

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

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



Anytime between 1st - 7th May

01. Before the week

Registration cost: \$25 for adults; kids (0-18) walk for free.

Entry kit: Your entry kit, which includes a Welcome Guide and a signature Walk for WAGEC t-shirt, will be sent to you in the mail after registration.

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 sent to you via post!

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**

02. Throughout the week

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! All virtual walkers will receive a Walk for WAGEC T-shirt when they receive their Welcome Kit. Those who raise over \$500 will be gifted a WAGEC bucket hat via post. Please also wear comfortable clothing, walking/running shoes and a hat.

Where to walk? Anywhere you like! If you can't walk or run with us, there are plenty of great walks in and around Sydney, Australia and the rest of the world if that is where you are joining us from.

How to post throughout the week? To access Walk For WAGEC shareable social tiles (for Instagram, Facebook and LinkedIn), [click here](#). Don't forget to share your Walk by tagging WAGEC in your post and using the hashtag **#walkforwagec**!

GUIDE ON: WHERE TO WALK VIRTUALLY

If you can't walk or run with us on Sunday 7th May, there are plenty of other great walks around Sydney to discover. Here are some suggestions from the team at WAGEC.

01. Parramatta Park

Time: 55mins
Length: 5kms

Start at the beautiful Wistaria Gardens, do 1.5 laps to end at Gatehouse Tea Rooms.



02. Bondi to Coogee

Time: 1hr 3mins
Length: 5kms (one way)

Start at either Bondi or Coogee and head inland. If you have more time, take the coastal route!



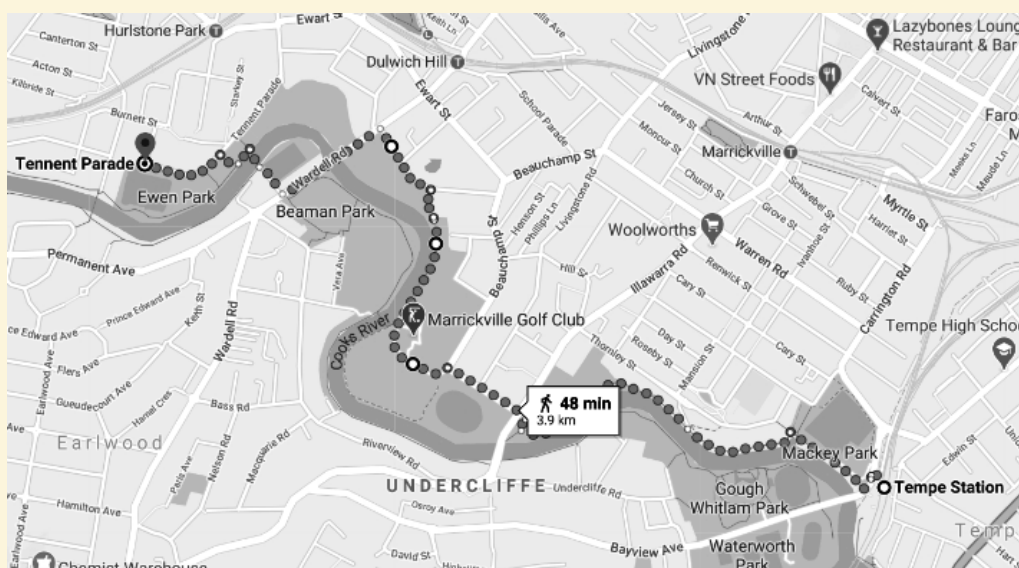


03.

Cooks River

Time: 48mins
Length: 3.9kms
 (one way)

Close to Tempe Station, catch the train in and leisurely walk alongside Cooks River.

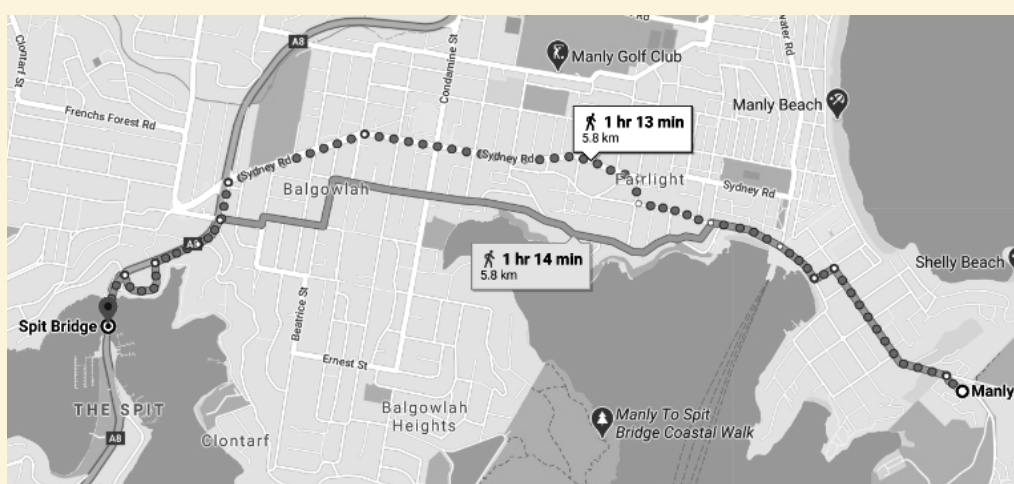


04.

Spit Bridge to Manly

Time: 1hr 13mins
Length: 5.8kms

Start at Manly and choose between two routes, one inland, one more coastal.



Any questions or concerns?
Email: fundraising@wagec.org.au
Call: 0432 397 572

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 →

1800 RESPECT:

1800 737 732 or 1800respect.org.au →

NSW Rape & DV Services:

1800 424 017 or rape-dvservices.org.au →

Lifeline:

13 11 14 or lifeline.org.au →

Link2Home:

1800 152 152 or facs.nsw.gov.au/housing/help/ →



Website: 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))