

Useful Resources:

MU 'Souls of Our Shoes Exhibition' consists of 50 pairs of shoes from women, men and children who have walked away from abuse, each with a comment speaking on their behalf. A display board and a box of useful resources accompany this exhibition.

Contact: muchangingthestory@gmail.com



The **Thursdays in Black** campaign is simple yet profound. Wear black on Thursdays and wear a pin to declare you are part of the global movement working towards a world without rape and violence. www.oikoumene.org

The **Safe Church** Initiative was developed by Onus to empower churches to recognise and respond to Domestic Violence and Abuse both within the church and wider community context. www.onustraining.co.uk

Training Sessions will take place on:

Tuesday 27th February 2024 11.00am to 12.30pm

Tuesday 1st October 2024 7.30pm to 9pm



Restored are creating a network of churches that never tolerate abuse, but instead provide a safe refuge for survivors, journey with them on their road to recovery, and demonstrate God's deep love for them. These churches are called **Restored Beacons**. www.restored-uk.org

The **Red Chair Project** involves reserving an empty chair in a public place, alongside information about domestic abuse and violence. The empty chair acts as a powerful symbol of the many who have been killed through gender-based violence, who should still be with us today. The Red Chair Project - Restored. restored-uk.org



The 16 Days of Activism Against Gender-Based Violence takes place from November 25th to December 10th every year. www.mothersunion.org/resources/16-days-of-activism

Mothers' UNION

Christian care for families

Province of All Ireland

RISE UP
against domestic abuse

The central tenant of the Mothers' Union **RISE UP** Campaign is the Bronze, Silver and Gold Award Scheme for Branches and/or Parishes across Britain and Ireland, and Worldwide.



To achieve the Bronze award a branch or church should:

1. Put a RISE UP poster raising awareness about domestic abuse in an appropriate public place such as in churches, toilets, parish halls, shop notice boards, community centres, medical centres, etc.
2. Commit to pray for those affected by domestic abuse, including the victims, survivors, perpetrators and those who work in the field of domestic abuse.
3. Make a connection with a local domestic abuse support organisation, to see how one can support them.



THE MU RISE UP CHALLENGE



❖ Put up a domestic abuse poster

❖ Commit to praying regularly

❖ Support local domestic abuse service



Respond
Inform
Support
Unite
Pray
Empower

Mothers' UNION
Christian care for families

The **RISE UP** resources reflect a 365-day approach and can be found at: www.mothersunion.org/riseup

EQUIPPING THE CHURCH TO TAKE ACTION AND END DOMESTIC ABUSE

Join with experts from around the Anglican Communion to explore how you and your parish can join a larger movement of people of faith responding to and ending the shadow pandemic of domestic abuse.

This 5 part lecture series will take you on a journey to better understand domestic abuse, its impact on individuals and communities, and how we can use the confidence and the knowledge of the vital steps to take action to end domestic abuse and its impact on individuals and communities.

Domestic abuse is pervasive, and touches the heart of every community in Ireland. **'Equipping The Church To Take Action And End Domestic Abuse'** is a 5 part programme, and a welcome opportunity to discuss positive steps towards prevention, highlighting and supporting victims/survivors, and our local domestic abuse services.

The programme schedule is as follows:

Wednesday mornings from 10.30am to 12noon
10th January to 7th February 2024

Wednesday evenings from 7.30 to 9pm
10th April to 8th May 2024
25th September to 23rd October 2024



The Irish edition of the **Restored Guide for Churches to Address Domestic Abuse** is the basic manual for the course and copies are posted or delivered to participants prior to the first session.

A useful Participant Guide outlines the content of each session and on registering is emailed in pdf format to all participants.

For further details please contact: muchangingthestory@gmail.com



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**Stopping Violence
Stopping Poverty
Stopping Injustice**

'Changing The Story' Wellbeing Group is an online programme, run over 12 weekly sessions, and based on the vision of Kintsugi Hope – ***'to discover treasures in life's scars.'***

The weekly sessions will cover the following topics:

- Honesty – life is a journey.
- Anxiety – who cares?
- Depression – strong for too long.
- Shame – discovering the treasure.
- Anger – boiling point.
- Disappointment and loss – God's silence doesn't mean God's absence.
- Perfection – beyond reach or reason.
- Forgiveness – living with our scars.
- Self acceptance – I am flawsome.
- Healthy relationships – stay connected.
- Resilience – strength to carry on.
- Review – continuing the story.

All our facilitators have undertaken Kintsugi Hope Wellbeing training. For further information on how to join the group, or for any other query, please contact: muchangingthestory@gmail.com