

Advice Line: 01473 228270



Lighthouse

For a brighter future, free from domestic abuse

Newsletter No. 101 November 2025

Registered Charity No. 1069296

Sally Winston - Chief Executive

Patrons - Mark Murphy MBE & Sarah Lilley

Larking Gowen Ipswich Half Marathon 2025



On Sunday 21st September, Deb and Mel were once again up in the early hours to attend the Larking Gowen, Run for All Ipswich Half Marathon. With 8 runners taking part on behalf of Lighthouse, it was set to be yet another successful year. As ever, runners turned out in their hundreds to compete. A total of 2696 runners completed the course and we are happy to say that all 8 of our fabulous runners made it back in one piece. We were fortunate that the rain held off and the sun was at times, shining down on the runners.



Marathon records were smashed this year with the fastest time being set at 1 hour 8 minutes, and the fastest female came in at 1 hour 15 minutes an all time record for female competitors in the Ipswich Half. Again, we experienced such a positive vibe and atmosphere on the day. The marathon plays a vital role in our fundraising efforts for the charity and serves as a fantastic opportunity to boost our visibility within the local community. With participants and families coming from various locations, we engaged in meaningful conversations to raise awareness about the important work we do while discussing potential collaborations with other charities.



We would like to take the opportunity to thank all of our dedicated runners who took the time to train, fundraise and finish the course on behalf of Lighthouse. We have raised an amazing total of **£3023.00**.



If you know of any budding runners that would like to run on behalf of Lighthouse in 2026 please contact

deb@lighthousewa.org.uk



Women's Centre Update - By Jo Bigger, Service Manager

MARAC (Multi Agency Risk Assessment Conference) is a multi agency meeting where high risk cases of domestic abuse are heard across Suffolk. Agencies attending this conference include the Police, Domestic Abuse agencies, Social Care, Probation as well as other related professionals and charities. The aim of the meeting is to ensure the safety of high risk victims.

When clients come forward to our Women's Centre we will complete a risk assessment during their advice appointment. This is important as we need to ensure that we are aware of the amount of risk within the situation and that the correct help is put in place. We utilise the DASH - Domestic Abuse Stalking, and Honour based Violence tool, alongside our professional judgement and input from the client. If the client is deemed to be high risk, then the client is referred to the MARAC/ High risk support. The MARAC meetings are held in 3 areas of Suffolk to ensure that there are relevant agencies involved. At the meeting the case will be discussed, with the priority being that everything is completed to safeguard the victim and work being completed with the alleged perpetrator as required.

During an advice appointment with Lighthouse if the victim is deemed to be medium or standard risk, they can then be referred into Lighthouse services or onto other supporting agencies for help.

We speak to around 1,000 women a year via our Women's Centre, if you would like further information on the support we can offer via our Women's Centre please visit our website. www.lighthousewa.org.uk

Refuge Update - By Jo Bigger, Service Manager

The refuge has 15 bedrooms; some have connecting doors which allows us to take in larger families when needed. The refuge offers communal living with the families sharing bathrooms, kitchens, lounges, play areas and a garden. The top floor is only for women without children - either they don't have children, or they are not currently with them.

Women fleeing domestic abuse can have a variety of needs and it is important that we can match the living environment to support those needs.

When women first contact the refuge, we talk them through what our refuge is like as it is not always suitable for everyone, and we may look at alternative refuges that offer more comprehensive support around complex mental health needs or substance/alcohol misuse. At this point we will also complete a risk assessment to get a full picture of the domestic abuse situation and confirm that Ipswich is a safe location for her. We therefore don't take anyone from Ipswich or the surrounding areas, as they can too easily be traced - putting her and others at further risk.

Women come to us from across the country and we work hard to be an inclusive refuge, ensuring belief/religious and language needs are catered for. At present we are working closely with a local authority to support a woman and child who have no recourse to public funds and their refuge space is being supported by that authority.

How to Give...

Ways to donate

Simply click on:

[https://
lighthousewa.enthuse.com/
profile](https://lighthousewa.enthuse.com/profile)



**And follow the
instructions on screen**

Thank You

If you would like to receive our newsletter three times a year please send your email address to

deb@lighthousewa.org.uk



Donations

We are not currently in need of any physical donations but if you would like to support us, please visit our website and donate if you can.

We truly appreciate all the physical donations that are given and we could not survive as an organisation without them. However, where we receive too many to cope with, they may be sold and monies used to support clients in the spirit of the initial donations.

Refuge Activities - By Shelley & Kirsty, Children's Support Worker's

Summer has been a busy time at Refuge for the families with lot's of fun activities taking place.

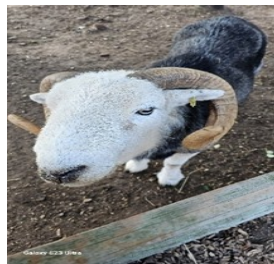
End of term fun at Forest Club.

We enjoyed our final after school forest club session. Played games and picked an activity that we enjoyed the most during our sessions.

Forest club has been a good time to relax after a busy day and take in nature and how amazing it is! Forest Activity and Park visit. Packing up the cart we took nets, the parachute, balls and games to the forest and park. We started with free time playing on the play equipment. After snack we entered the forest and went for a nature scavenger hunt. We found bugs using the nets and explored. Using the tree identification book we talked about the trees and found a beautiful walnut tree. The kids were so tired on the way home but they were little stars walking to and from the park.

Baylham Rare Breeds

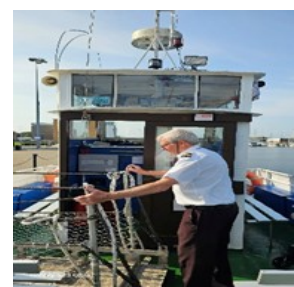
Thanks to the generosity of Baylham Rare Breeds Farm, we had an amazing day visiting the animals. The children absolutely loved getting close to animals and feeding them with the free bags of food. Swinging by the water on the comfy swing chair, the children talked about the river and what you may find!! Including frogs!! The baby goats being so up close and personal made the families day, we laughed so hard at them climbing and eating the trees!



Orwell River Cruise

The annual boat trip saw lots of sunshine and laughter. We found lots of jelly fish and the children let the wind blow through their hair. Getting more time on the boat due to a pit stop at the quay, we took in the sights and enjoyed the sun shining. Carl and the 'Captain' as always looked after us with snacks and drinks as we sailed down the Orwell and back.

This is always a very big part of our summer, and every year we are blessed with sunshine. The families always have very positive reactions to this trip. We really appreciate the support from Emma and Carl and all the crew.



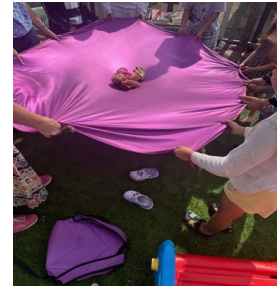
Animal Workshop Mobile Zoo

The Mobile Zoo is always a firm favourite with all in Refuge. The families love it when they can have cuddles with lots of different animals. This year we were able to pet the bunnies, smell a skunk and hold both lizards and snakes!! As always the children listened to lots of information about the animals that were at the Mobile Zoo.



Let's Talk

We were fortunate enough this year to have the lovely Let's Talk volunteer reading ladies visit us twice this summer with stories and games with the parachute and the children got to keep books of their choice. The children get so much from this each time.



Jimmys Farm

We enjoyed an amazing day at Jimmy's Farm. The families spent their free time looking at all the animals and more, including the polar bears and the newly born Capybara. The children also enjoyed the bouncy pillow.



End of Summer Party

Our end of summer party had bouncy castles, pizza and the Glitzy Glam face painter Shantelle. We had a visit from Suffolk Fire and Rescue with their fire engine that everyone enjoyed, trying on the uniform and hats and testing the powerful water hoses. The children also sat in the fire engine with sirens on. Lots of memories were made and lots to talk about when the children went back to school.



Mindful Moments at the Refuge by Naomi, Welfare Worker

Mindful Moments is a session run once a month in refuge. Residents are not obliged to attend, but the sessions have proved to be very popular.

The sessions offer an opportunity to have some time out, completing activities to support well-being and giving space and time to think. For many of the women in refuge this is their opportunity to take time to reflect and focus on themselves for a moment without distraction. Each week we get feedback from our residents and this input and our own ideas go into planning the activities for the next session.

The sessions are within a relaxing yet fun environment that is welcoming to all. Within the sessions our residents can enjoy the activities or use this as time to just catch up with others. With the chance to open up about their own experiences, offer comfort and support to one another and enjoy a laugh along the way. They provide a much-needed opportunity to escape the reality of being in refuge and the difficulties that can go with this.

Over the past few months, we have done origami, painting, and written positive affirmations on our reception area blackboard. Over the next few sessions, we are looking forward to getting crafty for Christmas and making some Christmas wreaths for each of the refuge doors.

Some of the comments shared on our feedback from the group are:

"I enjoyed taking time for myself and being creative"

"Enjoyed having some adult time"

"I loved the time painting, time to focus on something I wanted to do"



There are lots of ways to support Lighthouse this Christmas.

Christmas Appeal 2025

Christmas is meant to be a wonderful time of the year for everyone, but unfortunately for some this is not the case. For women, young people and children who have experienced or are experiencing domestic abuse it can be a frightening, isolating and miserable time.

Coming into refuge at any time of the year is difficult and life changing, but with the added pressure of Christmas it can be even more challenging to cope with. Leaving behind all your belongings, your home environment, family and friends is extremely emotional and overwhelming.

At Refuge we want to make the transition as smooth as possible for families. As we approach the festive period our Christmas Appeal is well underway. This year we are hoping to provide the women, young people and children with a wonderful Christmas, if you would like to help please click this link [Lighthouse Women's Aid: Christmas Appeal 2025](#)



We're Part of the Big Give Christmas Challenge 2025!



We're thrilled to announce that we've been accepted into the **Big Give Christmas Challenge 2025** a fantastic opportunity to raise vital funds for our charity with matched donations!

This means that every donation made during the campaign period will be **doubled**, helping us make an even greater impact for the people we support. We're incredibly excited to be involved and grateful for the chance to take part in such a meaningful initiative.

Your support can go twice as far, whether it's £10 or £100, every contribution will help us continue our work and reach more people in need.

Donate here: www.donate.biggive.org/campaign/a05WS00006eaXbYAI



Join Us for Christmas Jumper Day!



Get Festive. Give Generously. Make a Difference.

This Festive season, we're inviting organisations, teams, and workplaces to host a **Christmas Jumper Day** to raise vital funds for Lighthouse Women's Aid.

Choose your date and wear your silliest, sparkliest, or snuggliest Christmas jumper.

Make a donation to support families affected by domestic abuse.

Help bring warmth and joy to those who need it most.

For donation details or to let us know you're taking part, contact:

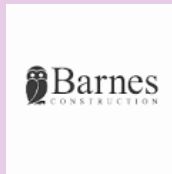
Emma via admin@lighthousewa.org.uk



Thank you for helping us make this Christmas brighter for the families we support.



Regular Dnors



SUFFOLK
Community
Foundation

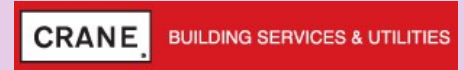
St Mary's Church, Gt Blakenham

Stradbroke Ladies Group

Nicky's Crafty Crew



St Augustine's Church, Ipswich



Thank You

To all the individual donors who support Lighthouse throughout the year, but due to Data Protection we can not name. We thank you for your continued support, it makes a huge difference to the lives of the women, young people & children we support.

Gt Cornard PC



Brett Vale Golf Club



Capel Ladies Group



Puzzle Boutique

The Wheatsheaf



Brantham Knit & Natter

Gray Friars Round Table



Church of St Michael

Ipswich East Rotary Club

Rendlesham Over 60's Group

Grundisburgh & Culpho PC

Tattingsstone PC

St James's Church, Dunwich



Alan Road Methodist Church



Rendlesham Over 60's

Flowton Church



The Methodist Church, Museum Street Acton PC



St Mary's Church & School, Somersham

Bentley PC

Seinet Martin Holdings Ltd

Grundisburgh Church



Self Raising Flowers



Chatsworth Ladies Group

Syleham & Wingfield Sports & Social Club

Little & Great Weltenham PC

If you would like to support Lighthouse with a fundraising event, donation or nominate Lighthouse as your charity of the year please contact Deb on 01473 220770 or email deb@lighthousewas.org.uk

Become a Member of Lighthouse and you will be helping local women and children recover from the trauma of domestic abuse

Suggested minimum membership is £25 per year for which you will receive:

- lapel badge and car sticker to show your support
- Regular Newsletter keeping you up-to-date with all that's happening
- the chance to become a Trustee

To become a member complete the form and return it to us with your payment.

Name: _____ Address: _____

Postcode: _____ Email address: _____

I wish to become a member of Lighthouse Women's Aid: Yes No

(Suggested minimum membership is £25 per year)

Section A (Please complete this section if enclosing a single/monthly/yearly donation)

I enclose a cheque payable to Lighthouse Women's Aid Ltd for £

Signature: _____ Date: _____

Section B (Please complete this section if making a regular payment)

I'd like to make a monthly/annual donation of £

To set up a Standing Order, please use the following details:

Bank Name: Natwest, 2-8 Tavern Street, Ipswich IP1 3BD

Account Name: Lighthouse Women's Aid Ltd Sort Code: 53-61-24 Account Number: 66764599

To pay online through our fundraising platform Enthuse, please log on to Lighthouse's website

www.lighthousewa.org.uk, and click on the 'donate' button and follow the instructions.

DATA PROTECTION: We would like to keep you up to date with newsletter and events. If you would like to receive this information, please tick We will not disclose your details to anyone else.

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As a UK taxpayer you can use Gift Aid to make your donation go further.

Lighthouse Women's Aid can claim at least an extra 25p for every £1 donated and it won't cost you a penny more. All you need to do is tick and sign:

Please treat all donations for the last four years, this donation and all future donations to Lighthouse Women's Aid, as Gift Aid donations until I notify you otherwise.

I am a UK taxpayer and understand that if I pay less Income Tax and/or Capital Gains Tax than the amount of Gift Aid claimed on all my donations in that tax year it is my responsibility to pay any difference. Signature: _____ Date: _____

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Editor Sally Winston