

Refuge



For women and children.
Against domestic violence.

I'm fundraising for Refuge

#Run56KForForRefuge

My fundraising target is:

£

Please will you sponsor me at:

.....

National Domestic
Abuse Helpline
24/7 call free **0808 2000 247**

Live chat
Mon–Fri 15.00–22.00
nationaldahelpline.org.uk

BSL service:
nationaldahelpline.org.uk/en/bsl

