

Are you over 55 and worried about domestic or sexual abuse?

Our **Silver Project** provides free and confidential support for women over 55 who live in London.

For help call:
0808 802 5565

solace

advice & support

solacewomensaid.org

Free and confidential support for women over 55 who live in London.

Abuse can be physical, sexual, emotional or financial which takes place within an intimate or family relationship. Abuse can include neglect, controlling behaviour, forced marriage, honour based violence or female genital mutilation.

We understand that older women may face additional barriers to getting support such as mobility issues, disabilities, age related conditions and abuse from adult children.

If you are being abused, remember you are not alone. We can help you by providing advice and support with:

- Improving your safety
- Housing and homelessness
- Finances and welfare benefits
- Access to legal services
- Emotional support

We also run workshops and training on domestic abuse for professionals and agencies working with women over 55.



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LOTTERY FUNDED

If you are in immediate danger
call the police on 999

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