



The National Association for
People Abused in Childhood

Registered charity no. 1069802

Spring 2007

Message from the founder

Volunteering.

The first quarter of this year has been very busy in the NAPAC office. The Support Line is averaging more than 700 calls every week! We need more phones and more space! We received a visit from Simon Hughes, our local Member of Parliament, who was very supportive and full of praise for our work. He said he would inform the rest of his parliamentary colleagues about NAPAC.

A few days ago an official from the Home Office also visited the Support Line. He later wrote to say that he was 'in awe of the work we are doing'. That is some compliment. But whilst I was the recipient of his message (the one taking the credit so to speak) it occurred to me that his compliment belongs to our volunteers not me. They are the ones answering calls everyday and helping to make a positive difference in peoples' lives. I have the luxury of being paid to do something I love. Our amazing volunteers do it purely for love.

But why do they do it? Well when I ask them I get lots of different answers but the common denominator is that all

these people really care about others and are willing to give up their time and energy, not to mention making a huge emotional sacrifice, to help. And of course they are not alone. Hundreds, thousands of charities exist because of the willingness of people to serve.

NAPAC is truly blessed as we continue to attract more amazing people willing to serve. And we also continue to attract attention from other parts of the world. This morning we received an email from a clinical psychologist in Nepal praising our 'esteemed organisation'. Messages like these really make you feel you are actually achieving something. Long may that continue!

Sad News

I am feeling very emotional as I write this. My brother Mike died a few weeks ago. His death has left me feeling empty and numb. There is now a massive gap in my life. I'm sure any of you who have experienced the loss of someone you love understands what I am feeling? I am using this space to mention Mike because he, like me, was abused as a child. Sadly he never dealt with his past and turned to drugs and alcohol to deal with his pain. Mind you he never blamed his abuser for taking the wrong route in life. Mike never blamed anyone for anything. I wish I could be so humble. However, his death has reinvigorated my passion to do all we can for other survivors.

On-line Training

Changing the subject only slightly! If anyone is interested in some low- cost but highly valuable child protection training then please visit our friends at AKAMAS. NAPAC has pioneered a brilliant on-line training course (undertaken in a matter of hours) by AKAMAS and I really believe it is something we should all undertake...whether we feel we are directly involved in caring for children or not. As said so often, child protection is "everybody's business". Visit www.akamas.co.uk.



Pete with Simon Hughes M.P.

And finally!

One of the many comments we have received from readers since the last newsletter is that this is a 'fantastic' publication. I agree. We have a lot to thank Jayne for and I hope you will continue to send in those wonderful messages of support. As winter passes flowers are beginning to spring up and there is definitely a hint of summer in the air. I hope the dull days of winter are now behind us and we look forward to long days of sunshine and joy!

Thank you very much for your continued support and please don't forget that if you want to contribute to this newsletter, you only have to get in touch.

Warm wishes

Peter Saunders

PS Did anybody see the Jeremy Kyle Show on Tuesday 1st May? NAPAC was mentioned on the programme and we received 450 calls that day!



A Support Line Volunteer has just been awarded a certificate and gift from NAPAC



CELEBRATING SURVIVORS' SUCCESS

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

Suzie Pindar got her degree in Packaging Design 2002 at Sheffield Hallam University.

She says: " I work with intense emotions, that almost control me. Without my book of ideas/sketchbooks and poetry I'd be lost. But having such deep connection with my soul and feelings I feel very lucky to be able to express myself in many ways." "What is so exciting is that my work is constantly changing and maturing and new ideas are never far away. I work in all types of mediums, and would love to do installations eventually. I am not angry at what happened as a child, as after years of dealing with what happened, that one time, I wouldn't be the artist that I am today!"

Survivors Poetry

Does Anybody Know What It feels Like

Does anybody know what it feels like...
To never let a day go by where you just want to shout, to scream, to cry
To never let a day go by where you can't laugh, without thinking you're doing wrong
To be able to smile without falseness
To be able to tell everyone you're ok, without lying
To be able to live without fear
To be able to feel safe in your own bed at night

Do you wish you could simply walk, without being so scared?
Do you ever lock yourself in the toilet because that's where you feel safest?
Do you ever have days where every time you eat you feel physically sick?
Do you want to talk to somebody who knows how it feels...
To have your security ripped from underneath you?
To have your smile wiped from your face?
To have torn away from you your innocence?

How can you sleep, straight through the night?
How can you close your eyes and not see that same face?
How can you make others aware of the danger?
How can you possibly tell that one person what they are putting you through, if you don't even know where they are?
How will you ever, ever be awarded with justice?

Do you ever harm yourself and realised nothing has changed?
Thoughts are still there
Dreams are still there
Unwanted images are still painted in your mind
The pain still stings in your arm, in your leg
But the past still remains, like an ever repeating tape in your mind
You wonder 'what was the point?'

Do you wish you could hear that one word?
Without tensing up inside
Without tears filling your eyes
Without wanting to run

Do you want to just forget?
Do you want to rewind the past?
Do you want a clear mind?
Do you want to smile, to laugh, to joke?
Or do you simply, quite plainly, just want justice?

Let me tell you a secret...
You're not alone...you're just like me.

Emma



Silently



Reflection



Untitled



Untitled



Untitled



Visual of Me

Dear Chris

Help and advice from our resident therapist

Dear Chris

I want to press charges against the person that abused me but don't know how to go about it.

I also think they're a danger to children now and its doing my head in and I'm blaming myself for not reporting this earlier. What can I do?

Gerry

Dear Gerry

The most informed, qualified and up to date resources for survivors are Rights of Women (for female survivors), Abuse Law and the Association of Child Abuse Lawyers. They have the most up to date and appropriate legal information and are the experts when it comes to prosecuting perpetrators. I suggest you contact them to find out what your options are, then you will be in a position to make an informed decision about what to do. Their details are at: <http://www.napac.org.uk/survivors/support/legal/>

I strongly urge you to consider taking up counselling support too. Placing charges against someone and going through the legal process can be very challenging for a survivor and you can find local support by entering your postcode in the box by the map on our website, and contacting one of the organisations that pop up on the list.

If you think this person still poses a risk to children, you can call the local social services child protection unit and ask them what they would do. They won't act until you give names, dates and places. They will then decide whether to undertake a discrete investigation into this person.

More than anything else, please take time to consider what impact on your own healing any step you take will have. Your journey towards healing is important and should be made at your own pace with you in control of each step. You were never to blame for what may have happened to others and its taken until now for you to take this step for yourself, let alone have the strength to safeguard others.

Many survivors have the same guilty feelings but you should know that you are not responsible for the behaviour of those that harm and from what you've said its clear how compassionate you are to others who may have been harmed.

Please go gently and take one step at a time. Wishing you every success and a gentle path towards healing.

Chris

If you have worries, need advice and would like your letter to appear here to help other survivors, please email or write to *Dear Chris*.

Contact information on page 6.

Beryl's Legacy to NAPAC

Beryl Rogerson.

The person who has made the largest single financial donation to NAPAC is Beryl Rogerson. Sadly Beryl's huge contribution to our work came after her untimely death seven years ago. The amazing thing about her is that she and NAPAC never had a personal meeting. We were just great friends by correspondence. The main reason for that is that Beryl spent the last few years of her life living and working in Spain.

Recognising that abuse was a major problem in her adopted homeland as well as the UK Beryl got in touch with the NSPCC to find out whether there was any support anywhere for adults abused in childhood. Beryl was a survivor. At almost precisely this time NAPAC was well on the way to becoming established and our friends at the NSPCC kindly forwarded our details to her. She and I corresponded for the next couple of years and she told us she had bought a small home in the mountains near Almeria and that she would welcome a visit sometime. She wanted to discuss the establishment of a Spanish 'NAPAC' as it was something very close to her heart. Sadly that meeting never took place and some months later I was contacted by her sister to say that Beryl had died and had left her property to NAPAC.

As well as being immensely generous Beryl was also a very keen artist and some of her paintings now hang in a restaurant not far from where she lived. The proprietors made good friends with her and told me she wasn't adverse to rolling up her sleeves and helping with the washing up from time to time when the place was busy. That, it seems, was the sort of person Beryl was and it is our painful privilege to have benefited financially from her passing.

I will never forget her. I have all the letters she wrote and with the Spanish property recently sold it now means I can relax on the fund-raising front for a month or two.....but only a month or two!

Thank you Beryl.

Peter Saunders



The beautiful Spanish village where Beryl lived

SPOTLIGHT

A showcase for Survivors' groups and affiliated organisations

Introducing: Survivors Swindon



The group started in 1991, and was born from my need to communicate with other survivors, after I had begun my healing journey two years before. I wanted to meet other guys who also wanted to overcome their past and heal fully.

It started as a small support group, for local men, but gradually grew to become the agency that it has over the years.

WORLD WIDE

Group members come from all over the UK and such is the widespread damage done by sexual abuse, men have travelled from Iraq, Kuwait, Germany, Spain, Japan and Ireland to gain the support we offer.

HELPING SURVIVORS

Our original Friday night support group has met every week since 1991, and the Monday night group and Partners group have been running since June 2006.

Survivors Swindon provides support to male survivors via telephone and email contact around the UK and world, and will shortly facilitate a new male survivor group in Newcastle, and will also be holding our second residential weekend retreat this summer for male survivors in the Wiltshire countryside.

TRAINING

We also offer our support, training and expertise to agencies around the UK, New Zealand and Australia, and also support some very brave people who are fighting to stop the sexual exploitation of children in Cambodia, India and Bangladesh.

WHAT WE PROVIDE

In March 2007, we featured on ITV's This Morning show raising awareness of male survivor issues, and recently returned from New Zealand and Australia, where I spoke at a conference and ran workshops, and I have been invited to make a presentation at an international conference in New York this autumn.

Survivors Swindon has offered consistent telephone helpline support, and a unique therapy group experience to more than 4,000 non-offending* male survivors of sexual abuse and rape since starting in 1991.

Steve Bevan

Founder

TESTIMONIAL

'Survivors Swindon was a lifeline when I was in danger of falling off the edge.

Thanks to being welcomed into their group therapy and workshops, and the numerous one to one sessions, I was able to do a huge amount of work to deal with the crippling shame that had been hindering me in my life.

Survivors Swindon made me feel I belonged somewhere, after 25 years of always feeling like an outsider.

Thanks to Survivors Swindon, I have become a happy and fulfilled person with a family, rather than a workaholic with no life'.

Male survivor



Survivors Swindon is a regionally based, nationally recognised, and internationally known agency, providing specialised training to NHS Trusts, Social Services, Victim Support teams, and Police forces around the UK.

Contact details:

Survivors Swindon
161 Victoria Road
Swindon
SN1 3BU

Admin: 0870 950 3567
Helpline: 0845 430 9371
Partners: 0845 430 9372
Website: www.survivorsswindon.com

* We do NOT work with sex offenders

If you would like to see your organisation or group featured here in Spotlight, please see page 6 for contact information.



LETTERS TO

NAPAC

Dear Napac

I just want to spread the word! Your website is fantastic, but luckily for me I have survived and got through my twenties and have finally let go of my memories. It took a lot of hard work, but then I discovered hypnotherapy; time line therapy got me through the memories and now I have changed how I feel about what happened and can't even get upset or angry anymore. It's not running away, it's remodelling what happened, changing the way I see it and cope with it. My life is transformed and I want everyone to know about it. Nobody has to suffer anymore. Find a reputable hypnotherapist at www.hypnotherapy.org.uk.

I would like to add that, with respect to the work counsellors do, people must be careful choosing counselling as a therapy for this problem as a lot of counsellors are simply not experienced or skilled enough to deal with abuse survivors. For me a well meaning but ill informed counsellor sent me very much on a downward spiral in my mid twenties.

You never have to re-live anything with hypnotherapy, as all the healing is done within and by you. There is a special type of psychotherapy, also, called 'hypno-psychotherapy' which is also more effective rather than just psychotherapy.

I got my hypnotherapist from www.general-hypnotherapy-register.com which gives you local and registered hypnotherapists. It tells you everything you need to know.

Jenny

Please email or write to *Letters to NAPAC* with your comments and ideas.

Contact information page 6.

Survivors Voice

It is well known in therapeutic circles that writing out your feelings toward your abuser is a great aid to healing. This is often done in the form of a letter which is never actually sent. Below is an example of how this approach helped one survivor enormously. She says, *'This made me feel better, it empowered me. As a result I found the courage in me to report it to the police.'*

To my (then) best friend's dad and my abuser

I know what you did to me was wrong and I'm going to bloody well make sure you know that I know.

I had buried it away deep inside and thought I'd thrown away the key. I got on with my life and thought I was pretty successful and 'sorted'. But I always knew deep inside that some part of me was missing. I often mused about the possibility of deep subconscious psychological effects from traumatic events. I thought I'd 'escaped' them, that I was lucky, it hadn't happened to me, and if I even thought I might have issues I attributed them to losing my mother as a young child to cancer, or the fact that my dad, unable to cope and depressed sometimes physically hit us. But in my mind I made peace with my dad and forgave him, understood him.

But YOU I will NEVER understand what you did to me.

When I say I buried it. I really did. Whenever those horrendous thoughts entered my mind I pushed them away. Eventually they hardly ever entered my mind. This sounds sick, but one of the few times ever I thought of you were whenever I counted up how many people I have slept with (not that many!). I used to think do I count you? But to think of you makes me feel sick, disgusted and dirty.

I locked it away but now I am dealing with it.

I am beginning to see how my mind has protected me. A lot of it I don't remember. or I have 'snapshots' in my mind of what you did to me. I am beginning to understand it was not my fault. However, that is my logical mind talking. That teenager inside me still feels guilty, ashamed, dirty, damaged. Why didn't I stop it sooner? Did I experience pleasure from it? Did I want you to do it? Did I encourage it?

IT WAS YOUR FAULT YOU WERE THE ADULT AND I WAS A TEENAGER.

YOU ABUSED ME.

My conscious mind may have buried it away, but for years, since I was a teenager I have suffered from trichotillomania. That is hair pulling. I pull my hair out. Over the years I have come to learn a lot about it. I know it is a way I deal with stress. The last few years it has been particularly bad and I believe I have permanent damage to part of my scalp. Only recently have I been able to put the two together - just goes to show how deeply I buried what you did to me. I have used the word 'buried' a lot. But it best describes how I handled it. I buried my feelings, thoughts and emotions. Instead I chose to harm and deface myself. 'Chose' is not exactly how I'd put it. Trust me I did not 'choose' any of it.

I also suffer from depression and at times I have thought of ending my life. I won't go through with it. You may have broken part of me but you will not ruin my life.

I guess I am lucky in a way. Some people who have been abused become addicted to drugs or alcohol. Some commit suicide. All because of b****ds like you. My body protected me by suppressing it. I did well in education, I have a good degree, I am intelligent.

It is as if the harsh, hard rain is washing away the secrets, bringing to the surface the pain I have kept buried for so long. It is cleansing and although I may not feel it now, something inside me tells me it will heal me in time.

And now I am dealing with what you did. It is very painful. But I have the potential to be strong.

Trust me, as my partner knows, I can be very determined and will see things through to the end.

I am coming for you.

You are not going to get away with this.

I will report you to the police. I will confront you about this. I want you to know I know what you did and that what you did was wrong. I am not going to blame myself for something YOU did. I've done enough of that.

You were my (then) best friend's father. I trusted you. I used to think she was lucky to have such lovely parents - until you abused me. Now I pity your wife and daughters. Do they know they have a vile abuser for a husband and a father? I doubt it.

Did you do it to them? Did you do it others? Part of my guilt is that you may have done it to others. Are you still doing it?

I used to want to pursue a dream in acting, and I was good, I had the talent and the stamina for it, but my trichotillomania put paid to that - the embarrassment and shame that comes with it.

I haven't even touched on the effect you have had on my life. Only now am I dealing with it. I have to come to some kind of closure on this to move on with my life. I've wasted enough time.

I need to be free of you and what you did to me, to pursue my dreams and my life.

You will be sorry you ever f****d with me.

Female Survivor

NAPAC NOTICE BOARD

From the Editor

Dear Readers,

I am sorry to say that this will be my last newsletter as I need to devote much more time to a musical project I have been working on for some time now.

I have really enjoyed developing the publication and from the many letters and submissions I have received, I am pleased to know, that it has been both helpful and supportive to survivors and I am sure it will continue to be so.

Keep sending in your articles, poems and artwork!

Jayne Larnie

When sending submissions for possible inclusion in the newsletter, please state what name (if any) you would like to appear with your piece and add the words:
I hereby give permission to publish my words/art in the Napac newsletter and on the website.

Please send your contributions to:
Newsletter, NAPAC,
42 Curtain Road, London, EC2A 3NH

Email; helen@napac.org.uk

NAPAC SUPPORT LINE

0800 085 3330

General Enquiries

Tel. 0207 378 6122

Email peter@napac.org.uk

NAPAC
would like to thank



for printing this
newsletter

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^o1069802) and a company limited by guarantee 03565696.

NAPAC BOOK REVIEWS

From Silence to Sanctuary,

By Jane Chevous (2004),
Publisher: SPCK, ISBN 0-281-05639-0

An excellent, comprehensive book on guidance for organisations and faith communities interested in the welfare of children and adults, either in the provision of effective prevention or support for victims of childhood abuse. With clarity, compassion and insight, Jane Chevous has produced a book that speaks out to this community from a faith community setting.
RECOMMENDED

By Their Own Young Hand. Deliberate Self-harm and Suicidal Ideas in Adolescents (2006)

By Keith Hawton and Karen Rodham, with Emma Evans,
Publisher: JKP, ISBN 1-84310-230-7

A 'how to' book aimed at professionals setting up care pathway services for self-injurers. Clearly thought out with many guidance notes and references. It was noted that there was a strong psychiatric bias with no mention of Jan Sutton's excellent 'front end' work and publications, or her highly regarded website at www.siari.co.uk

New Strength in Numbers. A practical guide to setting up and running support groups, (2000)

By Lois Arnold and Anne Magill, Publisher:
The Basement Project, ISBN 1-901335-07-0

An excellent guidebook on starting support groups for abuse survivors and self-injurers. Insightful and well thought through.
RECOMMENDED

Chris Maskens

Shattered Lives

By Camila Batmanghelidjh
Publisher: Jessica Kingsley Publishers

The author gives the reader a stark and no holds barred account of the lives of some of the most abused and neglected children in society. The book provides profound insights into the difficulties that these young people have experienced as a result of the most traumatic, unacceptable and unthinkable circumstances that they have had to suffer.

Following on from this the author exposes how both those in psychotherapeutic professions and social services have failed these young people. She describes how a combination of factors such as a lack of resources and more significantly a lack of skills, time and caring and empathy from professionals has resulted in these children remaining isolated and vulnerable.

The book should be made required reading for not only staff in the caring professions working with children but also those in power who have an influence on policy and society's values, attitudes and ethics. Together, both parties can then be in a position to examine the flaws of current procedures and practice and work out the best way forward to heal those children who have had completely destroyed and deprived childhoods.

Anish Shah

Have you read any good books lately?

Readers are invited to send in their own book reviews to; Newsletter, NAPAC,
42 Curtain Road, London, EC2A 3NH
Email; helen@napac.org.uk

Napac Publications

Napac now has printed newsletters, leaflets and also posters in size A4 and A3. Any organisation that would like to receive any of these, please contact Pete at **0207 378 6122** or email; peter@napac.org.uk

