

Whilst we endeavour to keep this document updated, please be aware contact details may be subject to change. (Accurate as at 23/05/13)

# Working with Survivors of Sexual Abuse Resource List

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## Useful Reading – for survivors and therapists.

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### **1. Surviving Child Sexual Abuse.**

**Liz hall & Siobhan Lloyd. (1993). ISBN: 0750701536.**

**Update: 2007. 2<sup>nd</sup> Edition.**

A good practical book written by therapists who have experience of working with survivors of sexual abuse. It looks at what sexual abuse entails for a child and why it happens. Personal and professional issues for helpers are addressed and long term effects of sexual abuse are examined. It also contains very useful suggestions regarding therapeutic methods that can be used in this kind of work and generally provide a very solid reference book for therapist, although survivors may also find it of benefit.

### **2. Breaking Free. Help for Survivors of Sexual Abuse.**

**Carolyn Ainscough & Kay Toon. (2000). ISBN: 0859698106**

Written by two clinical psychologists who draw on their experience and the accounts of survivors who want their voices heard to produce this book, providing information about child sexual abuse and its consequences. Readable and informative, it contains practical suggestions for overcoming the effects of abuse.

### **3. Counselling Adult Survivors of Sexual Abuse**

**Christine Sanderson. (2006). ISBN: 9781843103356**

A good practical, concentrating on counselling adult survivors of sexual abuse, outlining treatment approaches and techniques and providing a useful source book. At the back there is an extensive bibliography and a list of useful organisations and contacts.

### **4. Surviving Sexual Abuse**

**Deirdre Walsh & Rosemary Liddy. Attic Handbooks, Attic Press. (1989).**

**ISBN: 1946211612.**

A useful handbook for women survivors and therapists outlining survivor's stories in a way that often gives strength and encouragement to women at the beginning of therapy. It also provides basic information as to what survivors might expect from counselling and many have found it a helpful book.

**5. The Memory Bird.**

**Caroline Malone, Linda Farthing & Lorraine Marce (eds). Virago. (1997). ISBN: 185381-859-3.**

An anthology of contributions from survivors of sexual abuse which dispels the myth of the isolated, depressed victim. Recurrent themes such as anger, pain, confrontation and responsibility are to be found in the poems, diary entries, paintings and stories. A useful book for survivors to gain strength from.

**6. Understanding Child Sexual Abuse: Making the Tactics Visible.**

**Sam Warner. (2000). Handsell Publishing.**

A practical book providing framework for intervention based on making the tactics of abuse visible in order to develop practices rooted in shared negotiations between client and worker.

**7. Victims No Longer. (Second Edition): The Classic Guide for Men Recovering from Sexual Child Abuse.**

**Mike Lew. Cedar by Mandarin Paperback. (2004). ISBN: 006053026X**

An American book written by psychotherapist for male survivors of sexual abuse. Intended as a 'survivors manual' but offers insight that therapists can well make use of.

**8. Abused Boys: The Neglected Victims of Sexual Abuse.**

**Mic Hunter. (1989). ISBN: 0669208663.**

This is a useful book for therapists working with boys or men who experienced sexual abuse as children. It includes guidance as to the nature and extent of sexual abuse in boys, factors affecting the impact of CSA and recovering issues.

**Books Beyond Words, Royal College of Psychiatrists and St George's Hospital Medical School:**

**9. Bob Tells All.**

**Sheila Hollins, Valerie Sinason & Beth Webb. (1993). ISBN: 1874439036.**

**10. Jenny Speaks Out.**

**Sheila Hollins, Valerie Sinason & Beth Webb. (2005). ISBN: 1904671144.**

**11. I Can Get Through It.**

**Sheila Hollins, Christina Horrocks, Valerie Sinason & Lisa Kopper. (1998). ISBN: 19024220X**

Books beyond words are intended for people with learning disabilities. The stories they contain are told through pictures alone, although a short written text and the end of the book provides extra help in understanding for those who can read. The three

book above all focus on sexual abuse, speaking out about it and getting appropriate help and can be useful in working through experience with people with learning disabilities.

**12. Intellectual Disability, Trauma and Psychotherapy. Respond. (2008) Tamsin Cottis (Ed.) Routledge: London.**

A very useful book with chapters from various members of Respond; a charity based in London that works with people with learning disabilities.

**13. The Survivor's Guide To Recovery from Rape or Sexual Abuse. Robert Kelly and Fay Maxted (2005). ISBN: 0955103703**

It features a collection of unique illustrations to portray the stories of survivors of rape or childhood sexual abuse and offers helpful and friendly advice that can be used in everyday situations. Survivors are given the opportunity to work through the emotions that they feel and to go on to develop a wonderful vision for themselves of the person they want to be and the life they want to live.

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## Organisations – West Midlands

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**Please Note:** Some of the organisations have to change their number frequently, therefore the accuracy of the contact details cannot be guaranteed. Please be assured however, that this resource list is updated regularly.

### 1. Abused People's Help in Sexual Trauma (APHIST)

**Tel:** 01902 445 628

**Mob:** 07812 403 163

Daily self help groups for men and women who have experienced childhood sexual abuse.

### 2. Amazon

**Address:** 40 Rupert Street, Nechells, Birmingham, B7 4PS

**Tel:** 0121-359 5333

**E-mail:** amazon@barnardos.org.uk

A project offering counselling and information for young women and men aged 21 and under.

### 3. Bharosa

**Address:** Sparkbrook Community & Health Centre, 34 Grantham Road, Sparkbrook, Birmingham B11 1LU

**General Enquiries:** 0121-303-1619

**Tel (Interpreting Team):** 0121 303 1619 Based at the Brasshouse

Culturally and linguistically sensitive counselling to Asian women around domestic abuse and childhood sexual abuse. Support offered in Bengali, Gujarati, Hindi, Indian, Punjabi, Mirpuri Punjabi and Urdu.

### 4. Birmingham Rape and Sexual Violence Project

**Address:** PO BOX 9558, Birmingham, B4 7QE.

**General Enquiries:** 0121 236 5763

**Email:** rsvpwm.info@gmail.com

**Helpline:** 0121 233 3818

**Helpline Opening Hours:**

**Helpline Opening Hours:**

Monday	6.30 pm – 8.30 pm
Tuesday	10.00 am – 1.00 pm
Wednesday	6.30 pm – 8.30 pm
Thursday	10.00 am – 1.00 pm
Friday	6.30 pm – 8.30 pm

Saturday 10.00 am – 1.00pm

Offers telephone counselling for male and female survivors of rape and sexual abuse. Also offers face to face counselling in the Birmingham area.

### **5. Birmingham Space**

**Address:** 40 Rupert Street, Nechells, Birmingham B7 4PS

**General Enquiries:** 0121-359-5333

**Email:** [birminghamspace@barnados.org.uk](mailto:birminghamspace@barnados.org.uk)

Support for children and young people under 18 who are vulnerable to or at risk of being abused through sexual exploitation in the Birmingham area.

### **6. Birmingham Women's Aid (Counselling and Family Support Team)**

**Address:** The Mayfield Centre, Moseley, B13 9HT.

**General Enquiries:** 0121 685 8551

**Helpline:** 0808 800 0028 (Monday – Friday; 10am – 5pm)

**Website:** [www.bsward.org](http://www.bsward.org)

Aims to provide free counselling, information and advice for all women affected by the experience of domestic violence, rape and sexual abuse. Offers one to one counselling, group work, family support, outreach and referral to other services including safe, secure and temporary accommodation.

### **7. Coventry Rape and Sexual Abuse Centre**

**Address:** PO BOX 2464, Coventry, CV1 1ZA.

**Admin Line:** 02476 277 772

**Helpline:** 02476 277 777 (Monday – Friday 10am – 2pm; Monday and Thursday 6pm – 8pm)

**Email:** [info@crasac.org.uk](mailto:info@crasac.org.uk)

**Website:** [www.crasac.org.uk](http://www.crasac.org.uk)

CRASAC provides support for women and girls (11 yrs +) living in Coventry who have experienced sexual abuse. They provide an assessment service to identify the most appropriate support, one to one counselling, a telephone helpline and information on other support organisations. All counsellors are women.

### **8. Birmingham Community HealthCare Trust – Birmingham Psychotherapy Service for People with a Learning Disability – Clinical Psychology.**

**Address:** Sutton Cottage Hospital, 27A Birmingham Road, Sutton Coldfield B72 1QH

**General Enquiries:** 0121 465 8650

Offers NHS psychotherapy service to people with learning disabilities who have experienced sexual trauma and who live in the Birmingham area. The service may be accessed via local NHS resource centres for people with learning disabilities. For further information please contact the above number.

### **9. Birmingham and Solihull Mental Health Foundation Trust.**

**Address:** 5 Maney Corner, Patrick House, Sutton Coldfield, West Midlands, B72 1QL.

**General enquiries:** 0121 301 6685

Offers NHS support for people experiencing mental health problems as a result of previous abuse. Service is accessed via G.P who will make a referral to the local Primary Care Mental Health Teams. These teams have access to psychology services and can also refer onto a range of specialist services including psychotherapy, according to the needs of the individual.

### **10. Women's Help Centre**

**Address:** 321 Rookery Road, Handsworth, Birmingham, B21 9PR.

**General Enquiries:** 0121 551 2370 (Monday – Friday 9.30am – 5pm)

**Email:** [womenshelpcentre@yahoo.co.uk](mailto:womenshelpcentre@yahoo.co.uk)

Offers face to face counselling following sexual abuse as part of a domestic violence project.

### **11. Sandwell Women's Aid**

**Helpline:** 0121-553 0090 - 9.00 am – 5.00 pm

**Helpline:** 0845 055 9597 (Sandwell Women's Aid 24 hr helpline/ Women's Rape Support Service)

Both services are provided by Sandwell Victim Support. Emotional support, one to one counselling, telephone helpline and referrals.

### **12. Sexual Assault Referral Centre (West Midlands SARC)**

**Addresses:**

- Horizon - Castle Vale SARC, 70 Tangmere Drive, Birmingham B35 7QX
- Horizon - Walsall SARC, The Rowan Centre, 2 Ida Road, Walsall, WS2 9SR

**General Enquiries:** 01922 646709 (9.00 am – 5.00 pm Monday to Friday)

**Fax:** 01922 614297

**Email:** [enquiries@horizonsarc.org.uk](mailto:enquiries@horizonsarc.org.uk)

**WebSite** [www.horizonsarc.org.uk](http://www.horizonsarc.org.uk)

### **13. Adults and Communities Access Point**

**Telephone:** 0121 303 1234

**Fax:** 0121 303 6245

**Email:** [acap@birmingham.gov.uk](mailto:acap@birmingham.gov.uk)

### **14. Elder Abuse Response Helpline**

**Telephone:** 0808 808 8141

**Website:** [www.elderabuse.org.uk](http://www.elderabuse.org.uk)

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## Organisations – Nationwide

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### 1. Women Against Rape

**Address:** 25 Wolsey Mews, London, NW5 2DX

**General Enquiries:** 020 7482 2496

(Mon, Tue, Thurs and Fri; 10.00 - 1.00pm, 2.00 pm - 6pm

Wed 10.00 am – 1.00 pm, 2.00pm – 7.00pm).

**Email** (Women Against Rape): [war@womenagainstrape.net](mailto:war@womenagainstrape.net)

**Email** (Black Women's Rape Action Project): [bwrap@rapeaction.net](mailto:bwrap@rapeaction.net)

**Website:** [www.womenagainstrape.net](http://www.womenagainstrape.net)

Joint organisation of Women Against Rape and Black Women's Rape Action Project. Aims to provide advice on self help, support, legal information and advocacy. The organisation focuses on justice and protection for any female who has been abused, including asylum seekers.

### 2. Ann Craft Trust

**Address:** Centre for Social Work, University of Nottingham, University Park, Nottingham, NG7 2RD

**General Enquiries:** 01159 515 400

**Email:** [ann-craft-trust@nottingham.ac.uk](mailto:ann-craft-trust@nottingham.ac.uk)

**Website:** [www.anncrafttrust.org/](http://www.anncrafttrust.org/)

The trust aims to protect adults and children with learning difficulties from abuse. It offers information and advice, peer group support, training seminars and workshops. It is possible to become a member of the organisation and receive quarterly newsletters.

### 3. Asha House (Birmingham Multi-Care; Asian Women's Service)

**Address:** Asha House, 7 Braithwaite Road, Sparkbrook, Birmingham, B11 1LB.

**Tel:** 0121 773 9898

**Email:** [nasima-bmcdaycentre@hotmail.com](mailto:nasima-bmcdaycentre@hotmail.com)

**Website:** [www.multicare.org](http://www.multicare.org)

The centre supports women from the South East Asian community who have a learning disability and complex needs.

### 4. Breaking Free

**Helpline:** 07547 680839 (10am - 4pm)

**Email:** [breaking3@googlemail.com](mailto:breaking3@googlemail.com)

Breaking Free is dedicated to the support and empowerment of female survivors of all traumas, sexual abuse, rape and adult sexual assaults.

### 5. Criminal Injuries Compensation Authority (CICA)

**Address:** Tay house, 300 Bath Street, Glasgow, G2 4LN.

**General Enquiries:** 0141 331 2726

**Fax:** 0141 331 2287

**Website:** [www.cica.gov.uk](http://www.cica.gov.uk)

If you have been injured by a violent crime, you can apply for compensation under the Criminal Injuries Compensation Scheme. Your local branch of victim support can explain how you can claim compensation and can help you make your claim. An application form can be obtained from the telephone number below or can be printed off from the website.

## **6. Lifecentre**

**Address:** Lifecentre, PO Box 58, Chichester, PO19 8UD

**Telephone:** 01243 786 349

**Adult Helpline:** 0844 847 78 79

**Under 18's Helpline:** 0808 802 0808

**Email:** [info@lifecentre.uk.com](mailto:info@lifecentre.uk.com)

**Text Helpline:** 07717 989022

**Website:** [www.lifecentre.uk.com](http://www.lifecentre.uk.com)

Lifecentre is a charity ran by volunteers. It aims to offer confidential helplines for people who have been sexually abused. In addition, the charity provides face to face support to survivors and supporters of survivors of rape or sexual abuse

## **7. RASAC (Rape and Sexual Abuse Counselling)**

**Website:** [www.rasac.org.uk](http://www.rasac.org.uk)

**Helpline:** 01962 871 717 /01962 871 718

**Office:** 01962 871716

Opening Hours:

Tuesday 7pm – 9.30pm

Thursday 7pm – 9.30pm

For men and women affected by rape, incest, childhood, sexual abuse and sexual violence of any form. Provides free and confidential listening, support and information.

## **8. Respond**

**Address:** 3<sup>rd</sup> Floor, 24-32 Stephenson Way, London, NW1 2HD

**General enquiries:** 0207 383 0700

**Helpline:** 0808 808 070

**Email:** [admin@respond.org.uk](mailto:admin@respond.org.uk)

**Website:** [www.respond.org.uk](http://www.respond.org.uk)

Respond provides a range of services to victims and perpetrators of sexual abuse who have learning disabilities, and training and support to those working with them.

## **9. SACCS (Sexual Abuse and Child Consultancy Service)**

**Address:** Mytton Mill, Montford Bridge, Shropshire, SY4 1HA.

**General Enquiries:** 01743 850 015

**Website:** [www.saccs.co.uk](http://www.saccs.co.uk)

Integrated service in providing recovery for severely traumatised children and young people between the ages of 4 and 12 years old. Services include a pre-admission recovery assessment and a dedicated recovery team. Residential care and therapeutic parenting is also provided.



## **10. Safeline**

**Address:** 6a New Street, Warwick CV34 4RX

General Enquiries: 01926 402 498

Helpline: 0300 123 2028 (Mon – Fri 7.30 pm – 9.30pm)

**Website:** [www.safeline.org.uk](http://www.safeline.org.uk)

**Office Email:** [office@safeline.org.uk](mailto:office@safeline.org.uk)

Safeline was set up by people who had been sexually abused themselves. It has a team of trained volunteers offering counselling, support groups, befriending, information packs, a lending library and a newsletter.

## **11. Samaritans**

**Address:** The Upper Mill, Kingston Road, Ewell, Surrey, KT17 2AF

**General Enquiries:** 020 8394 8300

**Helpline (local):** 0121 666 6644

**Helpline (national):** 0845 790 9090

**Counselling Email:** [jo@samaritans.org](mailto:jo@samaritans.org)

**Email:** [admin@samaritans.org](mailto:admin@samaritans.org)

**Website:** [www.samaritans.org](http://www.samaritans.org)

24 hour telephone counselling. Also offers counselling via email (above) with responses generally provided within 24 hours. Service users can also write to the following address for written advice: Chris, PO BOX 90 90, Stirling, FK8 2SA.

## **12. Spectrum Incest Intervention Project**

**Address:** 7 Endymion Road, London, N4 1EE

**General Enquiries (spectrum therapy) :** 020 8341 2277 (Opening Hours: 9-1pm)

**Email:** [office@spectrumtherapy.co.uk](mailto:office@spectrumtherapy.co.uk)

**Website:** [www.spectrumtherapy.co.uk](http://www.spectrumtherapy.co.uk)

Provides training and education in sexual abuse and related issues plus counselling and information for victims and perpetrators of abuse.

## **13. Stop It Now**

**Address:** PO BOX 9841, Birmingham, B48 7WB

**General Enquiries:** 01372 847160

**Helpline:** 0808 1000 900 (Mon – Thurs 9am – 9pm; Fri 9am – 7pm)

**Email:** [help@stopitnow.org.uk](mailto:help@stopitnow.org.uk) [www.stopitnow.org.uk](http://www.stopitnow.org.uk)

**Website:** [www.stopitnow.org.uk](http://www.stopitnow.org.uk)

Website: [www.parentsprotect.co.uk](http://www.parentsprotect.co.uk) (may be helpful for social workers working 1:1 with patients)

Partnership of leading children's charities, working with the government and child protection agencies to promote public education and prevent child sexual abuse. Aims to stop child sexual abuse by raising awareness, changing attitudes and changing behaviours so that people take appropriate action to prevent abuse and seek help if they are worried about themselves or others.

## **14. Survivors UK**

**Address:** Groundfloor 34 GT, James Street, London, WC1N 3HB

**General Enquiries:** 0207 404 6234

**Helpline:** 0845 122 1201 (Mon –Tue: 7pm - 9.30pm, Thursday: 12.00 noon – 2.00 pm)

**Email:** [info@survivorsuk.org](mailto:info@survivorsuk.org)

**Website:** [www.survivorsuk.org](http://www.survivorsuk.org)

For men who have been sexually abused or raped and their families, partners and friends. Training is also provided to agencies whose clients might include male victims of sexual abuse or assault.

## **15. VOICE UK**

**Address:** Rooms 100-106, Kelvin House, RTC Business Centre, London Road, Derby, DE24 8UP

**Helpline:** 080 880 28686

**MSN Messenger:** [helpline@voiceuk.org.uk](mailto:helpline@voiceuk.org.uk)

**Website:** [www.voiceuk.org.uk](http://www.voiceuk.org.uk)

VOICE UK is a national charity supporting people with learning disabilities who have experienced crime or abuse, and their families and carers. It also campaigns for changes in law, provides training, issues newsletters and advocates for people with learning disabilities and their families and carers. Provides a helpline and point of referral to legal advisors who specialise in dealing with cases of abuse and crimes against people with learning disabilities.

## **16. Women's Therapy Centre**

**Address:** 10 Manor Gardens, London, N7 6JS

**General Enquiries:** 020 7263 7860

**Appointments & Referrals:** 020 7263 6200

**Email:** [appointments@womenscentre.co.uk](mailto:appointments@womenscentre.co.uk)

Provides individual and group psychoanalytical psychotherapy for women, by women. Also education and training specifically aimed at other professionals working with women. (London area only)

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## Useful Websites

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[www.accuracyaboutabuse.org](http://www.accuracyaboutabuse.org)

Contains a collection of scientific, professional articles relations to child sexual abuse. To help prevent future abuse and to support those trying to protect and care for current victims.

[www.equip.nhs.uk](http://www.equip.nhs.uk)

Telephone numbers and links to support for victims of crime and abuse.

[www.havoca.org](http://www.havoca.org)

Non-profit organisation dedicated to providing help, support and information to any adult who is suffering from past childhood abuse.

[www.mind.org.uk](http://www.mind.org.uk)

Fact sheets that may be of use to people who were sexually abused as children.

[www.safelinewarwick.co.uk](http://www.safelinewarwick.co.uk)

Excellent resource for adult survivors of sexual abuse.

[www.stopitnow.org.uk](http://www.stopitnow.org.uk)

Partnership of leading children's charities, working with government and child protection agencies, to promote public education and prevent child sexual abuse.

[www.survivors.org.uk](http://www.survivors.org.uk)

Information and online forum for survivors of sexual abuse.