

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.

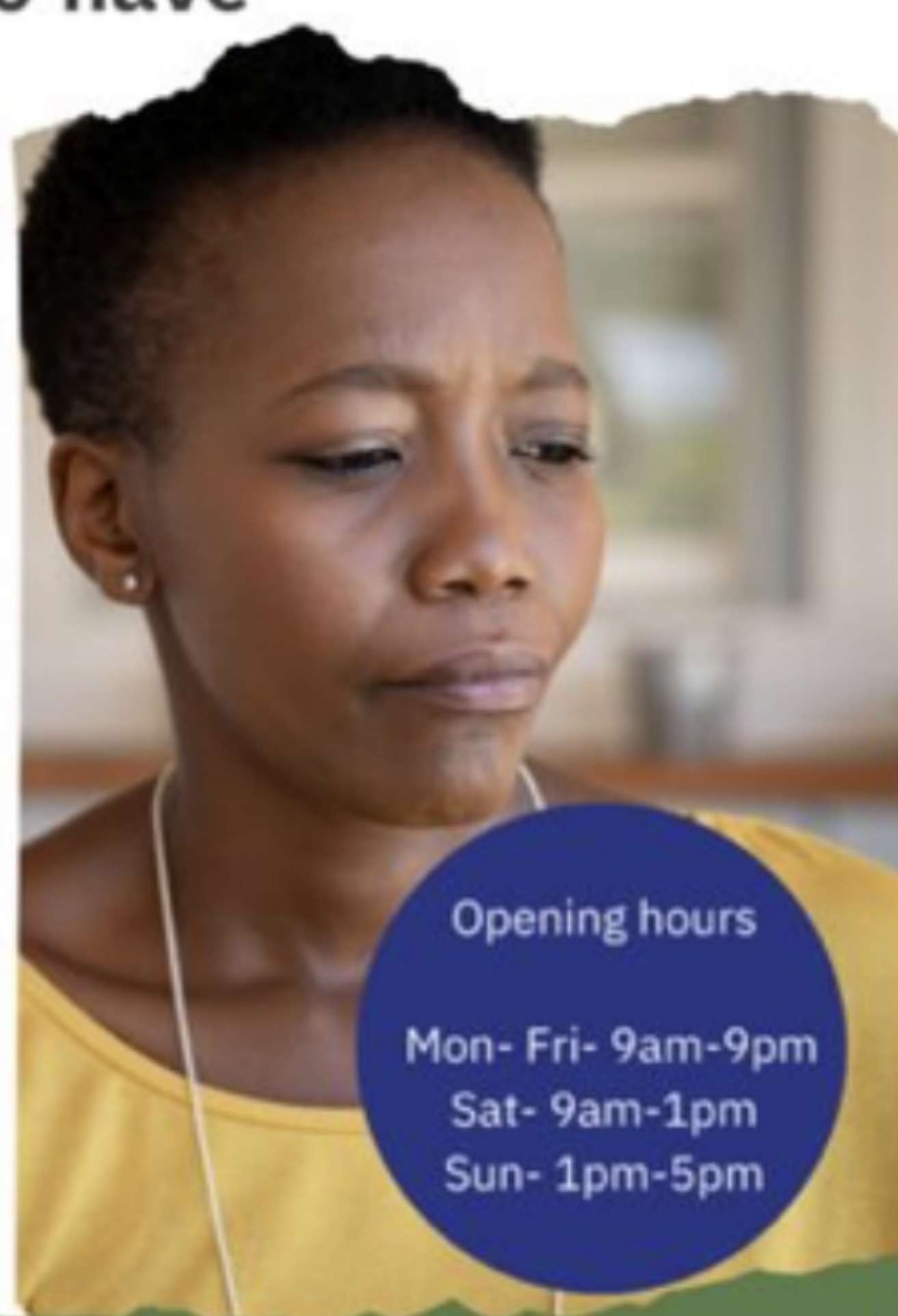
Call our **free** helpline



0300 303 1056



safespaces@firstlight.org.uk



Opening hours

Mon- Fri- 9am-9pm

Sat- 9am-1pm

Sun- 1pm-5pm

www.safespacesenglandandwales.org.uk

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