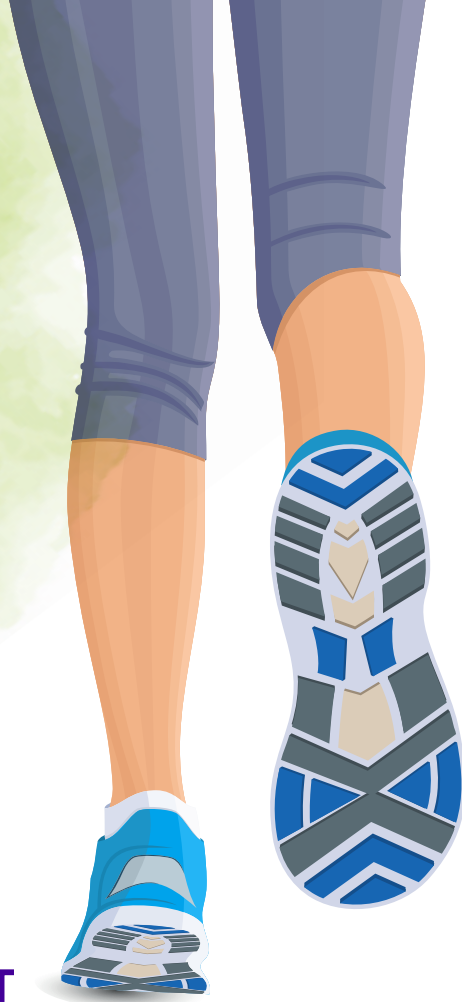


During lockdown, there has been a 14% increase in the number of women affected by domestic abuse and sexual violence across England.

Your walks and runs will give women across Bristol, Gloucestershire, Wiltshire and Somerset and their families access to our holistic support.



 **THE NELSON TRUST**

Steps for Freedom

April 2021

Join our *Steps for Freedom* community this April to help tackle domestic abuse

- 1** Sign up on our website or Facebook page by yourself or as a group with your family, colleagues or member of your community group and commit to walking your set amount of steps each day during April.
- 2** Encourage family, friends and colleagues to sponsor your efforts, pledging to raise at least £100.
- 3** Once you have raised £20 we will send you a Nelson Trust branded t-shirt to wear with pride.
- 4** Join our exclusive supporter group to share your success and receive tips for staying active and improving your wellbeing.

Find out more

Call: Andy Jarrett on 07468 860144

email: events@nelsontrust.com

FB: www.facebook.com/thenelsontrust

web: www.nelsontrust.com