

# A warm welcome to our Spring 2025 Newsletter



## Our Services

- Providing refuge across South Lincolnshire for victims and their children fleeing domestic abuse
- Preventing future domestic abuse in the next generation our work in schools
- One to one direct support through our rural community hubs in Holbeach, Spalding, Boston, Long Sutton, Sutton Bridge and the surrounding villages
- Delivering The Freedom Programme – helping Victims understand the effects of domestic abuse and feel empowered to move on
- Offering extended support through the Moving On Together programme for survivors in the local community

## Words of a survivor:

To those who donate to us and support us, not just at Christmas but all year round ✨  
Here are the words of a survivor, that show just how much your support makes a difference...

*"Obviously with Christmas approaching 2024, me coming here with no penny to my name etc and then applying for universal credit etc etc I now have to learn how to work with finances for the very first time since.... Everything was new and with Christmas on the way.... it got kind of overwhelming, having priorities etc etc.*

*Now, I could easily explain to my kids ( which I did ) that Christmas they might get a gift or two, due to the fact that I just didn't have the money to make things happen for them. I felt guilty, I felt like I've taken them from a home with two parents and where they got gifts every year and I won't be able to give them that they're used to during the Christmas holidays Etc... I had to keep on reminding myself of the importance of why I left yet I still feel guilty.*

*I can truthfully say, whoever donated towards our Christmas season they will never fully comprehend of just what their contributions meant to us, I will forever remember the looks of joy and excitement on the kids faces. Watching them jump up and down with joy and laughter was one of the greatest gifts you guys could have given. Any mother during this time especially whe she felt like she had failed her kids.*

*Now I know Christmas is not all about just gifts..... Its about being there, being present and loving each other but I can truly say you blessing us with all these generous and very very thoughtful gifts has been nothing sort of awesome. You brought so much joy and fulfilment and happiness not just on Christmas day but till today.*

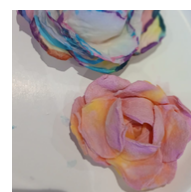
*These kids loooooooved there items and still play with it as if it was given to them yesterday.  
I will forever cherish the looks on their faces and will never forget what joy and hope this day brought.  
Thank you for giving so generously and selflessly I will sincerely never forget this past Christmas. With a heart filled with Gratitude the lord bless you all"*

## Photos



*Fun at the farm for our families!*

*A huge thank you to Tattersall Farm Park for providing us with a free day out. A great time was had by all!*



## Raising awareness & educating young people



## IS THIS LOVE?

LOVE OR ABUSE?  
DON'T CONFUSE THE TWO



UNFORTUNATELY, VALENTINE'S DAY CAN BE A KEY TIME FOR DOMESTIC ABUSE PERPETRATORS TO LEAD THEIR VICTIMS INTO A FALSE SENSE OF SECURITY, DISPLAYING CONTROLLING BEHAVIOUR, SUCH AS SHOWERING PARTNERS WITH GIFTS TO MAKE THEM FEEL SPECIAL AND LOVED. THIS IS CALLED 'LOVE BOMBING'.

## Can you help this Easter?



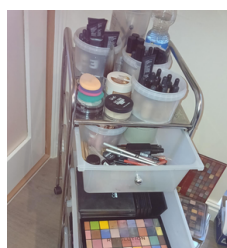




**Thank you to Boston College for inviting us to attend this years Volunteer Fair. To find out more about our volunteering opportunities, click the link below -**

**[Moving On Together Scheme](#)**

**Thank you to our local community!**



***With thanks to Boston College who came out and delivered a 'make up application' course to the residents in the refuge.***

***Our amazing new Disney themed playroom created by The Painting Lady as a donation. WOW!***

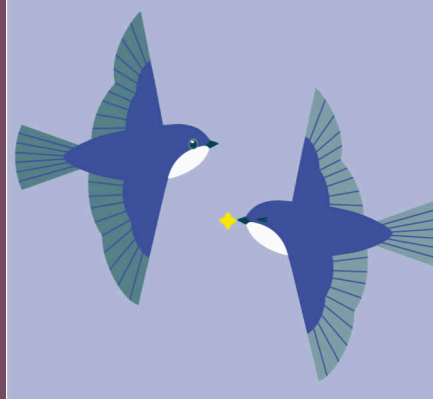


***We were delighted to be selected as a Lincolnshire Coop Community Champion and received a fantastic donation of £765.***

***A lovely visit to Elmwood House Care home to collect donations - thank you for choosing us as your chosen charity!***



***Our Sponsor A Room appeal has re-opened for the new financial year. We have 10 bedrooms looking for a new sponsor. Please click the link below to find out more -***  
**[SPONSOR A ROOM](#)**



**Help us win £1,000. Please nominate us today!**



***Please click the link below to nominate us:***

**[Movement for Good - Nominate a charity for an award.](#)**

## **Volunteer Gardener Required**



**Do you have some spare time and would like to give back to your local community?**

**Haven Domestic Abuse Service are looking for a:**

***Volunteer Gardener***



**DBS funded by the charity  
Tea/Coffee provided**

**If you think you could help please email us: [info@havendas.org.uk](mailto:info@havendas.org.uk) or  
Call us: 01205 311272**

**Thank you.**

**Get in touch, we would love to hear from you**

**If you would like to contact us about anything you have read today or to have a chat about our charity and the work we do, please call 01205 311272 or email [info@havendas.org.uk](mailto:info@havendas.org.uk)**

**You can also visit our website at [www.havendas.org.uk](http://www.havendas.org.uk)  
If you would like to donate to our charity, please scan the QR Code.**



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