

16 DAYS OF ACTIVISM



25th November marks the International Day for the Elimination of Violence Against Women. It launches 16 days of activism, an international campaign calling for global action to increase awareness and encourage advocacy to end violence against women and girls (VAWG). This year we are saying there is #NoExcuse for gender-based violence. We have compiled a number of acts you can partake in during the 16 days to help make a change. Together, our small actions can create BIG change!

25 November

International Day for the Elimination of Violence Against Women

VAWG has been declared a national emergency across England & Wales. This week we remember in prayer the women and girls lost to male violence in 2024.

The **Red Chair Project** is one way in which we can remember and hold space for those we have lost.

26 November

TRAINING: SAFE IN FAITH

Safe in Faith is a Caritas Westminster project supporting survivors whilst recognising how their faith impacts their experiences.

We encourage you to direct your parish priest to the [Safe in Faith](#) website and the resources available there – there is also a poster you can download to display in your parish.

27 November

GUIDANCE FOR FAITH LEADERS

The Faith and VAWG Coalition, which Safe in Faith is part of, has consulted survivors, faith leaders and women from faith communities to highlight best practices and lessons to be learned from their expert lens' and experiences. We encourage faith leaders to read [the report and recommendations](#).

28 November

DOMESTIC ABUSE & HOMELESSNESS

For some, domestic abuse may lead to homelessness, whereas others may find that their experience of homelessness leads them to an abusive relationship. **Your Place** are doing great work to support people experiencing homelessness across Newham, you can support their work with a [donation](#).

29 November

DONATE: BAKHITA HOUSE

Caritas Bakhita House is a safe house for women survivors of trafficking, slavery and exploitation.

Caritas Bakhita House relies on the generous donations of supporters to continue supporting their guests on their journey to recovery.

If you are able to, please consider donating.

30 November

SIGNPOSTING

It is important to know where to signpost when supporting individuals.

We encourage you to visit the [Safe in Faith](#) website and download the poster to display in your parish.

01 December

DAY OF PRAYER

"To the God who created me, give me strength. I need to find a way out, to stop listening to those who take me away from you. Help me remember that you created me, that you have great plans for me, that there is light and freedom in you."

[Mary's Prayer]

02 December

DONATE: WATW

Women at the Well (WATW) support women affected by or at risk of sexual exploitation.

They provide vital services to women in need, including food, showers, holistic therapies and activities as well as trauma informed emotional support. You can support their work with a donation.

03 December

National Board of Catholic Women (NBCW)

We encourage everyone to raise awareness of domestic abuse across their networks and communities. The NBCW has compiled a resource pack explaining what is domestic abuse and how we can help tackle it.

04 December

NRPF

The Latin American Women's Rights Service (LAWRS) is run by and for Latin American migrant women living in the UK, and provides support to those experiencing gender-based violence, who are often without recourse to public funds (NRPF).

LAWRS provides a multitude of vital support services and you can support their work in a number of ways.

05 December

SPOT THE SIGNS

If you are experiencing domestic abuse or concerned about someone, **Bright Sky** provides useful information on how to spot the signs and how to respond, as well as signposting to specialist services.

Visit the website, or download the app.

06 December

DONATE: Food Bank

Many women fleeing domestic abuse are left without support and funds for essentials. Food banks are an essential service for many such women, but the demand at food banks is often more than what they can support. To help, you can locate your local food bank and donate some goods:

<https://www.trusselltrust.org/get-help/find-a-foodbank/>

07 December

ASK FOR MARY

Parish offices can be an ideal place for someone to safely make contact with support services.

Encourage your parish to sign up for the new Safe in Faith training to help domestic abuse victims and survivors safely access the support they need.

08 December

CHECK-IN ON SOMEONE

We encourage you to check in on someone that you know, or someone you may be worried about.

Women's Aid have some helpful guidance on how to support someone experiencing domestic abuse, including tips on supportive language and where to signpost: [Women's Aid Information](#)

09 December

#DOJUSTICE

Together with Safe in Faith, we have published a document outlining what domestic abuse is, the many forms it can take and what to do if you are concerned about someone. We encourage you to share this resource widely. You can download it from our [Do Justice website](#).

10 December

INTERNATIONAL HUMAN RIGHTS DAY: ACT OF MERCY

'All human beings are born free and equal in dignity and rights.'

We encourage you to choose an act of mercy for the upcoming jubilee year to continue to raise awareness about violence against women and girls in all its forms and lend to change across England & Wales.



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