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**What can you do?**

*The Rebirth of Meadow Rain* has been made to raise awareness around coercive control, to peel back the layers of misunderstanding of this non-violent abuse and what a victim can look like.

Here are a few ways you can help to support victims and end domestic violence and/or abuse in the UK:

**Join the Conversation with UK SAYS NO MORE**

UK SAYS NO MORE are a charity campaigning to end domestic abuse and sexual violence across the UK. They have a number of initiatives which you can help with by donating, hosting an event or simply sharing the #whatcanido

Find out more here: <https://uksaysnomore.org/>

**Bright Sky App**

Hestia have launched **Bright Sky,** a free to download mobile app, launched in partnership with the Vodafone Foundation, providing support and information to anyone who may be in an abusive relationship or those concerned about someone they know.

[For Apple](https://apps.apple.com/gb/app/bright-sky/id1105880511)

[For Android](https://play.google.com/store/apps/details?id=com.newtonmobile.hestia&hl=en_GB)

**Become a Women’s Aid Campaign Champion**

Women’s Aid Campaign Champions support their national campaigns on a local level, give survivors of domestic violence a voice and help to ensure that politicians and other key decision makers are listening. Visit their website for more information and to sign up: <https://www.womensaid.org.uk/campaign-champions/>

**Help in Your Local Area**

You can help victims of abuse by donating goods to a local service, or by volunteering. To find your local service, visit <https://www.womensaid.org.uk/domestic-abuse-directory/>