

What inspired survivors say



“ *I have waited all my life for NAPAC. Thank you for being there.* ”

An adult survivor of abuse who called the support line

“ *Thank you NAPAC. Your team were brilliant. They've helped me to turn my life around. I thought I would never come to terms with what happened to me as a child but you have shown me that recovery and healing is possible. Thank you from the hurting child deep inside my memory.* ”

A female survivor

“ *Thanks NAPAC. You've helped me to change. I was never able to talk about what happened to me before. I never thought I would recover. Thank you for helping me to believe in myself.* ”

A male survivor

“ *I am 83 years old and this is the first time I've told anyone about the abuse I suffered as a child. Thank you for allowing me to share the burden of those painful memories.* ”

A woman who is finally 'young at heart'

Our aims and objectives

- Respond to the distress caused in adulthood by ill treatment and/or neglect in childhood.
- Provide support, training, information and resources to individuals and organisations supporting people who have experienced ill treatment and/or neglect in childhood.
- Raise public awareness of the continuing impact of childhood abuse in adulthood.
- Campaign to alleviate the impact of child abuse in adulthood.

and how we hope to achieve them...

- Through the setting up of a national freephone Support Line for adults who have suffered any type of abuse during childhood.
- The publication of helpful materials and information.
- The provision of training, to individuals and organisations that are supporting adults who experienced ill treatment and/or neglect in childhood.
- The establishment, maintenance and monitoring of a national register of counsellors and therapists who are committed to assisting adults who have experienced childhood abuse.
- Organising seminars and conferences on relevant topics.
- Promoting and liaising with relevant bodies on issues pertaining to childhood abuse and its continuing impact into adulthood.

**Freephone support line:
0800 085 3330 or www.napac.org.uk**

NAPAC, 42 Curtain Road London, EC2A 3NH

napac
The National Association for
People Abused in Childhood

Registered Charity No. 1069802
Designed by Fink LLP | T: 020 7831 0523

Helping rebuild the lives of adults abused in childhood



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People Abused in Childhood

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www.napac.org.uk

Coming to terms with the distress caused by ill treatment or neglect in childhood

If you were abused as a child you don't need to be told about the impact it's had on your life.

For the fortunate majority of people who did not suffer abuse in childhood, it is sometimes difficult to convey just how awful the painful memories can be, and how debilitating they sometimes make everyday life. We hear from people of all ages whose one aim is to be able to put the bad memories behind them and look to the future. NAPAC exists to help them do that.

NAPAC has been set up for survivors, by survivors. If you are looking for support or would like to help us please read on. Together we can help rebuild the lives of adults abused in childhood.

What is child abuse?

'Neglect, physical injury, sexual or emotional abuse inflicted or knowingly not prevented which causes significant harm or death.'

NSPCC

The long-term effects of child abuse

Studies into the effects of abuse have shown that they can be severe and long-lasting.

Deidre Sanders, an advice columnist on a national newspaper, has also recognised the need for NAPAC:

'It's clear from readers' letters that abusive experiences in childhood are the precursor to a wide range of serious emotional, family, social and sexual problems in later life. The cost personally to the individuals and financially to society is enormous.'

NAPAC – Supporting adults abused in childhood since 1997

In 1997, 100 people met in London to discuss the possibility of establishing a national resource for adults abused in childhood. Represented at the meeting were organisations, academics and professionals working in this field along with adult survivors themselves. A management committee was formed and NAPAC became a registered charity in 1998.

In November 2002 NAPAC's Support Line was launched and during the first year of operation received more than 17,000 calls. Our team sent out resource packs and referred service users to local services. NAPAC's primary objective is to encourage people to take control of their own healing and recovery.

NAPAC offers support to survivors of abuse through our national freephone Support Line, postal and email service and our website, where further information and survivor stories can be found.

Can you help us?

Please help us to continue helping survivors of abuse by either volunteering some time or donating a suggested amount, as listed below. You can donate online, or use the form attached. Your support will be greatly appreciated.

- | | |
|-------------|--|
| £10 | Could help us to respond to 5 survivor letters |
| £15 | Could cover the cost of 15 calls from survivors |
| £30 | Could cover the cost of sending out 25 support packs to survivors of abuse |
| £200 | Could cover the cost of a NAPAC training day for volunteers. |

Donation form and gift aid declaration

National Association for People Abused in Childhood (NAPAC)
42 Curtain Road, London EC2A 3NH | Registered Charity No. 1069802

I am supporting your work with a donation of £
(cheques/CAF vouchers payable to NAPAC) (please use block letters)

Title:	Forename(s):
Surname:	
Address:	
Post Code:	
Email:	

Gift aid declaration

(Signing this does not cost you anything but allows us to reclaim 28p tax back for each £1 given)

Please treat as Gift Aid all donations I have made since January 2004 and all donations I make thereafter until I advise otherwise.

Signature:	Date:
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Notes

1. You should be paying an amount of income/capital gains tax equal to the amount of tax we reclaim on your donations.
2. Please remember to notify us if your circumstances change and you are no longer a tax payer.
3. You may cancel this declaration at any time by writing to us.
4. Please advise us of any change in your address whilst this declaration is in force.

We are most grateful for any contribution you are able to make.
Thank you.

Regular Donation

If you would like to set up a regular donation to NAPAC please also fill in the form below.

Bankers order

(please detach and return this form to NAPAC at the above mentioned address)

To: (Name and Address of your Bank):
Please debit My Account No:
Sort Code:
On (Date):

With the Sum of £ and thereafter Monthly / Quarterly / Annually until further notice
(please delete those not applicable) remember "every little helps"!

To: Lloyds TSB Bank – Bromley Branch. Kent.
Sort Code No. 30 91 35. For the credit of NAPAC. A/C No. 03368400.

Name (block letters):	
Signature:	Date:
Address:	
Post Code:	

PLEASE DETACH HERE