



LIGHT

TORBAY DOMESTIC ABUSE SERVICE

Living In Great Hope Together (Light) is a friendly, understanding and confidential group for people who have experienced domestic abuse.

Run by Torbay Domestic Abuse Service, the Light group aims to help people move forward in life after experiencing domestic abuse. Daytime meetings take place fortnightly, as well as regular activity sessions which are chosen by the group members, including:

- A cuppa and a chat
- Workshops and courses
- Day trips
- Pampering sessions
- Skill-sharing
- Arts and crafts

For more information or to book a place, please call **0800 916 1474** (freephone) or email tdas@sanctuary-housing.co.uk