

As we get older, we should be able to live safely...
but sometimes we may feel helpless, stuck or frightened.
Or we may be concerned about somebody else.

The people close to us can cause us harm. If a partner, child, grandchild, carer or friend is

- Hurting you physically
- Hurting your feelings
- Controlling what you can or can't do
- Taking or controlling your money

Or something else that just doesn't feel quite right...



There are people you can speak to who can understand and offer help. If you would like a hand working out how things can get better, please call:

- Our Oxfordshire Domestic Abuse helpline: **0800 731 0055**
- Age UK Oxfordshire: **0345 450 1276**

***We should all be able to live without
fearing harm from those close to us.***