

Waiting lists can be really troublesome for people who feel they need more easily accessible services, so at SALT we have developed something to help. We are now running Skills Sessions for those who have been assessed, which consists of four psycho-educational sessions, held once a fortnight. No personal sharing is expected, and maximum group size is eight (not including staff), with lots of information given regarding trauma, dissociation, tools to use and the healing process.

The Skills Sessions have proven very popular and useful, even for those who felt they were too anxious to attend! People left feeling equipped, informed, listened to and well plied with tea and coffee!

The information given in the sessions has already helped some to feel that they have enough to carry on with without having 2:1 sessions, and everyone, without exception, has felt that they have been empowered to change and/or stop different harmful thoughts and behaviours in their lives. This has been a wonderful experience for volunteers too (though lots of hard work!) and something for which we give thanks to God.

Skills Sessions Feedback

Mask Behaviour— 'made me realise I am not being dramatic, I do some of these behaviours for a reason.'

Nightmares and flashbacks — 'helped to ground myself by saying it is not happening now.'

'Thank you so much, I feel I've made some steps to recovery.'

'The skills training has given me an insight into the way I am.'

'Changed my view of myself.'

SALT South West, 142 Union Street, Plymouth, PL1 3HL

Tel: 01752 600599

Email: email@saltsouthwest.co.uk Website: www.saltsouthwest.co.uk

Helpline Mon and Wed 10am to 1pm - otherwise answer machine operating.

Council of Reference: Bishop Mark O'Toole, Rev David Martin,
Gary Streeter MP and Kerry Cole.

Charity No 1010424

SALT South West

Sexual Abuse Listening Therapy

Newsletter 13

September 2015

Issued twice each year



Hi to all readers!

It's September already! We hope you've all managed to have a great summer break, but really ... where did that time go?! As I get older, time seems to pass by more quickly, and now as I write this, I'm reminded of the time SALT has been at work in this great city of ours. 2016 is SALT's 30th birthday! How amazing. Other organisations have come and gone, but God has made and kept us faithful to His ways in this work, so that He can show His faithfulness to the lost and broken. It took one person saying 'yes' to God nearly 30 years ago, with fear and trembling, and her 'yes' has been taken and broken like bread to feed many, many hungry people. Is God asking you to say 'yes' to something? Do it! Scared? Unsure? Don't think you've got what it takes? Hallelujah ... say 'yes' anyway and He will fulfil the work by His Spirit. At SALT we see God working out His purposes all the time, and He does it by using **US**! Time will come and time will go, but God within it will always be faithful to His purpose and promises, and He will carry everyone through. With whatever He is asking of you, I want to encourage you to be quick to say 'yes, Lord'. The sooner you do, the sooner He can get on with it!

Tracey

*PS First thing to say 'yes' to—SALT 30th birthday celebrations
on 16 September 2016.*

"For no matter how many promises God has made, they are 'yes' in Christ. And through him the 'Amen' is spoken by us to the glory of God. Now it is God who makes both us and you stand firm in Christ. He anointed us, set His seal of ownership on us, and put His Spirit in our hearts as a deposit, guaranteeing what is to come."

2 Corinthians 1: 20-22

THE PRESENCE
THE Promise
THE POWER

SALT News Items

- ◇ First Skills Sessions course run successfully in May-June.
- ◇ Second and third courses to commence in October for females.
- ◇ Number of male clients increased.
- ◇ Skills course to commence for males also in October.
- ◇ Krissy—student placement—concluded her time with us and is now working full-time in a counselling capacity. Our congratulations to her.
- ◇ Team Away Day held at Splatt Farm on 29 April, with our two placements delivering workshops—enjoyed by all .
- ◇ Local Giving.com: £960 raised so far through this site.
- ◇ RAOB Musical evening in May raised £302—organised by one of our prayer partners.
- ◇ Relative of a Committee Member completed the Plymouth half marathon, raising sponsorship for SALT.
- ◇ Plymouth Uni RAG chose SALT as one of their three charities for the year and raised £1691.17 for SALT, which is due to be paid over this month.
- ◇ Presentations given to The Zone, Mutley Baptist Church, House of Prayer.
- ◇ 30th birthday celebrations 16 September 2016—more details to follow.



Grow Your Tenner is back, launching at 10am on Tuesday 13 October 2015. Localgiving will be matching one-time donations pound-for-pound by up to £10, and monthly donations up to £10 a month for 3 months! So ... if you want to give more than £10 (*thank you!*), please only do £10 at a time so that each £10 is matched!

To celebrate **GivingTuesday** this year, Localgiving will be running a 24hr match fund campaign to double 1,000 x £5 donations made to local charities on the day.

Match fund campaign for **Christmas appeals!**
Full details will be released soon.

Find out more information on their website: <http://localgiving.com/saltsouthwest> (linking to our website).

Emily's story

At 20 years old it is hard to come to terms with the fact that something, somehow isn't right. As a student I wanted to enjoy my freedom, have fun with my friends and make the most out of my time at university. Studying 'abuse issues' as part of my degree however, along with other triggering situations that happened, meant that my time at university contained slightly different experiences for me. I had blocked out and not understood the abuse for a very long time and all of a sudden I was starting to realise what had happened to me. I felt scared, alone and disgusted with myself because of my past. I had opened a box in my head that had been locked shut and now the contents of that box were oozing out, taking hold of every part of my life and affecting it in one way or another.

I found SALT one day online and finally took that huge first step of getting in contact. I was so scared that I wouldn't be believed, or told that what had happened wasn't really abuse. because in my head I couldn't put the names to the actions that had happened to me.

In the first few sessions, I started to break down some of the walls I had built up and allowed myself to cry for the first time. There are no words to describe how brilliant my counsellors were with me. I finally had a safe place where I could open up and, with help, try to come to terms with my past. My two counsellors, who were with me throughout my journey, were my biggest support and did more for me than they will ever possibly know. They were my light at the end of a very long and dark tunnel.

Looking back at myself at the start of my journey with SALT and looking at myself now, I can see a huge change. Even loved ones who did not know about my journey to recovery have told me that recently I have blossomed. My confidence has grown and I am starting to make peace with the abuse. At a time in my life, when it felt like my whole world was starting to crumble in around me, SALT stood with me and helped me tackle my demons head on.

I have now finished my undergraduate course and will be graduating with a first class honours degree. I have also been awarded a scholarship to continue my studies and gain a Masters qualification. I have spent the summer travelling in Asia and can say that I am now enjoying every aspect of my life!

I would like to say thank you to my counsellors and the SALT team who helped me through my most difficult time. You helped me realise that I can take back control and live the life I want and for that I will be forever grateful.

Thank you.