

What is Safe Spaces

Safe Spaces is a free, independent, remote support service for adults who have experienced abuse by someone in the Church. We operate as a helpline and online service, so you can access support from anywhere

This includes abuse linked to:

- The Church of England
- The Catholic Church in England and Wales
- The Church in Wales

You may be eligible if:

- You experienced abuse or harm connected to the Church
- The abuse caused physical, emotional, psychological, or financial harm
- The abuse happened in England or Wales
- The abuse occurred in a church context or was linked to a church role or relationship

If you are unsure whether Safe Spaces is right for you, you can still contact us to talk it through.

What is church-related abuse?

Church-related abuse refers to abuse by someone in the Church, or harm connected to a person's relationship with the Church.

This includes abuse linked to the Church of England, the Catholic Church in England and Wales, or the Church in Wales.

Church-related abuse can take many forms, including:

- Sexual abuse or sexual violence
- Physical abuse
- Psychological or emotional abuse
- Spiritual abuse
- Coercive or controlling behaviour
- Financial abuse
- Domestic abuse
- Conversion therapy

If you are unsure whether your experience falls within this, you can contact Safe Spaces to talk it through.

We Are Here for You

Whether this is your first time reaching out or you're looking for support with your next steps, our specialist trained team is here for you.

What happened to you matters.

If you are unsure whether Safe Spaces is right for you, you can still contact us to talk it through.

Contact us

Call: 0300 303 1056

Monday to Friday: **9am – 9pm** Full Service & Helpline

Saturday: **9am – 1pm** Helpline only

Sunday: **1pm – 5pm** Helpline only

Our main service is available Monday to Friday, 9 am–5 pm.
Outside of these hours, our helpline is available.



SCAN TO MAKE
ONLINE REFERRAL

www.safespacesenglandandwales.org.uk

You can contact Safe Spaces whether the abuse happened recently or many years ago.

You do not need to have reported it.

You do not need to know what you want to do next.

We will work at your pace.

Confidentiality

The information you give us will remain confidential. Exceptions to this may occur if you, a child or someone else is at risk of significant harm.

Equality, Diversity and Human Rights

Every person has the right to be treated fairly and with dignity regardless of gender, disability, ethnicity, religion, sexual orientation or age.

First Light is the operating name of First Light South West Ltd
The Business Centre, 2 Cattedown Road, Cattedown, Plymouth, Devon, PL4 0EG.
Registered Company & Charity in England and Wales Company number: 03440794 |
Charity number: 1090457

Safe Spaces

Church-related Abuse Service
across England & Wales



Call 0300 303 1056

Monday to Friday: **9am – 9pm**

Saturday: **9am – 1pm**

Sunday: **1pm – 5pm**

**Free, independent, confidential support
for adults affected by church-related abuse.**

www.safespacesenglandandwales.org.uk

Our Advocates will



Support and advise you



Be non-judgmental



Be here for you



Listen to you



Advocacy on your behalf



Online support with meetings



Keep everything confidential



Emotional support & space to talk



Signpost for other services

**We operate as a helpline and online service,
so you can access support from anywhere**

What should I expect?

Many people affected by church-related abuse feel unsure about where to turn for help.

Some may feel unable to approach services linked to the institution where the abuse occurred.

Safe Spaces exists to provide independent, impartial support, separate from church structures, leadership, and decision-making.

This independence means:

- People can speak openly without fear of influence or pressure
- Support is focused on safety, wellbeing, and informed choice
- Organisational interests never come before the needs of the person seeking support

Our Services are for people aged 18 or over, regardless of whether the abuse occurred recently or in the past, or whether the perpetrator is living or deceased.

Safe Spaces comprises a team of trained support advocates who have also undergone specialist training in supporting survivors of sexual violence, domestic abuse, and church related abuse.

The team have received additional specific training in how the churches respond to abuse cases, the way in which faith and church-related settings have been used to conduct abuse, and the challenges affecting people who have had or still have, a relationship with the church.

Useful contacts

Religious Related Services

Action on Spiritual Abuse

<https://www.actiononspiritualabuse.org.uk/>

MACSAS (Minister and Clergy sexual abuse survivors)

<https://macsas.org.uk/>

Helpline: 08088 01 03 40

RLSS (Religious life safeguarding service)

<https://religioussafeguarding.org/>

Living without Abuse

<https://lwa.org.uk/>

Sexual Assault and Abuse Support

Safeline

<https://www.safeline.org.uk/>

Text: 07860 027573

Victim Support

<https://www.victimsupport.org.uk/>

0808 1689 111

Rape Crisis

0808 500 2222

Domestic Abuse Support

National Domestic Abuse Helpline (24 hours)

0800 2000 247

Additional Support

National Sexual Health (24 hr Helpline)

0300 123 7123

Samaritans (24hr Helpline)

116 123

Shout (Free 24/7 crisis text service)

Text SHOUT to 85258

Non-emergency NHS

111

Specialised Female Support

Womens Aid

womensaid.org.uk/

Specialised Male Support

Survivors UK : Male Rape and Sexual Abuse

survivorsuk.org

020 3598 3898

Specialised LGBTQ+ Support

LGBT Switchboard

0300 330 0630