



RUTH'S HUSBAND HIT HER WITH THIS. PLEASE DON'T WASH YOUR HANDS.

Ruth lived in constant fear of her husband's moods, tiptoeing around him so he wouldn't take out his anger on her. She had learnt not to argue with him, but on this occasion had answered him back. This made him explode with rage. He grabbed the Netilat Yadayim cup – the cup they used for washing their hands before meals – and started hitting her face and body with it.

Domestic violence – whether in the form of physical, psychological, financial or emotional abuse – is a reality in all parts of the Jewish community and at all levels of observance. We get more than 1,000 calls to our helpline each year, and we know that there are many times that number who don't call us. One in four women will face domestic violence in their lifetime and, sadly, the Jewish community is no different.

Jewish Women's Aid is the organisation to which a Jewish woman suffering domestic violence can turn. It might be to talk confidentially using our helpline, to receive practical support or to make use of our refuge.

We depend on voluntary donations for over 75% of our work, and we want and need to do more still. Please give as generously as you can. Send your cheque now to **Jewish Women's Aid, PO Box 2670, London N12 9ZE** or donate online at www.jwa.org.uk now.

Against Domestic Violence

Helpline 0800 59 12 03



J E W I S H W O M E N ' S A I D



YOU'RE LOOKING AT A VICIOUS INSTRUMENT OF DOMESTIC VIOLENCE.

Every day Rebecca's husband would go out of his way to put her down. He would say: "You're stupid. You look terrible. You are a bad mum, a terrible cook. You are useless." If she did something that displeased him he would scream at her and call her names until she didn't have a scrap of self esteem left.

Domestic violence isn't only physical abuse. It can be in the form of intimidation, threats, isolation, verbal abuse and manipulation, psychological or financial abuse. One in four women will face such domestic violence in their lifetime and, sadly, the Jewish community is no different.

The nature of domestic violence is that women are often slow to come forward for help. But when they do there is Jewish Women's Aid. Through our refuge, helpline, community support and counselling, we are a vital source of support for women living in horrendous circumstances.

We can't do this work alone – over 75% of our income depends on voluntary donations. Will you help? Please give as generously as you can. Send your cheque to **Jewish Women's Aid, PO Box 2670, London N12 9ZE** or donate online at www.jwa.org.uk now.

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