

Our **Sponsored Swim** in March raised an incredible £1230 to add to SALT funds.

Seven swimmers took part, two from the Team and the others either supporters or clients.



A big thank you to all who swam and sponsored.

Wishing to arrange some sort of sponsored event to help increase our funds, and having just resumed swimming after many years, the sponsored swim came into being. Not to make it too easy—I could hardly expect people to sponsor me if there was no effort made—I set a target of 1000metres in no more than one hour. 3 months later I achieved this in practice twice, but was exhausted. A date was set and the pool duty manager who invigilated was such an encouragement as I swam, although I have to confess to feeling that I had over-stretched myself! The sense of achievement however was tremendous and I thank all those friends and family who sponsored me.

Mary—Administrator

If anyone wishes to raise money for SALT by sponsorship, please feel free—the more the merrier—just let us know.

We were grateful to the 'Mentoring Women's Group' at Living Well Church for the provision of postage and the enveloping of our last Newsletter when a team member went to speak to their group in April. Should any other group wish to have a presentation of our work and/or enjoy helping with the enveloping and stamping of our next newsletter we would be delighted to hear from you.

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Helpline Mon and Wed 10am to 1pm - otherwise answer machine operating
Council of Reference: Rt Rev Christopher Budd, Rt Revd John Ford, Rev Andy Caldwell,
Gary Streeter MP and Kerry Cole.
Charity No 1010424

SALT South West

Sexual Abuse Listening Therapy

Newsletter 9

September 2013
Issued twice each year



Hello everyone,

I hope you have all enjoyed a wonderful Summer. Living on the farm I am reminded of God's word to us in Genesis 8, - while the earth remains, seed-time and harvest, cold and heat, Winter and Summer and day and night shall not cease. Creation has a rhythm which speaks of the constancy of our God and the faithfulness and dependability of His nature.

SALT is an expression of the constancy of God to our clients, and to those of us who have been called to serve in this ministry.

Congratulations to Team members, Jane and Nick, who have passed Level 4 Diploma in Counselling. We are so grateful to the Lord for the skills He brings to the Team.

Please continue to pray for us as we seek to bring God's love and peace to the broken.

Josie

Through the Lord's mercies
we are not consumed. Because
His compassions fail not, they
are new every morning. Great
is Your faithfulness.



Lamentations 3 V 22

'Spread your wings and fly'
copy of painting by Ruth.



Dance to Music of the last 50 years 60s to now



Saturday 9 November 2013 at 7pm
to be held at Mutley Baptist Church Hall,
Mutley Plain, Plymouth, PL4 6LB

- Our similar evening last year was a tremendous success so we are repeating it this year.
- Tickets (priced £5 for adults and £2 for children—includes pasty/pie supper) are available from any Team Member or from our office.
- Come and join in the fun—you don't need to dance necessarily, watching others exercising can give just as much enjoyment!
- Greeting cards will be on sale during the event to help boost SALT funds.



STOP PRESS Upcoming training with limited places, so book early! Be informed about understanding and supporting adult survivors of childhood sexual abuse. SALT is a Christian organisation, working in the city of Plymouth for over 20 years in the area of abuse, and we believe the work we do, and the training we deliver, goes towards fulfilling Paul's directive to the Church to develop faith; goodness; knowledge; self control; perseverance; godliness; brotherly kindness, and love (2 Peter 1: 3-8). This training is a chance for you to come and share in all that God has taught us, and discover a bit more about how God is working in this area.

We are waiting to meet you so book soon!

Training Focus: **Understanding Childhood Sexual Abuse**

Location: 142 Union Street, Plymouth, PL1 3HL

Date: 16th & 23rd November 2013 (Bookings close midday on Mon. 4th Nov.)

Cost: £30—includes all handouts and certificate for completing the course, (two Saturdays), bring your own lunch, other refreshments provided.

SALT can also provide bespoke training/workshops on other issues including self harm; hearing voices; working with trauma; developing a prayer ministry approach, and occult & ritualised abuse, among others. All training is developed and delivered by Christians experienced in therapeutic work with survivors of abuse, and can be held on your premises or ours. Please call 01752 600599 or email our office to book the above training and/or discuss any other needs, including training for prayer ministry teams.

A Client' s Testimony

I first came to SALT a very broken person, with no hope of ever living what God had planned for me. The first time I approached SALT I was an inpatient in a local psychiatric unit because I was suicidal. Until I was in a more stable place I regularly went to the Drop Ins ran by SALT. Here I related to other women who had experienced childhood sexual abuse. I was so nervous the first time I went along, however the people running the group soon put me at my ease.

When I felt stronger I was given the chance to finally disclose the full extent of my abusive upbringing and discover my true feelings. I came to learn to trust people for the first time in my life as I crawled along a painful journey to full recovery. My listener showed me some Russian dolls to demonstrate that I had a little girl inside of me who took all of the rubbish. This little girl had never been listened to before or cared for. Now I understand that I need to take care of all of me and not put myself in vulnerable situations nor self-harm any more. It took a long time to come to this realisation because I felt very fragmented inside, like my body was inhabited by children of all ages and different personalities. I came to understand that these personalities are all different parts of me with the role of keeping me alive.

A tool I discovered through my listeners was to use my creativity to express my experiences and feelings. Who would have thought that now, a few years later, I am about to do a degree in fine art followed by a degree in art psychotherapy. Then one day I hope to help other people to overcome their traumas and to feel like they are being heard, believed and valued.

I believe those of us who have been abused are not just the product of our past, or merely survivors, but we are indeed people who overcome and learn to live fruitful lives.

What SALT does to help survivors of abuse is invaluable, and because of their help many individuals can heal their inner scars. At SALT I never felt under pressure to open up before I felt able.

Ruth

Please pray for Ruth as she commences this new phase of her life working towards a degree, that she will know God's provision and sustaining power in bountiful measure.