



**FEAR
FREE**

**BREAKING
THE CYCLE
OF ABUSE**

DOMESTIC ABUSE DEVASTATES THE LIVES OF THOUSANDS OF ADULTS AND CHILDREN, EVERY YEAR.

Every 30 seconds someone calls the Police to report abuse... At least one child in every classroom has been living in an abusive house since they were born.

Your gift will help keep adults and children safe and empower families to rebuild their lives free from abuse and fear, forever.

£10



could fund a mobile phone top up card to enable a victim to ring our help line.

£20



could fund comfort toys for two children fleeing an abusive home.

£39



could fund a new birth certificate for a victim of financial abuse, enabling them to open their own bank account.

£80



could fund a week's worth of food for a parent and two children in safe accommodation.

£100



could fund a hotel room for a family to provide an emergency place of safety.

£660



could fund training of a keyworker to deliver the Hope2Recovery programme, which supports hundreds of survivors every year to rebuild confidence, wellbeing, and resilience.

£1,000



could fund a healthy relationships educational session to 300 children in a school.

£2,400



could fund the training for a qualified IDVA (Independent Domestic Abuse Advocate) who saves and changes the lives of hundreds of high-risk victims.



**WHATEVER YOU DONATE OR RAISE, YOU'LL
BE HELPING TO SAVE AND CHANGE A
FAMILY'S LIFE.**

**THANK YOU FOR CHOOSING TO MAKE
A DIFFERENCE.**