



solace

Solace

About us.

solacewomensaid.org



@solacewomensaid

Solace changes lives

Solace is a leading specialist charity in the UK supporting women and girls experiencing domestic abuse and sexual violence. We provide a range of services from advice, rape crisis, housing, refuge and therapeutic work as well as working with both women and children to raise awareness and with some of the most vulnerable and complex women in London.

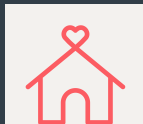
Last year we supported nearly 30,000 women and children, including more than 1,000 in our refuges, 14,465 in our frontline services and a further 14,740 in our prevention services. In addition we provided training to thousands of people and continued our campaigning work to help create a safer future for all women and girls.

We don't do this alone, we work in partnership with more than 40 other organisations and with the support of over 100 volunteers. We are also helped by a number of individuals and businesses who share their time and expertise with us for free.

Our priority is always our service users, the women and families we work with. Our vision is always a world where everyone is able to live safe and independent lives free from gender-based violence, abuse and exploitation.



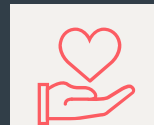
Solace offers vital ongoing support to survivors, helping them recover & rebuild their lives through advice, counselling & practical help.



Solace provides safe refuge accommodation to hundreds of women & children made homeless through domestic abuse.



Solace supports over 30,000 women & children every year to live life free from abuse.



Over 90% of service users feel safer & more confident after accessing our services.

What we stand for

85,000

women are raped in England and Wales every year

1 in 8

crimes in London are related to domestic abuse

2

women a week are killed by a current or former partner

1 in 8

women have experienced economic abuse

97%

of young women have been sexually harassed

1 in 4

women will experience domestic abuse in their lifetime

1 in 20

children aged 11-17 in the UK have been sexually abused

1 in 4

children and young people experienced domestic abuse over the year

6 years 11 months

is the average length of time a woman experiences abuse before arriving at Solace's services

Our Services

We work with survivors on their journey to recovery, helping rebuild lives free from abuse through a holistic range of specialist services.

solace advice & support

Solace offers advice, crisis support and advocacy to survivors, helping them to rebuild their lives.

solace accommodation

Safe refuge and move-on accommodation is vital for women and children made homeless through domestic or sexual abuse.

solace therapeutic services

Our 1-1 counselling, group work and specialist holistic therapies help women recover after experiencing traumatic abuse.

solace rape crisis

Our rape crisis service offers a range of services to women and girls who have experienced any form of sexual violence at any time in their lives.

solace for young people

We deliver a range of services to children and young people, including prevention work, for families and young people living in the community.

solace multiple disadvantage

Specialist, tailored services for women with multiple disadvantages and special needs, including mental health needs and problematic substance use.



Partnership working is central to our approach to provide a comprehensive range of specialist support to meet the needs of women and children.



Our expert training service works with organisations to improve their response to domestic and sexual abuse.

At Solace, we **listen**, we **believe** and we **never judge**.



“
I feel on top of the world, I’m in the best place I could ever be and I don’t think I would be here without Solace. ”

Get involved

We support thousands of women and children each year from crisis to recovery and independence. But if we want to reach everyone living in fear of violence with our life-saving services, we can't do it on our own. Your support means we can keep fighting to end abuse and create safe, strong futures for women and girls. Stand with us and the women of London to end abuse.

Volunteer with us

Volunteering for Solace can be challenging and very rewarding. It can provide an opportunity to learn new skills and develop existing ones whilst supporting vulnerable women and children who have experienced domestic abuse or sexual violence. From volunteer counsellors to advice line workers and child play session assistants, our volunteers bring a wealth of experience and energy to our work.

Get your company involved

Whatever the size of your company or the level of commitment you can give, you can work with us to help us secure a safer future for women and children affected by domestic abuse or sexual violence:

- Charity of the year
- Employee involvement
- Payroll giving
- Pro-bono services

Challenge events

We have a number of exciting challenge events to get involved in throughout the year. Whether you want to walk, run, cycle or swim, a fundraising challenge can be fantastic fun and the money raised will make a huge difference to survivors.



Fundraise for us

As a charity, we rely on donations to help us continue our work. There are lots of different ways you can fundraise for Solace, whether it's a bake sale, a sponsored swim or hosting a comedy night, by being part of Team Solace, you can save lives.

Give a gift and save lives

We rely on voluntary donations to continue this life-saving work so we need your help to give women and children affected by violence and abuse the future they deserve.

Here's how your donation could make a difference:

£20

Could provide
**emergency
essentials
for women**
arriving with
nothing

£100

Could fund
**counselling
for a
survivor** in
crisis

£500

Could fund **art
therapy sessions**
for children
recovering from
abuse

£1,000

Could set up
**a family in a
new home**
after fleeing
with nothing

To get involved, visit:

Make a donation or pledge a regular gift on our website or by scanning the QR code below



solacewomensaid.org/get-involved



fundraising@solacewomensaid.org



solacewomensaid.org/donate-now/

Male violence against women and girls ends here.

Advice line freephone | 0808 802 5565

Email | info@solacewomensaid.org

Website | solacewomensaid.org

Twitter | [@SolaceWomensAid](https://twitter.com/SolaceWomensAid)

Instagram | [@SolaceWomensAid](https://www.instagram.com/SolaceWomensAid)

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Solace Women's Aid is a charity registered in England and Wales.

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