

# SAFER FUTURES

Ending Abuse in  
Cornwall &  
Isles of Scilly.

Free help and support for anyone  
affected by domestic abuse



0300 777 4 777

www://



www.saferfutures.org.uk

SAFER  
CORNWALL  
Kernow Salwa

BARNARDO'S



FIRST LIGHT  
Domestic Abuse and Sexual Violence Support for All

# What is Safer Futures?



We can help if you have been hurt at home or by someone you know who cares for you.



We help everyone!



Children,  
Young  
People,  
Women,  
and Men.



We can help you if you live in Cornwall or the Isles of Scilly.



We can help you find the right people for support

# Contact us for help.



Scan to  
watch video



You can call our  
helpline for help.

**0300 777 4 777**



They are friendly and  
will help you.

**They will believe you.**



You can call between  
**9:00 am to 8:00 pm**  
**Monday - Friday**

**9:00 am to 1:00 pm**  
**Saturdays**



If we do not answer,  
please leave a  
message with a safe  
phone number

# How to Contact us.

Phone number



**0300 777 4 777**



Email

**saferfutures@firstlight.org.uk**



Website

**www.saferfutures.org.uk**



Live Support

Please can we take your name and email address?

Name \_\_\_\_\_

Email \_\_\_\_\_

☐ I agree Safer Futures collects data and information about me so that they can provide a high-quality service. I understand information they process will be held in accordance with GDPR and the processing notices available at [www.firstlight.org.uk](http://www.firstlight.org.uk).

Chat with us

Web Chat

**www.saferfutures.org.uk**

# About Safer Futures?



We can help if you have experienced domestic abuse or sexual violence.



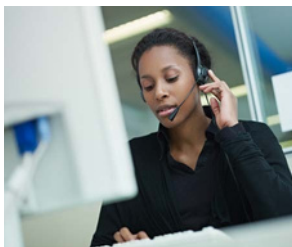
We support children, young people, women and men.



We can help you if you live in Cornwall or Isles of Scilly.



We can help you to make a plan and to get safe.



We also help you to get support from the right people.



You can call our helpline

 **0300 777 4 777**

The helpline is open on:



**Monday - Friday**

9am till 9pm



and **Saturday**

9am - 5pm



If we do not answer your call please leave a message telling us a safe telephone number.

# Contact us



Phone

0300 777 4 777



Email

[saferfutures@firstlight.org.uk](mailto:saferfutures@firstlight.org.uk)



Website

[www.saferfutures.org.uk](http://www.saferfutures.org.uk)



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