



#BEBOLD

TO SUPPORT WOMEN IN WALES ON INTERNATIONAL WOMEN'S DAY

*1 in 4 women are affected by domestic abuse in their lifetimes,
leaving them and their children at serious risk of homelessness.*

At Llamau, we believe that no one should ever have to experience homelessness and that everyone should have the opportunity to live an independent and purposeful life. That's why we provide expert support to women and their families to make sure they can move on with their lives and build positive futures.





International
Women's Day

#BEBOLD ON MARCH 8TH 2017

Raise money to make sure that no
woman in Wales ever has to
experience homelessness.

Dress up in your boldest colours
and brightest clothes!
Whatever you choose, #BeBold...



029 2023 9585  

Fundraising@llamau.org.uk
www.llamau.org.uk/bebold

DEBBIE'S STORY

*Names and pictures have been changed



I married Alan when I was 21. I thought he was the love of my life, but as the years went on, he became more and more abusive towards me. He became aggressive, controlling and violent.

I'd lost touch with my son and daughter and he'd even started locking me in the house when he went to work. I felt like a prisoner, but for so many years I was too scared to do anything about it. I finally worked up the courage to leave and managed to break out of the house while he was at work.

93% of domestic abuse victims were better able to keep themselves safe because of Llamau's support.

I ran to my friend's house with nothing but the clothes I was wearing. We phoned the police and I was taken to Llamau's refuge. The staff at the refuge were so kind and helped me to think clearly for the first time in years.

Laura, my support worker, got in touch with my son and my daughter, and I even met my granddaughter for the first time. It was absolutely magical.

I'm far, far away from Alan now. When I was ready, I moved out from the refuge into my own property. Llamau helped me with the move and checked in with me every couple of weeks.

I'm so much happier now. I can't imagine where I would be without the support from Llamau.



#BeBold on International Women's Day to help more women in Wales like Debbie.

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