

# Refuge



For women and children.  
Against domestic violence.

# I'm fundraising for Refuge

**#62MilesForForRefuge**

**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](http://nationaldahelpline.org.uk)**

BSL service:  
**[nationaldahelpline.org.uk/en/bsl](http://nationaldahelpline.org.uk/en/bsl)**