

WHAT TO DO IF – I HAVE BEEN ABUSED

I have been or am being abused and want to tell someone / get help

Many people may find it difficult to tell anyone about the abuse they have suffered or are suffering. It may be many years after the event before a disclosure is made. Even if the abuse occurred years ago the Church and statutory agencies will still act. Tell someone about the abuse – you will be listened to and what you have to say will be taken seriously.

You can choose to whom you talk. You can contact the police or Local Authority Social Services child or adult protection team. You can also speak with the Diocesan Safeguarding Advisor (DSA), Assistant DSA or Parish Safeguarding Advisor.

Alternatively, you may prefer to tell someone in the Church whom you already know. That individual will work to try and ensure that you can get the appropriate help. He/she will need to contact one of the people mentioned in the above paragraph and inform them that a child or adult protection matter has occurred. It is the policy of the Church to inform statutory authorities (Police and Local Authority Social Services) that abuse has been alleged if there is a risk that others may continue to be at risk of abuse and to make sure that past abuse is properly dealt with.

The DSA Team contact details are:

- Bev Huff, 01733 887040. bev.huff@peterborough-diocese.org.uk

Police – take reports of abuse very seriously and you should feel encouraged to report what is happening to you. You can call 999 or 101. Each force area will detail how they respond to specific types of crime be it sexual, domestic abuse, harassment and stalking. To make a report then please see the links below. You may also find additional information on their own police websites.

- Cambs: <https://www.cambs.police.uk>
- Northants: <http://www.northants.police.uk/contact>
- Leicestershire: <https://leics.police.uk>

Local Authority: Each local authority area also has its own Sexual Assault Referral Centre (SARC):

- **Peterborough:** The Elms: [01480 425003](tel:01480425003) (9am – 5pm). Out of hours: [0800 193 5434](tel:08001935434). Website: www.theelmssarc.org.

Free support and practical help to anyone in Cambridgeshire who have experienced sexual violence and / or sexual abuse. Available 24/7.

- **Northamptonshire:** Serenity: [01604 601713](tel:01604601713). Website: www.serenitynorthants.co.uk

Sensitive and confidential service to anyone in Northamptonshire who has been the victim of a rape or serious sexual assault. Available 24/7.

- **Rutland:** Juniper Lodge: [0116 273 3330](tel:01162733330). Website: www.juniperlodge.org.uk.

Help and support for those affected by rape and sexual assault in Leicester, Leicestershire and Rutland.

Each area also has their own domestic abuse support agencies:

- **Peterborough:** Cambridgeshire and Peterborough Domestic Abuse and sexual Violence Partnership: <http://www.cambsdasv.org.uk/website#carousel> 96166
- **Northamptonshire:** <https://www.northants.police.uk/page/domestic-abuse>
- **Rutland:** <https://leics.police.uk/advice-and-information/victims-witnesses/domestic-abuse>

There are also some National organisations who provide support to people who have been abused. Here is a list of some of those organisations:

- **Action on Elder Abuse Helpline:** [080 8808 8141](tel:08088088141) (free phone Monday to Friday 9-5pm)
- **Child-line:** [0800 1111](tel:08001111) (lines free and open 24 hours). Phone if you are a child or young person and are worried about anything
- **Cruse:** [0800 808 1677](tel:08008081677) bereavement helpline
- **MACSAS: Minister and Clergy Sexual Abuse Survivors.** [0808 801 0340](tel:08088010340) support for those abused by ministers, clergy or others under the guise of the church

- **NSPCC Child Protection Helpline:** [0808 800 5000](tel:08088005000) (lines free and open 24 hours). Phone if you are worried about a child.
- **National Domestic Violence Helpline:** [0808 2000 247](tel:08082000247) (lines free and open 24 hours). Phone if you are experiencing domestic abuse.
- **NAPAC: National Association for People Abused in Childhood.** [0808 801 0331](tel:08088010331). Support for adults abused as children
- **Samaritans Helpline:** [08457 90 90 90](tel:08457909090) (open 24 hours). Phone if you feel you are struggling to cope and need someone to talk to.
- **Stop It Now:** [0808 1000 900](tel:08081000900) preventing child sexual abuse
- **Survivors Trust:** [01788 550554](tel:01788550554). Support for men who have experienced sexual assault or rape