



11 May 2023

Dear Jo and all at Trysull & Seisdon Parish,

Spring is a season that symbolises new beginnings and new opportunities. We say goodbye to the chill in the air and the frost on the windows and embrace all that spring brings with it. For the women and children seeking vital care and support from The Haven, their darkest time can be replaced by hope and a fresh new start – this is only possible thanks to people like YOU. Your kind donation of brand new bedding and toiletries means we can continue to provide a safe warm space for women to rest their heads at night, we can be a roof over their heads in times of desperate need, and we can most importantly continue to provide a safe environment with the essentials they so desperately need to come to terms with the trauma they have experienced before looking forward to a brighter future ahead. Your support helps us provide women and children with all the essentials they need to re-build a life they truly deserve. We are so grateful to you for your care and support.

Leaving behind abuse can be a really unsettling time for the women we support, often leaving at a moment's notice with nothing but the clothes they are wearing in a desperate need to get themselves and their children to safety. Thanks to your kindness, The Haven can continue help create a safe space where women and their children can explore new starts and re-build relationships that can sadly be fragmented and broken due to the abuse they have been subjected to. Your donation means more women and children are able to have a confidant by their side to comfort them in their decision, support them to seek justice should they wish to, and help them recover from their darkest experiences through counselling and therapeutic support.

Domestic abuse can have devastating impacts on a person's mental health, it can lead to depression, anxiety, and even suicidal thoughts. The Haven continues to be there to support those in need through our vital range of therapeutic and counselling services. However, alongside this, a good night's sleep can play a huge part in supporting health and wellbeing. Thanks to you, women and children can get a good night's sleep, helping to reduce stress, improve mood, enhance immunity, and improve heart health.

What's more, your kind donation will go further than refuge; when women move back into the community, they are often starting again and have very few personal items to take with them; having fled their abusive home with nothing. They will be able to take their bedding - kindly donated by you - with them, so they can continue to be warm and comfortable when they are in their own, new property and as they make a fresh start away from the fear of the abuse they have suffered. Your donation will go on their journey with them – thank you so much.

On behalf of all staff, volunteers, and most importantly, women and children at The Haven, we would like to say **thank you** again for your kindness.

Yours sincerely

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