

VOL. 3 | SUMMER 2021

# IN THE LOOP



Darlington Women's Refuge

Family Help Darlington CIO, Registered Charity in England & Wales No. 1150798

Supporting women and women with children fleeing domestic abuse since 1976.

Family Help Darlington CIO Newsletter for Staff, Trustees, Friends, Clients, Volunteers and Supporters.

## Family Help Darlington CIO

### Best Domestic Abuse Support Service in the World

Once, twice, three times a winner...  
We have won awards for best domestic abuse service regionally, nationally and now, globally!



We've been awarded Corporate LiveWire's Best Domestic Abuse Support Organisation of the Year UK for the second year running. As a national winner, we were entered into their Global Awards and we are so proud to announce that we won this incredible accolade.

Our CEO, Carole, and Service Manager, Anna, were invited to Blackwell Grange, Darlington, for a COVID-safe awards ceremony. They said, **"We are proud to fly the flag for domestic abuse support services in the UK and beyond."**



### Welcome to the 3rd edition of In the Loop - Family Help's quarterly newsletter

- Family Help win Global Award
- Mary Latcham Tribute
- Amazon Wishlist
- Update from the Playroom
- Celebrating EID
- Meet Sam
- A Close Shave Fundraiser
- Amazon Smile
- A Word from our CEO
- Supermarket Sweep
- Sit Fido
- Book of the Quarter
- Darlo Radio Debut
- A Place to call Home...
- Ways to Donate



# Tribute to Mary Latcham

Mary Latcham (pictured), who was a huge part of our local community and a long-term supporter of Family Help, sadly passed away earlier this year.



Mary was a keen gardener and loved flowers but in lieu of flowers at her funeral, Mary requested that donations were made to Family Help.

Suzanne Latcham, Mary's daughter, said, **"Instead of flowers at her funeral, Mum wanted the money to help make life better for others. That was the sort of person she was - always thinking of others."**

To bring Mary's incredible final gesture full circle and to pay tribute to her, we asked our residents and their children to create a floral tribute to be presented at her funeral.

Our residents took great care in producing a tribute fit for this incredible lady (pictured below).



## Amazon Wishlist

We are often asked what donations are required for the refuge so, to keep our generous supporters informed of our current requirements, we have set up our very own **Amazon Wishlist**.

With a variety of items to suit all budgets, the wishlist allows our supporters to order something(s) useful that can be delivered directly to us at the refuge.

Thank you to all those whom have already purchased items for the refuge... from baby monitors and rubber ducks to printer cartridges and bin bags, we love receiving your deliveries and each one is a surprise!

For more information about how Amazon Wishlist works and to get the web link to our wishlist please email:

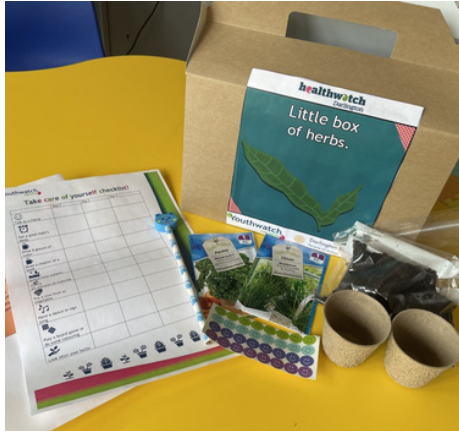
**[contactus@familyhelp.org.uk](mailto:contactus@familyhelp.org.uk)**





## Update from the Playroom...

We are proud to work closely with other charities and organisations in Darlington. **Healthwatch Darlington** is incredibly supportive of our cause and recently sent us some 'Grow Your Own' seeds kits for the children.



The children loved planting the seeds... although, we must admit there was more soil on the floor than in the pots! The children look after the plants each day to make sure they were watered and thriving and hope to use the cress, parsley and chives soon!



## Under the Sea

We enjoyed an aquatic-themed activity in the playroom recently where the children got creative with their mums and made their very own jellyfish using shells collected from the beach.

These creative sessions are about so much more than fun, they allow our families to re-connect in a safe space and create new memories together.

The end result was a smack of very pretty jellyfish...and a very glittery floor!

## EID Mubarak



At the end of Ramadan we celebrated Eid Mubarak in the refuge.

The children thoroughly enjoyed learning about this Muslim custom through arts, crafts and games and ended the day with a party in the playroom. One of the children said, "This (Eid Mubarak) is the best day I've ever had".



## Meet Sam...

Our newly-appointed Service Administrator, Sam, joined us in April 2021 to support our ever-growing Service team and ensure we provide our clients with the best possible service.

Sam is off to a flying start dealing with the day-to-day administration responding to enquiries, handling referrals and providing much needed support to our Service Manager.

Sam says, "I am so proud and excited to become part of such a wonderful charity. I'm joining the team at an important time and I'm looking forward to what the future holds for Family Help Darlington CIO".



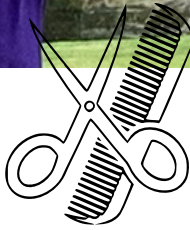
## A Close Shave Fundraiser

Professor Jacqui Ramagge, Executive Dean of Science at Durham University, found that her locks had grown out of control during lockdown.

Rather than booking into the hair salon for her usual tidy up, Jacqui decided to shave her hair to raise funds for Family Help.



Pictured above :  
Professor Jacqui Ramagge showing off her lockdown locks.



Using the GoFundMe platform, Jacqui set a target of £1,000 and, thanks to her incredible network, managed to raise a whopping £1,155!



Jacqui said, **“Cutting my hair was easy. The work that Family Help does, supporting families at risk, is vital and I felt privileged to be able to help.”**

We are so grateful to Jacqui for her support in these difficult times. If you would like to find out more about fundraising opportunities with Family Help, please get in touch.

## Amazon Smile - Shop til you drop!

Calling all Amazon shoppers! If you use Amazon, you can now raise funds for Family Help while you shop!

You shop...  
...Amazon gives



“Family Help Darlington CIO”

Head to [smileamazon.co.uk](https://smile.amazon.co.uk) and choose 'Family Help Darlington CIO' from the charity list to support us every time you shop on Amazon this way!

If you have the Amazon app, you can link your Amazon Smile account so that you can raise funds for our charity this way too...  
Happy Shopping!

## A word from our CEO...

**As our 45th anniversary gets ever closer, preparations for our celebration are well underway. After one of the most challenging periods in Family Help history, we can't wait to celebrate this milestone with our incredible supporters.**

The COVID-19 pandemic has meant that we have missed out on our usual fundraising events for almost two years so we are planning an exciting fundraising extravaganza to make up for all of our missed opportunities.

Save the date... Saturday 23rd October 2021. We hope to see you there!





## Supermarket Sweep

Recently, we were successful in securing a grant from ASDA, which enabled us to get much needed items for the refuge. With two trollies full of nappies, bedding sets, quilts and pillows, we felt like we were on the gameshow Supermarket Sweep!



Thank you to Louise Gibson, ASDA Community Champion, (pictured above with Family Help's Gemma Cordey) for her continued support and facilitating this donation.

## Sit Fido!

Kate Mitford Photography has launched the Sit Fido project to showcase local rescue dogs and raise vital funds for NASSL and Deliverance animal rescue charities.

The project gives beloved rescues a chance to tell their own 'tail' in their own photography exhibition later this year. One of the stars of the exhibition is our very own therapy dog, Coco!

Behind the Scenes: Coco's photoshoot with Kate Mitford at South Park, Darlington



Coco will star in the Sit Fido photography exhibition at The Station, Richmond  
19th Nov - 2nd Dec 2021

Recent studies have found that 55% of pets in domestic abuse cases will be threatened, harmed or even killed.

Many victims remain in an abusive relationship for fear of what would happen to a family pet. Animal rescue charities can provide vital refuge for our furry friends.

For more information about the project, visit:  
[mitfordphotography.co.uk](http://mitfordphotography.co.uk)

## Knowledge is power...

Our recommended reading for this quarter is...

### Remembered Forever by Luke & Ryan Hart



'Remembered Forever' is the devastating story of coercive control and domestic homicide. On 19th July 2016, Luke and Ryan's mother and sister, Claire and Charlotte Hart, were murdered in broad daylight by their father.

Following decades of abuse, Luke and Ryan attempted to help their mother and younger sister flee to a safe place but unfortunately, the family did not get the happy ending they had hoped for.

A powerful book with an important message, 'Remembered Forever' is available via Amazon. Remember to shop with Amazon Smile and select 'Family Help Darlington CIO' as your chosen charity to help raise funds for our cause.



# Remembered Forever

Our family's devastating story of domestic abuse and murder

LUKE & RYAN HART

## 'We are Family' Family Help Radio Debut

We were privileged to be asked to feature in 'The Great Get Together' in memory of Jo Cox MP for More in Common Darlington.



**DARLO RADIO**  
**DJ Paul Griffin**

More in Common Darlington took over the schedule at our local radio station, Darlo Radio, for a whole weekend in June.

They hosted some brilliant interviews with some of the town's charities and community groups as well as the new Crime Commissioner and new Mayor of Darlington.



Gemma and Anna outside Darlo Radio

Our Community Engagement Worker, Gemma, and Service Manager, Anna, were interviewed by DJ Paul Griffin and, with so much to discuss, it's a miracle they allowed Paul to get a word in!

We'd like to thank all those involved in giving us the opportunity to tell Darlo Radio's 8,000-strong audience all about the work we do at Family Help and raise awareness of domestic abuse.

If you missed the live interview and would like to hear it, please get in touch to request a link via email.

## 'Family Help... A place to call home'

Not only is Family Help home to Darlington's women's refuge, we also provide an emotional and practical support service to all of our clients.

We provide a holistic package of support with in-house counselling, children and young people's workers and designated support staff to help clients with legal matters, finances, housing and benefits.

For 45 years, Family Help has been helping victims of domestic abuse to become survivors. This would not be possible without our incredible team and supporters. Thank you.



## Ways to donate to Family Help...



Facebook Donate  
[www.facebook.com/FamilyHelpDarlington/app](http://www.facebook.com/FamilyHelpDarlington/app)



PayPal Giving  
[www.paypal.com/fundraiser/charity/3217555](http://www.paypal.com/fundraiser/charity/3217555)



Virgin Money Giving  
[uk.virginmoneygiving.com](http://uk.virginmoneygiving.com) Charity ID -1015746

If you would like further information on ways you can support us, please email [contactus@familyhelp.org.uk](mailto:contactus@familyhelp.org.uk)

## Stay Connected - Follow us on social media

