



NAME.

is walking 60 miles this  
September for Refuge.

Please will you sponsor me at:

LINK.

National Domestic Abuse Helpline  
**0808 2000 247** (24 hour, freephone)

Live chat Mon–Fri 15.00–22.00  
**[www.nationaldahelpline.org.uk](http://www.nationaldahelpline.org.uk)**

Registered charity number 277424

**Refuge**



For women and children.  
Against domestic violence.