

RESOURCES and SUPPORT

FOR THOSE WHO HAVE BEEN ABUSED OR AFFECTED BY ABUSE

Age UK

Offers a free, confidential, national phone service 0800 678 1602 (8.00-19:00 every day) for older people, their families, friends, carers and professionals.

<https://www.ageuk.org.uk/>

Catholic Survivors

Formed by survivors in response to the Independent Inquiry into Child Sexual Abuse report published in 2020. Although the group does not offer formal support, it enables people to network informally. Contact Catholic Survivors using survivors.rc.abuse.england@gmail.com

Diocesan Spirituality Network

Contact Rev Canon John Udris spirituality@northamptondiocese.org for Spiritual Direction enquiries.

Domestic Violence Helpline

Freephone, 24 hour availability 0808 2000 247

www.nationaldomesticviolencehelpline.org.uk

Grief to Grace – a programme of healing

Specialised 5-day programme of spiritual and psychological healing for anyone who has suffered sexual, physical, emotional or spiritual abuse in childhood, adolescence or adulthood, including those who are the victims of rape, incest or abuse by a member of the clergy.

5 day retreat in a safe, protected environment. The process is grounded in the Scriptures, the Sacraments and prayer and has been designed to make a path for healing using therapeutic tools from psychology and treatment of trauma. The human science of psychology is integrated into a Christian view of the person whose meaning and dignity is deeper than the psyche. Body, mind and spirit are all engaged and cared for.

For further information call 020 8154 2719 or email info@griegtograceuk.org

<https://www.griegtograceuk.org/>

HAVOCA - Help for Adult Victims Of Child Abuse

HAVOCA is an internet forum run by survivors for adult survivors of child abuse. Provides support, friendship, and advice for any adult whose life has been affected by childhood abuse. This experience may be first-hand, or as a loved one of a survivor, or as a support worker for the victims of child abuse. Resources available online.

<https://www.havoca.org/>

Into the Light

Support for people who have been sexually abused and their supporters. Offers support, counselling, information and resources around the issues of sexual abuse for those who have been abused and those who support them. Into the Light provides services including one to one counselling, psycho-educational courses, workshops and training. London based but they offer services online through the UK. Services available to adult survivors of all genders. Member of The Survivors Trust. Into the Light has its roots in Christianity but exists for all. Contact using email info@intothelight.org.uk

<https://www.intothelight.org.uk/>

MACSAS - Minister and Clergy Sexual Abuse Survivors

Run by survivors of abuse and supports anyone who has been sexually abused, as children or adults, by ministers, clergy or others under the guise of the Church. Support is available for survivors who have remained within their Christian communities and those who have left, for victims and survivor of abuse as well as for their relatives.

Contact MACSAS using support@macsas.org.uk or their helpline 08088 010340 (19:00-21:30 Wednesday and 9.00-11:30 Saturday).

<https://www.macsas.org.uk/>

Mosac

Helps all non-abusing parents and carer whose children have been sexually abused. Mosac provides a range of support services (advocacy and counselling) and information for parents, carers and professionals dealing with child sex abuse. Contact Mosac using their helpline 0800 980 1958.

<https://mosac.org.uk/>

Mind

National mental health charity. 140 local independent branches which provide a range of services such as talking therapies, crisis helplines, drop-in centres, counselling and befriending. Support available for anyone with a mental health problem. Infoline 0300 123 3393 (9:00-18:00 Monday to Friday). Bucks Mind 01494 463364 or <https://www.bucksmind.org.uk/>

<https://www.mind.org.uk/>

NAPAC - National Association for People Abused in Childhood

Offers support to adult survivors of all types of childhood abuse, including physical, sexual and emotional abuse and neglect. People using their services ask for support with a range of concerns, including anxiety, depression, isolation, reporting to the police, domestic and sexual violence, boundaries, and complex post-traumatic stress.

NAPAC provision includes intensive psycho-educational support groups for survivors, support groups have been developed for online delivery also. Website provides free information for survivors and those supporting them.

NAPAC can be contacted using their helpline 0808 801 0331 (10.00-21:00 Monday to Thursday and 10:00-18:00 Friday). Email support@napac.org.uk

<https://napac.org.uk/>

NSPCC – National Society for the Prevention of Cruelty to Children

The NSPCC is a charity campaigning and working in child protection in the United Kingdom and Channel Islands. Email help@NSPCC.org.uk or helplines available (10:00-16:00 Monday to Friday):

Help for adults concerns about a child 0808 800 5000.

Help for children and young people (Childline) 0800 1111.

<https://www.nspcc.org.uk/>

Rape and Sexual Abuse Support Service (South Buckinghamshire)

Previously known as Rape Crisis. Non-profit making organisation which supports all genders aged 16 years old plus in Wycombe, South Buckinghamshire and surrounding areas. Aim to provide a free and confidential support and information service for survivors of rape, sexual assault, domestic abuse and sexual abuse whether in the past or recently.

Provision includes advocacy, befriending and support to attend appointments. Emotional support via telephone or email as well as face-to-face and telephone counselling. Support for non-abusing partners, friends or relatives of a woman who has been raped or abused.

Telephone helpline 01494 358486 (10:30-15:00 Monday to Friday or 11:00-17:00 Saturday and Sunday) or email using office@rsasssouthbucks.org.uk

<https://rsasssouthbucks.org.uk/>

Replenished Life

Independent charity offering support to those who have experienced abuse and trauma within faith. According to Replenished Life, the secular world or statutory services do not always understand faith, or the impact of the faith aspects of any abuse or trauma. Those who have experienced abuse and trauma within faith can be left feeling isolated, misunderstood or sometimes judged. They offer a number of support services to those who have experienced abuse and trauma within faith. Contact Replenished Life using 07746 153703 or inbox@replenished.life

<https://www.replenished.life/>

Respect

National organisation based in London, providing services, including helplines, for male and female perpetrators of domestic violence, for male victims of domestic violence, and for young people who are violent in the home or relationships. Helplines available include:

Respect Phonenumber - service for domestic abuse perpetrators and those supporting them. Call 0808 8024040 or visit <https://respectphonenumber.org.uk/>

Men's Advice Line - service for male victims of domestic abuse. Call 0808 8010327 or visit <https://mensadvice.org.uk/>

<https://www.respect.org.uk/>

Respond

Provides therapy and specialist support services to people with learning disabilities, autism or both who have experienced abuse, violence or trauma. Respond provides a range of trauma-informed services for children, young people, adults and professionals, including psychotherapy and advocacy. Contact Respond using 020 7383 0700 or admin@respond.org.uk

<https://respond.org.uk/>

Safe Spaces

Free and independent support service, providing a confidential and safe space for anyone who has been abused by someone in the Church or as a result of their relationship with the Church of England, the Catholic Church of England and Wales or the Church in Wales. The service is open to anyone who lives in England and Wales. Service available for people aged 18 or over, regardless of whether the abuse occurred recently or in the past, or whether the perpetrator is living or deceased. You do not have to have reported the incident to the Church authorities or the police in order to access support. You do not need to be a current active member of the Church in order to access support.

Remote support is provided nationally through a helpline 0300 303 1056. Safe spaces can help with advocating with authorities and other agencies, giving you emotional support, providing information, understanding your needs and working together on individual support plans.

Safe Spaces is delivered by First Light and can be contacted using their helpline (9.00-21:00 Monday to Friday, 9:00-13:00 Saturdays and 13:00-17:00 Sundays). Email safespaces@firstlight.org.uk

<https://www.safespacesenglandandwales.org.uk/>

Samaritans

Available 24 hours a day, every day of the year. Call 116 123 or email: jo@samaritans.org

<https://www.samaritans.org/>

Sexual Assault and Abuse Support Service Buckinghamshire & Milton Keynes - AVMKSAASS

Offers support, information, advice and guidance to anyone affected by sexual assault and abuse, including non-recent and childhood sexual abuse. Services provided include advocacy, counselling, peer support and group therapy for female and male survivors, children and young people and LGBTQ+.

Telephone 01296 392498 (Buckinghamshire) or 01908 201971 (Milton Keynes). Email using support@saassbmk.org.uk

<https://saassbmk.org.uk/>

Sexual Assault Referral Centres (SARCS)

Sexual assault referral centres (SARCS) offer medical, practical and emotional support to anyone who has been sexually assaulted or abused. Help is available 24 hours a day. Local centres are designed to be comfortable and multi-functioning with specially trained doctors, nurses and support workers available. When contacting SARCs, you don't have to report the assault to police if you don't want to. Use the following webpage to find your nearest sexual assault referral centre

<https://www.nhs.uk/service-search/other-services/Rape-and-sexual-assault-referral-centres/LocationSearch/364>

SNAP – Survivors Network of those Abused by Priests

Operates world-wide including Africa, North and South America, Australasia. Largest independent peer support network for those abused/wounded through institutional abuse by religious authorities. Local volunteer leaders provide day to day and one on one support for those in need. Services include providing a supporters' network world-wide, references and links to resources to enable survivors to thrive, advocates for stronger laws to protect children and the vulnerable.

<https://www.snapnetwork.org/>

SurvivorsUK

Provides support to adult males who have experienced any form of sexual violence. Web chat and text chat support service and counselling from their London premises. Call 0203 598 3898 or email help@survivorsuk.org

<https://www.survivorsuk.org/>

Survivors Voices – Pain into Power

Survivor-led organisation that harnesses the expertise of people affected by abuse in order to transform society's response to trauma and abuse. 'Experts by experience', survivors of all types of abuse, experienced as a child or as an adult, turning pain into power to create something good. Survivors Voices' vision is for a safer society with support for survivors that is survivor-sensitive, survivor-empowering and services that are trauma-aware and trauma-competent. Support provision includes peer support groups and survivor-gatherings.

Contact Survivors Voices using the following website page <https://survivorsvoices.org/contact-us/>

The Survivors Trust

National umbrella agency for specialist rape and sexual abuse support organisations for women, men, young people and children. Support line offering advice, information and support 08088 010818 or text 07860 022956.

<https://www.thesurvivorstrust.org/>

Women's Aid - Aylesbury

Telephone: 01296 437777 or <https://www.aylesburywomensaid.org.uk/>

Women's Aid - Wycombe

Telephone: 01494 461367 or <https://www.wycombewomensaid.org.uk/>