

## Who is Living Without Abuse ?

Living Without Abuse, formerly Loughborough Women's Aid, is a charity that has been supporting survivors of domestic abuse for over thirty years.



Most of our work is with women but we also support male survivors, children and young people.

We provide one to one support to help survivors escape the abuse they are experiencing , to re-build their lives and to deal with the impact of the domestic abuse.

We also provide support groups and counselling, photograph injuries for court and assist survivors to access emergency refuge accommodation.

For further information please contact :



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Registered Charity Number: 1121923

## LIVING WITHOUT ABUSE

# FUNDRAISING CHAMPIONS



## FUNDRAISING CHAMPIONS

LWA is looking for volunteers who would like to get involved and support the work we do.

There are loads of different ways you can raise money for LWA and have a great time doing it!

From a one off activity to a regular event; organising it yourself or supporting the events we organise. Every bit helps and every bit goes directly to supporting local men, women and children who are experiencing domestic abuse.



## Fundraising Ideas

You take part or organise a sponsored event, such as:

- A Walk, Fun Run or Marathon
- A Swim
- A Mountain climb
- A No caffeine week
- A Sponsored Silence
- A Tandem Sky Jump

**OR**

you could organise an event, such as:

- A Raffle
- Dress Up/Down Day/ Non-uniform Day
- A meal or Film night at home
- A Car boot or Bring and Buy Sale
- A Coffee morning
- A Golf Day
- A Charity Ball or Auction
- A Cake Bake/Cake Stall
- Car Wash

**OR**

you could help out at LWA events by volunteering on a stall or take part in a store collection with donation buckets.

The ideas are endless!

## WHY VOLUNTEER?

Volunteers benefit from -

- Gaining and developing skills, knowledge and experience.
- Making new friends.
- Enhancing their CV.
- Improving one's employment prospects.
- A chance to socialise.
- Getting to know the local community.
- Giving something back.
- Making a difference to the lives of others.
- Feeling part of a team.
- Feeling valued.
- Having quality time away from work or a busy lifestyle.
- Gaining confidence and self-esteem.



LWA will offer you on-going support as a Fundraising Champion.