

Safe Spaces



is an **independent** and
confidential support service
for adults who have been
abused by someone in the
Church.

If you have been affected,
however long ago, Safe Spaces
can support you.

Call our **free helpline**

 **0300 303 1056**

 **safespaces@firstlight.org.uk**

Opening hours
Mon- Fri- 9am-9pm
Sat- 9am-1pm
Sun- 1pm-5pm



WWW.SAFESPACESENGLANDANDWALES.ORG.UK