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ASSIST A SISTA CREATES HAVENS OF HOPE

by Sarah Chatterjee | 8 Jul 2015 | Charities and causes



Many of you would have seen overnight the video from Irish fitness blogger, Emma Murphy, tearfully sharing her experience of domestic violence.

Towards the end of the video, Emma describes how she found the courage to end the relationship and turn to her family for support.

Sadly, Emma's story is all too common. If there are any positives to be found in her story, one of them is that Emma had supportive family and friends to turn to, as well as a comfortable home to live.

Many of those who experience domestic violence aren't as fortunate. That's where the wonderful work by the Assistahood comes in.

Since its inception, Assist A Sista has completed 199 havens for women (and some men) and their children, fleeing domestic violence situations, with work on the 200th haven commencing today.

Assist A Sista Co-founder, Manuela, said these havens are not only helping women and their children, but have assisted three dads who have found themselves fleeing domestic violence situations.

"Domestic violence does not discriminate and we should all play an active part in bringing it to an end," she said.

"Having a safe, comfortable home in which to create new beginnings can mean the difference between

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a family staying in their new haven or returning to the abuse due to a lack of resources.

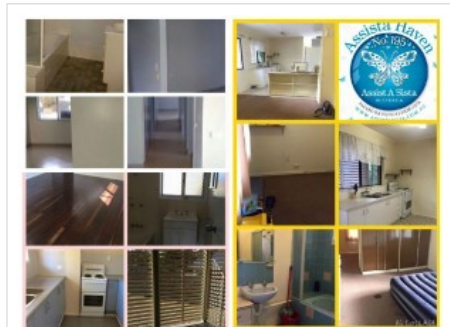
“This is unacceptable.

“With the help from the community we are making a change – one family at a time.

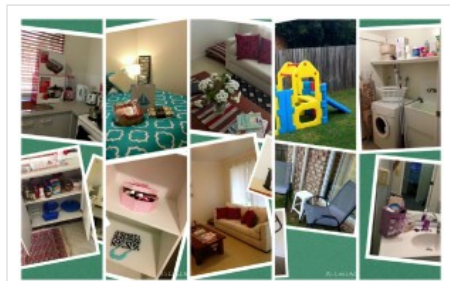
“To break that down, that’s 197 mums, 3 dads and more than 400 children that we’ve created loving homes for,” said Manuela.

WHAT IS AN ASSIST A SISTA *HAVEN*?

To create a haven, Assist A Sista volunteers completely transform a house from an empty shell into a welcoming, family home, or *haven*, by fitting it out with beds, furniture, linen, kitchenware, toiletries, curtains, locks and appliances.

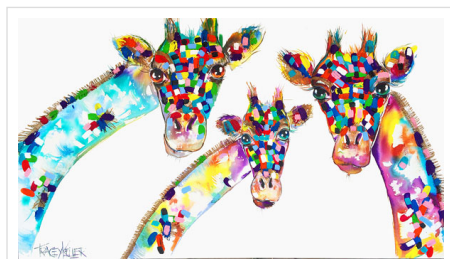


The empty home before the transformation
from Assist A Sista



After the transformation to haven – a warm,
welcoming home.

As well as life’s necessities, special touches such as donated massage vouchers or beautiful artworks, are also added as symbols of support and hope.



Artist Tracey Keller provides one of her
artworks for every Assist A Sista haven.

Upon completion the home is ready for its new family to move in as they exit a refuge and immediately start focusing upon the healing journey.

Motivated and passionate Assistas complete the *havens* using items donated by members of the Assistahood.

HOW CAN YOU HELP ASSIST A SISTA?

Here are a just a few ways you can help Assist A Sista.

- Join the Assist A Sista Facebook page and respond to calls for donations for havens.
- Donate pantry items that can be easily stored for use in *havens*.
- Donate new items for 'comfort packs', such as toiletries, skin care, hygiene products or even perfume.
- Donate home décor items.
- Become an Assist A Sista *haven* coordinator or volunteer in your local area.
- [Join The Generous Shopper](#) and raise money for Assist a Sista every time you shop online. It's free to you and Assist a Sista – the retailer funds the donation.

As we reflect on the impact of Emma Murphy's video, I urge you all to find a way to take action. Do something today to help make a difference for those experiencing domestic violence. It doesn't matter what you do, so long as you make a start and do something.

To make a donation, contact Assist A Sista at: donations@assistasista.com.au

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