



caritas
social
action
network

16 DAYS OF ACTIVISIM

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's theme is *'invest to prevent violence against women and girls'*. Investing can take many forms, whether it be donation of money, time or resources. We have compiled a number of acts you can partake in during the 16 days - Together, our small actions can create BIG change!

25 November

International Day for the Elimination of Violence Against Women

We encourage everyone to raise awareness of domestic abuse across their networks and communities. [The National Board of Catholic Women have compiled a resource pack explaining what is domestic abuse and how we can help tackle it.](#)

26 November

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 would
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](#)*

27 November

KEEPING THE FAITH

In 2020 the Faith & VAWG Coalition published a report on the experiences of survivors from faith backgrounds, noting the challenges the faced with seeking support in secular specialist services. [The report outlines what women of faith want their faith leaders and communities to know.](#)

28 November

WOMEN OF FAITH

[We call on the holy women who went before us, channels of Your Word in testaments old and new, to intercede for us so that we might be given the grace to become what they have been for the honor and glory of God.](#)

Litany of Women for the Church

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

No Recourse to Public Funds (NRPF)

Many migrant women are without recourse to public funds due to their immigration status and this can negatively impact their well-being upon escaping domestic abuse. [Project 17 supports those with NRPF and we can all help to raise awareness and ensure migrant women and their children are supported.](#)

01 December

WRITE TO YOUR MP

Almost two-thirds of migrant women interviewed said their perpetrator had threatened deportation if they reported the violence, with more than half having been told by perpetrators that they would lose their visa if they reported it.

The recently passed Illegal Migration Act continues the UK's hostile environment. [Write to your MP today to express your concern and call for migrants' rights to be upheld.](#)

02 December

DONATE: LAWRS

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 exposed to violations of their rights and experiencing gender-based violence. LAWRS provides a multitude of vital support services and you can support their work in a number of ways.

03 December

SIGN A PLEDGE

In 2021, around 45,000 women and girls worldwide were killed by their intimate partners or other family members. Suella Braverman recently commented that being a woman and fearing persecution is not sufficient to qualify for protection. Women for Refugee Women are calling for the UK to Welcome Every Woman. Sign their pledge and support their work.

04 December

SPEAK TO YOUR PARISH PRIEST

We encourage you to speak with your parish priest and/or deacon about violence against women and domestic abuse, to question what your parish is doing to raise awareness and support victims, and to identify what more can be done.

05 December

DONATE: Father Hudson's Care

Father Hudson's Care is the principal social care agency of the Archdiocese of Birmingham and has a number of projects in which they support marginalised women and support them to be empowered, including women asylum seekers, refugees and migrants. Learn more about their projects and support their work.

06 December

CHALLENGE YOURSELF

Women's Aid is a national charity in the UK working to end domestic abuse.

It will be celebrating 50 years in 2024, and has a number of events taking place with which you can get involved, challenge yourself, and raise money for their work.

07 December

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 a poster you can download to display in your parish.

08 December

DONATE: Food Bank

Many migrant women who have left abusers lived in severe poverty, food insecurity and in precarious accommodation.

Food banks are a vital source of support to many escaping domestic abuse. Donate to a local food bank: <https://www.trusselltrust.org/get-help/find-a-foodbank/>

09 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.

10 December

INTERNATIONAL HUMAN RIGHTS DAY: SET UP A WOMEN'S GROUP

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

We encourage dialogue within communities and recognise the value of women's groups to raise awareness of domestic abuse and how to tackle it, whilst extending support to survivors.

Speak to your parish priest/deacon about setting up a women's group.