



The National Association for
People Abused in Childhood

Registered charity no.1069802

Spring 2005

Message from the founder

It's a joy when I am in a position to be able to write about lots of good news but that is my privilege today.

After months of wondering whether the charity was going to survive financially I feel we can now breathe a big sigh of relief as fortunately our friends at the Home Office have agreed to give us some funding for the line and that is very good news indeed.

Reaching out

I have recently visited a number of prisons and you won't be surprised to hear that they are chock a block with.....survivors of child abuse.

Only a few weeks ago one of our new Trustees and I visited Strangeways Prison in Manchester and I have to say I was struck by the professionalism, dedication and caring attitude adopted by the staff there. It's not an understatement to say that the prison and probation officers were delighted to hear about napac and we had a deluge of positive feedback. Another visit is planned for early May.

Exploring new avenues

Those of you who do not have access to our website may be unaware that we had to suspend

our free phone information line at the end of last year but with the support of the Home Office and others we hope to re-launch the service again soon.

We are hoping that subject to more funds coming in, it may be possible to purchase a property for NAPAC at some point in the future. Perhaps even combine it with a charity shop. A well run enterprise could go a long way to sustaining the charity without the need to be so dependent on voluntary donations.

Keep watching this space!

Fund raising

As Spring arrives and Summer beckons we have lots of exciting events coming up.

The Churches in Bromley are organising a Fun Run on Saturday 14 May. Lucy McPherson is running the London Marathon for NAPAC in April and others are planning a Summer concert. So, lots going on.

Please get involved if you can. Sponsor Lucy or support the Fun Run.

If you have access to the internet you can get all the latest news there. If not you can always call me

at the office and I'll brief you on the latest comings and goings.

Have a great Summer and please keep in touch.

Peter Saunders

NAPAC INFOLINE
0800 085 3330

Unfortunately we have had to suspend our free phone info line because of funding difficulties.

We hope to get the service up and running again as soon as possible.

In the mean time, we continue to offer support to survivors of abuse through our postal and email service.

Help NAPAC obtain further funding.

In order to secure funding we need to present statistics about the people who use our website.

Please complete our online survey at www.napac.org.uk or fill in the form enclosed inside this newsletter and send to **NAPAC,**

**42 CURTAIN ROAD, LONDON,
EC2A 3NH**



CELEBRATING SURVIVORS' SUCCESS

This is *your* page, please send us your contributions!

This issue we have two contributions from survivors. The first is from Sian Church, who explains how her paintings have helped her cope with her abuse. Below are two examples of her extraordinarily beautiful work. Those with internet access will soon be able to view more of Sian's work and that of other artists on our website.

Like many people, my childhood was not a time of much joy. I was sexually and mentally abused for over ten years and in turn became bulimic, took overdoses, cut my wrists and used many of the coping mechanisms associated with abuse.

Nine years ago I had a nervous breakdown and consequently have been rebuilding myself ever since.

Although I don't think I can ever truly communicate the horror and isolation of abuse, I do consider myself to have been lucky in having my painting. There have been times when the pain has been too great and I've pushed the painting away but it's always been there waiting for me.

If I've learnt anything from my experience it's to believe in your-

self and be true to yourself, even when others may try to discourage you.

Have patience and travel your path, taking the time to notice the 'daisies' along the way. That is what my paintings are all about, a journey where beauty and peace eclipse all else.

Sian Church



The second contribution is from Monica Williams, who's letter we felt would be so encouraging to other survivors struggling with day to day problems, that we just had to print it!

I'm writing after reading "Celebrating Survivors' Success". I would like to tell you about my success.

Due to my abuse I have mental health problems. I have a social phobia (fear of people). I self-harm and I hear voices.

In October 2002 I joined a self-harm support group called T.R.U.S.T., which is part of a bigger support network called S.H.I.P. (Self Help Initiative Project), which was a big step for me because it meant being around people. S.H.I.P. run training programs for anyone who would like to run their own self-help group.

After working for years on my fear of people, I joined T.R.U.S.T. but the success I want to mention is the fact that recently I started doing the training program, in fact I

have two more days on the 7th and 8th June, then more in July. I'm not saying it's easy - I still have panic attacks and my voices still can get in the way, I even space out occasionally but I stay put and it's been great.

I've found that telling the truth helps, admitting I'm having a hard time, instead of bottling things up and pretending to be okay. It does help that the people who run the programs have mental health problems themselves.

I've had other successes too, and recently was able to sign on, no luck on the job front yet but I'm just glad to be out there as I'm 36 and have never held a job in my life due to my fear of being around people. I still have a long way to go but I can't believe I'm in the running. I must mention that my

siblings all suffer with social phobia - one sister's is so extreme she's agoraphobic so I'm the first one to make real progress and if I get a job I'll be the first one to work.

Thanks for listening.

Monica Williams

CONTACT DETAILS

Any feedback and articles will be gratefully received. Write to:
Newsletter, NAPAC,
42 Curtain Road, London,
EC2A 3NH
jaynelarnie@napac.org.uk
Tel: 020 8313 9460

FUND RAISING FOR NAPAC



Spreading the word

Jayne and Katie at Oxford Circus.



Laura, Jools, Katie, Paul, Jon and Maralyn tin rattling at Victoria.

Coming Events

LONDON MARATHON Sun APRIL 17th

Lucy McPherson is very kindly running for NAPAC in this year's London Marathon. Please support her and NAPAC by becoming a sponsor.

FUN RUN

Day.....Sat MAY 14th
Time.....10am
Place.....Bromley, Kent

A two mile Fun Run/Walk is being organised by Churches in Bromley, Kent, to raise money for NAPAC.

It takes place 10am, Saturday 14th May at Kings Meadow, Burnt Ash Lane, Bromley, Kent.

Celebrities are expected to take part too, so dig out your running/walking shoes and join us in helping NAPAC to raise much needed funds!

Please contact the NAPAC website at www.napac.org.uk or phone 020 8313 9460 or write to 42 Curtain Road, London, EC2A 3NH, for further details and sponsorship forms for both these events.

AN ELEPHANT IN THE LIVING ROOM

a documentary film project about surviving child abuse

If you are male, have survived sexual abuse as a child and are prepared to talk about your experiences on film, Jimmy Edmonds would like to hear from you.

Please contact him in any of the following ways opposite.

Write to ;

Jimmy Edmonds,
1 Cotswold Place, Chalford Hill
Stroud, G16 8EJ

Phone: 01453 886414
Mobile: 07815 195 049

NAPAC NOTICE BOARD

NAPAC has compiled a booklist that we hope you may find useful. It is available on our website or we can send it to you by post, if you write to our Curtain Road address.

If you purchase any of the books (or any other products) through our website, via the link to Amazon, NAPAC will receive 10% of the cover value from them.

Have you read any books that you have found helpful? Please do let us know and we will do our best to feature them in the newsletter.

NAPAC would like to thank all the volunteers who attended a meeting in January. We now have 9 volunteers working on expanding and helping us to achieve our aims, as well as several potential trustees

Anyone interested in volunteering please contact us at our Curtain Road address.

THINKING ABOUT COUNSELLING OR PSYCHOTHERAPY?

Having been lucky enough to have worked with an excellent psychotherapist in the past, I asked her if she could offer advice to survivors seeking help.

Survivors of abuse have had to find ways of surviving the trauma that has deeply impacted their lives. Many people try to cope with the abuse by locking it away, building a wall around their memories and feelings, until they become repressed and forgotten. For others, cutting off from the knowledge of abuse is done by dissociating, some turn to drugs or alcohol as a way of numbing sensations, others self harm as a way of dealing with their anger, turning it in on them selves as they experience feelings of self loathing and become increasingly more depressed and isolated. Bad feelings 'escape' as nightmares, panic attacks, anxiety, fragmented flashbacks and individuals feel bad about themselves, guilty and ashamed as they continue to hold onto an unspeakable secret for fear of not being believed or otherwise being stigmatised as a victim or someone who is mentally unstable or trying to tear the family apart. All is not right in their world and for many there is no clear explanation as to why they are feeling this way.

These problems are the symptoms of many of Survivors of abuse and it is usually only when an individual is finally able to release the truth of what has happened to them that the barriers of repression are lifted and they can begin to make sense of their world.

For many traumatised and abused people, it is only when the past is understood that they can begin to reclaim the present and the future. The way a person sets out on their Journey of healing is a very personal and individual matter. Some people find support and trust through Survivors groups, some find help through friends or have partners or family members in which they can trust. Others follow a more spiritual path and for some they decide to enter into counselling or psychotherapy.

Choosing the right counsellor or therapist however can be a mind boggling business. There are as many different types of therapy as there are clothes shops. Some clothes shops are friendly, suit our tastes and stock the style and size we are looking for. Others are poor quality, do not fit right and we feel out of place, misunderstood and never want to return, so it's important to shop around.

Entering into therapy or counselling for the first time can be a daunting experience, so it is impor-

tant to know a bit about what you are letting yourself in for.

There are now lots of books around on the different types of therapy available; you will probably be able to lay your hands on one at your local library or from a good high street book shop. The internet is also a good source and if you go into the British Association of Counselling and psychotherapy web site, they give a brief overview of most of the better known therapeutic approaches available. They can also provide you with a list of counsellors and therapists in your area.

There are lots of things to think about, it is important to consider whether you want individual therapy or to be in a group. You may also initially only want to try short term or brief therapy opposed to entering into longer term work that can go on a number of years.

There is also the issue of cost, some therapies can be weekly, some two or three times a week depending on the style of therapist, it can therefore work out as a costly business if you are seeing a private counsellor or therapist. Some however offer sliding scales based on what you can afford. The good news is that many counselling and psychotherapy training organisations or institutes also often offer low cost spaces. You may not always get to see a qualified therapist, but most trainees are in regular supervision and their work is closely monitored.

Other voluntary sector organisations in your area that provide support to survivors may also provide counselling or be able to advise you of what is available locally.

More and more GP surgeries also have counsellors attached to their practices and some HNS trusts offer psychotherapy services. Talk to your Doctor or practice nurse about a referral. The important thing is that you find someone that you feel safe with and can begin to trust.

Here is a quick Check List.

▶ Don't get bullied into seeing a therapist because everyone has told you to, think about what you want and if you opt to see a private therapist, try two or three different ones to see who you feel ok with and who's style suits you best.

▶ Find out what type of therapy they are offering, ask them to explain a bit about how they work, ie. Person centred, Integrative, analytic, Gestalt, cognitive behav-

oural to mention but a few.

▶ Check they belong to a professional body such as UKCP, BACP and are bound by a code of professional conduct. If a trainee, ask them where they are training. You can also ask to see professional qualifications; some counsellors or therapists have these on display.

▶ Check they are in regular supervision, check on their confidentiality policy.

▶ Decide if you want to see a man or a woman, if they work from home or from an organisation.

▶ Allow yourself a few exploratory sessions and check they have a clear contract around holidays, sickness, missed sessions and attendance, number of sessions, times they can see you at.

▶ Work out how much it will cost you, if you can afford it and how far you will need or are willing to travel.

Finally therapy is about choice, as a psychotherapist I believe therapy can help survivors of abuse, but it is a very personal matter and people decide to enter into counselling or psychotherapy for lots of different reasons and at different stages in their life.

I hope survivors have found this information useful.
Jayne Larnie

DISCLAIMER

The views and opinions expressed in this newsletter do not necessarily represent the views and opinions of NAPAC or its committee.

Any correspondence is treated with strict confidentiality, but if we are given information which is considered to disclose current incidences of abuse we will inform the appropriate authorities.

The NAPAC name must not be used without our prior specific consent.

NAPAC is a registered charity (N°1069802) and a company limited by guarantee 03565696.

NAPAC
would like to thank



for printing this
newsletter