



C.I.S.'ters

Mutual support for adult females raped and/or sexually abused as female children/teens; by a member of their immediate and/or extended family



CIS'ters IS NOT a therapy group: it is a group of survivors who learn, from being together, that this is not all that we are, or can be

Newsletter

Edition

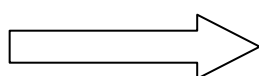
2/2013

CURRENTLY free for SURVIVORS who are Members of CIS'ters

£12 p.a. Other individuals & organisations

As at **25th July 2013**, the number of adult female survivors who have made contact with us, or we with them, has risen to **1212**

CIS'ters Helpline



Tel: 023 80 338080

INFORMATION – re 2013 ANNUAL
RESIDENTIAL WORKSHOP
(open to members only)

Enclosed with this Newsletter is another flyer for our residential workshop which will be held this year at a new venue between 2nd and 3rd of November 2013.



**SOME PLACES STILL LEFT –
RESIDENTIAL 2013 WORKSHOP
FOR SURVIVOR MEMBERS OF
CIS'ters**

CIS'ters - new trustees !

As you know we have been going through a difficult few years and our way forward has included the need to recruit replacement trustees. We are really pleased to have had such a good response for volunteers to join our Board of Trustees.

Four individuals from varied professional backgrounds are in the process of being 'inducted' and we will give you an update in the next newsletter.

CIS'ters was set up in September 1995 by Gillian. We are run by Survivors for Survivors.

Venues for meetings, unless otherwise notified, are in Hampshire

CIS'ters, PO Box 119, Eastleigh, Hants, SO50 9ZF Tel: 023 80 338080

CIS'ters: an experience in learning, sharing, growing – individually and together
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PAGE 1

FREE CONFIDENTIAL LEGAL ADVICE FOR WOMEN IN ENGLAND AND WALES !



Family law advice line, for advice on issues including:

- Domestic violence and abuse
- Divorce and civil partnership dissolution
- Relationship breakdown
- Issues relating to children, incl parental responsibility, child contact & residence

Call: 020 7251 6577 (telephone) or 020 7490 2562 (text phone) on

Tuesdays 7-9pm; Wednesdays 7-9pm; Thursdays 7-9pm; Friday noon-2pm

Criminal law advice line, for advice on issues including:

- Sexual offences, including rape and sexual assault
- Domestic violence and harassment
- Reporting offences to the police and criminal justice system
- The rights of victims, witnesses and defendants
- Criminal injuries compensation

Call: 020 7251 8887 (telephone) or 020 7490 2562 (text phone) on

Tuesdays 11am – 1pm



Immigration and asylum law advice line, for advice on issues including:

- The rights of EEA nationals and their family members
- Claiming asylum in the UK
- Trafficking
- Domestic violence & immigration law
- No recourse to public funds

Call: 020 7490 7689 (telephone) or 020 7490 2562 (text phone) on

Mondays 2-4pm and Wednesdays 11am – 1pm

The above helplines are provided by www.rightsofwomen.org.uk.

All their advisers are women solicitors or barristers with expertise in the relevant areas of law.

Please ensure, therefore, that you ring the relevant advice line/session.

They can only give advice in English on the law as it is applied in England and Wales.

Child Exploitation and Online Protection Centre (CEOP)

<http://ceop.police.uk/Contact-Us/> In October 2013, CEOP will become a command of the National Crime Agency (NCA). The NCA will be the centrepiece of the reformed policing landscape and will spearhead the national crime fighting response to serious, organised and complex crime. Within the NCA, CEOP will further develop its strategic approach to prevent child sexual exploitation and abuse, to protect children and young people who are at risk of victimisation and to pursue offenders who target children in the UK and/or overseas. Indecent images of children (IIOC) continued to proliferate across the internet with no single means of storage or distribution achieving overall dominance in 2012. With the possible exception of the live video streaming of child sexual abuse, the distribution methodologies remain much as they were in 2011. A rise in overall levels of hidden internet use in the UK may indicate that displaced offenders are taking advantage of this technology. Although it is clearly not possible to establish a precise figure, **CEOP estimates that there were around 50,000 individuals in the UK involved in downloading and sharing IIOC.**

CEOP currently receives reports from around 1,000 children each year concerning online victimisation by adults. A further unquantifiable number of children overseas suffer contact sexual abuse at the hands of UK nationals visiting or living and working abroad. Whether acting alone or in groups, the primary or sole motivating factor for the great majority of child sexual exploitation and abuse (CSEA) offenders is sexual gratification. Some act on a specific sexual interest in children whilst others target the vulnerability of youth more broadly for sexual purposes. A much smaller number of offenders sexually exploit children for financial or other gain.

SOME OFFENDERS PREFER TO THINK OF DOWNLOADING AS A VICTIMLESS CRIME. IT IS NOT. EACH IMAGE IS OF A CHILD BEING SEXUALLY ABUSED/RAPED AND/OR EXPLOITED. THERE ARE VICTIMS. IMAGES ARE DOWNLOADED FOR SEXUAL GRATIFICATION. THE VICTIM IS THEREFORE RE-ABUSED/VICTIMISED AND A FURTHER CRIME ADDED TO THE SLATE. Gillian (00)

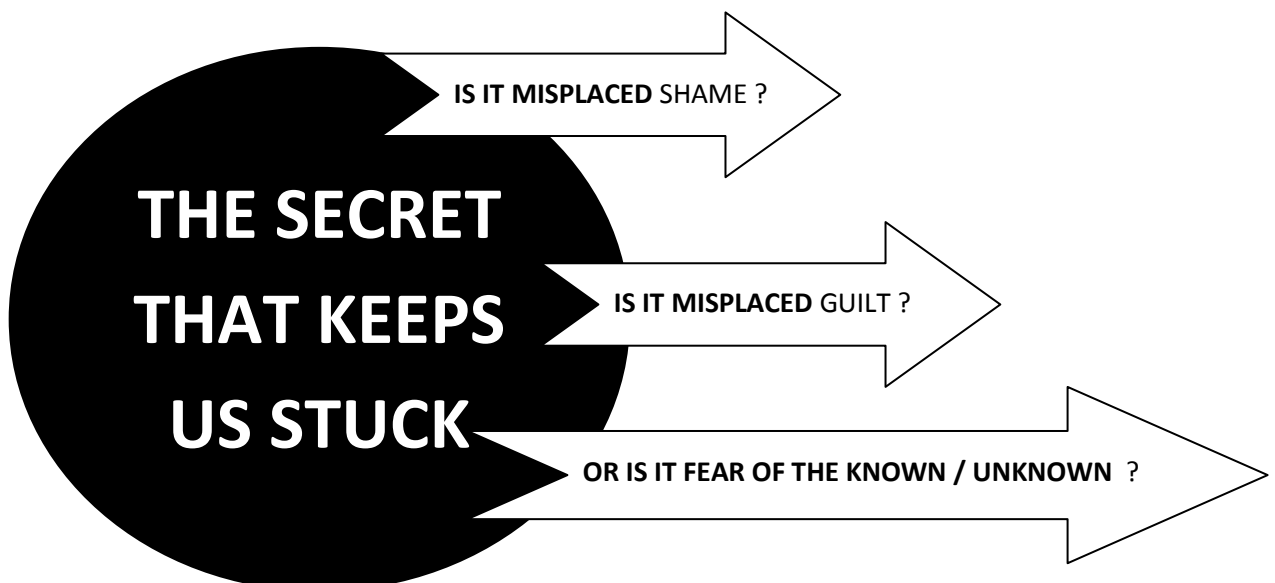
INCEST CAUSES PAIN

I is for the isolation we feel,
N is for the numbness and nothing feels real,
C is for the cuddles, abusive or none,
E is for the emptiness and life's never begun,
S is for the sleepless nights seeming endless in a row,
T is for the tears that we were not allowed to show.

C is for the comfort, a feeling we never felt,
A is for the anger at the hands we were dealt,
U is for the understanding which never came our way,
S is for the secret and the price we had to pay,
E is for the emotions we felt no right to claim,
S is for the scandal, the suffering and the shame.

P is for the protection we never received,
A is for the anguish that we may not be believed,
I is for the identity that we lost along the way,
N is for the nobody who is writing this today.

By an unknown survivor



Transforming the CJS

A Strategy and Action Plan to Reform the Criminal Justice System

Presented to Parliament by the Lord Chancellor and Secretary of State for Justice
by Command of Her Majesty

June 2013

As Policing and Criminal Justice Minister, I work across two Government departments and regularly come into contact with a range of skilled and highly dedicated professions including the police, magistrates, solicitors, barristers, judges, Crown Prosecution Service, probation and court staff, prison officers and all the voluntary and private sector providers that make up the criminal justice system (CJS).

This is an experience which leaves me in no doubt about what needs to be done. It is inevitable that the CJS is complicated and essential to the rule of law that some elements of the system are independent from others. However, as I meet with people from different parts of the system I am continually struck by the endless examples of how one part can cause problems for another. These issues lead to real problems in how the CJS performs, such as the time taken for even basic cases to get through the system and the simply unacceptable experience that is all too frequent for victims that they attend court only to be told that their case will not be going ahead that day.

This Strategy and Action Plan starts from a simple premise that all parts of the CJS should be working towards achieving the same set of outcomes. As well as explaining what these outcomes are, it contains a number of specific actions for each part of the CJS. Most of these are not fundamental changes to how the CJS operates. They are mainly straightforward management actions designed to eradicate the simple failings and mistakes that currently blight the system and lead to delay, unnecessary work and a poor experience for victims and witnesses. I make no apology for this. For too long, the focus has been on introducing eye-catching initiatives that sound good but fail to tackle these basic underlying problems in performance.

This action plan also sets out how we will build on the more radical innovations of recent years. Central to this is a commitment to complete the process of digitising the CJS. Deploying the right technology in the right places has the potential to quickly transform criminal justice from a fragmented, paper-based system to a digital service that provides an efficient customer experience which meets the standards the public rightly expect from a modern public service.

I have not developed this action plan in isolation. I have established a Criminal Justice Board made up of senior representatives from across the CJS who have provided their advice and support in shaping this action plan, and who have collectively committed to its delivery. More widely, the deliverables within this action plan will feed into the National Group that I have established to tackle Sexual Violence Against Children and Vulnerable People. I have also discussed what reforms are needed with a wide range of people including two constructive meetings with representatives of the defence community. I am very grateful for their input and I am confident that with their continued support and commitment this action plan will be delivered in full and make a real difference to everyone that comes in contact with the CJS.



Damian Green

Minister of State for Policing and Criminal Justice

The Action Plan can be downloaded from the following website:

https://www.gov.uk/government/uploads/system/uploads/attachment_data/file/209659/transforming-cjs-2013.pdf

I don't want to be always
looking back;



I want something to look forward to !



FUND RAISING – A MAJOR THANKS TO WAYNE !

<https://mydonate.bt.com/fundraisers/wayneloon1>

As you will know from our last newsletter, Wayne offered to undertake an event on our behalf, and has raised a staggering £2006.88 (includes gift aid). The **Tough Mudder** event took place on 9th June 2013 and was, as all predicted, a course which challenged all those that took part. Although we knew Wayne could do whatever he set out to do; it was still awe inspiring, not least because as anyone who has ever tried

to raise money from 'public' donations for an agency (like ours) that provides emotional support for adult survivors will attest, that the public can be less generous than they would for, say, a charity for children or sick animals or donkeys etc. However, Wayne has not only persuaded many of his friends and colleagues to donate to a worthy cause, but used the process to raise their awareness as well !

Undertaking the event was not in question, Wayne is a man driven by challenges, but that he offered this most generous gift (of time and effort) to our agency (when there are millions of others charities he could have chosen this year) was heartfelt. He is someone who has consistently supported the work that we do, and this was yet another indication of his commitment to the work we undertake on behalf of both children, and adult survivors. *Gillian (00)*

NSPCC have recently launched a Free 24-hour advice and support line to protect children from FGM (female genital mutilation). After discovering that more than 70 women and girls as young as seven seek treatment every month, the NSPCC have launched a helpline to protect children from FGM. Anyone who is worried about a child who has had this performed on them, or might have, should contact 0800 028 3550. FGM is an unlawful practice within the UK. In 2012, the **Home Office produced guidance for professionals** on how to respond should they highlight anyone vulnerable to such a practice and the steps they should take subsequently. It can be downloaded from the following website:

https://www.gov.uk/government/uploads/system/uploads/attachment_data/file/97857/FGM.pdf

WE STILL NEED DONATIONS TO HELP KEEP US GOING !

We have not received a statutory grant for over two years and have been reliant upon donations, income from training, and use of our dwindling reserves. **Although not yet a crisis, it is going to be one by the end of this financial year i.e. March 2014.** So, we can't afford to be complacent. A small number of our members generously give us regular donations – for which we are extremely grateful. **Examples of our current WEEKLY costs include: Payroll £166, Office £161, Volunteers £62; Photocopying/Stationery £30, Clinical Supervision £22; Phone/Broadband £21 and PO Box etc £8;**

Anyone who would like, or is able, to make a donation to us, however, small (because it all adds up), can easily do so using a debit or credit card through the following website:

<https://mydonate.bt.com/charities/cisters>

MyDonate provides a secure, easy-to-use way for us to raise money. MyDonate is a not-for-profit service from BT. It is a free service from BT to charities and for anyone wishing to make a donation it takes only a few minutes to register. The most important point, for you, is that other than for a very small charge to use your credit and debit card (similar for transactions elsewhere these days), every penny donated/collected is paid over to charities which can even collect Gift Aid on our behalf.

“Basically... porn is everywhere”

A Rapid Evidence Assessment on the Effects
that Access and Exposure to Pornography has
on Children and Young People

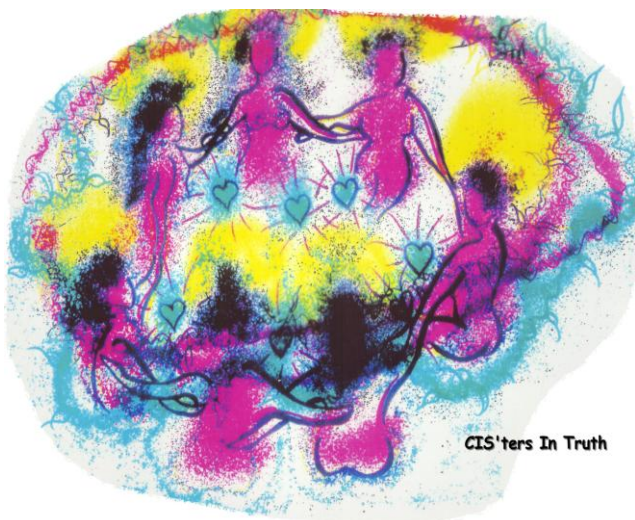
By Miranda A.H. Horvath, Llian Alys,
Kristina Massey, Afroditi Pina, Mia Scally and
Joanna R. Adler

<http://www.mdx.ac.uk/Assets/BasicallyporniseverywhereReport.pdf>

**This report was commissioned by the Children's
Commissioner for England and is downloadable from
Middlesex University London**

It sought, within a range of research topics so
commissioned, to deepen the understanding of such
images on children and/or young people who might
accidentally come across them, or be sent them.

The report concludes that boys are more likely to view
pornography out of choice than girls, who are much more
reluctant viewers. And that the evidence shows that
exposure to sexualised and violent imagery affects
children and young people and that there are links
between violent attitudes and violent media.



CIS'ters Residential Weekend Workshop

2nd and 3rd November 2013.

A new venue near Winchester has been booked, and ALL
of the rooms are single ensuite.

There are still some places available – and it would be
great if you could join us this year.

We are busy planning the programme – so contact us if
you want more information or want to find out more,
especially if you have not yet attended one of these
events.

Tel: 023 80 338080 – and leave a message so that
someone from the residential team can call you back; or

Email us on admin@cisters.org.uk

Thanks to Ann (152) for the following extracts from various papers/magazines. She asked that we include them within the newsletter as other members might find them helpful or interesting:

Mental health problems ‘should not be treated like an illness’ *publication unknown*

Treating mental health problems such as schizophrenia and bipolar disorder in the same way as illnesses is unhelpful, leading psychologists claim.

Even labelling them is counterproductive they say, adding there's no evidence a 'breakdown' or 'severe emotional distress' is the same as an illness with genetic or biological causes.

They say the cause of mental distress needs to be focused on, so sufferers get the right help. The call has been rejected by many psychiatrists who believe medication is the answer.

And it comes as the latest edition of American Psychiatry Association's Diagnostic and Statistical Manual of Mental Disorders is to be released. This classifies many emotional and behavioural problems as illnesses, treatable with drugs. But in a statement today, the British Psychological Society's division of clinical psychology argues there is no scientific basis for treating 'emotional distress' as a physical sickness.

Dr Lucy Johnstone says: "People breakdown for reasons in their lives, and unless we can understand those reasons we will not be able to offer them the right kind of help".

Believe In Yourself *publication My Weekly*

1. Don't ever compare yourself to anyone else. Our society is so competitive and it is easy to see why we judge ourselves against each other, but this will always lead to low self confidence.
2. Follow through for yourself. Know that you have the ability to keep going, even when setbacks arise.
3. Love originality! You are unique; there is no-one else like you on the planet. Relish your individuality and let it shine.
4. Cultivate indestructible self belief. Get right onside with yourself and be your own best friend.
5. Value all your efforts. Life can be hard but look how well you cope. Appreciate your grit and stamina.

Why is the Left so blind to the link between today's sex scandals and the cult of permissiveness?

publication Daily Mail, an abridged extract from The Melanie Phillips column dated 13th May 2013

Truly, it seems that scarcely a day now passes without our being informed of yet another celebrity accused of sexual depravity.....Of course, we don't know whether all these accusations are true. In law, after all, everyone is presumed innocent until they are proven guilty.

..... The real reason no one at the BBC did anything about Saville or (Stuart) Hall was not just the fear of destroying their lucrative stars. It was also that, especially during the 70s and 80s, sexual licence was considered acceptable and anyone who spoke against it was treated as a pariah. No one had the right to judge anyone else's sexual behaviour. Those who warned this would unravel not just traditional morality but the very bedrock of decency and order were scorned and insulted. This permissive attitude was extended to children, too. The young were greedily viewed as a huge consumer market, and so were cynically targeted by sexually suggestive pop lyrics, clothing and magazine articles.

..... Schools dish out contraception and abortion advice to pubescent children – advice blessed by paediatricians, who claim that if a child is old enough to ask for it, she is old enough to give her meaningful consent.

..... If you remove constraints on sexual behaviour, this is precisely what you get. Permissiveness and sexual abuse are two sides of the same coin.....

Dear Gillian and everyone at Cis'ters, a big HUG to you all from me.

I hope you are all well. Thank you for your Newsletters and for everyone who writes to you. I enclose a poem (*on next page within newsletter*) which came to me today as I sat watching the T.V. I've been diagnosed with mild bipolar now and am awaiting a scan on my breast as it is just so sore. Me and the children are plodding along.

Please can you print my poem. With lots of love, hugs and peace.

Love from London. Maria (520)

PAGE 7

ME by Maria (520)

Don't try and laugh at me
Don't you see how I am
Can't you see the pain etched on my face.
Tears in my eyes, a scream on my lips.
But silence of your hand upon my cheek
It stops me from crying, I give in.
Your gone now back to bed with mother.
Couldn't she see or discover you'd disappeared but no she slept on.
When you go I sit in the bath, with bleach on my skin,
Make me clean, wash him away
But instead it's made me sore and red
My thighs are raw my vagina on fire
But I don't care the pain makes me feel good.
Today is another day for me. I wear a mask of smiles like a clown.
You can pull it away and see who I am.
A little girl yes but a woman you made me.
I won't suffer no more I'll rise up
And be strong you haven't won,
My smile will be real not false or fake.
I'll smile for me and my inner child
We face the world together.
I'll love her make her happy just you see.
So don't laugh at me, laugh with me
Make me feel better about who I am.
I'M MARIA who wouldn't die
I'M the SURVIVOUR.

CELEBRATING OUR VOLUNTEERS – AN ANNUAL EVENT

Saturday 11th May 2013

Commencing with last year, Trustees have felt it important that we publicly and collectively celebrate and give thanks to the many volunteers within CIS'ters.

Some undertake regular roles, such as those who facilitate the Core Group, or are on the Saturday Helpline rota; whilst others give time and enormous energy to teams which have an annual role, such as the Residential. In addition we took the opportunity to thank the many individuals who help out on an ad hoc basis, either in the office and last year with the office move and redecorating/refurbishment. The list seems endless – and each and every individual has played a key and critical role in the ongoing well being of CIS'ters, as an agency.



Frantic hands created fancy place settings, each containing a small box of mementos (heart shaped chocolates and green stones signifying growth). Plenty of star and heart shaped sprinkles helped create an image of 'specialness' for each of the individuals who attended. Certificates were given to all volunteers, either in person or posted during the following week.

Following lunch, one of our Trustees, Louise, gave a formal thank you to an outgoing Alison, who had recently stepped down from the specific role of Trustee. Louise's speech was an emotional validation of the significant contribution that Alison has made towards CIS'ters.



In case you are wondering – Alison is NOT leaving CIS'ters. She is still a valued volunteer and so don't be confused if you see her at a future event or hear her speaking on the phone !



Fay Maxted, CEO, TST May 2013

AND FINALLY !

We were very appreciative that Fay Maxted, the CEO of The Survivors Trust www.thesurvivorstrust.org was able to attend our Volunteer Event on 11th May 2013.

Fay gave a presentation on the importance of volunteers and that their role and contribution within our sector is crucial; and that the uniqueness of survivor led organisations is of special importance.

She spoke eloquently not only of what volunteers 'give' to the organisations they work for; but also how being a volunteer feeds personal growth; personal esteem and personal wellbeing not only for those that access services like ours, but also for the volunteer themselves.

"Many will be shocked to find
When the day of judgement nears
That there's a special place in heaven
Set aside for us volunteers
Furnished with big recliners
Satin cushions and sweet treats
Where there's no demanding funder
No forms to fill in or deadlines to meet
There'll be no jumble sales or cake sales
There'll be nothing to staple or fold
Telephone lists will be outlawed
But I tell you one thing without fail
A snap of a finger and soon will be seen
All manner of goodies fit for a queen (or king)
And who will be serving the volunteers thus
Well, all the ones who walk by ignoring our stall
Who stick their hands in their pockets
And won't look at us
All the nit picking funders and those
Who don't care
But we'll still say thank you
And won't be unkind
We know they'll soon feel better for giving
What a pity they didn't do it while they were living".

<<<< Fay's presentation also included this poem



She would like to give **credit to Anon at Google, for the initial idea/inspiration – which she then built upon into the poem/words you now read.**





TRY NOT TO MISS THIS OPPORTUNITY AS YOU DO HAVE A VOICE

Public Consultation on the Interim Guidelines on Prosecuting Cases of Child Sexual Abuse

Guidelines have been issued on an interim basis and subject to a current public consultation exercise. The guidelines and consultation process are Available for comment until Tuesday 3rd September 2013.

The interim guidelines set out the new approach that CPS prosecutors should taken when reviewing cases of child sexual abuse, and how they should look at the credibility of the overall allegation of abuse. The guidelines are intended to cover the range of child sexual abuse, including sexual exploitation of children.

Central to the guidelines is that:

- Focus is on the credibility of the overall allegation, rather than solely the victim's account, through looking at the wider context;
- Much greater testing of the suspect's account and circumstances;
- Ensuing victims get a very high level of support;
- Assisting the courts to ensure that effective timetabling and case progressions takes place that helps victims in court; and
- Accessing third party material to build the prosecution case.

How to respond to the consultation - a quick guide

By email to

1. Download the consultation document on Public Consultation on Interim Guidelines on Prosecuting Cases of Child Sexual Abuse and the form for responding, from:

http://www.cps.gov.uk/consultations/csa_consultation_index.html

2. Complete the response form by typing in the spaces
3. Send an email to childsexualabuse.consultation@cps.gsi.gov.uk by **3 September 2013** and attach your response

By post

1. Contact the CPS (below) and ask them for a copy of the document and response form.
2. Complete the form
3. Send the completed form to CPS at the address below by **3 September 2013**:

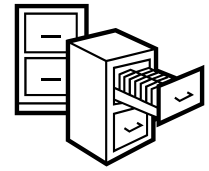
The first thing that struck me on reading the interim guide is that it is very much created for children/young people who are within the CJS processes as victims/witnesses. Which is GOOD ! **But it also means** that we still appear **NOT** to have a comprehensive guide for prosecuting cases relating to sexual abuse during childhood where the victim is now an adult i.e. that specifically meets the unique needs & issues relating to **adult survivors** of childhood sexual abuse ?

Gillian (00)

Interim Guidelines on Prosecuting Cases of Child Sexual Abuse Team

Strategy and Policy Directorate
Crown Prosecution Service Headquarters
9th Floor, Rose Court, Southwark Bridge
London, SE1 9HS

Right to Review – Child Sexual Abuse Review Panel



A new right to review has recently been established by the Crown Prosecution Service (CPS) and Police.

The issue of survivors feeling that their case has not been sufficiently investigated, or that perpetrators of sexual crimes have not been charged, or charged with lesser offences, has caused considerable emotional distress to survivors when this has occurred.

Whilst the new right to review does not guarantee that a case will be re-investigated or that a decision not to charge will be overturned, there is now (at least) an opportunity for survivors to be able to challenge the earlier decisions/actions (or non actions) made by the Police or CPS.

The Association of Police Officers (ACPO) and CPS have formed a child sexual abuse review panel to look at cases where the victim is not satisfied that their original allegation/s were dealt with appropriately.

The panel will review cases and advise whether the allegations should be either reinvestigated by the police or whether the earlier decision not to prosecute should be reviewed by the CPS. The case will then be referred, by the panel, back to the police force or CPS Area where the case originated.

The panel will consider cases where these factors apply:

- it is in respect of an alleged sexual offence committed against the complainant (ie victim/survivor);
- the complaint of an allegation of an sexual offence has previously been made to the police;
- a decision to take no further action was taken by the police or by the CPS;
- the complainant has asked the police or the CPS to look again at that decision;
- the alleged sexual offence was committed when the complainant was under 18 years of age; and
- the alleged perpetrator/s may still pose a risk. (The threshold for risk is set very low and simply means that the perpetrator may currently or in the future have the opportunity to commit further offences).

For the purposes of the case being re-considered by the panel there is no restriction on the context or setting of where the alleged offending behaviour took place. The panel can only reconsider cases that have occurred in England or Wales.

The panel will consist of a Chief Crown Prosecutor, and ACPO rank police officer, a specialist prosecutor (i.e. one that has been specially trained in relation to cases that are designated sexual offences), an experienced child abuse police investigator and an appropriate independent representative. The independent representative in the panel will play an advisory role i.e. they will receive and consider the relevant information and provide views to the police and CPS members of the panel, as to the decision they consider should be taken. Sole responsibility for taking the final decision in the panel rests with the police and CPS members.

Cases can be referred to the panel by the individual either by:

- a) through a dedicated email address: nationalpanel@acpo.pnn.police.uk (which will automatically refer correspondence to the panel secretariat).; or**
- b) contact the police or CPS Area that originally dealt with the allegation and ask them to refer the case to the review panel.**

Please note that panel WILL NOT consider cases if the following factors apply:

- the victim/survivor has not previously reported the matter to the police (as this will therefore be a new case being reported for the first time to the police and will need to be investigated as such);
- new evidence has come to light prompting a fresh investigation by the police (again such information needs to be provided to the police and not the review panel (unless subsequent evidence of failure to properly investigate)).

USEFUL NUMBERS & WEBSITES



CIS'ters

Recipient of **2005**
Queens Award for
Voluntary Service

CONCERNS THAT A CHILD IS CURRENTLY AT RISK OF CHILD ABUSE ?

NSPCC National Helpline www.nspcc.org.uk 0808 800 5000

IF YOU ARE AGED 18 OR OVER AND WERE A VICTIM/SURVIVOR OF RAPE AND/OR SEXUAL ABUSE WHILST A GIRL, BY A MEMBER OF YOUR IMMEDIATE AND/OR EXTENDED FAMILY – CONTACT US ON:



CIS'ters

Tel: 023 80 338080 Email: admin@cisters.org.uk

SURVIVOR OF CHILDHOOD SEXUAL ABUSE/RAPE – OR OF RAPE/SEXUAL ABUSE AS AN ADULT, and want to know where you can access FREE 1:2:1 counselling locally and/or other helplines or related services you can access etc

The Survivors Trust www.thesurvivorstrust.org Tel: 01788 550554

A VICTIM OF DOMESTIC VIOLENCE/ABUSE ?

National Domestic Violence Helpline www.nationaldomesticviolencehelpline.org.uk
0808 2000 247

WORRIED ABOUT SELF HARM/INJURY ?

Bristol Crisis Service for Women www.selfinjurysupport.org.uk 0117 927 9600

National Self Harm Network www.nshn.co.uk 0800 622 6000

WORRIED ABOUT NON PRESCRIPTION/ILLEGAL DRUGS etc ?

Talk To Frank (Confidential Drug Advice) www.talktofrank.com 0800 77 66 00

IF YOU ARE WORRIED ABOUT ALCOHOL ISSUES

Alcoholics Anonymous www.alcoholics-anonymous.org.uk 0845 769 7555

Al-Anon (which is for the friends and family members of alcoholics) www.al-anonuk.org.uk

WORRIED ABOUT EATING ISSUES/DISORDER ?

B-eat www.b-eat.co.uk 0845 634 7650

CONCERNED ABOUT SOMEONE WITH LEARNING DISABILITY WHO IS A VICTIM OF SEXUAL ABUSE / RAPE ?

Respond www.respond.org.uk 0808 808 0700

FEELING DEPRESSED AND/OR SUICIDAL ?

Samaritans www.samaritans.org 08457 90 90 90

WANT TO KNOW MORE ABOUT HOW TO PROTECT CHILDREN/TEENS – WHILST ON THE NET ?

C.E.O.P (which has LOTS of useful stuff) <http://ceop.police.uk/>

SUPPORTING COMMENTS FOR FUNDING APPLICATIONS

Thank you to all of you who have sent us in sentences/ paragraphs that we can include within the funding applications we are drafting. We need to be able to evidence that we provide a worthwhile service, so your comments are hugely important. **If you have not yet sent us anything, there is still time as we will need to submit a large number of applications for funds.**

SEND US something from 'your heart' that says what CIS'ters means to you, how it helps you, to keep you safe and move forward with your life.

PLEASE

send appropriate comments/feedback that we could include within our funding applications and also within future editions of this newsletter:

Send us your comments:

CIS'ters,

Po Box 119,

Eastleigh, SO50 9ZF

Or email us your comments:

admin@cisters.org.uk

Why ?

Why do you think it doesn't matter ?

Why do you think I shouldn't care ?

What do I need to do, to make you notice, my pain, anguish, torment ?

Will you notice if I

cut myself, stop eating or over eat ?

Will you notice if I take risks such as running in front of buses, or being out late at night, not caring what happens to me ?

Will you notice if I cut off all of my hair, or if I don't wash my body or start fires ?

Will you notice as I turn to alcohol and/or drugs, including misusing prescription medications ?

Will you notice – I fear not.

Whilst you were not looking, someone hurt me. They raped me, they exploited me, they sexually abused me. They stole that which was mine.

Now – you only care about what the neighbours will think, as I crash about in this world that my life has become.

Your husband did this to me. Is that so hard to believe that you would prefer to turn your back on me, your daughter. Preferring to protect him and to maintain your quality of life, over mine.

When will you notice ? Never !



Editorial Statement: We welcome letters from Survivors and from those who support them: friends/allies/counsellors/social workers etc. While every effort will be made to keep contributions complete and unedited we reserve the right to make amendments when necessary, and will note it as 'edited'.

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The newsletter is not a substitute for individual therapy or professional supervision. It is an addition to, not a replacement for, other networks of support.

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