**RISE UP! Top Tips from our members**

* One of the things we found helpful was to involve our clergy, share information with them all, including downloads from the website. Including other churches in our hub brought about good results. We always had good links with DA units, resource centres etc. but if you haven't these links, professionals in the community will help you develop them.
* In 2023 we used the names of the women murdered during the year to highlight the ultimate tragedy of domestic abuse.
* Do not confine the RISE UP! posters to just your own church, ask local pubs and gyms if you can put them up and also nearby churches that don’t have a Mothers’ Union. It spreads the word about the campaign and the highlights the work of Mothers’ Union.
* Whilst it is a MU project it is important to get the whole congregation and wider community involved. For example we have joint services as parts of Churches Together which include other churches in the community of different denominations. At their 30th anniversary celebrations the RISE UP! campaign was the charity the collections went too and prayers were said too.
* If there isn't a refuge near to your branch - share one with another branch! Find out how they help and add to their collections, attend their talks - or invite a speaker from their refuge to your branch.
* It’s important to make people recognise that domestic abuse happens everywhere. It's often more subtle and difficult in "nicer" environments and homes, where it is hidden and not talked about. It is important to realise it doesn't just happen in socially deprived areas, or where people are poorly educated with little disposable income. There is often a "it doesn't happen where I live" view about it, which then causes even more shock when it does.
* Put an article in your Parish Magazine. This is an effective way of publicising not only the efforts of the Mothers’ Union to the general population but also spread the definition of ‘Domestic Abuse’ to those who may not be aware of what it means (not just ‘wife beating’), and also to give out the Helpline numbers. Try to ‘market’ the campaign though either Parish Magazines or even other free newspapers, especially if they happen to run stories about the local Women’s Refuge.
* Getting other churches onside favourably received – we have a good relationship with our local Baptist Church which doesn’t have a women’s group and their governors were happy to put up the RISE UP! notice.
* Coercion and control is being shown in popular soaps such as “Emmerdale” which could be watched on ITV X by MU members and used as the base of a discussion at a meeting (but do give a warning it could be distressing!).
* On the back of the Posters with each small tear off strip with the National helpline number, we have added on the reverse side added those local numbers for applicable for each area.
* We have been putting up posters all over - the local churches, shops, football clubs, hairdressers, pubs and our local MP. Everyone has accepted these without any complaints and were pleased to help. I think that is our Top Tip - getting word out wherever possible.