

# 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](mailto:safespaces@firstlight.org.uk)**

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



**[WWW.SAFESPACESENGLANDANDWALES.ORG.UK](http://WWW.SAFESPACESENGLANDANDWALES.ORG.UK)**