

A Dandelion

I found the crack in your pavement
so you hoed me down.
I dared to peer over your parapet
so you mowed me down.
Your staccato, machine gun bullying got me down.
I railed against you
you ran me down.
I was oppressed and poisoned
With your life denying weed killers.
I was run out of town.
I roamed the bad streets
on corners grew.
blew seeds down dusty pavements,
but the sneering derision of your cynical analysis
echoed there too and dried up their tender shoots.
I fled and was an outcast.
I was blue.
I searched, I wandered,
I was lost
with nowhere to come back to.
I am the dandelion
all garden keepers hate my name.
No place to put down roots
so I dwell in car parks,
roadside verges
And the back sides of abandoned ways.
I roam the streets in search of pastures new
and my adventure
is all down to you.

Written by a client and produced with permission.

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SALT South West

Sexual Abuse Listening Therapy

Newsletter 10

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Hello everyone,

By the time this reaches you we will have celebrated Easter and enjoyed Spring with all its beauty and demonstrations of new birth and resurrection from what has been a long, wet Winter.

'Hope' is a banner under which Christians are united to reach out in various ways to their communities. The Bible has a lot to say about hope. I am drawn at this time to Hebrews 6 v 10-12 and the reminder that is through faith and patience that we inherit the promises. At Salt we need vast resources of patience as we work with those for whom 'Hope deferred has made the heart sick'. Proverbs 13 v 12.

We are constantly grateful to the Lord for His provision to us, answers to prayer, blessing us with staff and finances. I thank God for all the loyal support of our prayer partners, without whom we could not function—bless you all.

Josie

Love

"God is not unjust; He will not forget your work and the love you have shown Him as you have helped His people and continue to help them. We want each of you to show this same diligence to the very end, in order to

make your hope sure. We do not want you to become lazy, but imitate those who through faith and patience inherit what has been promised".

Hebrews 6 v 10-12

SALT Latest News

- Ministry of Justice grant awarded to commence 1 April 2014 for 2 years.
- Two new student placements commenced—Rachel & Krissy.
- Jan—joined the team.
- Three Team members attended national TAG (Trauma Abuse Group) weekend conference in Swanwick 4-6 April.
- Brilliant “When Church Hurts” day course by Deep Release last month.
- Attachment training for all team members last November by a Deep Release trainer.
- Team Away Day— 14 May 2014.
- Various training given to Methodist church groups, raising awareness of childhood sexual abuse.
- 10 female and 6 male clients currently being seen regularly.
- 13 on waiting list—closed again for a while due to numbers.
- Music of the last 50 years event last November raised £239 for SALT funds.
- 2nd Sponsored Swim event to be held in June 2014.
- Our thanks to Living Well housegroup—undertaking mailing of our newsletter this time.

Recent Client comments

“I really needed SALT to get at the demons I’ve had most of my life from a little girl; to enable me to move on and have a happy and fulfilling life”.

“SALT is the only therapy which has made a difference”.

“I can now view myself as a woman instead of a girl, I don’t have to carry the burden of abuse anymore – not a victim, a survivor”.

“This was the first time I felt understood by anyone, not judged or made to feel bad. Supported me in being able to look at myself”.

“Given me tools to help myself”.

“I’m being kinder to myself and see hope instead of hopelessness”.

“My listeners have really helped me to understand myself and how the abuse has affected me and also how to reprocess it so that it no longer affects me in the same way”.

A Client Testimony

One Saturday night having a drink or two with close girlfriends who know some of my background, one of them said she’d heard of a group called SALT who might be able help me. I looked at their website and decided to write the next day when my head was a little clearer. Well I’d had a few drinks so wanted to make sure I knew what I was doing. Here’s my story.

I will turn 50 this May 2014, and from the age of one and a half and through into my adult life, I’d been abused in one way or another. I’ve not been able to let any male person come near me or have any intimate relationships. So I sat at my computer and wrote a little about myself – it took almost half an hour to press the send button, but I did. I then had to put it out of my mind.

A lovely lady phoned the next day and said it would be some time before sessions could start but that I’d have an assessment with her first. I said I’d already waited 50 years, I could wait a few more months. When you live with something you think was your fault and have never told anyone what you have been through, it’s quite scary to talk to anyone about it, let alone a stranger. But I knew they were professionals and that this was my time and with their help, I could move on.

The assessment, two weeks later, explained the process and I told some of my story. It wasn’t easy. I had so many emotions; I was totally exhausted but also felt relief that someone believed me. I knew it would be hard but that it was the right thing for me to do.

Later I met with two amazing woman counsellors and believe me I’ve never cried so much in all my life, but with the help of the counsellors and closest friends I got through it and although I really wanted to give up a few times, I didn’t and I’m so glad. I still have some things to work through, but with the help of friends and tools from my counselling I know now I can do it. It took 50 years to know it was NOT my fault and I know that from this moment on, no one will use me or abuse me again.

I would like to say a BIG THANK YOU TO SALT and my close friends for all their support getting me through the hard times. I have a new outlook on life and have the confidence and tools to start to live for me, not just exist in life.

So thanks for reading my successful SALT story. I hope it can give others the strength and encouragement to carry on with their counselling. Please know that you are not alone and there is always an answer to your questions, and I have found the happy ending. Thank you again.

A client