

# SALT South West

Sexual Abuse Listening Therapy

## Newsletter No 5

September 2011—issued twice each year



Hello everyone,

In the last six months we have seen an overwhelming increase in the number of clients wanting to access our services. Consequently the waiting list is growing.

It is so easy to become anxious and stressed in the face of events and situations we can't control. We constantly have to remind ourselves that all we can do is our best, and trust God for the rest and for the future of survivors as well.

Recently one of our clients gave her life to Jesus during one of her sessions with us. She was so aware that coming to SALT was not only to find help and healing for her abuse issues, but to find her Saviour too. How incredible is that?

Whatever our circumstances, His existence and the truth of His words remain our fuel for living and keeping up the race of faith. Come, Lord Jesus, Come—we need you.

Karine.



"Truly I tell you:  
anything you did  
for one of my brothers  
here, however  
insignificant, you did for me".

Matt 25 v 40 (Revised English Bible)

## SALT Latest News!

- The Team had an Away Day at Hampton Manor in May where Rev Martin Bunkum led two amazing sessions.
- Rev Martin Bunkum has now joined our Management Committee.
- A grant of £3000 per year has been received from the YAPP Foundation for two years towards the rent of our premises.
- Lankelly Chase are considering an application for a grant for SALT in their "Breaking Cycles of Abuse" project and we have passed their first stage.
- After three and a half years as a SALT volunteer Angie is moving on to a new chapter in her life—we will miss her.
- Due to the number of male clients accessing SALT we have now had to start a 'Waiting List for Male clients'.
- The number of new clients coming to SALT continues to increase.

## CHILDREN LEARN WHAT THEY LIVE

If a child lives with criticism, he learns  
to condemn

If a child lives with hostility, he learns  
to fight

If a child lives with ridicule, he learns  
to be shy

If a child lives with shame, he learns  
to feel guilty

If a child lives with tolerance, he learns  
to be patient

If a child lives with encouragement, he  
learns confidence

If a child lives with praise, he learns  
to appreciate

If a child lives with fairness, he learns  
justice

If a child lives with security, he learns  
to have faith

If a child lives with approval, he learns  
to like himself

If a child lives with acceptance and  
friendship, he learns to  
find love in the world.

## Did you know?

### NSPCC statistics from their website

- In England, 2,200 children were the subject of a child protection plan under the category of sexual abuse on 31 March 2010.
- Three-quarters (72%) of sexually abused children did not tell anyone about the abuse at the time. 27% told someone later. Around a third (31%) still had not told anyone about their experience(s) by early adulthood.
- Retrospective studies present a broad consensus that between 23-40% of all alleged sexual abuse of children and young people is perpetrated by other young people, mainly adolescents.

### SALT statistics

- Team members hours increased by 25% last year from 2243 to 2777.
- A minimum of 535 telephone calls received and made of which 311 were with clients and potential clients.

## RECENT CLIENT COMMENTS

"I feel I am able to stand on my own two feet".

"Given me tools to process my anger and channel it into something good".

"Understand more each time I visit. Found I've been able to grow more and need less of false comfort that I used before and just grown more in myself".

"there were times I didn't think I could get through, but it's just a life-changing group".

"I am now able to not be overwhelmed by thoughts of the past".

"Thank you for walking by my side, by holding my hand, but not controlling my journey".

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**Council of Reference:** Rt Rev Christopher Budd, Rt Revd John Ford, Rev Andy Caldwell, Gary Streeter, Lou Lewis and Kerry Cole.

**Charity No 1010424**

**“In this world there are many troubles, but take heart, for I have overcome the World”.**  
(Jesus)

In 1966 (a very significant year for England) my grandfather died when I was 17. I had always looked up to him with awe, he was absolutely wonderful, the only person I completely trusted; he protected me and loved me unconditionally. But I did not fully confide in him because, by then, I was used to keeping dark secrets and my life was blighted by ‘religious indoctrination’. So when he died, I felt my hope die with him and I felt scared and helpless.

Years later, when I actually opened the Bible for the first time, Jesus’ words and actions really sprang out, especially the little things He did for us on earth which really made a lasting impression on my broken heart. I began to realise, for example, how important the prodigal son’s time tending pigs must have been—a time of sorrow and repentance and what really spoke to me was how much he underestimated his father’s capacity for love and forgiveness. Although I felt many of my choices had been taken away from me in my childhood, I started to trust that God was going to help me and that the purpose of this parable is to show me the error of my ways and thinking. In 2007, sitting on a ‘mountain top’ in the middle of Dartmoor I asked Jesus to come into my chaotic life and heal me and in 2009 I was baptised.

Throughout His life on earth Jesus often tells us to cheer up (“take heart”) and not to be afraid, because He knows how easily we can become discouraged and downhearted. He promises never to leave us or forsake us but to be ever present in our joys and in our suffering on this earth. As we can do nothing productive in our own strength, He teaches us by His example and as time goes on we learn to trust Him more. It was a revelation to me to know that we can have little conversations with Him at any time and that our prayers don’t always have to be formal and perfect.

In SALT, absolutely everything is offered to the Lord in prayer and volunteers are given preparation and supervision so our own troubles can be laid aside (or even forgotten!) when we are with clients. We want to be sensitive and effective in our listening, and not control, hurt or add in any way to the already heavy burdens our clients carry. We know that only by the grace of God can we be effective in our service to others and that we are entrusted with something very precious and fragile—the hopes and fears of God’s beloved children.

Finally I thank God for the wonderful tools of recovery He gives us, and I would recommend journalling to everyone in the World! Just to get down on paper all our hopes, anxieties, past hurts, deeds and resentments has been greatly healing. Sharing this with my supervisor who has listened, encouraged and prayed with me has been incredibly helpful. Now when I read through what I have shared, I am not hurt any more! We really don’t have to be perfect, however many mistakes we make, our efforts are acceptable. Just as I delight in finding my children’s childhood drawings, so our Heavenly father, who is just and perfect, delights in receiving our flawed and humble offerings. For He is healing us and giving us new life in Him!

Kerry (SALT Team Member)