

the wish  
centre

# FUNDRAISING CHANGES LIVES



# What is domestic abuse?

Domestic abuse is 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. 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
- Physical or sexual abuse
- Financial or economic abuse
- Harassment and stalking
- Online or digital abuse
- Female genital mutilation
- Honour based violence
- Forced Marriage

Domestic abuse:

- Will affect 1 in 4 women and 1 in 6 men in their lifetime
- Leads to, on average, two women being murdered each week and 30 men per year
- Accounts for 16% of all violent crime (Source: Crime in England and Wales 04/05 report), however it is still the violent crime least likely to be reported to the police
- Has more repeat victims than any other crime (on average there will have been 35 assaults before a victim calls the police)
- Is the single most quoted reason for becoming homeless (Shelter, 2002)
- In 2010 the Forced Marriage Unit responded to 1735 reports of possible Forced Marriages.

In addition, approximately 400 people commit suicide each year who have attended hospital for domestic abuse injuries in the previous six months, 200 of these attend hospital on the day they go on to commit suicide

# How does The Wish Centre help?

In 1988 a group of local women from Blackburn & Darwen identified a lack of provision for support services for victims of domestic abuse. Support from the council enabled the group to open a 2 bedroom refuge and employ a refuge worker in 1989. In 1998 the Wish Centre was opened and provided direct access and a helpline to women in the borough.

In 2014 the organisation changed its name from Blackburn Women's Aid to Blackburn & Darwen District without Abuse as we now offer support to male and female victims.

The aim of the organisation is to support people who have suffered or who are at risk of suffering domestic abuse, through the provision of support, advice and accommodation. We adopt a whole family approach to secure the safety of those affected by domestic abuse and support their development so that each individual is helped to grow and fulfil their potential into the future.

## **Our Services:**

- Refuge provision
- IDVA (Independent Domestic Violence Advocate) service
- Advocacy & Support
- Specialist services for Children & Young People including programmes to address adolescent on parent violence.
- Adult Victim Programmes
- Behavioural Change Programmes for perpetrators
- Training

**IF YOU ARE WORRIED ABOUT WHAT'S HAPPENING TO YOU OR TO SOMEONE YOU KNOW PLEASE CALL US 01254 260465**

# **Why support The Wish Centre?**

**"It often comes as a shock to many to learn of the prevalence of domestic abuse here in Blackburn with Darwen. During the period April to December 2019 we received 1367 referrals from individuals, police, social workers, health care staff and many others. Between 2018 and 2019 over 15,000 calls were made to our helpline.**

**The Wish Centre acts as a vital source of support, safety, advice, information and advocacy for families impacted by domestic abuse. We seek to support and empower individuals and families to stop living in fear and move on, living lives free from abuse.**

**Every £1 raised for The Wish Centre allows us to respond in a holistic way to the ever increasing demand for our services. Your fundraising can make a huge difference to families and every penny raised will help change lives for the better.**

**Whether an individual or a business you can help us raise awareness of domestic abuse and spread the message that help is out there."**



**Shigufta Khan  
Chief Executive Officer  
The Wish Centre**

# Fundraising Ideas

## Get Active!

Run, swim, cycle, walk, climb or dance. Organise or join in with an event and collect sponsorship for us - and get fit too! You could even be adventurous and complete a sky dive.



## Have a Purple Day

Purple is the internationally recognised colour for campaigns to raise awareness of domestic abuse. Add a purple theme to your event - cupcakes, dress down day or even hair dye!



## Donate your Plate

With friends, family or colleagues take it in turns to host a dinner party, scoring the evening to crown a champion. Each guest makes a donation equal to the amount of a meal out.



## Pamper party

Relax & unwind by getting together for a pamper party. Offer makeovers, massages, manicures & beauty treatments in return for a donation.



## Organise a Tournament

With colleagues, friends or at school, organise a football, darts, pool or table tennis competition.



## Raffle or Tombola

If you're organising an event, why not add a raffle or tombola. We can provide a letter to help you obtain prizes from local businesses.



## Bingo or Quiz Night

Rope in friends from your local pub or community centre and organise a bingo night, or a quiz to test your brain power!



## Have a clear out!

Sell unwanted items on eBay and donate the proceeds. You could even organise a jumble at your church hall or community centre. Or trade in old mobiles collected from friends and family and donate the income.



**IF YOU ARE HOLDING AN EVENT FOR US, PLEASE EMAIL [fundraising@thewishcentre.org](mailto:fundraising@thewishcentre.org) TO REGISTER YOUR EVENT.**

**We can help publicise it and provide collection tubs, leaflets etc.**

### **Laura's story\***

Laura came into to our refuge with one carrier bag of belongings. She had fled an abusive relationship where she was physically assaulted, isolated, suffered financial control and psychological abuse. Laura wasn't allowed to sleep in the bed and was made to sleep on the toilet floor. As a result of the abuse Laura was misusing alcohol and had lost her children to foster care.

She accessed counselling at The Wish Centre and was supported to alcohol abuse services. Laura attended our adult programmes to help her make sense of what had happened to her and realise that she wasn't to blame. She accessed mentoring training & IT Courses and her self esteem and confidence grew. We supported Laura to re-engage with Social Services around contact to her children and ensured she was involved in meetings and the decision making process.

Laura now has contact to her children at her new home address, is in employment and is safe.

### **Katie's Story\***

Katie came into our refuge, having fled a relationship with nothing but the clothes she was wearing and her cat, Dinah. Katie had suffered years of physical abuse having been stabbed, beaten and strangled to the point of unconsciousness. Dinah had also been mistreated by the perpetrator. Katie had been isolated from her family and was suffering with severe anxiety, depression and PTSD. We supported Katie to find a foster placement for Dinah where she could visit each week whilst in refuge.

Katie was supported to GP appointments and referred to a specialist CBT Therapist. She attended our adult programmes to help her come to terms with what had happened to her. Katie was, after 12 months, supported to find her own accomodation where our outreach service continued to support her for a further 18 months.

Katie & Dinah are now reunited. Katie is completing a BA Hons Degree and is volunteering with a local charity.



The Wish Centre  
43 King Street  
Blackburn BB2 2DH  
Tel: 01254 260465  
Charity Number: 1116444

We are a registered charity under the legal title of Blackburn & Darwen District Without Abuse Ltd (BDDWA) our registered working name is The WISH Centre. Founded in Blackburn, we provide emotional/ practical support for adults and children experiencing or fleeing from domestic violence and abuse.

Originally formed in 1989 by local women, we provide a full range of services including: Drop-In Centre for practical guidance and emotional support; crisis support and expert safety planning and mentoring from qualified IDVAs (independent domestic and sexual violence advisers); two local refuges, providing safe, temporary accommodation for women and their children; and a range of therapeutic and awareness sessions to help the recovery of women victims, men, children and young people and perpetrators themselves.

Our mission is to support and protect victims with specialist services that meet individual and complex needs. We work with any person affected by domestic abuse, sexual abuse, victimisation, coercive control and exploitation. Over the last 30 years we have helped over 90,000 women, with a victim of DVA supported every 30 minutes of each working day.

EVENT \_\_\_\_\_

**Your Details**

Title \_\_\_\_\_ Forename \_\_\_\_\_ Surname \_\_\_\_\_

Address \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_ Postcode \_\_\_\_\_

Email address \_\_\_\_\_

**If fundraising as part of a team.**

Team name \_\_\_\_\_ No. of Members \_\_\_\_\_

**SPONSORSHIP FORM**

I confirm that I am a UK Income or Capital Gains taxpayer. I have read this statement and want The Wish Centre to reclaim 25p of tax on every £1 that I have given: I am a UK taxpayer and understand that if I pay less Income Tax and/or Capital Gains Tax in the current tax year than the amount of Gift Aid claimed on all my donations, it is my responsibility to pay any difference.

Initial	Surname	1 <sup>st</sup> Line of address & house number	Postcode	Amount	Date paid	Gift Aid



# Sponsorship Form

Thanks to the generosity of people like you, The Wish Centre are able to offer holistic support to more families impacted by domestic abuse.

THANK  
YOU!

How to return your sponsorship money:-

- Online at [www.thewishcentre.org](http://www.thewishcentre.org) via the donate button – please ensure you leave a note in the message field about how you raised the money.
- By post with a cheque made payable to The Wish Centre at 43 King Street, Blackburn, Lancs. BB2 2DH
- In cash in person to our Fundraising Coordinator at the above address
- Direct bank transfer to: The Wish Centre. Natwest Bank Account No: 006994040 Sort Code: 01-00-85. Please ensure you leave a note about how you raised the money.
- If you have a JustGiving page, the money you raise will automatically be sent to The Wish Centre.

Please send a copy of this sponsorship form to our Fundraising Coordinator at the address above so that we can claim Gift Aid

**Here's some examples of what donations help us to offer the families we support:-**

Welcome pack - food, fresh groceries, toiletries, pyjamas, toys - £60

School holiday activity/Christmas party for a child in refuge £10

Personal alarm - £5

Window/door alarm - £10

Safe mobile phone £15.00 & SIM card

Essentials Pack - bedding, cutlery, cups, plates, pans (which families take with them when they leave) £100

An hour's therapeutic art & crafts activity with a child in refuge - £30

A voucher for used furniture or white goods on leaving refuge - £150

4 day food parcel for a family - £20

# Gifts in Kind

Below is a list of general items that we need on a regular basis.

If you have something that is not on the list, please contact us to see if we can use it. Unfortunately our storage space is severely limited so for larger items we will need to ensure it can be given straight to a family or individual in need.

- Long life food items - coffee, tea, pasta, cereal
- Towels and tea towels
- Single duvets, bedding & pillows (child and adult)
- Toiletries for adults and children (new only)
- Female hygiene products
- Nappies and wet wipes
- Toys (new only) no toy guns, swords etc.
- Books (new only)
- Craft items
- Crockery & pan sets (new only)
- Raffle/Auction prizes - chocolate, gift sets, bottles of wine, vouchers for days out, shops, beauty services, dining out.
- Other quality items that could be used to raise funds for The Wish Centre
- Services in kind - decorating, gardening etc.

Please email [fundraising@thewishcentre.org](mailto:fundraising@thewishcentre.org) or call 01254 260465 with queries.



# How Your Fundraising Helps

**£5** will buy a  
personal attack  
alarm

**£10** will buy a  
door or window  
alarm

**£5,000** will fund  
our life changing  
AIM (Awareness,  
Insight,  
Motivation)  
Programme  
for 12 women

**£15** will buy a  
safe mobile  
phone & sim  
card

**£60** will buy a  
welcome pack for a  
family coming to  
refuge  
- food, fresh  
groceries,  
toiletries, pyjamas,  
toys

**£10** will buy a  
School holiday  
activity  
for a child in  
refuge

**£100** will buy an  
essentials pack  
for a family  
coming into  
refuge - bedding,  
cutlery, cups,  
plates, pans  
(which families  
take with them)

**£30** will buy  
an hour's  
therapeutic  
art &  
craft activity  
with a child in  
refuge

**£150** will buy a  
voucher for  
used furniture or  
white goods  
on leaving  
refuge and  
moving into their  
own property

**£5,000** will  
fund  
therapeutic  
interventions  
for children in  
refuge or the  
community

# Quotes from those we have supported

**I have enjoyed coming to the centre, everyone is very supportive and caring and my confidence has grown - Sadie**

**I finally realised that not everything is my fault - Alison**

**The Wish Centre has helped me see what I need to do to be safe. Finding out all about domestic abuse and the effect it has on children has been an eyeopener - Catherine**

**I have learnt what my worth is - Salma**

**I have realised I have suffered domestic abuse and I shouldn't be embarrassed about it - Fatima**

**I feel special coming to the Wish Centre because it is a place where they help you - D aged 10**

**Helping Hands is incredible - P aged 7**

**Thank you for helping me getting through my beastly problems - S aged 10**

**I wish I could keep coming back to Helping Hands forever - T aged 7**

**I really enjoy talking to other people and how everyone is open with each other - P aged 14**

**I find it useful to think about how I cope with being angry - G aged 14**

**I learnt to try and keep calm and tell an adult and don't build stuff up - O aged 12**

**I learnt to accept myself - S aged 12**

**When I put myself in my partners shoes on the Make the Change programme it made me feel sick. How awful and scary it must have been for her - Peter**

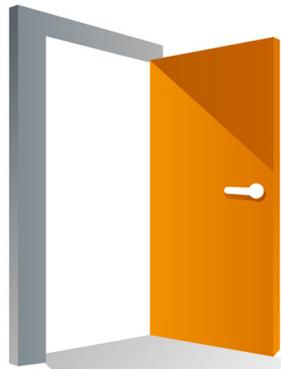
**I wish I had done Make the Change sooner. I might not have lost my kids - Adam**

# Hints and Tips

Fundraising is enjoyable and can be challenging, here are some tips to inspire you and help you to raise as much money as possible!

- **Tell people who you're fundraising for and why** - let them know about us.
- **Use your contacts and ask everyone you know.** They can often put you in touch with other people who can help.
- **Set up a Just Giving Page** - Our Just Giving fundraising page is easy to use and allows you to create a free online fundraising page, where your friends and family can sponsor quickly and securely using a credit or debit card. To set up your own fundraising page to raise money for The Wish Centre, please visit <http://justgiving.com> and off you go!
- **Get the local media involved** - The more coverage you get, the more people know what you're doing and the more people will sponsor you!
- **Get your employer involved** - Companies will often match employee fundraising up to a certain amount. Speak to your Community Affairs or HR Department.
- **Use local industries** - Local companies are often keen to support people in their own communities who are raising money for good causes, particularly if the company has a connection with sport, fitness or women's issues.
- **Get your gym or sports club involved** - These are ideal places to seek support. As well as sponsorship, you may find someone who would be willing to run or train with you.
- **Remember to Gift Aid it!** - If you are a UK tax-payer, The Wish Centre can claim 25% of your donation back from the tax man. Encourage your sponsors to tick the Gift Aid column on your sponsor form and remember that we can only collect Gift Aid on their donations if they include their full address and postcode on the form.
- **And lastly, keep in touch!** - Don't forget to let us know how you're getting on. Ring us for advice, queries or just a chat.

And if you find a fundraising method that really works, let us know!



# the wish centre

**The Wish Centre  
43 King Street  
Blackburn  
BB2 2DH**

**Tel: 01254 260465**

**Email:  
fundraising@thewishcentre.org or  
info@bddwa.org.uk**

**24 Hour National  
Domestic Abuse Helpline**

**0808 2000 247**

## **Follow us!**



**@wishcentre**



**@WishCentreBDDWA**



**@\_wishcentre**

**Website -  
www.bddwa.org**

## **How to return your sponsorship money:-**

- Online at [www.thewishcentre.org](http://www.thewishcentre.org) or at our Facebook page via the donate button – please ensure you email us with your name and how you raised the money.
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