

Swim for survivors Swim for yourself Swim for Solace



This June, we're challenging you to swim either ...

- 35 lengths
- 35 minutes
- 35 km

Sign up to our sponsored swim, raise funds and know that you're supporting thousands of women who've waited years to escape abuse.

And in return you'll get a bespoke swim pack:

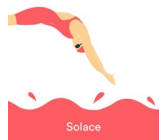
- A Solace tote bag
- A Swim for Solace swimming hat
- A carry cup with a watery design by a child in one of our refuges

Find out more and sign up using the QR code



@solacewomensaid

#SwimForSolace





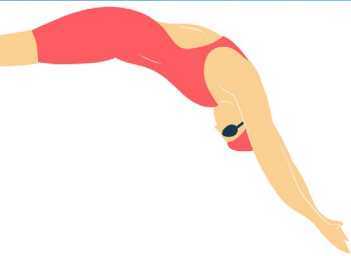
Why 35? Research tells us that Domestic Abuse has more repeat victims than any other crime - on average there will have been 35 assaults before a victim calls the police. **That's 35 too many.**

By swimming for us you can raise awareness and funds to help us to support women and girls to recover from abuse.

Whether you choose a lido, a lake or the sea,

Whether you choose to swim alone or with a group,

This June, choose to **Swim for Solace.**



Contact our friendly fundraising team:
fundraising@solacewomensaid.org
To find out more about us visit: solacewomensaid.org

#SwimForSolace

