

Have you been impacted
by sexual abuse in childhood?

**You're not alone.
Help is
available.**



Please read on for support...



Breaking the silence on childhood abuse

Are you feeling like a lot of victims or survivors of childhood sexual abuse - ignored, ashamed, guilty and frightened of not being believed? If so, you are not alone.

This leaflet is for you and can help you reach out for help today.

**You shouldn't feel that the abuse was somehow your fault.
It is not and never was your fault.**

Were you sexually abused as a child by someone in the past or do you think a child is being sexually abused now?

Child abuse could include:

- Forcing a child to have any form of sexual contact
- Buying sexual services of a child
- Causing, encouraging or arranging child prostitution or pornography
- Sexual abuse of vulnerable children with a mental disability
- Watching people engaged in a private act without the child's consent for sexual gratification
- Exposure, where a man or woman exposes themselves with intent to cause alarm or distress
- Being drugged to engage in sexual activity.

Children in these situations often feel unable to refuse because of a lack of understanding of what was happening, they were offered money or gifts, threatened or deceived, or there was a breakdown in the relationship between the child and those caring for them.

The abuse may have happened at, or been connected to institutions such as children's homes, places of worship, Brownies/Guides/Cubs/Scouts, sporting groups like football clubs, schools, youth clubs or young offenders' institutions.

**Abuse can happen to anyone.
Abuse can happen anywhere.**

Where to get help and support

Call Police **101** if you believe you or someone you know was sexually assaulted as a child in the past. If you know a child is subject to immediate and ongoing abuse then call police on the emergency number **999**

QUALITY ASSURED SERVICES

Nottinghamshire Sexual Violence Support Service (formerly known as Nottinghamshire Rape Crisis Centre)

Supports male and female survivors (aged 13+) of rape, sexual assault and childhood sexual abuse, whether the abuse occurred recently or in the past. They provide a telephone helpline, face-to-face counselling and an ISVA (Independent Sexual Violence Advisor) service which provides practical help such as accompanying clients to police stations, clinics and courts.

Survivors Support Service

The Survivors Support Service offers specialist support to anyone aged 13 years and over who is a survivor of recent or non-recent institutional childhood sexual abuse.

☎ 0115 941 0440

✉ support@nottssvss.org.uk

W www.nottssvss.org.uk

An independent, accredited service commissioned by statutory agencies. It is quality assured and contract managed by commissioners, to ensure delivery of best practice and national standards.

Topaz Centre for Nottinghamshire (Nottinghamshire Sexual Abuse Referral Centre)

Support for all victims of rape and sexual assault (historic and recent) aged 13+.

The Topaz Centre supports both males and females who have been raped or sexually assaulted. This support is available whether or not you wish to report to the police. They provide a safe, comfortable and supportive environment.

The Topaz Centre offers:

- Up to 8 sessions of face-to-face practical and advocacy support
- Access to advice and support and or referrals to counselling services
- A Crisis Worker to support the survivor during the initial stages of reporting including the examination
- A supportive environment for a forensic examination and statement taking
- Medical examination which can take place up to 7 days after the attack to gather forensic evidence. This service is available without Police involvement for those over the age of 18
- Emergency contraception is available on site and/or access to local GUM Clinic for emergency medical care and follow up.

☎ 0845 600 15 88 24 hrs helpline

✉ topazsupport@nottssvss.org.uk

W www.nottssvss.org.uk

It is an accredited service commissioned by statutory agencies. It is quality assured and contract managed by commissioners, to ensure delivery of best practice and national standards.

There are many things which may trigger memories of your abuse or abuser - some victims or survivors experience it daily, others sporadically. These triggers can range from smells, sayings and actions to things you see or flashbacks. It can be beneficial to take action - from gentle exercise and writing or drawing, to seeking support and speaking to someone about your experiences. Sharing your story may also help to inspire others.

Everyone is different and you'll need to decide what's best for you.



GPs

Your own doctor is a good place to start.

They will be able to offer confidential advice and have access to specialist local health services such as counselling, drug and alcohol support, help with other addictions or mental health services.

IF YOU NEED HELP WITH DRUGS, ALCOHOL OR OTHER ADDICTIONS

Nottingham Recovery Network (NRN)

Providing a single point of free support, advice and treatment to people who use alcohol and drugs in a problematic way across Nottingham City (18+).

☎ 0800 066 5362 helpline

✉ Nottingham Wellbeing Hub,
73 Hounds Gate,
Nottingham
NG1 6BB

W nottinghamrecoverynetwork.com

CGL Journey

A commissioned service to work with young people and their families, under the age of 18 in Nottingham City to reduce the impact of substance misuse, support recovery and to challenge inequalities linked to drug and alcohol use.

☎ 0115 948 4314
(Text) 07873 339 519

✉ journey@lifeline.org.uk

W changegrowlive.org/young-people/cgl-journey-nottingham

Change, grow, live (CGL) New Directions Nottinghamshire

Providing adult drug and alcohol treatment and recovery support services to individuals in Nottinghamshire (18+).

☎ 0115 896 0798

W changegrowlive.org.uk

OTHER SUPPORT SERVICES

You might prefer talking to a local service or support group first. These could be either charities offering counselling or other survivors offering peer support and advice. Many are registered with Self Help, where you can find their details

Self Help Nottingham/ Self Help UK

Helps create, support and promote self-help groups covering a wide range of issues across the UK.

They will hold information about self help and support groups that have registered with them in your local area.

☎ 0115 911 1662

✉ admin@selfhelp.org.uk

W selfhelp.org.uk

Local IAPT services

People can refer themselves directly to the following Improving Access to Psychological Therapies (IAPT) services and an assessment will be undertaken as to whether this service can meet your needs.

Trent PTS

☎ 0115 896 3160

W trentpts.co.uk/contact/nottingham/

Let's Talk Wellbeing

☎ 0115 956 0888

W nottinghamshirehealthcare.nhs.uk/nottingham-city-and-county-

Insight Healthcare

☎ 0300 555 5582

W insighthealthcare.org/our-services/talking-therapies/find-a-service/nottinghamshire/

Turning Point

☎ 0300 555 0456

W turning-point.co.uk/nottingham-city-talking-therapies.aspx

HELPLINES AND NATIONAL ORGANISATIONS

The National Rape Crisis helpline

Can be contacted between 12 noon – 2.30pm and 7 – 9.30pm any day of the year and also between 3 - 5.30pm on weekdays.

☎ 0808 802 9999

NAPAC

National advice line for the National Association for People Abused in Childhood.

☎ 0808 801 0331

✉ support@napac.org.uk

W napac.org.uk

NSPCC Helpline

Providing adult drug and alcohol treatment and recovery support services to individuals in Nottinghamshire (18+).

☎ 0808 800 5000

✉ help@nspcc.org.uk

W nspcc.org.uk

Childline

☎ 0800 111 111

W childline.org.uk

Samaritans

☎ 116123

✉ jo@samaritans.org

W samaritans.org

Survivors UK

Survivors UK helps men who have been sexually abused (both childhood sexual abuse and adult sexual assault/rape) through web chat and text chat. See website for details of what services they offer nationally.

W www.survivorsuk.org



STATUTORY AGENCIES THAT YOU MAY WANT TO CONTACT

Nottingham City Children's
Social Care
(City residents only)

☎ 0115 915 0800

✉ childrens.services@nottinghamcity.gov.uk

Nottinghamshire Multi Agency
Safeguarding Hub (MASH)
(County residents only)

☎ 0300 500 80 90

✉ mash.safeguarding@nottsc.gov.uk

If you contact adult social care services the following will be considered:

- Any immediate risk to the citizen or from the alleged perpetrator and whether immediate intervention is needed from the Police, Health and / or Social Care
- Whether the victim/survivor needs an Adult Social Care Assessment
- The need to provide advice and guidance in relation to support services through consulting the Self Help UK database and advising of services
- Sharing of information with General Practitioners with consideration to Consent and Data Protection
- Referral to Nottingham City Council Children and Families Duty Point or Nottinghamshire County Council's MASH.

City Enquiries

☎ 0300 131 0300

A secure online referral can be made via:

✉ adult.contactteam@nottinghamcity.gcsx.gov.uk

County Enquiries

☎ 0300 500 8080

NATIONAL INDEPENDENT INQUIRY INTO CHILD SEXUAL ABUSE (IICSA)

For years, many victims or survivors have felt that they had no voice. However, that's changing with the national Independent Inquiry into Child Sexual Abuse (IICSA) giving you the chance to tell your story and help to improve things for future generations.

If you were sexually abused as a child in a care home or first came into contact with your abuser in an institutional setting or reported your abuse to a person in authority and your report was ignored or not properly acted on, you can now provide information to the Inquiry.

For more information about sharing your experience with the Inquiry:

☎ 0800 917 1000

W iicsa.org.uk/share-your-experience

This is an option you may want to consider, but you may want to think about accessing support first.

LOCAL INVESTIGATION

If you want to report to the police you can contact Nottinghamshire Police's Operation Equinox team which is investigating allegations of historical child abuse at a number of different former care facilities in Nottinghamshire.

If you believe you have any information which is relevant to this operation or you are the survivor of child sexual abuse and have not yet spoken to the police, please call on 101.

Information correct at time of publication (May 2017).

This leaflet has been produced in cooperation with a number of survivors of childhood sexual abuse and a number of different groups across the City and County.

