

Physical or verbal abuse at home?

We're here to lend a **helping hand...**

Everyone has the right to live free from abuse and fear. If you are experiencing domestic violence you may feel frightened, alone and confused. Please know that you are not to blame and you are not alone.

The **Domestic Violence One Stop Shop** provides a completely free and confidential service to help keep you safe and support you.

Join us at Loxford Polyclinic every Wednesday from 2pm to 4pm.



For more information **call 07939 255 014**
Email rscp@redbridge.gov.uk or visit
www.redbridge.gov.uk for more details