



**The Methodist Church
Nottingham and Derby District**

**District Safeguarding Group
Child Protection
Vulnerable Adults**

Directory of Support Agencies for Survivors of Abuse

This document is intended as a resource for all in our churches.
Please display a copy in the vestry of each church and provide a copy for all Ministers, Deacons,
Lay Workers and those with responsibility for pastoral care.

National Support Agencies

Association of Christian Counsellors (ACC)

Association of Christian Counsellors (ACC)
29 Momus Boulevard
Coventry
CV2 5NA

www.acc-uk.org
Email: office@acc-uk.org
Phone: 0845 124 9569, 0845 124 9570

Opening times
Monday-Friday: 9am-5pm

Professional Body of Counsellors operating throughout the United Kingdom and covering a very wide range of issues.

Association of Christian Counsellors (ACC) offers trained counsellors throughout the UK for one to one counselling. It also offers a signposting service for local counsellors and agencies via a regional network.

Association of Christian Counsellors (ACC) provides the following support services:
Provides services for males and females
Information service
Support service
Face to face counselling

Association of Christian Counsellors (ACC) provides the above services to people who suffered any of the following types of abuse in childhood:

Domestic abuse
Emotional abuse
Physical abuse
Sexual abuse
Rape
Ritual abuse

The British Association for Counselling and Psychotherapy(BACP)

BACP House
15 St John's Business Park
Lutterworth
LE17 4HB

www.bacp.co.uk
Phone: 01455 883300
Email: enquiries@bacp.co.uk

The British Association for Counselling and Psychotherapy (BACP) works with large and small organizations within the sector, including advising schools on how to set up a counselling service, assisting the NHS on service provision, working with voluntary agencies and supporting independent practitioners. BACP also participates in the development of counselling and psychotherapy at an international level.

Christian Survivors Ministries

www.christiansurvivors.com
email enquiries@christiansurvivors.com

This is an international internet support group whose objectives are to :

Their objectives are to:

Provide an environment of love and acceptance where survivors can feel safe and where they will not be rejected, judged, or feel ashamed; & where each member is aware of value being placed on their lives.

Offer hope to lives where all hope appears lost

Encourage survivors to face, and actively work through their issues, using as many appropriate mediums as possible.

Encourage & enable those survivors who are ready and willing, to allow God to work with them in their healing, in safe ways, so that he can heal their hearts.

Encourage survivors to believe truths about themselves, so that they can be set free from the lies which abuse has sown in them.

Provide a space on the internet which is wholly Christian, yet primarily functioning as a survivor support forum; which comes against the atmosphere of judgement, gossip, and conflict which are prevalent on so many Christian and Survivors forums online; and which embraces people of all faiths, experiences, & lifestyles assigning each member equal importance & respect

The Churches' Child Protection Advisory Service (CCPAS)

Churches' Child Protection Advisory Service
(CCPAS)
PO Box 133
Swanley
Kent
BR8 7UQ

www.ccpas.co.uk
Phone: 0845 120 4550
Email: info@ccpas.co.uk

The Churches' Child Protection Advisory Service (CCPAS) is an independent Christian charity providing professional advice, CRB online and paper disclosure checks (CRB/ISA/AccessNI), support, training and resources in all areas of safeguarding children and vulnerable adults, and for those affected by abuse throughout the UK.

Dabs Books

www.dabsbooks.co.uk

Specialist book and information service for people who are overcoming childhood abuse, sexual abuse or domestic violence, and for those who live and work with them.

First Person Plural

First Person Plural
PO Box 2537
Wolverhampton
WV4 4ZL

www.firstpersonplural.org.uk
Email: fpp@firstpersonplural.org.uk

First Person Plural is a small UK-wide registered charity led by abuse survivors with first-hand experience of complex dissociative distress.

Kidscape

Kidscape
2 Grosvenor Gardens
London
SW1W 0DH

www.kidscape.org.uk -
Phone: 020 7730 3300
Fax: 020 7730 7081
Helpline: 08451 205 204

(Please note that the helpline is for the use of parents, guardians or concerned relatives and friends of bullied children.)

Kidscape works UK-wide to provide individuals and organizations with practical skills and resources necessary to keep children safe from harm (specifically to prevent bullying and child sexual abuse).

Minister and Clergy Sexual Abuse Survivors - MACSAS

MACSAS
PO Box 46933
London
E8 1XA

www.macsas.org.uk -
Helpline: 0808 801 0340

Opening times:
Tuesday: 2-5pm
Wednesday: 6-9pm
Thursday: 6-9pm

Minister and Clergy Sexual Abuse Survivors - MACSAS is a support group for women and men from Christian backgrounds who have been sexually abused by ministers or clergy, as children or as adults. It provides support for survivors who have remained within their Christian communities and for those who have left.

National Association of Christian Survivors of Sexual Abuse

CSSA (National) P.O. Box 951
Northampton,
NN7 9AS

www.ncssa.org.uk/
Email :information@ncssa.org.uk

The Charity's objectives are:

The preservation and protection of good health among Christian survivors of sexual abuse, by the provision of support, advice, retreats and such other exclusively charitable means as the trustees shall from time to time determine;

The advancement of public education, on the issues surrounding sexual abuse and the needs of survivors of such abuse within the Christian Church, by the provision of workshops, seminars and similar events.

National Association for People abused in Childhood

NAPAC
42 Curtain Road
London
EC2A 3NH

www.napac.org.uk/
support line 0800 085 3330
email support@napac.org.uk

Support line opening hours

Monday 10:00am-9:00pm

Tuesday 10:00am--9:00pm

Wednesday 10.00am-9.00pm

Thursday 10:00am-9.00pm

Friday 10.00am-6.00pm

NAPAC is the only national organisation focused on supporting adults who have been abused in any way as children. NAPAC exists to support survivors of child abuse when want to talk and receive support.

Their objectives are to:

Respond to the distress caused in adulthood by ill treatment and/or neglect in childhood.

Establish a national information line and postal service for people requiring advice and information about help available to overcome the continuing impact of childhood abuse in adulthood.

Provide support, training, information and resources to persons 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.

Effectively campaign to alleviate the impact of child abuse in adulthood.

One in Four

OneinFour
219 Bromley Road
Bellingham
Catford
SE6 2PG

www.oneinfour.org.uk -
Phone: 020 8697 2112
Email: admin@oneinfour.org.uk

One in Four offers a voice to and support for people who have experienced sexual abuse and sexual violence.

Partners of Dissociative Survivors (PODS)

PO Box 633
Huntingdon
PE29 9GJ

www.pods-online.org.uk
Phone: 01480 878409/07746 799221
Email: info@pods-online.org.uk

For Partners of Dissociative Survivors (PODS) is a separate organization supported by First Person Plural. It offers a service specifically for partners of dissociative survivors of sexual or physical abuse. This includes (but is not limited to) those who have dissociative identity disorder (DID), whether formally diagnosed or not.

Sexual Abuse Survivors

www.sexualabusesurvivors.com

Sexual abuse survivors are a group of individuals who have had their ability to enjoy sexuality as a sacred, life-enhancing experience violated as a result of sexual abuse. As sexual abuse survivors, they let the power of the group help them heal what they refer to as 'The Split' ('The Split is our tendency to disassociate from our bodies during the sexual act').

Stop it Now! UK & Ireland

Stop it Now! UK & Ireland
Bordesley Hall
The Holloway
Alvechurch
Birmingham
B48 7QA

www.stopitnow.org.uk
Office & fax 01527 598184
Helpline:0808 1000 900
Email: office@stopitnow.org.uk
For confidential emails:
help@stopitnow.org.uk
Email: help@stopitnow.org.uk

Opening times

The helpline 0808 1000 900 operates from 9am - 9pm Monday to Thursday and from 9am - 7pm on Friday.

Stop It Now! UK and Ireland operates a confidential freephone helpline for people worried about their own sexual thoughts and feelings towards children; people worried about the sexual behaviour of others; the parents and carers of young people with sexually worrying behaviour; and professionals needing help with difficult cases.

Raising awareness about child sexual abuse. The campaign is aimed to help the following three groups:

1. Adults who have abused or are thinking about abusing a child
2. Family and friends of abusers or potential abusers
3. Parents of children and young people with worrying sexual behaviour.

Stop it Now! Encourages adults to recognise their own or others concerning sexual behaviour and to seek help.

The helpline itself is totally confidential

Stop it Now! UK & Ireland provides the following support services:

Provides services for males and females

Information service

Support service

Telephone counselling

Face to face counselling

Trauma and Abuse Group (TAG)

The Trauma and Abuse Group

The Willows Centre

11 Prospect Place

Swindon

SN1 3LQ

www.tag-uk.net

The Trauma and Abuse Group (TAG) is a group studying and supporting work concerning trauma, abuse and dissociation. The group exists to provide information, support, training, encouragement and networking for counsellors, therapists, professional workers, carers and indeed anyone who is concerned or interested and any that are working with individuals who have suffered trauma and abuse.

Voice UK

Rooms 100-106,
Kelvin House,
RTC Business Centre,
London Road,
DERBY
DE24 8UP

www.voiceuk.org.uk
Email: voice@voiceuk.org.uk
Phone: 01332 291042
Email helpline@voiceuk.org.uk
Textphone 07797 800 642
Windows Live MSN Messenger
helpline@voiceuk.org.uk

There is also a 24 hour answer phone service.

The Helpline is available on

Monday 9 am to 5 pm

Tuesday 9 am to 5 pm

Wednesday 9 am to 5 pm

Thursday 9 am to 5 pm

Friday 9 am to 5 pm

Voice UK is a national charity supporting people with learning disabilities who have experienced crime or abuse. They also support their families, carers and professional workers.

Local Support Agencies

Abused People's Help In Sexual Trauma (APHIST)

Abused People's Help In Sexual Trauma
(APHIST)
188 Ellerton Walk
New Park Village
Wolverhampton
WV10 0UL

www.sandwellvcs.info
Phone: 01902 445628, 01902 551712, 07812
403163

Opening times
Monday- 10am - 1pm
Friday- 10am - 1pm.women only
Information last updated: 03 August 2010

Abused People's Help In Sexual Trauma (APHIST) provides the following support services:
Provides services for males and females
Telephone counselling

Abused People's Help In Sexual Trauma (APHIST) provides the above services to people who suffered any of the following types of abuse in childhood:

Emotional abuse
Physical abuse
Sexual abuse

Ann Craft Trust (ACT)

Ann Craft Trust (ACT)
Centre for Social Work
University of Nottingham
University Park
Nottingham
NG7 2RD

www.anncrafttrust.org
Email: ann-craft-trust@nottingham.ac.uk
Phone: 0115 9515400 (general)

Opening times
Mon-Fri: 8.30am-5.00pm

Ann Craft Trust is a national charity dedicated to safeguarding and protecting disabled children and adults with learning disabilities from abuse. We provide services to raise professional awareness and increase the knowledge and skills so that the risk of abuse is reduced and children and adults who have been victims of abuse are supported.

Ann Craft Trust (ACT) provides the following support services:
Provides services for males and females
Information service
Support service
Telephone counselling

Ann Craft Trust (ACT) provides the above services to people who suffered any of the following types of abuse in childhood:

Domestic abuse
Emotional abuse
Physical abuse
Sexual abuse
Rape

APAS - Alcohol Problems & Gambling (Nottingham & Derby)

Nottingham Centre
36 Park Row,
Nottingham
NG1 6GR

Derby Centre
Croft House,
Ashbourne Road, Derby
DE22 3FS

www.apas.org.uk
Email: info@apas.org.uk
Phone: 0845 762 6316

Opening times (Nottingham centre.)
Monday to Thursday 11.00am - 6.30pm
Friday 11.00am - 4.30pm
Saturday 9.00am to 12.30pm

APAS is an independent provider of a variety of services designed to reduce the harm alcohol and gambling causes to individuals, families and the communities they live in.

They are an independent, not for profit provider of services to the community. Our services are based in Nottingham and Derby city but we provide support throughout Nottinghamshire, Derbyshire and the neighbouring counties. We also receive and respond to enquiries Nationwide and internationally via our telephone and Internet services.

APAS provides the following support services:

Provides services for males and females
Information service
Support service
Face to face counselling

Derby City Children and Young Peoples' Department Child Sexual Abuse Unit

42 Leopold Street
Derby

Phone:01332 717575

This is a small, therapeutic team of specialist social workers who work with children and young people who have been sexually abused and support their families and/ or carers. They also offer consultation and training. The service is restricted geographically to Derby City.

Derbyshire Rape Crisis

Derbyshire Rape Crisis
P.O. Box 142
Derby
DE1 1XU

www.drconline.org.uk
Email: info@drconline.org.uk
Phone: 01332 372545
For a counselling appointment call the
Derbyshire Rape Crisis on 01332 342 255.

Opening times

Office: Monday - Friday 9am to 5pm

Helpline:

Monday 10am - 12noon and 6pm - 8pm

Tuesday 10am - 12noon and 6pm - 8pm

Wednesday 10am - 12noon and 6pm - 8pm

Thursday 6pm - 8pm

Friday 10am - 2pm

DRC offers support and counselling to any person of any gender, 14 year + who has experienced rape or sexual abuse at any point in their life. Support for victims who are undergoing forensic medical examinations following a recent incident, with or without police involvement, support for victims who are going through the legal process, attending court, GUM clinics, etc.

They offer one to one counselling, helpline support, forensic medicals following recent incidents, with or without police involvement, young people's service and trauma response (TRUST) throughout the county of Derbyshire. They will also accompany clients to court, police, clinics, GP's, if required.

Derbyshire Rape Crisis provides the following support services:

Provides services for males and females

Information service

Support service

Telephone counselling

Face to face counselling

Derbyshire Rape Crisis provides the above services to people who suffered any of the following types of abuse in childhood:

Sexual abuse

Rape

Ritual abuse

First Step

First Step
C/o Jasmine House
PO Box 7402
Leicester
LE1 6WD

www.firststepleicester.org
Email: cas@firststepleicester.org
Helpline - 0116 254 8535
Office 07581 568 144

Opening times

4.30pm - 8pm Monday & Tuesday

They offer support and counselling for adult male survivors of childhood sexual abuse, their family, friends and supporters.

First Step provides the following support services:

Provides services for males only

Information service

Support service

Telephone counselling

Face to face counselling

First Step provides the above services to people who suffered any of the following types of abuse in childhood:

Sexual abuse

Rape

The Haven Counselling Centre

Park View 2
South Street
Ashby de la Zouch
Leics
LE65 1BP

www.thehavenashby.org.uk
Email: thehavencounselling@btconnect.com
Phone: 01530 560921

The Haven is affiliated to the Association of Christian Counsellors and offers counselling for bereavement, redundancy, illness, stress, depression, sexual and other abuse.

Incest and Sexual Abuse Survivors (ISAS)

67 Northgate
Newark
Notts
NG24 1HD

www.isas-notts.org.uk
Email: enquiries@isas-notts.org.uk
Office: 01636 610314
Helpline: 01636 610313

Helpline opening hours are Monday - Friday: 9am - 4pm

Incest and Sexual Abuse Survivors (ISAS) is a Nottinghamshire based registered charity that provides one to one, telephone and group counselling services for male and female survivors of childhood sexual abuse, their partners and family members. These services are available at venues around the country, most have disabled access and facilities. They also provide training and support for other agencies.

Incest and Sexual Abuse Survivors (ISAS) provides the following support services:

Provides services for males and females

Information service

Support service

Telephone counselling

Face to face counselling

Incest and Sexual Abuse Survivors (ISAS) provides the above services to people who suffered any of the following types of abuse in childhood:

Sexual abuse
Rape
Ritual abuse

Juniper Lodge Sexual Assault Response Centre

Juniper Lodge Sexual Assault Response
Centre
Lodge One
Leicestershire General Hospital
Gwendolen Road
Leicester LE5 4PW

Tel and Fax: 0116 273 5461
24 hour helpline: 0116 273 3330
Email: juniperlodge@ukonline.co.uk

Aim to provide multi-agency support to male & female survivors of rape and sexual assault. The service offers an appropriate environment for examination for forensic evidence, statement taking and support work, whether or not clients wish police involvement. Telephone support, face-to-face counselling, information from specially trained police officers or a medical examination are offered to all clients.

Juniper Lodge Sexual Assault Response Centre provides the following support services:
Provides services for males and females
Information service
Support service
Telephone counselling
Face to face counselling

Juniper Lodge Sexual Assault Response Centre provides the above services to people who suffered any of the following types of abuse in childhood:
Sexual abuse
Rape

Nottingham Counselling Service

Nottingham Counselling Service
32 Heathcoat Street,
Nottingham
NG1 3AA

www.nottinghamcounsellingcentre.org.uk
Phone: 0115 950 1743
Fax : 0115 988 1611
Email :
info@nottinghamcounsellingcentre.org.uk

Support line open 9am -8pm weekdays

An independent charity which aims to promote mental health issues and relieve distress associated with emotional, personal, relationship, or family problems, including low self-esteem, depression, anxiety, eating disorders, self-harm, sexual abuse, parenting, etc. Offers a confidential counselling service provided by a team of 60 volunteers to anyone over 20years. Subsidised costs for those on low income with a minimum charge of £2 per session for registered unemployed.

Nottingham Counselling Service provides the following support services:

Provides services for males and females
Information service
Support service
Face to face counselling

Nottingham Rape Crisis Centre

Nottingham Rape Crisis Centre
30 Chaucer Street
Nottingham
NG1 5LP

www.nottinghamrapecrisis.org.uk
Email: nrccnottingham@hotmail.com
Helpline: 0115 941 0440
Office & fax: 0115 947 0064

Opening times:
Monday 2pm - 8pm
Tuesday 2pm - 8pm
Wednesday closed
Thursday 10am - 1pm
Friday 10am - 1pm
Saturday 10am - 1pm
Sunday closed

Nottingham Rape Crisis Centre provides a telephone counselling and face to face support for women and girls who have experienced any form of unwanted sexual attention, rape, sexual assault or child sexual abuse whether recently or in the past.

Face to face counselling is by appointment. They will also accompany women to police stations, clinics and courts.

Nottingham Rape Crisis Centre provides the following support services:

Provides services for females only
Information service
Support service
Telephone counselling
Face to face counselling

Nottingham Rape Crisis Centre provides the above services to people who suffered any of the following types of abuse in childhood:

Sexual abuse
Rape

Number 28, NCH

28 Magdala Road
Nottingham
NG3 5DF

Phone: 0115 985 8308

Opening times
Monday - Friday: 9am - 5pm

Number 28, NCH provides information and support services to adults who suffered sexual abuse in childhood and provides a service for young people who have been sexually abused.

SAIL (Sexual Abuse and Incest Line)

SAIL (Sexual Abuse and Incest Line)
P.O. Box 8
Chesterfield
S40 1NY

Email: email@sail1.freereserve.co.uk
Phone: 01246 559 889

Opening times:

Monday 12pm - 6pm
Tuesday 10am - 1pm
Wednesday 10am - 5pm
Thursday 12pm - 5pm
Friday closed

SAIL offers counselling and support to adult (18+) women survivors of child sexual abuse and incest in North Derbyshire. They also offer information and signposting to supporters of survivors, and periodic training to professionals. Services are based in Chesterfield.

SAIL (Sexual Abuse and Incest Line) provides the following support services:

Provides services for females only
Information service
Face to face counselling

SAIL (Sexual Abuse and Incest Line) provides the above services to people who suffered any of the following types of abuse in childhood:

Sexual abuse

Sexual Abuse Project

Sexual Abuse Project
Nottingham Counselling Service
32 Heathcoat Street
Nottingham
NG1 3AA

www.nottinghamcounsellingcentre.org.uk/sexualabuseproject
Email:
info@nottinghamcounsellingcentre.org.uk
Phone: 0115 950 1743 - this is not a helpline.

Opening times

Monday - Friday: 9am - 8pm

The Sexual Abuse Project (SAP) is a specialist group counselling project within Nottingham Counselling Service (NCS), a registered charity and counselling provider. They are based in Nottingham and provide support and group counselling for women in Nottinghamshire who were sexually abused in childhood.

Completely confidential, they provide women who have been sexually abused as children with; a specialist assessment and referral service; short term group counselling; ongoing (up to 18

months) group therapy; direct links into Nottingham Counselling Service for individual counselling; regular opportunities to review ongoing counselling needs.

The Sexual Abuse Project is a Nottinghamshire County Teaching PCT funded organisation. As a result, they can offer free short term group counselling to women in Nottinghamshire.

Sexual Abuse Project provides the following support services:

Provides services for females only

Information service

Support service

Face to face counselling

Sexual Abuse Project provides the above services to people who suffered any of the following types of abuse in childhood:

Sexual abuse

Spring Lodge Sexual Assault Referral Centre

Spring Lodge
12 Dean Road
Lincoln
LN2 4DR

www.springlodge.org
Email: info@springlodge.org
01522 524 402 (office hours)
01371 812 686 (all other time)

Opening hours 9-5 Monday to Friday.

Spring Lodge is a Sexual Assault Referral Centre (SARC) covering the whole of Lincolnshire. Established this year, we are one of 30+ centres covering the UK.

We aim to provide a non-judgmental service regardless of gender, race, religion, age, disability, sexuality or background. We offer the opportunity for medicals without police involvement following recent rape or sexual assault.

Spring Lodge is a dedicated centre providing a comprehensive service to men and women who have been raped or sexually assaulted.

We offer a safe, welcoming and comfortable environment, which focuses on the needs of the individual.

The centre also provides a service to adolescents aged 14-17 years who do not require a more specialist service of paediatric care or treatment or multi agency investigation which is currently dealt with by Child & Adult Protection teams.

Spring Lodge can provide:

Sexual health information and referral services

Information about reporting to the police and judicial processes

Forensic medical facilities

Post-sexual assault follow-up care

Support through the criminal justice system

Practical support and referrals to other community services

Consultation services to other professionals

Survivors Helping Each other (SHE)

Survivors Helping Each
other (SHE)
Morton House,
12 Appletongate,
Newark,
Nottingham
NG24 1JY

or
PO Box 6743
Newark
Notts NG24 4WT

www.sheuk.org
Email: survivors-helping-
each-other@hotmail.co.uk
Phone: 01636 611107

The aims of SHE are:

To relieve the distress of women survivors of childhood incest or sexual abuse, and their families.

To advance public education and raise awareness of the long-term personal and social implications and effects of childhood incest and sexual abuse.

Survivors Helping Each other (SHE) provides the following support services:

Provides services for females only

Information service

Support service

Survivors Helping Each other (SHE) provides the above services to people who suffered any of the following types of abuse in childhood:

Emotional abuse

Physical abuse

Sexual abuse

Rape

This information is believed to be accurate at the date of preparation, the quality of service offered and the suitability for survivors of abuse has not been verified by the authors. Anyone contacting any of the agencies listed here should satisfy themselves as to quality and suitability of service.

*Most of the agencies listed have been provided either by NAPAC or by Responding Well to those who have been sexually abused, published by Church House Publishing 2011
October 2011*

Members of the Safeguarding Umbrella Group are available to give support to churches and members dealing with safeguarding issues. Their contact details can be found in the Synod Directory.

District Advisory Group on Child Protection

District Advisory Group on Vulnerable Adults