

## Sources of Help

- **The Survivors Trust**

Tel: 01788 550554

[www.thesurvivorstrust.org](http://www.thesurvivorstrust.org)

- **One in Four**

Specialising in working with survivors of childhood sexual abuse and sexual violence. Offers long-term one to one therapy.

Mon - Fri 0900 - 2100 Sat 1000 - 1500

Tel: 020 8697 2112

Email [admin@oneinfour.org.uk](mailto:admin@oneinfour.org.uk)

[www.oneinfour.org.uk](http://www.oneinfour.org.uk)

- **NAPAC**

(National Association for People Abused in Childhood)

Helpline: 0800 085 3330 or 0808 801 0331

(Check website for opening times)

[www.napac.org.uk](http://www.napac.org.uk)

- **ICAP**

(Immigrant Counselling & Psychotherapy)

Tel: 020 7272 7906

(Mon-Thurs, 8am-8pm & Fri 8am-5pm)

[www.icap.org.uk](http://www.icap.org.uk)

- Your Diocesan Safeguarding Office may have details of local support organisations.



# Hurt by Abuse?



Tel: 07530 972 830

[www.catholicsafeguarding.org.uk](http://www.catholicsafeguarding.org.uk)

Have you or someone  
you know experienced  
abuse within the Church?

If so this is our  
commitment to you.



# Speaking Out

For someone who has been abused in childhood the prospect of speaking out is often a significant step towards healing and recovery.

You are not to blame for what happened to you and should not feel ashamed.

We want to offer you the opportunity to be listened to, to have your concerns taken seriously, dealt with sensitively and acted upon as necessary.

## Who should I contact?

Every Diocese in England & Wales has a Diocesan Safeguarding Office, which reports to the Diocesan Safeguarding Commission. Each office has a Safeguarding Co-ordinator. Contact details can be found on the back of this leaflet.

**Alternatively** you could contact an independent support organisation. Details can be found on the back of this leaflet.

## How to contact us

- If you ring the Safeguarding Office you will be able to speak directly and in private to the Safeguarding Co-ordinator.
- You may do this by phone or you can arrange to meet with the Safeguarding Co-ordinator at a mutually convenient location.

## What happens when you contact us?

- You will be listened to and what you have to say will be taken seriously.
- You will be offered support if you wish to report to the police and you have not already done so.
- You will be dealt with in a confidential manner; however, in the interest of

safeguarding others, some matters may need to be referred to the statutory authorities.

- The Safeguarding Co-ordinator will discuss with you whether there is any immediate help or support you may need and will assist you in trying to access this.
- You will be given a named contact person and telephone number.
- You will be contacted regularly about the progress of any action agreed with you.
- You will be informed about any outcome of the work being done.
- You will be helped to access the support you may need including specialist services.

## What is the Safeguarding Commission?

The Commission is made up of members drawn from Social Services, the Police, Clergy and other statutory agencies. This group of men and women, church and non church members, are committed to making the Catholic Church a safe environment for children, young people and vulnerable adults.

