



# EDAN Lincs Newsletter November - December 2022

To subscribe to our newsletter please email:  
[fundraising@edanlincs.org.uk](mailto:fundraising@edanlincs.org.uk)

**POWIEDZ NIE  
PRZEMOCY  
DOMOWEJ**

Nie cierp w ciszy  
Razem możemy to powstrzymać

Skontaktuj się z nami  
Prosimy odwiedzić stronę [edanlincs.org.uk](http://edanlincs.org.uk) lub zadzwonić pod numer 01522 510041, od poniedziałku do piątku w godzinach 9-17. Jeśli potrzebujesz pilnej pomocy, zadzwoń pod numer 999.

1 na 4 kobiety, 1 na 6 mężczyzn oraz wiele dzieci młodych ludzi, w ciągu swojego życia pada ofiarą przemocy domowej.

Przemoc domowa obejmuje przemoc emocjonalną, psychologiczną, seksualną, ekonomiczną, zachowania przymusowe i kontrolujące, przemoc, przymusowe małżeństwo i tak zwaną przemoc opartą na honorze, wyrażoną przez jakiegokolwiek członka rodziny lub byłego partnera.

16 Days of Action national campaign - **25 November to 10 December**, raising awareness and taking a stand against domestic abuse. We take raising awareness very seriously and don't restrict it to just 16 days, but it's good to take part and reach people during the national campaign together.

This year we are reaching multi-cultural communities with translated posters. Can you help us reach more people? Share our messages on social media, distribute posters in community places, supermarkets, cafes, etc?



EDAN Lincs jest organizacją charytatywną, która oferuje pomocy wsparcie wśród społeczności oraz awangardę zakwaterowanie dla ofiar przemocy domowej w całym Lincolnshire.

Have you heard of our **#survivorshoeproject**? We are inviting different community locations like shops, hubs, churches, clubs, surgeries, across Lincolnshire to organise small displays with shoes & quotes or posters, created by survivors to raise awareness of domestic abuse and stand together against it! To get your pack and more information please contact us on: [fundraising@edanlincs.org.uk](mailto:fundraising@edanlincs.org.uk)

#survivorshoeproject  
#16daysofaction  
#endingdomesticabuseNOW

#survivorshoeproject  
Project of EDAN Lincs  
Ending Domestic Abuse Now  
EDAN Lincs is a charity that offers help and support within the community and emergency refuge accommodation to victims of domestic abuse across Lincolnshire.

Visit: [edanlincs.org.uk](http://edanlincs.org.uk)  
Call: 01522 510041  
Monday - Friday, 9am - 5pm  
If you need urgent help please call 999

To donate please scan QR code

EDAN Lincs Ending Domestic Abuse Now in Lincolnshire  
FR REGISTRATION NUMBER: 1090204

Supporting Domestic Abuse Awareness online conference  
Thursday 24th November  
9:30am to 2:30pm  
THOUGHT PROVOKING KEY NOTE SPEAKERS  
Book now through Eventbrite



Rotary Club of Lincoln Colonia



PRESENT  
**Walk this way**  
Charity Catwalk

SUNDAY 11TH DECEMBER  
1:00 - 4:00PM

GRIMSBY CENTRAL HALL  
Duncombe Street, Grimsby, North East Lincolnshire, DN12 2EG

Tickets: £8

Available from Central Hall website  
<https://www.ticketsource.co.uk/booking?eajzyen>  
Featuring the following designers



women's aid  
until women & children are safe

In support of and raising funds for



Fashion Show? Santa Fun Run/Walk? Domestic abuse online conference? There are a number of events happening over the next few weeks. Check out our events page on the website to find out more?  
<https://edanlincs.org.uk/information/events/>



## Thank you from EDAN Lincs

Thank you to Black & Blue charity for a fantastic donation of bedding and towels for the refuges

Thank you, ELDC for £2,000 Community Support Grant to create a Refuge community kitchen

Thank you to Bells Pumpkin Patch for firing their pumpkin cannon & raising £4,758

Thank you, Marks & Spencer's, for £1,000 towards essentials for the refuge residents

Thank you, Empowering Healthy Communities, Epix Media, South Holland Rotary club, Ringrose & Sills & Betteridge for money for promotional materials to reach multi-cultural communities during the 16 Days of Action Campaign

Thank you, NTR Wishes, a project of New Theatre Royal in Lincoln for donating tickets to Cinderella pantomime

Thank you, Halia Barrett & Julia Woodland for a birthday fundraiser that raised £650!



Would you like to buy a Christmas gift for each child or an adult staying at one of our Refuges or those in the community who have experienced domestic abuse and are struggling to afford any gifts this year? To find out how please visit:

<https://edanlincs.org.uk/fund-raising/donations-legacies>



## Quotes from survivors



"I had to give up my home, job, family, friends, I hated myself for letting it happen.."

"The effects of abuse don't end once you've left, or when you leave a refuge, or 5 years down the line. But I feel stronger, I feel more confident, I feel safe and I feel ok. Sometimes the decision to leave saves your life. If it wasn't for workers at the refuge just bearing with me when I didn't understand that I was a victim, and putting in countless hours to support me and help me see that, then I would of gone back. They saved me."

"No matter how long it takes, it all starts with believing. Getting out is not easy. Your path is full of challenges and at times it gets very lonely, but now I can smile again and I can breathe!"



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