



news

Registered Charity Number 1120060
Spring 2009

www.dorsetactiononabuse.org.uk

Email: daa.group@yahoo.com

Welcome to the Spring 09 Dorset Action on Abuse newsletter.

What have we been doing?

We have been very busy since our last newsletter, and now have a website at www.dorsetactiononabuse.org.uk. Many thanks to all of you who have given us feedback on the website. If you know of any relevant links that we can add to our website, please let us know. The aim is to update the website regularly, adding pages and information over the next few months – so do become a visitor the site.

Fund Raising

DAA fund-raiser Ellie Fox-Kirk continues to work tirelessly on our behalf. We are currently submitting a bid for lottery funding, so fingers and toes crossed that we will be successful. If you can help us either by volunteering time or ideas for fund-raising, or by donating funds to DAA to support our services, please get in touch.

Funders are very interested to know how charities are working to raise income in different ways, and DAA's new policy of requesting donations for attendance at evening training events is proving to be very successful. We now request payment of a fee for the evening events £20 for organisations, £10 for self-funding individuals.

Boscombe Market Stall

On December 6th we ran a market stall in Boscombe market, organised by Jan Shimmin. DAA supporters turned out in force, and the weather looked kindly on us with a crisp but dry day. The day was a great success, we raised £334, We distributed leaflets to interested folk so our presence also raised interest in DAA's work. We had so many things to sell, we could have done it all over again, but we opted for distributing the remaining

goods to two nearby charity shops, Age Concern and PDSA, who were very grateful for our contributions. Our thanks also to the sign-writers THINK, Christchurch Road, who provided us with a great banner at a very low cost. It looked something like this!



DAA Self-Help Support Groups

After much discussion with members of the self-help groups, DAA now runs facilitated groups. The facilitator does not act in a therapeutic capacity, rather, the facilitator's role is to create and maintain a safe place for all members, upholding the group guidelines. Liz Spreadbuy kindly volunteered to facilitate the Bournemouth group for six months, aided by Kate Howe. The Poole self-help group is currently in abeyance and will reconvene when a volunteer facilitator is found. We are still planning a men's group for the future. If you have experience of facilitating groups and are interested in volunteering, please get in touch with us.

DAA Training

We have recently offered two evening seminars at Bournemouth University, one on working with self-harm, and the other on the impact of working with abuse survivors. Both were well attended, and attendees reported both events as being helpful and beneficial.

April 2009 Evening Seminar

The next evening seminar will be from 6.15 – 7.45 pm, at Bournemouth University on April 23rd 2009. The topic is

Gender issues and Male Survivors

Facilitated by

Dr Moira Walker & Dr Zoë F-Pool

Cost: £20 for organisations, £10 for self-funding individuals. We do, however, want our work to reach as many people as possible, so if folk really cannot afford this fee, we invite you to come anyway, and give something if you can.

Saturday Training event on Parenting

In response to requests for longer training on this important topic, Dr. Moira Walker will facilitate a full day's training on

The Impact of Abuse on Parenting and Children

Date/Time June 27th 10.30 am to 4 pm at Bournemouth University (room tbc). Please bring your lunch. The cost is £40 for organisations and £30 for individuals. If you cannot afford £30, please come anyway and contribute what you can. Please email Zoë to confirm your place.

DAA Conference 2009

The 2009 DAA Conference will be held on 7th November 2009 at the Quaker Hall in Boscombe. More details to follow.

Tell Us Your Training Needs!

To help us plan future events, we'd like to hear about your training needs, as we intend to offer one day workshops, and longer courses in the future.

Please email Zoë at:

daa.group@yahoo.com if you have a particular training need, and/or you'd like to attend the above session.

DAA Counselling Service

We are now well underway with counselling sessions on Monday afternoons in addition to Wednesday mornings. For more information about DAA counselling call Zoë F-Pool, on

07779 172338

Client Feedback

To support our bids for funding, and to evaluate the counselling service so we can continue to improve our service, we asked existing and ex-clients to give us feedback on their experience of DAA.

One client reported that before accessing help through DAA, *"It was terrible not being able to get help. The nightmares and the emotions were very hard to deal with and life was impossible."* She was happy to report that counselling has *"helped me and I have turned my life around. Life is worth living now and I can see more positively I am very relaxed and settled now."*

Another client says, *"I had severe abuse as a child. Memories hidden away,*

emotional problems, insecurity...Just to talk about it helps, but this goes beyond that, to actually help me cope with the trauma, it is essential for good mental health."

A third client reports, *"I'm in my fifties and only now am I able to open up about the years of abuse I've been through. It's been difficult trusting people, but I think I am making a breakthrough. DAA is making a huge difference to my life, but it isn't something that can be rushed."*

A fourth client stated, *"My situation of child abuse has deeply scarred me mentally and physically, even though it was 33 years ago. 1-2 month counselling at my GP surgery did little to help. Now, with a long-term project, (and that is what is needed for long-term childhood trauma) I can really dig deep, after fully trusting my counsellor, and bring out hidden emotions and memories that need to come out. In doing so, I can understand myself and face fears better, phobias, emotional difficulties, old unhealed wounds. It takes time, but it works."*

We would like to thank all our clients who took the time to give us this important feedback.

We are still hoping to extend the counselling service to the Bournemouth area, so if anyone knows of premises offering free or low cost space, suitable for counselling in Bournemouth, please get in touch with Zoë.

DAA Officers and Core Group

We want to extend our heartfelt thanks to Sabi Redwood the DAA Chair, and Sheila Waters, DAA treasurer, who are standing down from their posts this year. We would also like to express our gratitude to Jan Shimmin who is standing down from the core group, but who has promised her ongoing support for DAA's work.

Newly elected DAA officers

We are pleased to welcome our newly elected core group officers:

Chairwoman: Dr Moira Walker

Treasurer: Ms Denise Penny