

A photograph of two women laughing together. The woman on the left has long, wavy brown hair and is wearing a bright red tank top. The woman on the right has dark hair pulled back, wears glasses, a grey t-shirt, and a purple wristband. They are both smiling broadly and looking towards each other. The background is blurred, suggesting an indoor setting with other people.

**Host a class**

**Help end domestic abuse**

**women's aid**  
until women & children are safe



# What class will you run?

Sharing your professional skills via a virtual or in-person class is a great way to fundraise for us. Whether it's a craft workshop, baking session, or fitness class – this guide gives you all the information you need to organise a memorable class.

**Every penny you raise, every event you host, helps build a safer world for women and girls.**

Our life-changing support can be the difference between staying or finding safety. We want to be there for every woman who needs us. We want to end domestic abuse for good. And with your help, we can make it happen. And whatever you do, we'll support you every step of the way.

## Need some inspiration?

### **Gardener**

Offer to do a terrarium workshop. Get your hands dirty and show off your plant knowledge to create a self-sustaining ecosystem within a corked jar.

### **Candle-maker**

Host a candle craft-ernoon and have participants create sweet-smelling gifts to light up their homes. Experiment with different decorations, essential oils, and eco-soy recipes.

### **Artists and ceramacists**

How about a paint a mug workshop? Get creative when fundraising with friends and family and handcraft something perfect for your morning coffee or cuppa.

### **Chefs and bakers**

Running a cooking session is a great way to raise money. Participants will be delighted to take home their delicious creations home with them.

### **Writers**

If writing is your forte, share the knowledge and teach participants the art of the written word. Or, host a slam-poetry or spoken-word event which allows attendees to showcase their own work.



# Running a fitness class

## Experiencing domestic abuse can have devastating and long-term consequences for mental wellbeing.

We found almost half of women in refuge services reported feeling depressed or having suicidal thoughts as a direct result of the domestic abuse they had experienced. However, we know from our work with survivors that this is likely to be the tip of the iceberg because of the stigma and fear around disclosing poor mental health.

## How can you help make a difference?

Movement has been shown to benefit people's mental wellbeing. Whether you're a yoga, Pilates, martial arts, or HIIT instructor, by using your professional skills to run a fitness class, you can help to demonstrate how getting active helps more than just our bodies.

We can provide you with everything you need to promote your exercise class. A few posters at work, at the gym, or on community noticeboards can really make a big impact.

You could even make fundraising a regular thing by holding monthly classes for a donation each time!

## Class checklist

Being prepared will help your class run smoothly. We recommend communicating with your attendees more than once to ensure they have everything they need.



Exercise mats



Suitable clothing



Water bottle



Speakers



Register of attendees



Laptop or tablet (if virtual event)

**If you need support, get in touch**

**[EMAIL US](#)**



# Why host a class?

## The benefits of hobbies and community movement:

Engaging in hobbies and fostering community provides a sense of belonging and support that benefits our wellbeing and outlook on life. Running or attending a class has so many benefits including:

- Improved mood
- Creates opportunities to socialise and meet new people
- Manages the symptoms of mental health disorders (i.e. anxiety, depression)
- Builds a sense of purpose
- Creates a structured routine

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## Keep us updated with your plans!

Let us know how you're getting on by tagging us in your social media posts. We're @womensaid on Facebook and X and @womens\_aid on Instagram and TikTok. Use **#TeamWomensAid** in your posts too!

“

Discovering yoga was like discovering how to calm my whole body down and reset myself. Now attending regular classes is a really important part of how I take care of myself, I don't do it to 'look' good, but it helps give me energy and feel positive about the future.

”

**Eve – fundraiser and Women's Aid supporter**



Contact us at:  
[fundraising@womensaid.org.uk](mailto:fundraising@womensaid.org.uk)



Find out more at:  
[www.womensaid.org.uk](http://www.womensaid.org.uk)

# Top tips for getting organised



## Tip 1

### Decide on logistics

Host either at home, a studio, a local community venue, or via Zoom/Teams. Will you be running the class solo or partnering with someone else?



## Tip 2

### Decide how you will fundraise.

You could either  
1) Set a standard ticket price and donate the proceeds (or a % of)  
**or**  
2) set an optional or 'suggested' donation amount per attendee.



## Tip 3

### Set up your EventBrite or JustGiving page

It only takes a few minutes! Here you can share details of your event, including the link if it's virtual, when it's happening, and why you are passionate about supporting us.



## Tip 4

### Gather the Gang

Tell family and friends to save the date of your class. Use community networks, notice boards, Leisure centres, Facebook groups and local social groups to help spread the word!

**For full details on which fundraising platform to pick and how to set-up your event, check out our [useful guide to EventBrite and JustGiving](#).**

**Create a QR code for donations.** If people haven't donated ahead of the class, you can create a free QR code which links to your page, ensuring people can easily donate with their smartphones on the day. Click [here](#) to create a free account, then copy and paste the URL from your event page to generate your unique QR code. Then print onto posters!

**Want to brand your event?** We can send you some Women's Aid balloons, posters, stickers and collection boxes to you - just drop us an email!



Contact us at:  
[fundraising@womensaid.org.uk](mailto:fundraising@womensaid.org.uk)



Find out more at:  
[www.womensaid.org.uk](http://www.womensaid.org.uk)



# Keeping things safe and legal



## Conduct a risk assessment for your class.

The Health and Safety Executive (HSE) states that every business must have a policy for managing health and safety and risk assessment. If you're self-employed, this is your responsibility. However, if you employ others or work with a team of colleagues, someone else can do this for you.



## Identify risks in your practice space.

Make sure to carry out a full inspection of the venue in advance (and on the day), record your findings, and ensure that it's suitable for the class you're running. Be aware of any buffed or wet floors, food or drink spillages, or objects that can potentially cause participants harm (i.e., broken mirrors causing shattered glass).



## Insurance

Before teaching your class, it is important to have insurance to protect yourself and other against injury liability. Please ensure you have cover in place. It's good practice to check before (or on the day of the event) to see if any participants have injury concerns and recommend adaptations accordingly. For in-depth resources on how to safely and responsibly host an event, [please click here](#).



## Take necessary control measures

For classes involving lots of movement, it's important to communicate and demonstrate the best techniques to minimise the risk of an injury in your class. And make sure the participants are properly warmed up before you get started.

Here are some common actions taken by instructors to reduce potential hazards (or eliminate them altogether!):

- ▶ Make sure your class members are wearing appropriate clothing
- ▶ Get rid of any trip hazards in the space
- ▶ Use protective equipment
- ▶ Ensure adequate lighting, whether you're indoors or outdoors
- ▶ Provide welfare facilities (i.e., a first-aid kit or a washing station)

If you're outdoors, make sure class members disclose any allergies they have. Pick a spot that steers clear of dog walkers and bring suitable clothing (or plan for a back-up indoor venue) in case it starts raining.



If you have any concerns or need any help, then don't hesitate to get in touch.  
[fundraising@womensaid.org.uk](mailto:fundraising@womensaid.org.uk)



## How your money helps

Our work is only possible thanks to amazing fundraisers like you! Your support makes a huge difference in the life of a survivor.

10

£10 could provide initial support from our expert case workers to start a woman on her journey to safety.

25

£25 could give young people the tools they need to build healthy, respectful relationships through education and empowerment.

50

£50 could help a woman find safety from our domestic abuse practitioners when refuge space is out of reach.

100

£100 could help run our online community space for survivors for a whole day.

***"In the past, Women's Aid have shown my family and I kindness and hope when we needed it the most.***

***I now live a life where I thrive, not just survive. Fundraising for the charity has been an incredible journey which I would recommend to anyone."***

**Ali\*, Women's Aid Fundraiser**



**women's aid**  
until women & children are safe

Women's Aid Federation of England is a registered charity in England & Wales (1054154)