help us support and inspire more women to find their strength and look ahead to a brighter future by taking on our step challenge.

Come and say Hello

This year for international Women's Day, we will be attending a celebration event at the Riverfront in Newport on Saturday 11 March from 10am – 4pm.

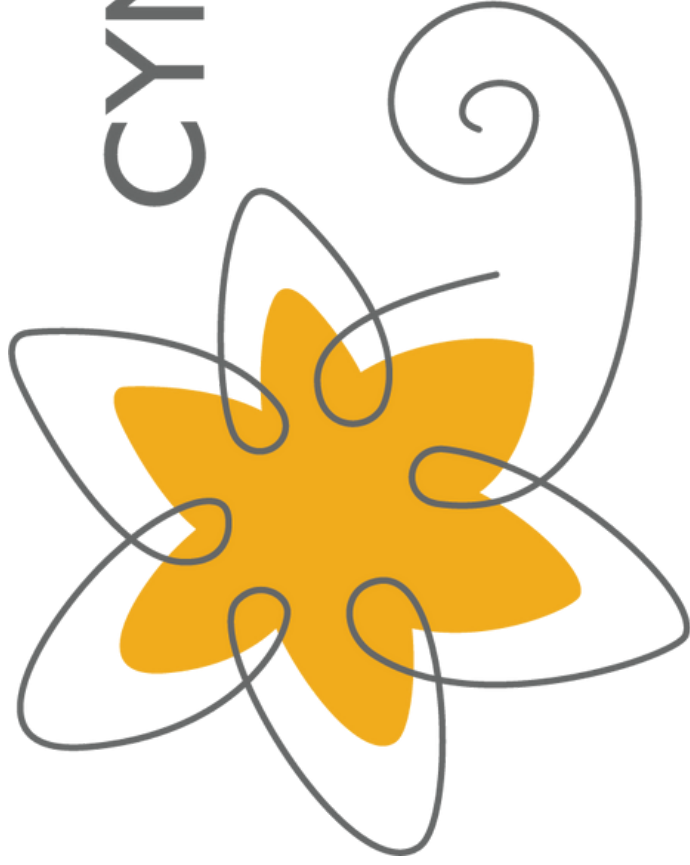
The Riverfront will be welcoming everyone of all ages to join them for a day full of music, workshops, inspirational guest speakers and more!

Their theme is **#InspireInclusion**.



Strength is....

We're supporting



CYMORTH I FENYWOD
CYFANNOL
WOMEN'S AID

Step Up for Strong Women: Empowering Every Step

Join us in supporting and empowering women as they take courageous steps towards rebuilding their lives after abuse. Our mission is to provide the resources, support, and inspiration needed for women to find their strength and stride confidently towards a brighter future.

In celebration of International Women's Day, we are asking you to raise money by taking on a step challenge for the month of March. Each step you take symbolises our commitment to standing with people who have experienced abuse and helping them move forward with resilience and hope.

The recommended number of steps for people to take each day is 10,000, but the average person only takes between 3,000 and 4,000 steps per day.

Challenge yourself to do more this month! Set your personal step goal and start walking... Whether it's around your neighbourhood, on a treadmill or visiting a local landmark – no matter where you go, every step counts:

- Belle Vue Park: 3,500 steps
- Skirrid Fawr: 7,000 steps
- Severn Bridge: 11,000 steps

By participating in this challenge, you're not only taking steps towards better health and wellbeing, but also stepping up to make a real difference in the lives of women in need. Your support will fund vital programmes and services that empower individuals to reclaim their lives after abuse.

Together, let's take steps towards a world where every woman feels empowered to walk confidently towards a brighter, abuse-free future. Join us in stepping up for strong women and empowering every step of their journey.

How to Get Involved:

- Scan the QR code or [click here](#) to set up your fundraising page.
- Encourage friends, family, and colleagues to sponsor your steps and donate to our cause. Share your progress on social media using the hashtag **#StepUpForStrongWomen** to inspire others to join the movement.
- Track your steps using a fitness tracker or app and log your progress on our fundraising page.

SCAN ME





Contact us via email:
fundraising@cyfannol.org.uk

www.cyfannol.org.uk

3 Town Bridge Buildings,
Park Road
Pontypool
NP4 6JE

For general enquiries: info@cyfannol.org.uk

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