



## Birmingham & Solihull Women's Aid

Mothers' Union members help to support women and families affected by domestic violence.

*Domestic abuse affects 1 in 5 adults in this country at some point in their lives*

*(1 in 4 women and 1 in 7 men)*

*At least 750,000 children a year witness domestic abuse.*

Mothers' Union is continuing to support this vital work by donating essential items for use in the refuges and we are very grateful for everything that has been donated by everyone at St Laurence. If you are able to continue to help, please leave items (clearly marked for the Refuge or for Rowena) in church or at the Pastoral Centre (lockdown permitting).

### Items that are currently needed are:

**Toiletries for women;** • deodorant • shower gel • shampoo & conditioner • sanitary towels and tampons • toothbrush & toothpaste

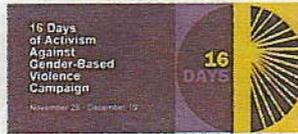
**Basic food items;** • beans and pulses • vegetables (tinned) • soups (tinned, packets, cartons) • fish and meat (tinned) • pasta (dried) • cooking sauces • rice and bulgur wheat • pot noodle/microwave noodles • treats and snacks (chocolate, crisps, biscuits, cereal bars) • cereals and porridge oats • teabags, coffee, sugar • long life milk • squash

**For babies & new mums;** • nappies & baby wipes • powdered milk • baby skin care (baby shampoo, bath, moisturiser & oil) • cotton wool • baby food (jars & packets) • brand new packs of underwear (for mum)

THANK YOU

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Dioecese of Birmingham



It's a sad fact that 1 in 3 women worldwide have experienced domestic or sexual abuse and we all need to raise awareness of the issue and encourage more people in our communities to get involved and demand change. We recognise that men also suffer from Domestic Violence.

16 Days of Activism Against Gender-Based Violence is an international campaign. It takes place each year from **25 November** (International Day for the Elimination of Violence Against Women) until **10 December** (International Human Rights Day). Mothers' Union members take an active part in the campaign.

Please try to join in the MU's Global Day which is going to happen on Saturday 5<sup>th</sup> December:

- an online reflection at 11.30am on MU Facebook Live and YouTube and will finish with midday prayers;
- an evening service at 8.00pm, with members from around the world talking about their experiences with music and reflections included.

*Loving Lord,  
who has called us to be the body of Christ,  
make us ready to act as his hands and feet in the world.  
to raise awareness of what must be challenged,  
and to address the plight of the vulnerable. Amen*

For further resources and information on MU's calendar of events:  
<https://www.mothersunion.org/16-days-activism-and-global-day-resources-2020>

If you are experiencing Domestic Violence please call:  
Women's Aid Helpline 0808 800 0028  
Mankind 01823 334244

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