

YOU'RE WALKING FOR

# WOMEN'S AND GIRLS' EMERGENCY CENTRE



**WOMEN'S  
AND GIRLS'  
EMERGENCY  
CENTRE**

Welcome to Walk for WAGEC! Our goal is to raise \$250,000 so that women, children and families can walk away from violence.

[walkforwagec.org.au](http://walkforwagec.org.au)

## We're so excited you'll be walking with us so that women and families can walk away from violence.

With your help, we can reach our target of \$250,000 which will support women and children to build safe futures.

So that you can make the most out of your fundraising, we've put together this Welcome Pack to support you in your efforts.

### Why we're walking?

On average, a woman is killed by an intimate partner every 10 days. Gender-based violence takes a profound toll on women, children and communities. It impacts all of us. This is why we're asking you to Walk for WAGEC so that women and children can walk away from violence.

One child is killed **every fortnight** due to domestic or family violence.

Source: (Meyer, Fitz-Gibbon and Moore, October 2022 Public Statement).

Intimate partner violence is the **greatest health risk factor** (greater than smoking, alcohol and obesity) for women in their reproductive years.

Source: 2011 Australian Institute of Health and Welfare Burden of Disease Study (Ayre et al. 2016; Webster, 2016)

Domestic or family violence is a **leading driver** of homelessness for women.

Source: Australia's National Research Organisation for Women's Safety (ANROWS). 2019.

The high inflation rate of 6.1% greatly increasing the cost of living and the gender paygap mean it will be **even harder** for women to make ends meet.

Source: (WGEA, August 2022)

# GUIDE ON EVERYTHING: WALK FOR WAGEC

Here's everything you need to know  
before you Walk for WAGEC



## **Sunday 7th May Centennial Park, Sydney**

7.30 - 8.45am: Registration  
9am: Welcome to Country & Speeches  
9.40am: Walk and run start

### **01.**

#### **Before the day**

**Registration cost:** \$25 for adults; kids (0-18) walk for free. The \$25 fee helps us cover the cost of running the event, and includes a Walk For WAGEC t-shirt for each registered participant.

**Fundraising:** Share your fundraising page and ask your community to donate. If you raise \$500 or more you will receive a Walk for WAGEC Bucket Hat when you check-in on the day!

**How to involve your community?** Post and share about Walk for WAGEC! It will encourage more people to sign up, donate, fundraise and walk. To download Walk for WAGEC social tiles, [click here](#). Remember to hashtag **#walkforwagec**

#### **Walking virtually?**

Check out our welcome guide for our virtual walkers [here](#).

## 02.

## On the day

**What to do on arrival?** Check in at our registration desks on your arrival at the Church Grounds in Centennial Park to receive your wristband and pick up your free signature Walk For WAGEC t-shirt!

**What do I wear?** There is no specific dress code for Walk For WAGEC, but we'd love to see you in your best yellow and purple outfit! WAGEC merch - including our signature Walk For WAGEC t-shirt - will be available on the day, or you can pre-order now and pick up on the day. Please also wear comfortable clothing, walking/running shoes and a hat. Note: those who raise over \$500 will be gifted a WAGEC bucket hat on the day!

**What do I bring?** Refillable water bottle, hat, sunscreen, poncho and/or umbrella (in case of wet weather), personal hand sanitizer and face mask.

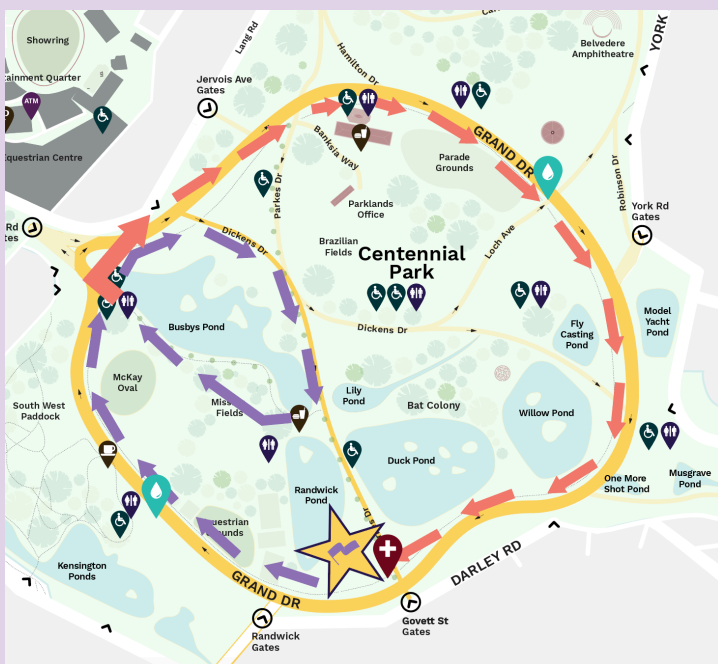
**Parking and accessibility:** We encourage you to take public transport where possible, however, if you need to drive there is free parking available all through Centennial Park. If you have any accessibility needs, please get in touch with us via [fundraising@wagec.org.au](mailto:fundraising@wagec.org.au)

**Weather plan:** We will walk in rain or shine - make sure to bring an umbrella, poncho and wet weather-friendly footwear!

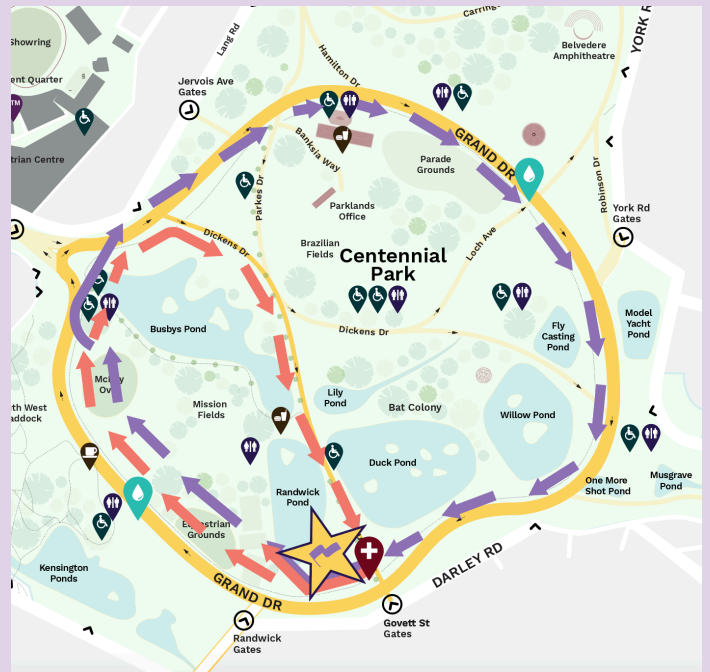
**Dogs are welcome:** Furry friends are more than welcome, however, please keep dogs on a leash at all times throughout the walk and be aware of children.

**Sharing on social media:** Please share your snaps on the day and use the hashtag [#walkforwagec!](https://twitter.com/walkforwagec)

Map of 5km route:  
Centennial Park,  
Grand Drive route



Map of 10km route:  
Centennial Park,  
Grand Drive route



Any questions or concerns?  
**Email:** [fundraising@wagec.org.au](mailto:fundraising@wagec.org.au)  
**Call:** 0432 397 572

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If you or someone you know has been affected by domestic violence, you have options:

**Always dial 000 in an emergency**

**Domestic Violence Line:**

1800 656 463 or [facs.nsw.gov.au](https://facs.nsw.gov.au) →

**1800 RESPECT:**

1800 737 732 or [1800respect.org.au](https://1800respect.org.au) →

**NSW Rape & DV Services:**

1800 424 017 or [rape-dvservices.org.au](https://rape-dvservices.org.au) →

**Lifeline:**

13 11 14 or [lifeline.org.au](https://lifeline.org.au) →

**Link2Home:**

1800 152 152 or [facs.nsw.gov.au/housing/help/](https://facs.nsw.gov.au/housing/help/) →

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**Website:** [walkforwagec.org.au](https://walkforwagec.org.au)

**Facebook:** [@WAGECREDFERN](https://www.facebook.com/WAGECREDFERN)

**Instagram:** [@womens.girls.emergency.centre](https://www.instagram.com/womens.girls.emergency.centre)

**LinkedIn:** [Women's & Girls' Emergency Centre \(WAGEC\)](https://www.linkedin.com/company/Women's%20&%20Girls'%20Emergency%20Centre%20(WAGEC))