



**David Keane**  
Police & Crime  
Commissioner  
for Cheshire



**Cheshire  
Constabulary**

**David Keane**  
Police & Crime Commissioner for Cheshire

**Darren Martland**  
Chief Constable Cheshire Constabulary

---

**Office of the Police & Crime Commissioner for Cheshire**  
Stockton Heath Police Station, Grappenhall Road, Warrington, WA4 2AF.  
Telephone: 01606 364000  
Email: [police.crime.commissioner@cheshire.pnn.police.uk](mailto:police.crime.commissioner@cheshire.pnn.police.uk)  
[www.cheshire-pcc.gov.uk](http://www.cheshire-pcc.gov.uk)

**Cheshire Constabulary Headquarters**  
Clemonds Hey, Oakmere Road, Winsford, CW7 2UA.  
Telephone: 101  
Email: [publiccontact@cheshire.pnn.police.uk](mailto:publiccontact@cheshire.pnn.police.uk)  
[www.cheshire.police.uk](http://www.cheshire.police.uk)

# Alone at last

Domestic abuse is never okay  
but being in isolation doesn't  
mean you're on your own.

If you, or someone you  
know is suffering abuse,  
help is available.

**PLEASE DON'T  
SUFFER IN SILENCE.**

You can get help and advice at:  
**[openthedoorcheshire.org.uk](http://openthedoorcheshire.org.uk)**

-  Contact Cheshire Police on **101**
  -  If there is an immediate risk of harm, call **999**
- National Domestic Abuse 24hr helpline **0808 2000 247**



