

## GET INVOLVED

With your support, we can ensure anyone, no matter the age, gender, or sexuality, who is experiencing abuse, sexual violence, or stalking, can access safety and rebuild their life free from fear.

## HOW YOU CAN SUPPORT US:

### DONATE - HOW YOUR MONEY COULD HELP:

- **£5** could buy a mobile phone top up for a person fleeing abuse.
- **£15** could buy a gas/electric top up card for a family.
- **£50** could buy a week's worth of food for an adult and their children.
- **£100** could fund a hotel room for a victim and their children to get them to safety.

Your donation can help someone have a life free from fear and abuse. Donate now on our website:

[www.fearfree.org.uk/support-us/donate](http://www.fearfree.org.uk/support-us/donate) or scan here



### FUNDRAISE

Every pound you raise goes towards helping to change lives, provide hope for the future and give people the opportunity to flourish in their future relationships. There are lots of ways you can help to break the cycle of abuse. From a pub quiz to a hike, find the activity that is right for you.

Visit [www.fearfree.org.uk/support-us/fundraise](http://www.fearfree.org.uk/support-us/fundraise) or scan here for more information and to view our fundraising toolkit.



### VOLUNTEER

We offer excellent opportunities to harness your time and skills to best support our organisation, as well as offering opportunity to develop your own skills and experience with excellent training and support.

Please contact our Volunteer Manager at [volunteer@fearfree.org.uk](mailto:volunteer@fearfree.org.uk) or call 07525 803 354.

To view our volunteering openings,

visit [www.fearfree.org.uk/support-us/volunteer](http://www.fearfree.org.uk/support-us/volunteer) or scan here to view our volunteering roles.



## CONTACT US

### Wiltshire – Domestic Abuse, Sexual Violence, Support for Children and Young People and Behaviour Change.

Oak House, Epsom Square, White Horse Business Park, Trowbridge, BA14 0XG  
Support Tel: 01225 775276  
Enquiries and referrals: [spa@fearfree.org.uk](mailto:spa@fearfree.org.uk)

### Devon - Domestic Abuse, Support for Children and Young People and Behaviour Change.

1st Floor Buckland House, Pavilion 3, Park 5 Business Centre, Harrier Way, Exeter, EX2 7HU.  
Tel: 0345 155 1074 (landline call rate)

For professionals using a secure email address:

[referrals.devon@fearfree.org.uk:cjism.net](mailto:referrals.devon@fearfree.org.uk:cjism.net)  
For clients or those who do not use secure emails:  
[admin.devon@fearfree.org.uk](mailto:admin.devon@fearfree.org.uk)

### Gloucestershire - Positive Relationships Gloucestershire (PRG) Behaviour Change Service and Stalking

PRG  
Tel: 01452 529866  
Enquiries: [PRGgloucester@fearfree.org.uk](mailto:PRGgloucester@fearfree.org.uk)

### Stalking

ISAC: [isac@fearfree.org.uk](mailto:isac@fearfree.org.uk)  
Tel: 08088 020300

For advice and support contact the National Stalking Helpline. The helpline will operate a triage service for local support and make referral.

Enquiries: [advice@stalkinghelpline.org](mailto:advice@stalkinghelpline.org)

### ReprovidE, Bristol and Wiltshire – Behaviour Change in partnership with Bristol University

ReprovidE, The Park Centre, Daventry Road, Knowle, Bristol, BS4 1DQ

Enquiries: [reprovidE.bristol@fearfree.org.uk](mailto:reprovidE.bristol@fearfree.org.uk)

Fearfree Charity is a registered charity (No. 1064764) and a company limited by guarantee in England and Wales (No. 3360057). Registered address: Oak House, Epsom Square, White Horse Business Park, Trowbridge BA14 0XG

**FEAR**  
**FREE**  
BREAKING  
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OF ABUSE

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Working for a future where those trapped in a cycle of domestic abuse and sexual violence can break free and live a life free from fear.