When you donate to Rowan Alba’s Stramullion, you do more than give us some money. You give us the power to support women to live independently.

How your donation makes a difference

**£10**
- buys a wellbeing pack which enables a woman to take control of their self-care routine.

**£25**
- can buy cooking equipment to enable a woman to live independently with new skills.

**£125**
- buys a wardrobe and bedroom furniture for a woman to live in her own way.

To make a donation and get fundraising ideas, visit our website **rowanalba.org/donate**.