



"I CANNOT THANK YOU ENOUGH FOR EVERYTHING RISING SUN IS DOING FOR US, THE FOOD PACKAGES ONCE A WEEK BEING DELIVERED, THE EASTER EGGS, AND NOW THE GIFTS. AS YOU KNOW I STRUGGLE WITH MY ANXIETY BUT THIS HELPS TO EASE ALL THAT. PLEASE THANK EVERYONE WHO IS HELPING MY CHILDREN AND ME."

MUM WITH 3 CHILDREN

## WHATS NEXT FOR RISING SUN?

'HERstay' will provide accommodation for 16 to 24 year old girls who are pregnant, experiencing domestic abuse within their family environment, and who have nowhere else to go. We will provide more information about this exciting new project in our next update!



Follow us on social media:  
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[www.instagram.com/risingsunkent](https://www.instagram.com/risingsunkent)  
[www.twitter.com/RisingSunKent](https://www.twitter.com/RisingSunKent)

## FAMILY WORK DURING COVID-19

Lockdown meant a sudden halt to our face to face work with survivors. While most of our services moved online and were carried out via phone, video or text, this wasn't initially possible with our youngest group of beneficiaries: **children aged 5-11**.

Unable to carry out our face to face mentoring work with the children, we looked for other ways to support them through lockdown. This involved working with the non-abusive parent as well as the child, to understand their evolving needs and to provide support to the whole family. We worked with **local community groups and supermarkets to arrange food parcels**. It also became clear that keeping children entertained at home was difficult and exhausting for parents, so we created and delivered **fun activity sheets** to be completed together. We also received **generous contributions from the community providing toys, games and art and craft materials** to families.

As lockdown progressed we continued to listen to what our clients needed. We found that **parents felt anxious and isolated**, and that **children were keen to see our staff** again. We began providing **emotional support to the parent** via phone, and **organising family sessions** via Zoom where children could also catch up with our staff. As lockdown eased and where safe to do so, staff have **met with families in outdoor spaces** to provide support.

We are now seeing the benefits of working with both the parent and child as parents tell us that they are **feeling less anxious, doing more activities** with their child and that **the relationship has improved**.



**Rising Sun**  
Domestic Violence  
& Abuse Service



### FUNDRAISING DURING COVID-19

A handmade ukulele, the 2.6 challenge, 1 hour of burpees, online quizzes, and a VE Party. Our supporters have been fundraising in wonderful ways over the past few weeks.

There are loads of fun ways to support us whilst staying socially distant, if you would like to arrange some fundraising please email [judith@risingsunkent.com](mailto:judith@risingsunkent.com) or give Judith and Gill a call on 01227 452852 or set up a Just Giving page at [www.justgiving.com/rsdvp](http://www.justgiving.com/rsdvp).

**Auction:** Have things you no longer want or need? Why not have an auction?

**Coffee morning:** have you missed your daily coffee during lockdown? Why not hold a virtual coffee morning and donate the money you've saved.

**Ebay:** selling old items? Why not sell them on eBay and donate 10-100% of profits to Rising Sun

**Fitness:** if you've been meaning to get fit the now is your chance! Use apps like Strava to track your goals and encourage sponsors

**Bad habit box:** everyone has bad habits, ask family or friends for sponsorship to quit.

**Garden Party:** get the BBQ started and have a socially distant family gathering in the sunshine (or, lets be honest, rain).

**Get crafting:** embroidery, painting or homemade candles. Go online for inspiration and get creative, then sell your creations to friends and family.

**Quiz night:** test your trivia and hold a fundraising quiz either online on Zoom or from a garden at a safe distance.

### THANK YOU!

As always, we have been able to carry out our work thanks to the generous support of our volunteers, fundraisers and donors.

We would like to issue a special thank you to the following supporters who have donated during COVID-19:

Steve Lilley & The Unicorn Pub  
Becky Missions  
Miriam Layton  
Gale Alexander  
Kathryn Thompson  
'Blister Sisters Running Group' from Hythe  
Jade Hynes & 'The Canterbury Old Bags'  
MaLula Trio: Marie Kelly Lucy Freeman Laure Meloy  
Lidia Modzelewska  
Dan Leggett  
RIFT Group  
Tesco Crooksfoot  
Morrisons Herne Bay  
Whitstable Oyster Singers  
Ashford Athletic Club  
Herne Bay Rotary Club  
Whitstable and Herne Bay Lions Club  
Canterbury Lions Club  
Crab & Winkle WI  
Salvation Army Ashford  
Co-op Funeral Canterbury  
The East Kent Widows Sons  
Canterbury Soroptimists  
Canterbury Vineyard

### WAYS TO DONATE

If you wish to donate to Rising Sun, then there are a number of ways you can:

1. Cheque made payable to Rising Sun Domestic Violence and Abuse Service posted to Judith Collins, Rising Sun, 23a Military Road, Canterbury, CT1 1YX
2. BACS transfer to Rising Sun,  
Sort code 40-52-40 Account number: 00025585  
Payment reference: yournameCOVID
3. Donate online at [www.justgiving.com/rsdvp](http://www.justgiving.com/rsdvp)