



 **MISSINGLINK.**
cutting edge
women's mental health services

 **NEXTLINK.**
changing the face of
domestic abuse support services

 **SAFELINK.**
transforming victims' lives

FUNDRAISING PACK





Since 1983, we have been supporting vulnerable women and those most at risk from domestic and sexual violence and abuse.

The connections between mental ill health, domestic abuse and sexual violence is well evidenced, which places our services in the unique position of offering a range of support options that draws on the combined skills of the three services.

Our mission is to empower people to live independent lives free of abuse and stigmatisation. We want to see people thrive, not just survive.

Our services are more needed than ever before, and we need your help to make sure all women and children are safe from abuse.

1 IN 3
PREGNANT
WOMEN
EXPERIENCE
DOMESTIC ABUSE

2 WOMEN
A WEEK
ARE KILLED
IN ENGLAND BY A
PARTNER OR EX-PARTNER

EVERY DAY
30 WOMEN
ATTEMPT
SUICIDE
AS A RESULT OF EXPERIENCING
DOMESTIC ABUSE AND
EVERY WEEK
3 WOMEN
TAKE THEIR
OWN LIVES

My target
amount
£.....

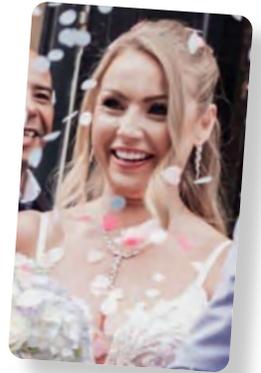
BETHANY'S STORY – NEXT LINK

"I entered into a Next Link Safehouse after fleeing abuse from my ex-partner in 2021. I fled with my children at the time. This was a very scary and traumatic time for me, and I am glad that I was able to access a women's refuge where I knew I was safe and could not be found. My ex-partner was physically, emotionally and mentally abusive to me. I lived in fear of his unpredictable temper and threats. He controlled every aspect of my life, from isolating me from all my friends and support network, to controlling what clothes and shoes I could wear.

During my time living in a safehouse, I struggled with my mental health. Next Link referred me for counselling and encouraged me to seek support with my GP. My support worker helped me so much through this, she always knew what to write in a text or a call to cheer me up

when I was having a low day. Next Link helped me to access public funds whilst I was unable to work, and advocated for me when trying to secure housing. After a lengthy wait I was finally offered a social housing tenancy with my daughters.

Fast forward to 2023, and I am now happy and settled in my own home with my children. I got married earlier this year to a loving husband and good role model to my children, and I am so proud of the journey I have been on to be where I am today. My journey has not been easy and there has been many ups and downs, but my drive to move forward along with the support and encouragement from Next Link has helped me reach where I am today, and for this I am very grateful."



62%
OF CHILDREN
LIVING IN A DOMESTIC ABUSE
HOUSEHOLD ARE
**DIRECTLY
HARMED**
BY THE PERPETRATOR

1 IN 6
CHILDREN
HAVE BEEN SEXUALLY ABUSED

1 IN 4
WOMEN AND
1 IN 18 MEN
HAVE BEEN RAPED OR
SEXUALLY ASSAULTED
AS ADULTS

FUNDRAISING STORIES

We believe that no fundraising idea is too big, small or silly.

We've seen quizzes, sewing bees, jazz nights, boxing and even someone climb their own stairs multiple times to reach the moon! This is as well as marathon runners, country walkers and bike rides.



The Jam at the Jam Jar raised a wonderful £320!

"I chose to fundraise for Missing Link after hearing about their essential services- as someone who is greatly influenced by the women in my life, this is a small show of gratitude".

Seb, 'Jam at the Jam-Jar' event fundraiser

"I donate to the families supported by Next Link as I was once in their place. The donations received provide a lift and comfort at one of the most difficult and painful times in their lives. They let the families know they are valued, supported, cared about and respected. The women and children who Next Link support deserve so much more than is possible to donate".

*Mehala Osborne - Co Director SLEEC
(Survivors Leading Essential Education & Change)*



"We choose to fundraise for Missing Link because of the invaluable work they do for people in our community. As an intersectional feminist society, we value their commitment to inclusivity. Missing Link understands the importance of having specialist workers who can provide support that is tailored to individual needs. Having Black and Minoritised and LGBTQIA+ specialist workers ensures that regardless of race or sexuality/gender expression, people can access quality support".

Kristen, Bristol FemSoc fundraiser

SO, YOU'VE BEEN INSPIRED TO DO SOME FUNDRAISING. BUT WHERE DO THE FUNDS GO?

Here are some examples of what will happen with your gift...

£25

WELCOME PACK FOR A WOMAN COMING INTO SAFE HOUSE*

*A welcome pack for an adult coming into safe house could include toiletries, food, sanitary products, towels, mindfulness resources and underwear as examples.

£30

WELCOME PACK FOR A CHILD COMING INTO SAFE HOUSE**

**A welcome pack for a child will include age appropriate toys, pyjamas, underwear, books and educational resources.

£32

PLAY THERAPY SESSION

£100

OUTING TO THE ZOO FOR 5 CHILDREN IN SAFE HOUSE

£1250

A COMPUTER WITH EDUCATIONAL RESOURCES FOR ONE OF OUR SAFE HOUSES (FOR CHILDREN AND ALSO FOR ADULTS TO HELP MANAGE THEIR LIVES/APPLY FOR JOBS ETC)

£248

3 COACHING SESSIONS FOR A WOMAN GETTING BACK INTO WORK

£202

ONE WEEK'S STAY IN A SAFE HOUSE

£30

AN HOUR'S COUNSELLING SESSION FOR A SURVIVOR OF DOMESTIC ABUSE

£29

ONE NIGHT STAY IN A SAFEHOUSE

FUNDRAISING IDEAS

Do you have a particular hobby or passion that you could take to the next level? For example, are you a keen knitter wanting to challenge yourself to make 100 socks in a month?

Or do you want to challenge yourself to something new? You could challenge yourself to a 10k and get fit in the process. We have places on the Bristol or Bath Half and we would love you to join us!

Are you going solo with a dance-athon, or perhaps you're a chatterbox who could commit to a sponsored silence?

If group fundraisers are more your thing, you could mobilise your colleagues with a bake sale or clothes swap, or perhaps run a quiz in the local community.

You could ask your employer to make us their charity of the year!

Examples of local events are:

- The Great Weston Cycle Ride
- The Great Bristol Run and the Great Bristol Family Run
- Nailsea Charity Walks and Runs (accessible routes available)
- Big Bristol Abseil

Fundraising can be such a great way of not only making money for a great cause, but also getting people together!



WHAT CAN WE OFFER YOU...

There are many things we can offer your company or organisation if they are supporting us. These could be:

- Volunteering opportunities
- Support the development or review of Domestic and Sexual Abuse Policy for staff
- Create direct referral pathways in to support
- Speakers and activities to improve understanding about domestic and sexual abuse and mental health
- Training on domestic and sexual abuse awareness, mental health and addressing health inequalities
- Fulfilment of your companies corporate social value targets

If you would like some more information or want to sound out a fundraising idea, please get in touch : fundraising@missinglinkhousing.co.uk

Or call us on 0117 925 1811.

We provide full support in your fundraising journey, as well as information drop-ins and supporter updates and events.

Our Just Giving Page is here www.justgiving.com/bristolmissinglink

If you'd like to make a one-off donation please scan the QR code below:



www.missinglinkhousing.co.uk
X (formerly known as twitter):
@MissingLink_MLH
www.facebook.com/MissingLinkHousing



www.nextlinkhousing.co.uk
X: @NextLinkHousing
www.facebook.com/nextlinkhousing
Instagram @nextlinksupport



www.safelinksupport.co.uk
X: @SafeLinkSupport
www.facebook.com/SafeLinkSupport



Missing Link strives to create a culture that encourages and values everyone's differences and promotes mutual respect and shared understanding. Missing Link is a Housing Association with charitable status, registered under the Co-operative and Community Benefit Societies Act (2014). Register No. 24218R