

Have you been impacted  
by sexual abuse in childhood?

**You're not alone.  
Help is  
available.**



**Please read on for support...**



## Breaking the silence on childhood abuse

Are you feeling like a lot of victims or survivors of childhood sexual abuse - ignored, ashamed, guilty and frightened of not being believed? If so, you are not alone.

This leaflet is for you and can help you reach out for help today.

**You shouldn't feel that the abuse was somehow your fault.  
It is not and never was your fault.**

**Were you sexually abused as a child by someone in the past or do you think a child is being sexually abused now?**

Child abuse could include:

- Forcing a child to have any form of sexual contact
- Buying sexual services of a child
- Causing, encouraging or arranging child prostitution or pornography
- Sexual abuse of vulnerable children with a mental disability
- Watching people engaged in a private act without the child's consent for sexual gratification
- Exposure, where a man or woman exposes themselves with intent to cause alarm or distress
- Being drugged to engage in sexual activity.

Children in these situations often feel unable to refuse because of a lack of understanding of what was happening, they were offered money or gifts, threatened or deceived, or there was a breakdown in the relationship between the child and those caring for them.

The abuse may have happened at, or been connected to institutions such as children's homes, places of worship, Brownies/Guides/Cubs/Scouts, sporting groups like football clubs, schools, youth clubs or young offenders' institutions.

**Abuse can happen to anyone.  
Abuse can happen anywhere.**

# Where to get help and support

Call Police **101** if you believe you or someone you know was sexually assaulted as a child in the past. If you know a child is subject to immediate and ongoing abuse then call police on the emergency number **999**

## SUPPORT FOR ADULTS

The services below are independent, accredited services commissioned by statutory agencies. They are quality assured and contract managed to ensure delivery of best practice and national standards. Victims and survivors do not need to report the crime to the police to get help.

### Topaz Centre for Nottinghamshire (Nottinghamshire Sexual Abuse Referral Centre)

Crisis support for all female and male victims and survivors of rape and sexual assault. The Topaz Centre supports both females and males who have been raped or sexually assaulted.

The Topaz Centre is a safe supportive environment which offers:

- Crisis support during the initial stages of reporting including the examination
- A supportive environment for a forensic examination and statement taking
- Medical examinations which can take place up to seven days after the attack to gather forensic evidence
- Emergency contraception and/ or access to local GUM Clinic for emergency medical care and follow-up
- Access to advice and support and/or referrals to counselling services.

☎ 0800 085 9993 24 hrs helpline

🌐 [www.topazcentre.org](http://www.topazcentre.org)

### Independent Sexual Violence Adviser (ISVA) Service

Supports female and male survivors of rape and sexual violence including non-recent child sexual abuse, whether the violence occurred recently or in the past.

ISVAs provide practical and emotional support and advocacy including through the criminal justice service. The ISVA service includes the Survivor Support Service for survivors of non-recent child sexual abuse.

☎ 0115 950 8713

✉ [referrals@nsvss.cjssm.net](mailto:referrals@nsvss.cjssm.net)  
(from a secure email address only)

🌐 [www.nottssvss.org.uk/contact/](http://www.nottssvss.org.uk/contact/)  
(secure referral route via website)

### Nottinghamshire Sexual Violence Support Service

(Formerly known at Nottinghamshire  
Rape Crisis Centre)

Provides counselling support for female and male survivors of rape, sexual assault and childhood sexual abuse, whether the abuse occurred recently or in the past. They provide a telephone helpline, face-to-face counselling and group support.

☎ 0115 941 0440

✉ [support@nottssvss.org.uk](mailto:support@nottssvss.org.uk)

🌐 [www.nottssvss.org.uk/contact/](http://www.nottssvss.org.uk/contact/)

There are many things which may trigger memories of your abuse or abuser - some victims or survivors experience it daily, others sporadically. These triggers can range from smells, sayings and actions to things you see or flashbacks. It can be beneficial to take action - from gentle exercise and writing or drawing, to seeking support and speaking to someone about your experiences. Sharing your story may also help to inspire others.

**Everyone is different and you'll  
need to decide what's best for you.**



## GPs

Your own doctor is a good place to start.

They will be able to offer confidential advice and have access to specialist local health services such as counselling, drug and alcohol support, help with other addictions or mental health services.

## SUPPORT FOR CHILDREN AND YOUNG PEOPLE

### East Midlands Children and Young People's Sexual Assault Service (EMCYPSAS)

Provides crisis support, forensic examinations, short-term therapy and access to follow-on support including children's ISVA and healthcare.

☎ 0800 183 0023 24 hrs helpline

W [www.emcpsas.co.uk](http://www.emcpsas.co.uk)

## IF YOU NEED HELP WITH DRUGS, ALCOHOL OR OTHER ADDICTIONS

### Nottingham Recovery Network (NRN)

Providing a single point of free support, advice and treatment to people who use alcohol and drugs in a problematic way across Nottingham City (18+).

☎ 0800 066 5362 helpline

✉ Nottingham Wellbeing Hub,  
73 Hounds Gate,  
Nottingham  
NG1 6BB

W [nottinghamrecoverynetwork.com](http://nottinghamrecoverynetwork.com)

### CGL Journey

A commissioned service to work with young people and their families, under the age of 18 in Nottingham City to reduce the impact of substance misuse, support recovery and to challenge inequalities linked to drug and alcohol use.

☎ 0115 948 4314  
(Text) 07873 339 519

✉ [journey@lifeline.org.uk](mailto:journey@lifeline.org.uk)

W [changegrowlive.org/young-people/cgl-journey-nottingham](http://changegrowlive.org/young-people/cgl-journey-nottingham)

### Change, grow, live (CGL) New Directions Nottinghamshire

Providing adult drug and alcohol treatment and recovery support services to individuals in Nottinghamshire (18+).

☎ 0115 896 0798

W [changegrowlive.org.uk](http://changegrowlive.org.uk)

## OTHER SUPPORT SERVICES

You might prefer talking to a local service or support group first. These could be either charities offering counselling or other survivors offering peer support and advice. Many are registered with Self Help, where you can find their details

### Self Help Nottingham/ Self Help UK

Helps create, support and promote self-help groups covering a wide range of issues across the UK.

They will hold information about self help and support groups that have registered with them in your local area.

☎ 0115 911 1662

✉ [admin@selfhelp.org.uk](mailto:admin@selfhelp.org.uk)

W [selfhelp.org.uk](http://selfhelp.org.uk)

### Local IAPT services

People can refer themselves directly to the following Improving Access to Psychological Therapies (IAPT) services and an assessment will be undertaken as to whether this service can meet your needs.

### Trent PTS

☎ 0115 896 3160

W [trentpts.co.uk/contact/nottingham/](http://trentpts.co.uk/contact/nottingham/)

### Let's Talk Wellbeing

☎ 0115 956 0888

W [nottinghamshirehealthcare.nhs.uk/nottingham-city-and-county-](http://nottinghamshirehealthcare.nhs.uk/nottingham-city-and-county-)

### Insight Healthcare

☎ 0300 555 5582

W [insighthealthcare.org/our-services/talking-therapies/find-a-service/nottinghamshire/](http://insighthealthcare.org/our-services/talking-therapies/find-a-service/nottinghamshire/)

### Turning Point

☎ 0300 555 0456

W [turning-point.co.uk/nottingham-city-talking-therapies.aspx](http://turning-point.co.uk/nottingham-city-talking-therapies.aspx)

## HELPLINES AND NATIONAL ORGANISATIONS

### The National Rape Crisis helpline

Can be contacted between 12 noon – 2.30pm and 7 – 9.30pm any day of the year and also between 3 - 5.30pm on weekdays.

☎ 0808 802 9999

### NAPAC

National advice line for the National Association for People Abused in Childhood.

☎ 0808 801 0331

✉ [support@napac.org.uk](mailto:support@napac.org.uk)

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

### NSPCC Helpline

Providing adult drug and alcohol treatment and recovery support services to individuals in Nottinghamshire (18+).

☎ 0808 800 5000

✉ [help@nspcc.org.uk](mailto:help@nspcc.org.uk)

W [nspcc.org.uk](http://nspcc.org.uk)

### Childline

☎ 0800 111 111

W [childline.org.uk](http://childline.org.uk)

### Samaritans

☎ 116123

✉ [jo@samaritans.org](mailto:jo@samaritans.org)

W [samaritans.org](http://samaritans.org)

### Survivors UK

Survivors UK helps men who have been sexually abused (both childhood sexual abuse and adult sexual assault/rape) through web chat and text chat. See website for details of what services they offer nationally.

W [www.survivorsuk.org](http://www.survivorsuk.org)



## STATUTORY AGENCIES THAT YOU MAY WANT TO CONTACT

Nottingham City Children's  
Social Care  
(City residents only)

☎ 0115 915 0800

✉ [childrens.services@nottinghamcity.gov.uk](mailto:childrens.services@nottinghamcity.gov.uk)

Nottinghamshire Multi Agency  
Safeguarding Hub (MASH)  
(County residents only)

☎ 0300 500 80 90

✉ [mash.safeguarding@nottscgcsx.gov.uk](mailto:mash.safeguarding@nottscgcsx.gov.uk)

If you contact adult social care services the following will be considered:

- Any immediate risk to the citizen or from the alleged perpetrator and whether immediate intervention is needed from the Police, Health and / or Social Care
- Whether the victim/survivor needs an Adult Social Care Assessment
- The need to provide advice and guidance in relation to support services through consulting the Self Help UK database and advising of services
- Sharing of information with General Practitioners with consideration to Consent and Data Protection
- Referral to Nottingham City Council Children and Families Duty Point or Nottinghamshire County Council's MASH.

### City Enquiries

☎ 0300 131 0300

A secure online referral can be made via:

✉ [adult.contactteam@nottinghamcity.gcsx.gov.uk](mailto:adult.contactteam@nottinghamcity.gcsx.gov.uk)

### County Enquiries

☎ 0300 500 8080

## THE TRUTH PROJECT

The Truth Project was set up for victims and survivors of child sexual abuse to share their experiences in a supportive and confidential setting.

It's part of the [Independent Inquiry into Child Sexual Abuse \(IICSA\)](#) which was set up in 2015 to investigate organisations and institutions that have failed to protect children from sexual abuse. We need to understand the past to help protect children now and in the future.

By sharing their experiences, victims and survivors make an important contribution to the work of the Inquiry and their experiences will feed into and influence our findings and recommendations.

For more information about sharing your experience:

☎ 0800 917 1000

W [truthproject.org.uk/i-will-be-heard](http://truthproject.org.uk/i-will-be-heard)



## LOCAL INVESTIGATION

If you want to report to the police you can contact Nottinghamshire Police's Operation Equinox team which is investigating allegations of historical child abuse at a number of different former care facilities in Nottinghamshire.

If you believe you have any information which is relevant to this operation or you are the survivor of child sexual abuse and have not yet spoken to the police, please call on 101.

*Information correct at time of publication (November 2018).*

**This leaflet has been produced in cooperation with a number of survivors of childhood sexual abuse and a number of different groups across the City and County.**

