

**Respond**  
**Inform**  
**Support**  
**Empower**

**Unite**  
**Pray**



## Domestic Abuse – RISE UP Campaign

Domestic abuse is pervasive and touches the heart of every community in Ireland. With 1 in 4 women and 1 in 7 men and all of their children affected it is time to speak up and equip ourselves to stand against domestic abuse.

The **Mothers' Union RISE UP Campaign** reflects a 365 day approach and has been developed to empower people with knowledge and skills to help support victims of domestic abuse with care and empathy.

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

To achieve the **Bronze** award your branch / church should:

1. Put a RISE UP poster raising awareness about domestic abuse in appropriate public places such as in churches, toilets, community centres, parish halls 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 your local domestic abuse service to see how you can support them.

A range of **RISE UP Resources** are available for viewing and download at [www.mothersunion.org/RISEUP](http://www.mothersunion.org/RISEUP)

Register your interest, complete your actions and apply for your award at <https://tinyurl.com/Riseupassess>



To achieve the **Silver** award your branch / church should:

1. Host at least one annual speaker from other organisations to speak about domestic abuse.
2. Reach out to churches without an MU branch and actively promote the RISE UP challenge.
3. Use healthy relationship study materials.
4. Include information about abuse and helpful resources in church/branch communications.
5. Preach about equality and mutual respect in all forms of relationships, including equality in relationships in youth work/children's work as appropriate.
6. Attend or watch the Bystander webinar. This will help you to support someone who is being subjected to unwanted attention or inappropriate behaviour.
7. Make a donation to assist MU work in this area.

To achieve the **Gold** award your branch or church should:

1. Organise events providing local people with an opportunity to engage with MPs/TDs and local leaders on domestic abuse issues.
2. Engage with vulnerable groups, for example, prisoners, who have been affected by abuse.
3. Commit to pray for Mothers' Union's wider gender based violence prevention and awareness work.
4. Appoint a champion to lead on domestic abuse work and join the Mothers' Union Domestic Abuse Community of Interest.



# EQUIPPING THE CHURCH TO TAKE ACTION AND END DOMESTIC ABUSE

**'Equipping the Church To Take Action And End Domestic Abuse'** is a 5 part programme and a welcome opportunity to explore how, as a church, we can stand against domestic abuse through:

- Working on prevention
- Raising awareness
- Enabling safe spaces
- Providing support
- Establishing partnerships

**The 2025 programme will run on Tuesdays from the 14<sup>th</sup> January to 11<sup>th</sup> February; 11am – 12.30pm**

The Irish edition of the **Restored Guide for Churches to Address Domestic Abuse** is the basic manual accompanying the programme.

For further details contact: [muchangingthestory@gmail.com](mailto:muchangingthestory@gmail.com)



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**Safe Place / Safe Church** – this initiative was developed by Onus to empower churches to recognise and respond to Domestic Violence and Abuse within the church and wider community context - [www.onustraining.co.uk](http://www.onustraining.co.uk)

**Tier 1: Safe Place Training** – Wednesday 26<sup>th</sup> February 2025, 11am- 12.30pm; Wednesday 1<sup>st</sup> October 2025, 7.30pm to 9pm.

Tickets: [COI / MU - Tier 1: Recognising & Responding to Domestic or Sexual Abuse \(Safe Place\)](#)

**Tier 2: Safe Church Training** - Thursday 27<sup>th</sup> February 2025, 7.30pm to 9pm

Tickets may be accessed at [Tier 2: Safe Church \(Mother's Union\)](#)



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

**Starting Date: Monday 10<sup>th</sup> February 2025**  
Programme includes an in person weekend in Newcastle, Co. Down – 4-6 April 2025

The sessions include topics, such as:

**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*

All our facilitators have undertaken *Kintsugi Hope Wellbeing* training.

Contact: [muchangingthestory@gmail.com](mailto:muchangingthestory@gmail.com) for further information.

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**Souls of our Shoes** - The 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 resources accompany this exhibition.

Contact: [muchangingthestory@gmail.com](mailto:muchangingthestory@gmail.com)



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## **Changing The Story – Equipping The Church To Take Action and End Domestic Abuse**



All MU members are volunteers. Since 2014 this project has been funded through generous grants and voluntary contributions. If you would like to contribute to the continuing work and outreach of the *Mothers' Union 'Changing The Story' Project*, it would be much

appreciated: <http://www.gofundme.com/f/mothersunionchangingthestory>