

NEWS

Donations for families fleeing domestic abuse

January 2020



Plymouth shoppers are being urged to donate to a community organisation which will support families escaping domestic abuse.

Food is Fun CIC has been selected as a cause for the Co-op Local Community Fund, who will use the funding to deliver sessions for families at Sanctuary Supported Living's Plymouth Refuge – part of Plymouth Domestic Abuse Services (PDAS).

The aim is to build up the participants' cooking skills and promote healthy eating, as well as using food to bring people together in a positive way.

PDAS provides practical, non-judgemental support, advice and protection for all victims of domestic abuse. Support includes opportunities for socialising in the local community, building confidence and self-esteem and advice on housing options.

Sue Collins, deputy local service manager at PDAS, said: "We can't wait for the sessions to start. Our families have all been through some horrifying experiences and I am confident that the classes will really give them something positive to focus on.

"I would urge all Co-op members to choose Food is Fun CIC as their cause."