

IN A NUTSHELL

Verna asked me to write a piece entitled in a nutshell and I thought I could say phew.....where did the last 6 months go and wow One in Four is on the map thanks to all the efforts of everyone involved with One in Four. But then I found this poem by Kelly Curiel and it says it all. Whatever you did and wherever you were this Christmas you were in our thoughts and we wish you well for 2010.

Linda Dominguez,
Director/counsellor
One in Four

There are mean people,
Keen people,
People that are in
Between people

There are dish people,
Fish people,
People who like to
wish people

There are candy people,
Dandy people,
People whose names are
Randy people

There are nice people,
Rolling dice people,
People with hearts of
Ice people

There are mopey people,
Dopey people,
People with lots of
hopey people

There are work people,
Jerk people,
People who are a
Salesclerk people

There are cool people,
School people,
People who follow the
rules people

There are seer people,
Deer people,
People who like to
Drink beer people

There are phone people,
Alone people,
People who examine
bones people

There are sweet people,
Neat people,
People who
Rub your feet people

There are trail people,
Sail people,
People who give you your
Mail people

There are pill people,
Ill people,
People who like to
Kill people

There are bug people,
Smug people
People who give you
hugs people

There are shoe people,
True people,
People who paint
with blue people

There are style people,
Smile people,
People who
Run for miles people

There are funny people,
Nunny people,
People who are
tidy and cunning people
There are smart people,
Warm heart people
People who wanna be
Apart from people

There are dog people,
Smog people,
People who like
to saw logs people

There are good people,
Wood people,
People who are
hoods people

There are lazy people,
Crazy people,
People who pick
daisies people

There are flying people,
Dying people,
People who are
Crying people

There are scream people,
Ice cream people,
People who dare
to dream people

There are joke people,
Coke people,
People who like
to poke you people

There are baby people
Maybe people,
People who drive
A Mercedes people
There are close people,
Nose people,
People who goes
where you goes people

And of all the different
people
Peopleing this earth,
Each and every one
Has his or her own unique
worth.

There are pain people,
Cane people,
People who say its gonna
Rain people

There are ring people
Thing people,
People who like
to sing people

And finally remember.....
The will to win, the desire
to succeed, the urge to
reach your full potential...
these are the keys that will
unlock the door to
personal excellence.

AN "ABBATASTIC" WEEKEND!

"Mama Mia", it was like a small military operation getting us all to Wiltshire for an Abba night and a training session. Linda, Director, rose to the occasion, drawing on her TA and St John's Ambulance experiences, ensuring we had a good time and learnt something into the bargain. A big thank you to the anonymous benefactor, obviously an Abba fan, who was very precise on how the money was to be used to thank One in Four volunteers.

A group of fourteen, just under half the One in Four team, signed up for the weekend. We enjoyed a Christmas dinner (even though it's only November) and then danced the night away to an Abba tribute band. Did you know how many "Dancing Queens" we've got in the team. Chris and Nyasha are great movers and Linda's hidden talent is break-dancing...who'd have thought it!

Sunday morning, with and without hangovers, it was time to reflect on the serious business of One in Four's work. Dianne and Chris, Advocates, provided a helpful presentation on their Advocacy work, a very valuable part of our service. Afterwards Laura, Clinical Services Manager, facilitated the group exploring ethical issues and discussing how we work together.

Linda expressed her gratitude, on behalf of the organisation and clients, for the hard work and commitment that all the team give to the service. Linda appreciates that the team isn't in this for the "Money Money Money".

Some of us travelled by train but I don't think anybody went to "Waterloo". The majority of us were taken back to Bellingham by PJ in a cosy mini-bus and he did a fine job driving us through some horrendous weather conditions. All that rain-water meant we were desperate for the loo. At the motorway services we made a little discovery, there is another "one in four group" - women with bladder troubles! Not what you want to read when you're in a long queue for toilets.

When it wasn't raining, for a few minutes, we saw a beautiful rainbow which was a lovely ending to a fun and thought provoking weekend.

Sandra

ONE IN FOUR'S ADVOCACY SERVICE

One in Four's Advocacy Service primarily supports clients through the Criminal Justice System in reporting the sexual crimes committed against them. We also cover other areas such as access to records and medical issues but operate a flexible service on a case by case basis.

We've supported many clients through the criminal justice system with success. Success does not necessarily mean a prosecution. We've learnt over the years that people's reasons for finally reporting those crimes usually committed many years ago can vary. But one overriding factor which appears to be present in most cases is that of child protection. An issue which comes up for clients over and over again is the fear that other children were or could be hurt by the perpetrator. Some clients suffer tremendous guilt over this which is, as a victim, absolutely not their responsibility to bear. Reporting the crime can assuage that feeling. The role of the police must be very carefully explained to the client so that their expectations are realistic. The police are an investigative body who will seek information and evidence which will ultimately be presented by

the Crown Prosecution Service (lawyers) in a criminal court. The burden of proof is onerous - "beyond reasonable doubt" and it is this, together with the "public interest test" which will determine whether the case goes forward.

It must be remembered police are not counsellors and awareness of the issues involved in childhood sexual abuse will vary. Training levels around these issues is high in London, but as each police authority is autonomous there can be extreme variations around the country. The role of the advocate in such cases can, as a consequence be key to a positive or negative experience in such an emotionally loaded process. Having an advocate from an established and respected organisation such as One in Four can help to both support and safeguard the client's rights as a victim of crime and thus the quality of service he or she receives. We would approach this task in a co-operative and mutually effective atmosphere to achieve optimum results.

As the client's advocate we are there specifically to serve them, generally the police welcome our presence and

input in supporting the client to give them as much evidence as possible with which to carry out their job. It can be helpful if the initial contact with the police is made by the advocate to give a brief background of the issues involved.

Many historical sexual abuse cases are prosecuted successfully but endemic in the difficulties in doing so is evidence as would stand up in a criminal court sufficient to convict. The process of putting the crimes "on the record" - with that information submitted into the police intelligence database, and having some official acknowledgement of what's happened to them can be incredibly empowering. The most important factor in this is the knowledge and confidence that the case has been taken seriously, investigated properly, and the client has been believed and treated with the respect they deserve.

If you wish to access the One in Four Advocacy Service. Please contact Dianne Ludlow.

ACKNOWLEDGEMENTS

What would we do without volunteers like these?

Christiane Sanderson - Media Consultant, renowned author, clinical psychologist and lecturer

Andrew Andrews - Legal Advisor

HSBC for Nick Harris who has done wonders with our website and of course his mum Verna for eliciting his help!

St Ann's Church - HM Naval Base Portsmouth for their donation of £300.00

Barking College - staff and students raised £176.00 for our charity by winning the charity cricket match.

Ex client - for her donation of £250.00

Boots in Bromley - for providing us with a lovely gift set as a prize in our raffle

Waitrose Supermarket - making One in Four their Charity of the month. Donations given by customers £340.00

Pie 'n' Mash film company for their support and spreading the word

Victims Fund - for funding the charity's work April 2009/2010

Government Equality Office (GEO) for funding One in Four Sept 2009/2010

Last but not least very grateful thanks to all our volunteer counsellors.

A WARM WELCOME

Hello, my name is Michelle and I'm a new member of staff working on the One in Four's helpline. I am a qualified counsellor and a member of the BACP (British Association for Counselling and Psychotherapy). I work as a volunteer counsellor for a mental health charity and run a private practice of my own.

My background is in (NHS) family health and I have been working therapeutically in the South London community for over ten years. I am passionate about the work that is being done at One in Four and feel truly blessed to be part of such a brilliant charity. I and four other members of staff, have been working on the helpline for a month, offering a non gendered service. We give information emotional support advice and sign posting to callers. At the end of the line one of us will be there, we will not judge or tell callers what to do. What we will do is listen, giving the caller an

outlet for the fear, frustration anger or sadness, which often allows them to rationalise and organise their own thoughts into some sort of action.

One in Four cover a number of geographical areas, but for those callers living outside the London area who require a service closer to home we are able to signpost them to other agencies. One in Four helpline staff possess a wealth of in-depth knowledge and experience, we are committed to our self development within our role and attend regular supervision which enhances our practice.

FUNDRAISING AT ONE IN FOUR

My name is Marie Davies and I have been contracted by One in Four to carry out fundraising for the organisation for one or two days a month. I have worked in the voluntary (charity) sector for over 15 years and in particular with organisations in the health and homelessness sectors. In this time I have been Director of a Women's Health Charity and also held the position of Director of Fundraising for regional and national charities. I hope to raise much-needed funds for One in Four so that the organisation can reach many more people.

I am sure that most of you reading this Newsletter will be aware that One in Four is a registered charity and as such relies on a mix of charitable and government funding to carry out its vital work.

Having charitable status is a good thing for One in Four as it means that the organisation is independent and can be run without all the constraints and 'red tape' associated with Government run or NHS type organisations, so can be more responsive to the needs of clients. The other advantage is that One in Four has the ability to apply for and accept

donations and gifts from a wide range of companies, trusts and foundations as well as individuals.

Currently One in Four has successfully applied for and received funding from the Home Office Victims Fund and Government Equal Opportunities fund. However, if the organisation is to expand current services and reach out and help more survivors of sexual abuse then fundraising is going to be increasingly important.

Applying to charitable trusts and foundations to fund aspects of the organisations work will be ongoing and should help to fund costs such as rent and general overheads including the few staff costs. Other areas of fundraising will focus on local companies, events, sponsorship, gifts in kind and individual giving. Using local papers and radio to raise awareness of One in Four can promote giving from local people.

Everyone who wants to get involved with fundraising at One in Four can help and often in the most surprising ways. For example, you may know of someone who works at a company where match giving (matching

donations raised by employee(s) is offered or gifts in kind are also given. Gifts in kind can be providing staff time to decorate, for example, or giving away items that the company manufactures, e.g. Computer Company donating PCs or IT support to a charity; furniture store offering sofas, tables etc.

Attending events or volunteering to help at events or sponsoring others is also a good way to get involved.

If individuals are able to make donations and are UK tax payers, the charity can recover 28p from the Inland Revenue for every £1 donated. For example, a donation of £10 is worth £12.80 to One in Four at no extra cost to the donor.

For those of you reading this and would like to offer support or have fundraising ideas, please contact Linda at One in Four.

Fundraising is not for everyone and One in Four advocates that only those who feel able or wish to become involved do so.

SUPPORTERS OF ONE IN FOUR

When I saw the advertisement for the Service Users to be involved in supporting One in Four I jumped at the chance to put something back into the organisation that has helped to change my life for the better. As with many service users groups the take up has been quite slow, however this is more than made up by the enthusiasm and skill base of people that are involved. Our first event being one of winter celebration (celebration that it will soon be over?) has been great fun to organise. I look forward to being involved in many more events, we have some great ideas for future events in the pipeline, and I look forward to working with other service users of One in Four - Shirley

Because One in Four has made such a positive difference to my life, I was very keen to be involved in the Supporters group. It's great to have the opportunity to be involved and to make a contribution however small. We have a 2 hour meeting once a month and can bring any ideas suggestions on how we can make One in Four even better for the service users.. It's been fun organising the Christmas party. I really recommend getting involved. As the 'Supporters' tag line says "Your voice is important". -Linda Stewart

A WORD FROM THE CLINICAL SERVICES MANAGER

My name is Laura Joanknecht and I am an Accredited Member of the British Association for Counselling and Psychotherapy. I took on the role of Clinical Services Manager in June 2009, after having had some interaction with One in Four in my role as a counselling tutor in various colleges in South East London. I had always been aware of the commitment and good intention of the organisation to support survivors of sexual abuse, and so coming in to develop the organisation further was an interesting challenge for me. I had met the founder of One in Four, Colm O'Gorman many years ago, and had felt his passion and ambition for the organisation to reach and support as many survivors as possible. I have a background of working as a counselling trainer and supervisor as well as having my own private practice as a therapist of individuals and couples. I have also worked as a Senior Manager in Further Education managing large departments of teachers and students. For a number of years I worked as a group facilitator for non abusing parents and carers at MOSAC in Greenwich.

Since June we have increased the number of counsellors working at One in Four

which means that our waiting list has decreased and we hope that this means that people who now want to access counselling at One in Four will feel that the time between their initial consultation and their first counselling appointment is more manageable. Some of our counsellors have also moved on to other opportunities and I would like to thank them for all their hard work and commitment and to wish them well for the future and their further development. In taking over the clinical management at One in Four I have tried to work with counsellors in a way which empowers them as practitioners and also with an ethos of empowering clients who have had many traumatic experiences which they have survived, and which means that they have incredible resourcefulness and resilience, which at times they may need some support in identifying. The very nature of sexual abuse is that it is a violation of the self often leading to feelings of self-loathing anger and shame. By working with people in expressing their difficult feelings and accessing the part of themselves which is resourceful and resilient, we hope that they will begin to get a sense of their own value and self worth.

As well as offering a contract of up to two years of therapy, we hope to begin to offer a six month therapy group for people to access after their year of therapy. We also run a variety of workshops to support people's development. So far this year I have facilitated the following workshops: Negative Thinking Patterns (with Paula Mitchell); Shame (with Chris Calder); and Inner Child (with Breda Doyle). I will be running an Anger workshop (with Sandra Leadley Watkins on 6th December) and a former One in Four counsellor, Georgia Bentley, will be running an Addictions workshop in January.

This is an exciting time for One in Four with plans to run further training for counsellors in developing their understanding of the dynamics of working with abuse. It is my intention to run more workshops for clients and supporters of One in Four with a focus on some of the theories surrounding the development of shame in the self.

If you would like to talk to me further or give me any of your ideas for future training and workshops please email me on clinicalservicesmanager@OneinFour.org.uk

VOLUNTEER VACANCIES

One in Four relies on volunteers giving up their time and expertise, at the moment we require

Handyperson - for all those little jobs around the building

Public relations - media networking. Do you work for or have connections to newspaper, radio or TV.

Webmaster - to help manage our website and computer systems

Fundraisers - we run entirely by donations: if you have what it takes to raise funds or goods, you could help us to maintain our standard of excellence by working in collaboration with our professional fundraiser.

All volunteers need a CRB check which we will arrange

YOUR VOICE IS IMPORTANT

Hi all, just a few words to update you on the progress of the service users group. We have had several good meetings and raised some important points for 'One-in-Four'. There have been several positive changes made through raising awareness. These include; secure letter box, kitchen area and we are currently working on a number of projects to promote and improve the services 'one-in-Four' offer. We have three events in progress for next year and feel excited about these. As always we could not run the service users group without the support and commitment of all members and we are very grateful to all of you who have been able to contribute. We always welcome new members and if you are interested in joining us there is always a notice in the kitchen for the next meeting. Phone the office to find out more or just turn up on the day. Hope to see you in the New Year. Wishing you all the seasonal best Paula, on behalf of the service users group.