



Ending  
domestic  
abuse

# SafeLives' Newsletter Summer Edition 2024





## A new chapter for SafeLives: meet our CEO

I am thrilled to be back at SafeLives, having been the charity's interim CEO last year when my predecessor, Suzanne Jacob, was on parental leave. SafeLives is a thoughtful, influential, and very special charity that sets the standards to ensure a domestic abuse response that truly works. It brings me great pride to be working with a team of talented colleagues who are passionately committed to ending domestic abuse. I am very keen to make sure we continue to use our unique position to change the world for survivors and I'm so grateful to all of our fantastic supporters who are making this change possible.

Please be reassured that I absolutely share your commitment to sorting out the system and raising up the rights and voices of survivors. I will be unremitting in our collective mission! I bring 10 years' experience of running big services supporting survivors – including at Refuge and Victim Support – and before that I worked in local government for 20 years.

On a personal level, I am a Trustee at my local Foodbank in Blackpool, and my unusual hobby is playing 2nd trombone in a brass band – expect me to make a different (even louder) sort of noise for SafeLives. I look forward to staying in touch with you all!

*Best wishes, Ellen Miller*

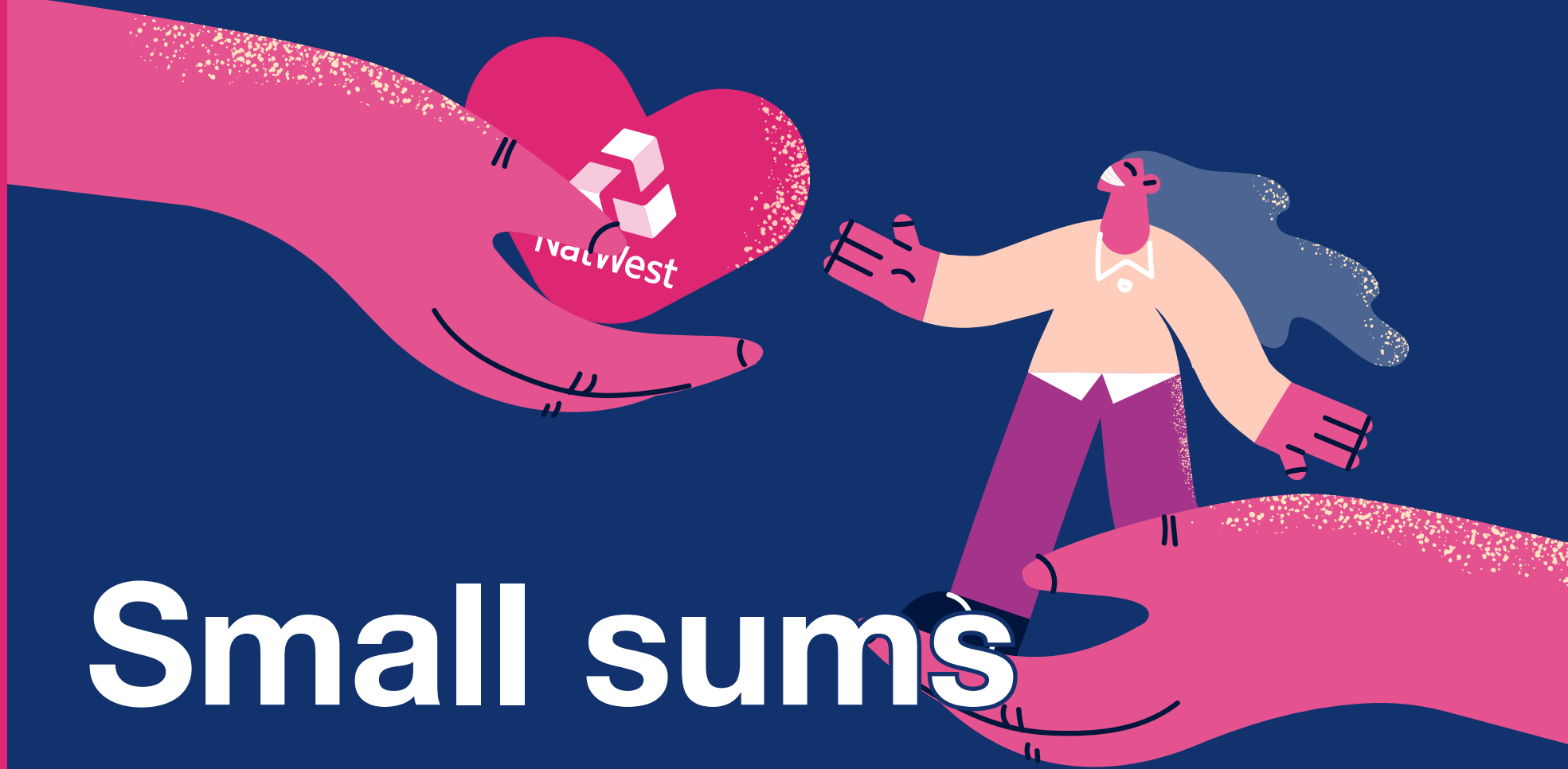
## A message from Sophie



Hello! I'm Sophie Hirst, the new Community Fundraiser at SafeLives and I am thrilled to be joining the team! I have worked in fundraising for around five years and prior to that I worked in a domestic abuse charity in Wales. I actually completed some training with SafeLives whilst in that role which helped me immensely, so I have been following the great work of SafeLives closely over the years.

I can't wait to start meeting all our wonderful supporters over the coming weeks. As your dedicated Community Fundraiser, I am here to assist you with anything you need. Please don't hesitate to reach out to me anytime for support or with any questions.

Get in touch with Sophie:  
Sophie.Hirst@SafeLives.org.uk



# Small sums back big change

**In 2020 NatWest worked with SafeLives and donated £1m to launch The Circle Fund, a project offering grants to victims and survivors of domestic abuse. The grants were able to help survivors to access essentials such as food, cots, shoes, bus fares and Ring doorbells. Alongside emergency provisions, the fund is also focused on helping survivors to rebuild their lives and maintain a feeling of safety.**

We are thrilled to announce the renewal of the Circle Fund for another three years thanks to a further donation of £1m from NatWest! This will allow us to continue to work with frontline specialists to get money where its most needed.

Designed by services and survivors, the Circle Fund was created to provide fast, flexible and impactful grants of up to £500 to answer victims' individual needs, delivered via a network of frontline services. Recognising that many existing funding streams were limited and time-consuming to apply for, The Circle Fund was designed to offer a more simple, quick and efficient process.

Since NatWest's initial £1m donation, 137 frontline services across the UK have now accessed the Circle Fund, directly supporting over 4,000 survivors of domestic abuse. This includes specialist services reaching some of the UK's most marginalised groups including LGBTQ+, Deaf, African and Caribbean heritage,

Muslim and Arabic speaking, and South Asian communities. With services able to issue individual grants to survivors within 24-48 hours, the Circle Fund ensures survivors are supported in the right way, at the right time.

Services and survivors have told us the difference that the Circle Fund has made.

"It has been a godsend... The fund has alleviated hardship and suffering for clients without them having to feel shame and feel reassured that they are valued and supported. This fund has made a significant contribution toward victims becoming survivors of abuse, ending the cycle of abuse and becoming independent"  
**Domestic Abuse Service**

"Thank you so much for helping me move forward. I can now feed my family in the way they deserve again. It is such a relief."  
**Recipient of Circle Fund**

**Exciting news!**  
**Our Circle Fund has been nominated for a Charity Award 2024!**  
**Read more here**

**To read more about the Circle Fund, [click here.](#)**



# Championing Change:

## Meet two inspiring supporters

We are so pleased to introduce two of our remarkable supporters, Kristie and loan, who are going above and beyond to raise money for SafeLives. They share their personal motivations behind why they decided to raise money for SafeLives and what ending domestic abuse means to them.

### A university talk that sparked loan to take action

I'm loan and I have been training for the Leeds Half Marathon. I came across SafeLives at a talk hosted by the University of Leeds. I was struck by the role of the Domestic Abuse Matters programme, which offers a bespoke scheme designed for driving cultural attitudes towards domestic abuse in our police forces nationwide. This is, unfortunately, a very pressing issue, but I hope that the programme, with plenty of support, will contribute to make

improvements to the handling of domestic abuse at an institutional level.

Unfortunately, I was unable to participate in the Leeds Half in May through injury. However, not to worry, as I aim to complete a half marathon over the summer once I have recovered. I cannot thank SafeLives enough for the kind support of its staff, including my very own SafeLives vest! I am very proud to have fundraised for such a worthy cause and would like to say thank you to everyone that has so generously contributed."



*Click to donate*

A huge thank you to loan from everyone at SafeLives. If you feel inspired to take part in a challenge like loan, please feel free to get in touch with Sophie at [Sophie.Hirst@SafeLives.org.uk](mailto:Sophie.Hirst@SafeLives.org.uk)

### Braving the Waves: Kristie's English Channel Swim for SafeLives

I'm Kristie and I am fundraising for SafeLives by swimming the English channel! I plan to set off from Dover and swim all the way to France in September, covering roughly 21 miles. I am thrilled

to be taking on this challenge for a charity very close to my heart. I currently work as the Young Person's Authentic Voice Coordinator for SafeLives, and I also have lived experience of domestic abuse.

Outdoor swimming has changed my life so much! Around 8 years ago I started to struggle with my mental health. I was working in a frontline children and young person victim service which caused me to suffer with vicarious trauma, so I decided to try something new for my wellbeing and I decided I would try outdoor swimming. I started swimming outdoors every day and I haven't looked back - I have been swimming every day for the last four years!

I have met some incredible people and made many new friends through my swimming. Ice swimming is my favourite. I became one of the first 500 people in the world to complete an ice mile, which is 1608m in water 5C or colder. I have been able to travel too, I swam in the Winter Swimming World Championships in Slovenia, an ice mile event in Dublin and the GB Ice Swimming Championships and won a selection of age group medals, including a couple of golds! I never could have imagined what opportunities outdoor swimming could open for me.

I am thrilled to be taking on this challenge for such a great cause. Thank you to everyone for their support so far - wish me luck!! Kristie x"

Thank you so much Kristie from everyone at SafeLives. To show our support, Team SafeLives will be taking part in our very own challenge event. More information to follow!



*Click to donate*





# A Royal Audience: Our Changemakers were back at Buckingham Palace

In April, four pioneering young women from SafeLives met with Her Majesty The Queen to discuss working together to improve the response to young people experiencing domestic abuse. ‘Changemakers’ - a group of young people aged 13-20, who guide SafeLives’ response to issues facing young people – joined Her Majesty for a conversation on their latest work, initiatives and ideas at Buckingham Palace.

As a long-standing advocate for domestic abuse victims and survivors, Her Majesty was keen to understand what is needed to prevent young people from being harmed or harming others. Meeting with The Queen gave the Changemakers an important opportunity to share their vision for the future with a particular focus on the power of young people’s authentic voice, promoting healthy relationships and tailored responses for young people.

SafeLives’ research suggests that young people aged 13-17 experience some of the highest rates of domestic abuse. 78% of children living with domestic abuse are directly harmed by the perpetrator and abuse between parents or carers causes children harm and is in itself child abuse. As part of our mission to end domestic abuse for everyone, our Safe Young Lives programme empowers Changemakers to use their voices, insights and experience to shape research, campaigns and services for young people impacted by domestic abuse.

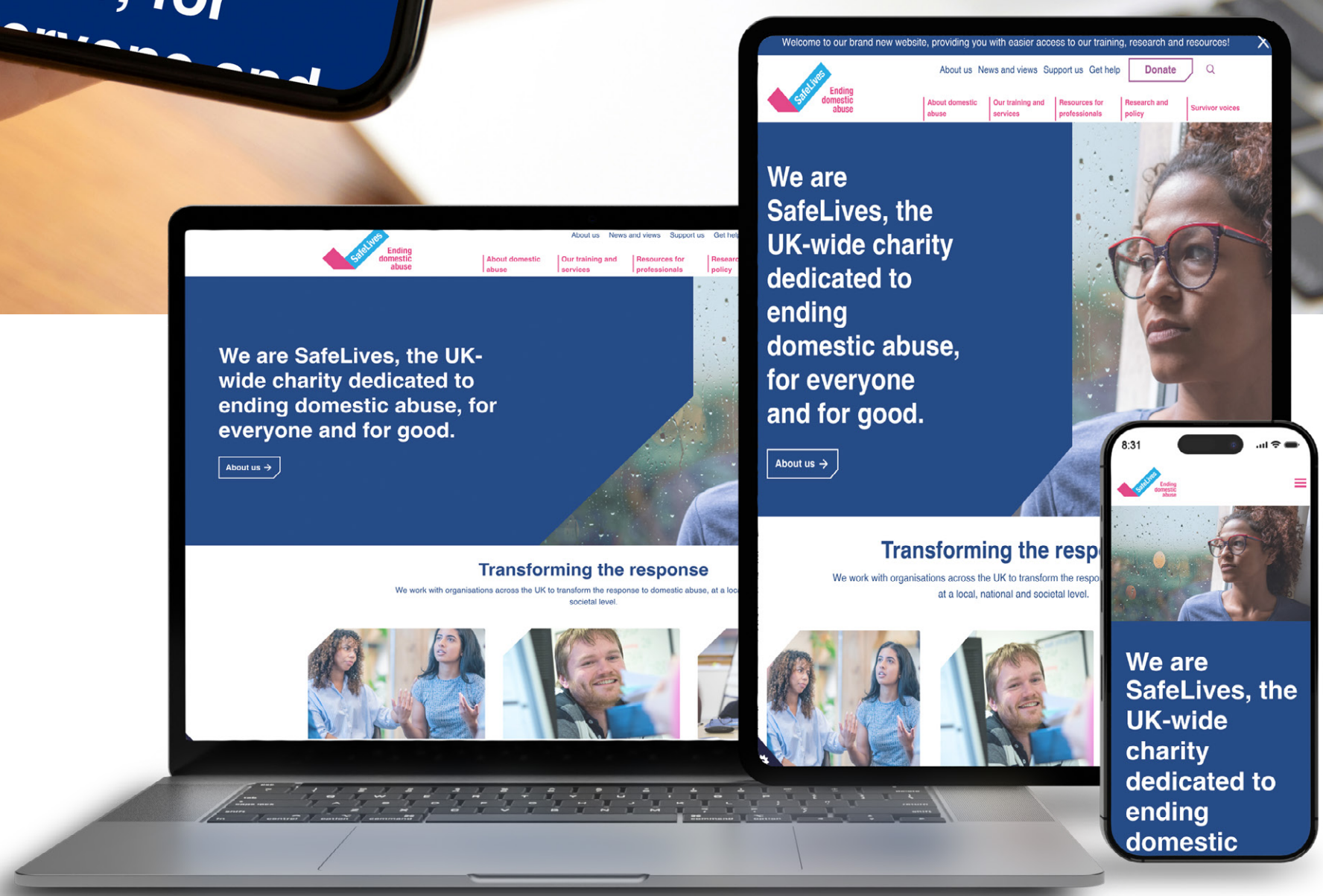
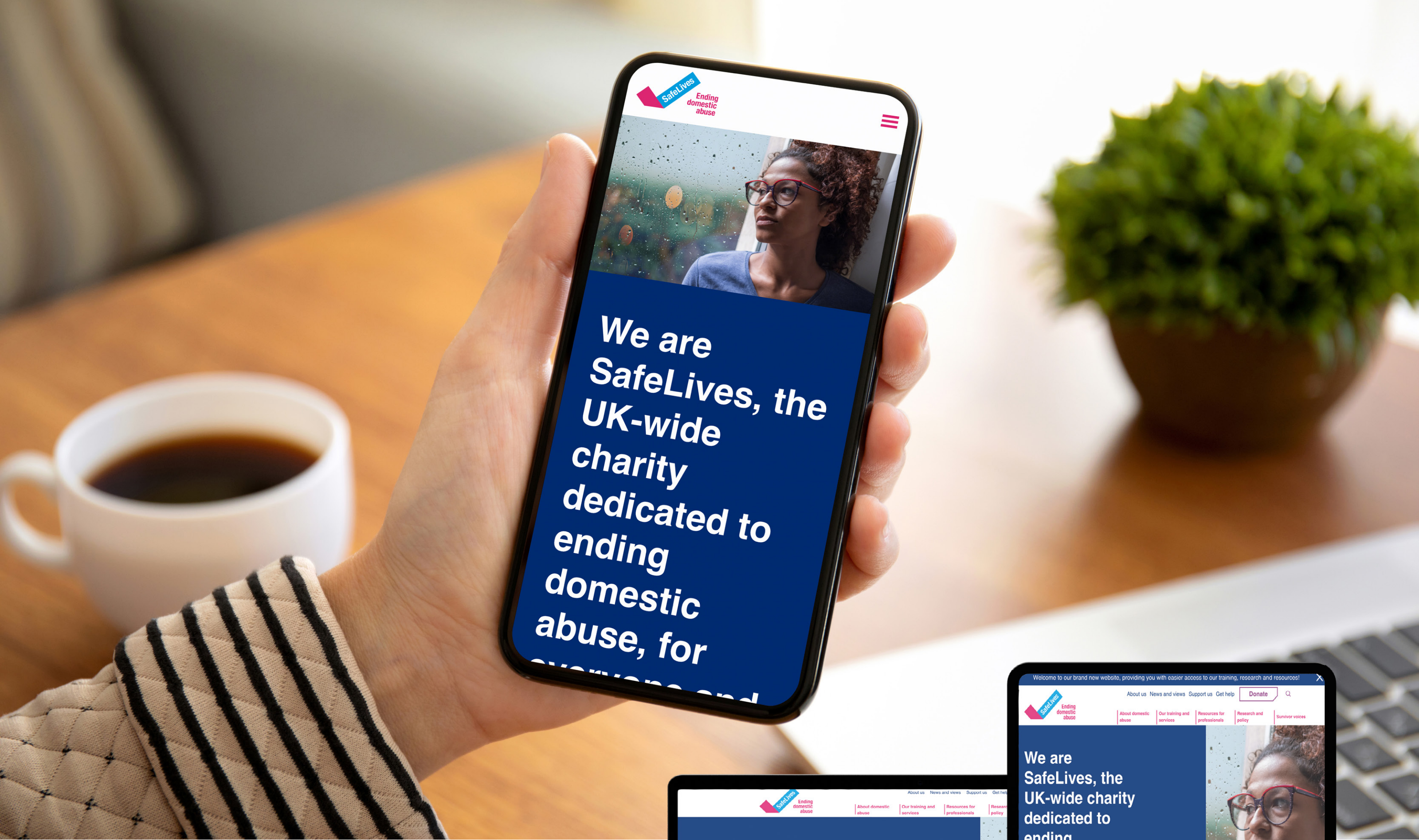
The Changemaker’s dedication to ending domestic abuse has seen the group involved in an array of projects, including addressing harmful and toxic behaviours in early relationships, researching what causes young people to display abusive behaviours, shaping the national Relationships and Sex Education curriculum, and redefining young people’s relationship to the police.



“The impact of Her Majesty championing young voices cannot be underestimated. At SafeLives, we put real life experiences at the heart of what we do. In giving our Changemakers the opportunity to speak directly and honestly about their experiences and views, Her Majesty is showing them that they matter, and that young people form a vital part of the UK’s response to domestic abuse.”  
Ellen Miller, CEO SafeLives

To read more about the Changemaker’s visit to Buckingham Palace, [click here.](#)





# Our new website is now **live!**

We are excited to announce that our new website is now live and can provide you with easier access to our training, research and resources! Our website is full of information, guidance, facts and figures about domestic abuse and important information about where to get help and support if you need it.



## Spotlight on #ReachIn



One section of our website is Reach In. [Click here to view.](#)

It can be hard to reach out for help from behind closed doors, we need someone to #ReachIn. This section of our website offers guidance on what to do if you are concerned about a friend, colleague, relative or neighbour.

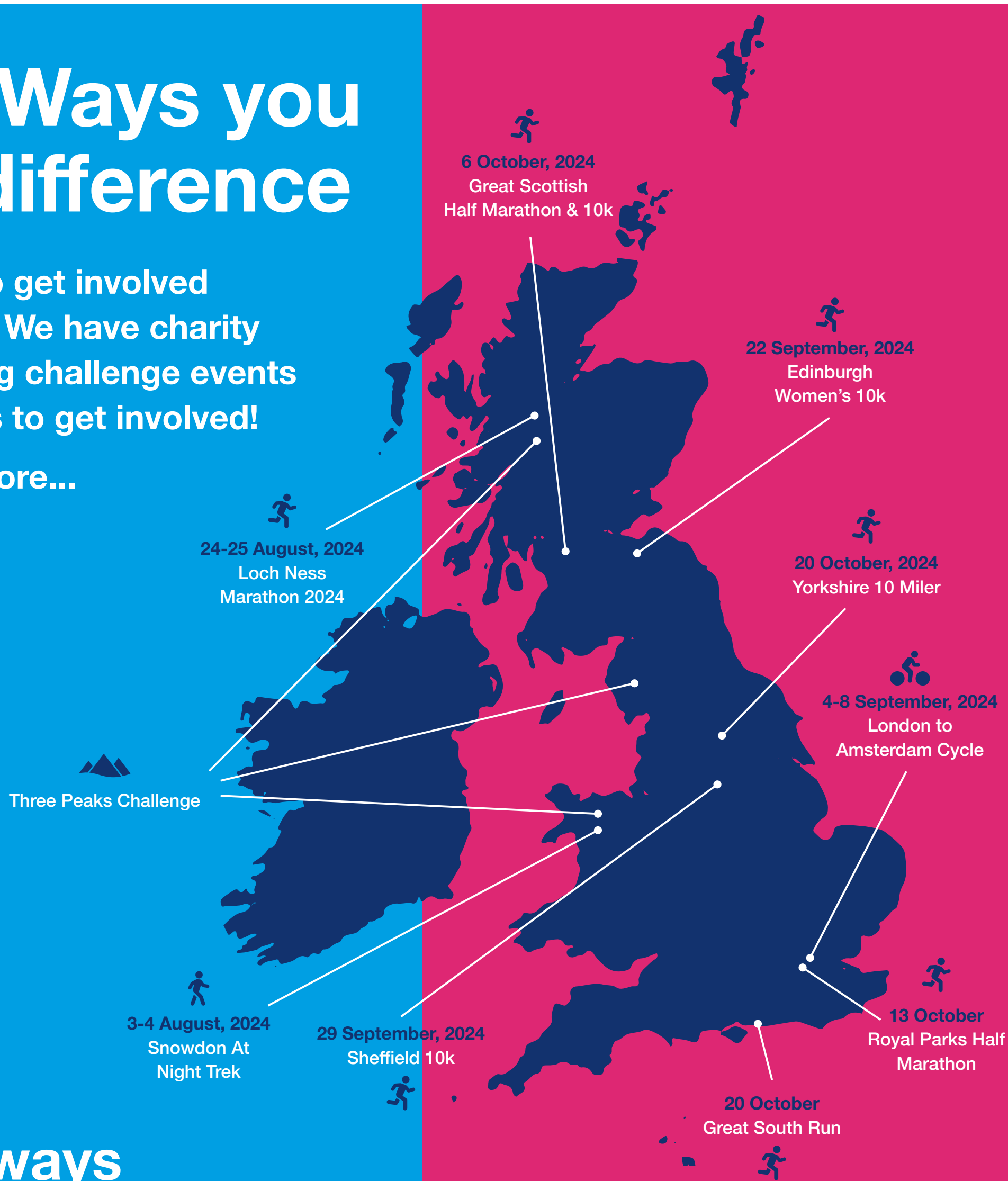
Prepare → Ask → Listen → Reassure → Offer help



# Take Action: Ways you can make a difference

There are still plenty of ways to get involved and support SafeLives in 2024. We have charity places available in the following challenge events – and many more opportunities to get involved!

Click on an event to find out more...



## Looking for other ways to make a difference?

### Join our Monthly Giving Circle

With a regular monthly donation you'll be making a consistent, meaningful and lasting contribution to our mission to end domestic abuse. Plus, it's convenient and flexible – you choose the amount that works best for you, and your donation will automatically be processed each month.

[Click here to find out more!](#)

### Make a one-off donation

With a one-off gift, you can make a big difference to those living with domestic abuse in the UK. [Click here to make a one-off donation.](#)

### Skydiving

Raise money for SafeLives whilst ticking something off your bucket list. Your skydive will be covered if your raise £395. [Apply here!](#)

Your donation will help make sure that victims and survivors, and their families, are made safe and are given support to rebuild their lives.

Nobody should live in fear. It's not acceptable and together, we can make it stop. Join #TeamSafeLives today!

Contact us: [fundraising@safelives.org.uk](mailto:fundraising@safelives.org.uk)



Scan the QR code or [click here](#) to register your interest in any of our events. A member of the team will then be in touch to send you a Fundraising Pack and a SafeLives t-shirt!

