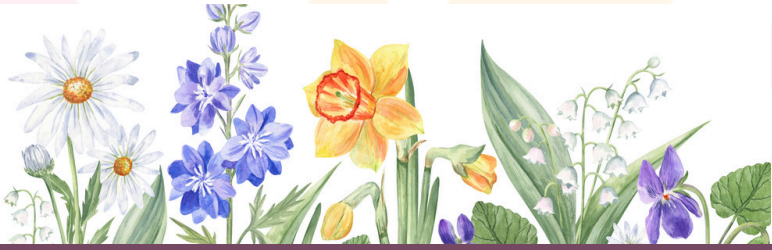


# A warm welcome to our Spring Newsletter



## Our Services

- Providing refuge across South Lincolnshire for victims and their children fleeing domestic abuse
- Preventing future domestic abuse in the next generation through our work in schools, sixth forms and colleges
- One to one direct support through our rural community hubs in Holbeach, Spalding, Boston, Long Sutton, Sutton Bridge and the surrounding villages, including translation services
- Delivering recovery courses - helping victims understand the effects of domestic abuse and feel empowered to move on

## Family event raising funds for our charity!

*Looking for an easter activity for all of the family, this free event is not only providing fantastic activities but supporting our charity too, everyone welcome!*



**BOSTON LADIES CIRCLE**  
**EASTER**  
**FAMILY FESTIVAL**  
Saturday 4<sup>th</sup> April 2026 **FREE ENTRY**  
10am to 3pm  
Frampton St Mary's Church



*An insight into what we have been up too...  
Including Mothers Day celebrations, Pancake Day, International Women's Day, Eid Celebrations, a Tombola, World Book Day, Money Matters sessions and our workshops in local schools and colleges...*



## Exciting News for our charity! Reaching Communities four years of funding secured...



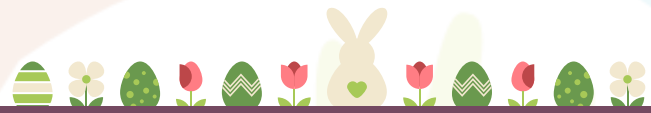
# Safe Havens Project

We are delighted to share that our Safe Havens project has secured four years of funding from The National Lottery Community Fund. This funding will enable us to expand refuge provision across South Lincolnshire, ensuring more people affected by domestic abuse can access safety and support when they need it most.

As part of this exciting development, we will also be launching a women's empowerment group in Boston, creating a safe space for women to build confidence, connection and resilience. In addition, we will be extending our support to friends and family members of those experiencing domestic abuse, recognising the important role they play in helping loved ones seek safety and recovery.



**A huge thank you to everyone who donated Easter eggs for the children in our refuge. Your kindness and generosity will help make Easter extra special for the families we support. We are incredibly grateful for every donation received and for the continued support from our community.**



**Women's Empowerment Group**

*We are pleased to share that our exciting new Women's Empowerment Group will be starting on Friday 3<sup>rd</sup> July, everyone welcome! Please see details below.*



# Women's Empowerment Group

Every other Friday starting  
Friday 3<sup>rd</sup> July at  
Pescod Hall, Tonic Health, Boston

Meet other women

A safe, welcoming environment for all women...

Enjoy coffee & a chat

**Activities**

- ✓ Crafts & creative fun
- ✓ Cooking sessions
- ✓ Drop-in & legal advice

**Friendship**

- ✓ Make friends
- ✓ Share experiences

**Support**

- ✓ Confidence courses
- ✓ Life skills sessions
- ✓ Health & wellbeing support

Empower • Inspire • Support Women  
For more information:  
01205 311272  
info@havendas.org.uk



# What is Domestic Abuse?



Domestic abuse is not just about physical violence, it is any pattern of behaviour used to control, dominate or harm another person in a close relationship. It can take many forms, including:

- Physical abuse:** hitting, pushing, restraining or using any form of physical force.
- Emotional or psychological abuse:** constant criticism, threats, intimidation or isolating someone from friends and family.
- Financial abuse:** controlling access to money, taking someone's earnings, building up debt in their name or preventing them from working.
- Sexual abuse:** forcing or pressuring someone into sexual activity without consent.
- Coercive and controlling behaviour:** patterns of manipulation, monitoring or control that strip away independence and freedom.

*Domestic abuse can happen to anyone regardless of gender, age, background or circumstance. Its impact can be long-lasting, affecting not just survivors but also children and families.*

If you or someone you know needs help, you are not alone.

Call us: 01205 311272

Email: info@havendas.org.uk

Visit: www.havendas.org.uk



**Jurassic Challenge Fundraising event!**

*If you would like to support this incredible challenge, please see the details below...*

**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**

**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.**



Scan. Pay. Go.