



One in Four

VOLUME 1, ISSUE 1 - SEPTEMBER 2009

ONE IN FOUR



POETS CORNER

Mine was another lone voice
Alone in this fate
Writing long poems
Expressing my hate
A voice on it's own
With no one to care
With no one to tell
And no one to share
But then I found them...
One in Four
And learned, in fact
There are so many more
More voices like mine
Being heard now, at last,
Talking and talking
Healing the past
Now my voice is important
And yours is as well
Together we can raise them
Into a YELL

MIXED WORKSHOPS

Sundays 2pm—5pm
Negative Thinking Patterns
4th October
Shame
1st November
Anger
6th December
Addictions
10th January
Tuesdays 7pm—9pm
Inner Child
10th, 17th and 24th
November
1st, 8th and 15th December

NEW VISION FOR ONE IN FOUR

The new Director of One in Four, Linda Dominguez has great ambitions for the 10 year old charity.

Multi talented Linda - who is a volunteer counsellor within the organisation, is also a Major in the Territorial Army, as well as being a senior manager for St. John Ambulance - she talks with great passion about her vision.

"I want One in Four to become a household name in the same way that everyone knows of the NSPCC and what they do".

Judging from the determination she has shown so far it is hard not to believe.

Another new member of the team is Laura Joanknecht who is taking over the role of Clinical Services Manager.

Laura, brings a wealth of experience with her. As a counselling trainer she has worked with troubled youths, run support groups for parents and carers of sexually abused children, given counsel to bereaved parents as well as being Head of School for a large Further Education College - and that's to mention just a few of her accomplishments. Laura holds a strong commitment to a relational, transpersonal approach in her counselling.

They both agree that the leaving team survived under almost impossible odds, "I take my hat off to their heroic efforts" Says Linda.

"Now we have a great deal of work to do to creating a new team who can take the charity into a whole new dimension".

SUPPORTERS OF ONE IN FOUR

Hello there, my name is Paula and I am a counsellor here at One-in-Four. I also facilitate the Service Users Forum/Group which is known as 'The Supporters of One in Four'. This is a relatively new project and I feel delighted to be part of this. We had a very successful first meeting on the 25th of July and I feel inspired by those who were able to attend or put their ideas forward and show such enthusiasm and commitment to this project. I am confident that between us all we will be able to develop and use this opportunity to its maximum potential. What follows is the vision statement and aims of 'the supporters of one in four':

It is the intention of the Supporters of One in Four to: enhance the quality and service offered by One in Four, to promote the service and raise awareness of what is offered by One in Four, to coordinate and manage at least two fundraising events per annum, to organise and manage at least one social event per annum exclusively for service users.

Everyone is welcome to become a 'supporter of one in four' and share their ideas and talents, the only criteria needed are a dedication to promote the good name and uphold the reputation of one in four. Your voice is important so even if you cannot join as a 'Supporter of One in Four' let us have your ideas and comments, this can be done anonymously if wished, by writing them down and posting under the office door.

The supporters of one in four are currently working on the organisation of the first fundraising/ social event so keep looking for a notice in the kitchen for what this might be! Even if you are unable to join our group please support us at these events. We will keep you informed of all progress via the kitchen notices and this newsletter so watch this space!

By Paula

5th December—Seasonal get together and raffle draw (final supporters meeting of 2009)

SUPPORTERS OF ONE IN FOUR

Clients and supporters of One in Four have long wanted to 'do their bit' towards keeping the charity at the forefront of the battle to address the issues of childhood sexual abuse. At last, that is under way.

The first meeting was held on Saturday 25th July at the One in Four premises in Bellingham with clients joining Facilitator Paula, Director Linda and Verna Administrator.

The meeting was a huge success. Paula, who is also a volunteer counsellor at One in Four, said.

"The enthusiasm within this group is awesome, I am humbled by just how much people are prepared to do for the cause of One in Four"

Some of the items on the agenda were: Raising Awareness Improving the Service and Fundraising ideas. Many suggestions were put forward including the inclusion within the support group for the friends, partners and family of clients.

90 minutes wasn't nearly enough time to discuss in detail everything that was brought forward in this first meeting but an excellent start was made.

The minutes of the meeting are available should you want them.

New members are welcome - together we can make a difference.

If you would like to get involved please contact us by e-mail at supporters@oneinfour.org.uk or by

filling out one of the forms left in the kitchen.

The next meeting is on 10th October 2009 at 10am.

IN A NUTSHELL

How do you feel?

We all get angry sometimes, perhaps as a valid response to aggression or as an outlet for frustration, the washing machine has broken - again, so we give it a kick or the cat messed in the kitchen and we shout at it. But sometimes we get it wrong, sometimes what we perceive to be anger is actually guilt. Thank goodness for counselling eh.

by VH

A WORD FROM OUR DIRECTOR

'One person with passion is worth more than forty who are merely interested'.

Well I have to tell you that in April of this year the future of One in Four was a little unsure and as I was asked to take up the reins by the outgoing director, Liz Ross, I thought this is going to be interesting! However, I have a passion for this organisation and the cause. I have been a volunteer counsellor at One in Four since September 2007 and to get the chance to captain the ship is fantastic. Every morning I look at that saying which is engraved in the inside rim of my tea cup and I think yep, keep going, we are getting there.

When the public think of safeguarding children they think of the NSPCC. I have a vision that when they think of those children that have not enjoyed a safe childhood and give a thought to the survivors (at least one in four of the population) they will think of our organisation. 'One in Four'.

We have been very fortunate in having on board an excellent fundraiser Marie, and she has put together some very good funding applications, two of which have now come good. This means that we can now fund services that have had to be suspended due to lack of funding and or resources.

- The telephone helpline will be reinstated later in the autumn.

- Workshops have been planned. See front page in this newsletter for times and dates.
- The User forum is up and running
- Clinical services is top of the agenda
- Advocacy service will be expanded

Webpage. We have a new webmaster Nick Harris who is sponsored by HSBC. Watch out for the new look website. We will let you know when it is up and running.

One in Four is in a transitional phase and with a new management team in place we are all still finding our feet. But we are very excited about the future.

Finally **'success is just an idea away'**. This is the saying in my coffee cup. We need your ideas too. So please feel free to put them in the suggestion box. Join in the supporters group or email supporters@oneinfour.org.uk

I look forward to meeting many of you as you support the events that are planned to raise our profile.

Linda Dominguez
Volunteer Director/counsellor
One in Four UK

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