



JEWISH WOMEN'S AID

**JWA SHABBAT PRESENTS**

# *Stop the Ripple*

This Shabbat we invite you to join the conversation to stop the ripple effect of domestic abuse in our community.

**28-29 NOVEMBER 2025**



# WELCOME TO JWA SHABBAT 2025

At Jewish Women's Aid, we ask every woman who comes to us what made her reach out for help. So often they tell us it was because a friend, family member, teacher, or colleague mentioned JWA or simply encouraged them to get in touch. One woman said, "I wish I'd come to you sooner." Her words stay with us.

They remind us that women often reach safety only when someone around them takes the time to listen and knows where to turn for help. A friend, family member or colleague can recognise the signs, believe her and help her find support.

That is what JWA Shabbat is about: our shared responsibility to stop the ripple effect of domestic abuse. Like every year, this is the time when communities across the UK come together to learn, reflect and open conversations. Use JWA's resources to explore how abuse affects our community and how each of us can help build a culture of safety and support. We thank you for being part of JWA Shabbat, and for helping to light the discussion, bringing awareness, understanding, and hope into your homes, synagogues, and community spaces. Together, we can make our community a place of safety, dignity, and hope.



**Sam Clifford, Chief Executive, Jewish Women's Aid**





## **Domestic abuse doesn't just affect one person.**

It ripples through families, friendships, and entire communities. This JWA Shabbat, we invite you to help stop the ripple.

## **Rachel is our friend. Our sister. Our congregant. Our colleague.**

To the outside world, she seems like everyone else – juggling family life, showing up, keeping it together.

But behind closed doors, Rachel is afraid. Her home is a place of control and fear. She does everything she can to protect her children and keep going, but the cost to her is deep and hidden.

Most people don't see it. But some are starting to notice the cracks, the changes, the silences, the signs.

**Together, we can create a safer community for everyone.**

## **What can you do to stop the ripple?**

- 💧 **Acknowledge that abuse happens in our community**
- 💧 **Listen and believe women**
- 💧 **Talk about healthy relationships**
- 💧 **Signpost to JWA for help and information**
- 💧 **Invite JWA to speak in your community**

# Stop the Ripple

**USE THE CARDS TO REFLECT ON HOW PEOPLE IN RACHEL'S LIFE CAN SUPPORT HER. DISCUSS OUR SHARED RESPONSIBILITY TO STOP THE RIPPLE.**

THE NEIGHBOUR



I heard shouting from Rachel's house again, followed by a loud door slam. It didn't sound like a typical argument. I'm feeling uneasy, but I don't want to interfere.

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THE NEIGHBOUR



**Discuss:**  
What might help a neighbour feel confident to reach out?

**What could the neighbour do next?**

- Check in with Rachel at a quiet moment, ask open questions.
- Listen to her if she wants to talk. Don't judge.
- Share JWA's contact details discreetly.

**Survivors often say that someone asking kindly was the first step to them seeking help.**

THE TEACHER



Rachel used to enjoy being an active member of the school PTA and was really involved in school life. She seems distracted and withdrawn. Recently she has stepped back.

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THE TEACHER



**Discuss:**  
What might be going on when a parent pulls away from school life?

**What could the teacher do next?**

- Check in with Rachel. Let her know you are there for her.
- Discuss your concern with the safeguard lead.
- JWA runs training for Jewish schools- book a session for your staff.

**If you are worried as a professional, you can call JWA for advice and support.**

## THE FRIEND



Rachel doesn't seem like herself lately. She has a great job, but I've noticed she always has to justify what she spends. When we go out, her partner is constantly questioning her.

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## THE FRIEND

### Discuss:

What signs might you notice if a friend was in an unhealthy relationship?

### What could the friend do next?

- ⦿ Check in on your friend. Let her know you're here.
- ⦿ Listen without judgement.
- ⦿ Gently tell her you're worried and mention a JWA poster you have seen.

**Most women experiencing abuse don't disclose unless someone asks or shows concern.**

## THE LEADER



After attending JWA's Rabbinic Training, I learned that it can take Jewish women a long time to seek help. I want them to know they don't have to suffer alone.

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## THE LEADER

### Discuss:

How can leaders help prevent abuse and create a supportive environment?

### What could the Leader do next?

- ⦿ Display JWA posters and share information in your newsletters.
- ⦿ Book JWA training for yourself and others in leadership roles.
- ⦿ Use your platform to speak about healthy relationships.

**When leaders speak out it makes it easier for survivors to come forward.**

## THE PARENT



Rachel used to be so happy and outgoing, we were always close. But after she got married, things started to change. When we see her, she's anxious and not herself.

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## THE PARENT

### Discuss:

How could Rachel's experience affect her parents?

### What could the parent do next?

- ⦿ Keep checking in. Let Rachel know you're there.
- ⦿ Ask open questions like: "I noticed that you don't seem yourself."
- ⦿ When you hear "I'm fine," don't push. Let them know you're there for them.

**If you're worried about your child, you can call JWA for advice.**

## THE COLLEAGUE



Rachel hasn't seemed herself at work lately. She's missing deadlines, and it's been a long time since we grabbed lunch - we used to be close. Something is wrong.

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## THE COLLEAGUE

### Discuss:

How might a colleague notice something's wrong?

### What could the work colleague do next?

- ⦿ Check in regularly. Let her know you're there.
- ⦿ Listen without pushing. Avoid giving advice.
- ⦿ Share JWA information with senior staff to book training.

**Noticing and reaching out could help someone feel less alone.**



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**FIND OUT MORE AND SUPPORT OUR WORK**



Scan the QR code or visit  
**[jwa.org.uk/shabbat25](https://jwa.org.uk/shabbat25)**

**Do you feel unsafe at home? Are you worried about a friend or family member?**



**0808 801 0500**



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