



# Acts Fast

We stop and listen while the world carries on

---

Abused Children's Trauma Support, Family Advice & Strategy Team

---

## HELP AND SUPPORT DIRECTORY FOR VICTIMS & FAMILIES OF SEXUAL ABUSE

*This guide is not intended to be a comprehensive list, but has been compiled by a group of parents of sexually abused children who have had to trawl long and hard for such information. We want to make sure that you don't have the same difficulties in finding appropriate and relevant support and help organisations.*

*It is our hope that this directory will be of benefit to you either now or at some point in the future when you have questions, need support, or wish to read further about the issues involved in this very sensitive subject. Most charities and organisations have comprehensive websites with helplines, information, downloads, book lists and other resources. If you prefer not to call, you can email many of them for advice.*

*We have repeated some of the charities and organisations in more than one category to help you to more quickly find the right support for your needs.*

*ACTS FAST will attempt to keep this information up-to-date, but please be aware that occasionally information is changed by the providers. The ACTS FAST phone number, web and email addresses are shown at the bottom of each page.*

## ***IN A CRISIS!***

### **Dorset SARC (Sexual Assault Referral Centre)**

Free help and support for people who have been raped or sexually assaulted.

Helpline: 01202 552056 (24/7, 365 days a year)

[www.the-shores.org.uk](http://www.the-shores.org.uk)

Email: [info@the-shores.org.uk](mailto:info@the-shores.org.uk)

### **Dorset Police**

999 (emergency only)

### **Childline**

*For children and young people*

Helpline: 0800 1111 (24 hours 7 days a week)

[www.childline.org](http://www.childline.org)

Also 24 hour email and online support available

### **Dorset Rape Crisis Centre (DRCSC)**

*Open at various times for victims of rape/sexual abuse. Advice and support for men, women and young people over 16 yrs of age*

Helpline: 01202 308855

[www.dorsetrapecrisis.org](http://www.dorsetrapecrisis.org)

### **NSPCC**

*Are you worried about a child?*

Helpline: 0808 800 5000 (24 hours 7 days a week)

Text query: 88858

[www.nspcc.org.uk](http://www.nspcc.org.uk) Email:

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

### **The Samaritans**

Helpline: 116 123 (24/7, 365 days a year)

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

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

---

## **FOR CHILDREN & YOUNG PEOPLE**

---

### **Childline**

*Private and confidential service for children and young people up to age of 19.*

Helpline: 0800 1111 (24 hours)

[www.childline.org](http://www.childline.org)

Also 24 hour email and online support available

### **Get Connected**

*Confidential helpline for young people under 25 who need help and support.*

Free Helpline: 0808 808 4994 (1-11pm every day)

Free text support: 80849

[www.getconnected.org.uk](http://www.getconnected.org.uk)

Or email via their website for email support

### **Kooth**

*Free and anonymous online advice and support for 11-25 year olds. 12-10pm weekdays, 6-10pm weekends*

[www.kooth.com](http://www.kooth.com)

### **Sussed Youth Advisory Project**

*Advice & information for young people aged 11-25. Wimborne Road, Kinson, Bournemouth. Telephone or drop in.*

Advice: 01202 574308

Health: 01202 575096

### **Quay Advice Centre (Poole)**

*Information and advice for young people aged 11-25.*

Tel: 01202 262291

[www.quayadvice.co.uk](http://www.quayadvice.co.uk)

### **WavesProject (Weymouth)**

*Advice, guidance and counselling for young people up to the age of 20.*

01305 768768

Find details through:

[www.childrensociety.org.uk/what-we-do/helping-children](http://www.childrensociety.org.uk/what-we-do/helping-children)

### **Reach Out Dorset (Sturminster Newton)**

*Support for children, young people and their families through difficult times*

Tel: 01258 475487/07904 664937

[www.reachoutdorset.org](http://www.reachoutdorset.org)

---

## **FOR PARENTS/CARERS AND OTHER FAMILY MEMBERS**

---

### **DAA (Dorset Action on Abuse)**

*Private and confidential counselling and creative therapy services for adult survivors of childhood sexual abuse.*

Helpline: 01202 732424

[www.dorsetactiononabuse.co.uk](http://www.dorsetactiononabuse.co.uk)

Email: [daacharity@gmail.com](mailto:daacharity@gmail.com)

### **MOSAC**

*Support for non-abusing parents and carers of sexually abused children*

National free helpline: 0800 980 1958 / 020 8293 9990

[www.mosac.org.uk](http://www.mosac.org.uk)

Email: [enquiries@mosac.org.uk](mailto:enquiries@mosac.org.uk)

### **NSPCC**

*Are you worried about a child?*

Helpline: 0808 800 5000 (24 hours 7 days a week)

Text query: 88858

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

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

### **Kidscape**

*Kidscape produces a very useful booklet "Why My Child – A Guide for Parents of Children who have been Sexually Abused", which is available via website, or as a paper copy.*

[www.kidscape.org.uk](http://www.kidscape.org.uk)

Email: [info@kidscape.org.uk](mailto:info@kidscape.org.uk)

### **Victim Support**

*An independent charity giving free, confidential advice, emotional and practical support for victims and witnesses of crime in England and Wales.*

Support line: 0845 30 30 90

9am-8pm Mon – Fri, 9am-7pm Weekends, 9am-5pm Bank Holidays

[www.victimsupport.org.uk](http://www.victimsupport.org.uk)

### **Step Up**

*Offer practical and emotional help and advice.*

Tel: 020 8517 5888 (Wed & Thurs 7.30-9.30pm, ansaphone at other times)

[www.step-up-charity.co.uk](http://www.step-up-charity.co.uk)

Email: [step-up-jacqui@hotmail.com](mailto:step-up-jacqui@hotmail.com)

## **BCHA (Bournemouth Churches Housing Association)**

*Provide emotional & practical advice for families, women & men, refuges and outreach.*

Tel: Bournemouth 01202 547755

Tel: Poole 01202 748488

[www.bcha.org.uk](http://www.bcha.org.uk)

Email: [enquiries@bcha.org.uk](mailto:enquiries@bcha.org.uk)

## **Citizens Advice Bureau**

*Providing a range of free confidential advice.*

Tel: 03444 111 444 or find local offices on website

[www.citizensadvice.org.uk](http://www.citizensadvice.org.uk)

[www.adviceguide.org.uk](http://www.adviceguide.org.uk) (specific fact sheet on Child Abuse available)

## **Reach Out Dorset (Sturminster Newton)**

*Support for children, young people and their families through difficult times*

Tel: 01258 475487/07904 664937

[www.reachoutdorset.org](http://www.reachoutdorset.org)

---

## **FOR ADULT SURVIVORS OF CHILDHOOD SEXUAL ABUSE**

---

### **The Survivors Trust**

*The Survivors Trust has a list of charities and organisations across the UK. They provide information and resources for survivors.*

Tel: 01788 550554

Helpline available soon

[www.thesurvivorstrust.org](http://www.thesurvivorstrust.org)

Email: [info@thesurvivorstrust.org](mailto:info@thesurvivorstrust.org)

### **DAA (Dorset Action on Abuse)**

*Private and confidential counselling and creative therapy services for adult survivors of childhood sexual abuse.*

Helpline: 01202 732424

[www.dorsetactiononabuse.co.uk](http://www.dorsetactiononabuse.co.uk)

Email: [daacharity@gmail.com](mailto:daacharity@gmail.com)

### **TAG (Trauma and Advice Group)**

*Resources for survivors (and their support network) of abuse and trauma.*

[www.tag-uk.net](http://www.tag-uk.net)

### **The Samaritans**

Helpline: 116 123 (24/7, 365 days a year) [www.samaritans.org](http://www.samaritans.org)

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

### **DABS**

*Specialist book list and information service for survivors*

Helpline: 01255 852774

[www.dabsbooks.co.uk](http://www.dabsbooks.co.uk)

### **NAPAC (National Association for People Abused in Childhood)**

Free Support line: 0808 801 0331 / 0800 085 3330

Times: Mon – Thurs 10am-9pm, Fri 10am – 6pm, Sat 10am – 4pm

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

[www.napac.co.uk](http://www.napac.co.uk)

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

Letter Support: NAPAC, PO Box 63632, London SW9 1BF (Postal address only)

### **One in Four UK**

*Support and information for survivors.*

Tel: 0208 697 2112

[www.oneinfour.org.uk](http://www.oneinfour.org.uk)

Email: [admin@oneinfour.org.uk](mailto:admin@oneinfour.org.uk)

## **Respond**

*Support for victims of abuse with learning difficulties.*

Freephone helpline: 0808 808 0700

[www.respond.org.uk](http://www.respond.org.uk)

Email: [admin@respond.org.uk](mailto:admin@respond.org.uk)

## **Survivors UK**

*Support and information for men and boys who have been sexually abused or raped.*

Helpline: 0845 122 1201

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

## **Rape Crisis**

*Supporting female victims of rape and sexual abuse.*

Helpline: 0808 802 9999 (12-2.30pm, 7-9.30pm)

[www.rapecrisis.org.uk](http://www.rapecrisis.org.uk)

Email: [rcewinfo@rapecrisis.org.uk](mailto:rcewinfo@rapecrisis.org.uk)

## **National Domestic Violence**

Helpline: 08082000 247

## **Into the Light**

*Offer support, information, resources and counselling for those abused and those who support them.*

[www.intothelight.org.uk](http://www.intothelight.org.uk)

Email: [info@intothelight.org.uk](mailto:info@intothelight.org.uk)

## **CIS'ters**

*For adult women (18+) abused as children by a member of the immediate or extended family.*

Tel: 023 8033 8080 (Answer phone at all other times).

[www.cisters.org.uk](http://www.cisters.org.uk)

Email: [admin@cisters.org.uk](mailto:admin@cisters.org.uk)

## **Rape and Abuse Helpline**

Women - Tel: 08088 000123

Men - Tel: 08088 000122

## **Victim Support**

*An independent charity giving free, confidential advice, emotional and practical support for victims and witnesses of crime in England and Wales. Help with form filling & compensation advice. Help and support for witnesses through court process.*

Support line: 0845 30 30 90

9am-8pm Mon – Fri, 9am-7pm Weekends, 9am-5pm Bank Holidays

[www.victimsupport.org.uk](http://www.victimsupport.org.uk)

## **BCHA (Bournemouth Churches Housing Association)**

*Emotional and practical advice for families, women and men. Provide refuges and regular outreach support.*

Tel: Bournemouth 01202 547755

Tel: Poole 01202 748488

[www.bcha.org.uk](http://www.bcha.org.uk)

Email: [enquiries@bcha.org.uk](mailto:enquiries@bcha.org.uk)

## **Citizens Advice Bureau**

*Providing a range of free confidential advice.*

Tel: 03444 111 444 or find local offices on website

[www.citizensadvice.org.uk](http://www.citizensadvice.org.uk)

[www.adviceguide.org.uk](http://www.adviceguide.org.uk) (specific fact sheet on Child Abuse available)

## **Reach Out Dorset (Sturminster Newton)**

*Support for children, young people and their families through difficult times*

Tel: 01258 475487 / 07904 664937

[www.reachoutdorset.org](http://www.reachoutdorset.org)

## **Stepping Stones - Blandford**

*Christian support groups for female survivors of sexual abuse.*

Tel: 07592 007 620



---

## **FAITH-BASED ORGANISATIONS**

---

### **Life Centre**

*Support for men, women and child survivors of rape and sexual abuse, and their supporters.*

Adult Helpline: 0844 847 7879

Under 18's Helpline: 0808 802 0808

Text Help and Support: 07717 989022

[www.lifecentre.uk.com](http://www.lifecentre.uk.com)

### **CCPAS (Churches Child Protection Advisory Service)**

*A helpline for victims and church leaders/youth leaders etc.*

Helpline: 0845 1204550 (24 hours) Open to all

[www.ccpas.co.uk](http://www.ccpas.co.uk)

Email: [info@ccpas.co.uk](mailto:info@ccpas.co.uk)

### **BCHA (Bournemouth Churches Housing Association)**

*Emotional and practical advice for families, women and men. Provide refuges and regular outreach support.*

Tel: Bournemouth 01202 547755

Tel: Poole 01202 748488

[www.bcha.org.uk](http://www.bcha.org.uk)

Email: [enquiries@bcha.org.uk](mailto:enquiries@bcha.org.uk)

### **Premier Lifeline**

*Helpline providing a listening service, information, emotional and spiritual support from a Christian perspective.*

Helpline: 0300 111 0101

[www.premier.org.uk/lifeline](http://www.premier.org.uk/lifeline)

### **Stepping Stones - Blandford**

*Christian support groups for female survivors of sexual abuse.*

Tel: 07592 007 620

---

## LEGAL HELP

---

### **Citizens Advice Bureau**

*Provide a range of free, independent, confidential and impartial advice on rights and responsibilities.*

Tel: 03444 111 444 or find local offices on website

[www.citizensadvice.org.uk](http://www.citizensadvice.org.uk)

[www.adviceguide.org.uk](http://www.adviceguide.org.uk) (specific fact sheet on Child Abuse available)

### **Rights of Women**

*Offers free confidential legal advice to women on their advice line; specifically on family law, divorce and relationship breakdown, children and contact issues, domestic violence, rape, sexual assault, discrimination and lesbian parenting.*

Criminal Law Advice Line: 020 7251 8887; Textphone: 020 7490 2562

Tues 11am – 1pm

Family Law Advice Line: 020 7251 6577; Textphone: 020 7490 2562

Mon – Thurs 7pm - 9pm, Fri noon – 2pm

Immigration and Asylum Law: 020 7490 7689; Textphone: 020 7490 2562

Mon noon – 3pm, Thurs 10am – 1pm

[www.rightsofwomen.org.uk](http://www.rightsofwomen.org.uk)

### **Community Legal Advice**

*Get free and confidential legal advice in England and Wales if you are eligible for legal aid.*

Mon - Fri 9am – 10pm, Sat 9am -12.30pm

Also a 'call back' form is available on the web-site.

[www.communitylegaladvice.org.uk](http://www.communitylegaladvice.org.uk)

Tel: 0345 345 4 345

### **Children's Legal Centre**

*Provides free legal information, advice and representation to children, professionals, as well as training and consultancy on child law and children's rights.*

Child Law Advice Line: 0808 802 0008

Mon-Fri 8am-8pm

English child, family and educational law

Migrant Children's Project Advice Line: 020 7636 8505

Tues-Thurs 10am-6pm

Advice on rights of asylum seeking, and migrant, children.

[www.childrenslegalcentre.com](http://www.childrenslegalcentre.com)

## **Crown Prosecution Service (CPS)**

*Information for victims and witnesses, from reporting a crime to going to court. They also provide victim and witness resources, available on-line.*

[www.cps.gov.uk](http://www.cps.gov.uk)

## **CAFCASS (Children's and Families' Court Advisory and Support Service)**

*Cafcass looks after the interests of children involved in family proceedings. Work with children and their families, and advise the courts on the best interests of individual children. It CANNOT give legal advice, information about specific cases to non-parties (people not directly involved in the specific case) or advise on your own personal circumstances.*

[www.cafcass.gov.uk](http://www.cafcass.gov.uk)

Local office at: Courts of Justice, Deansleigh Rd, Bournemouth, BH7 7DS.

Telephone: 0300 456 4000

Email: [telephoneenquiries@cafcass.qsi.gov.uk](mailto:telephoneenquiries@cafcass.qsi.gov.uk) and they will return your call

For general enquires email: [webenquiries@cafcass.qsi.gov.uk](mailto:webenquiries@cafcass.qsi.gov.uk)

## **Criminal Injuries Compensation Authority (CICA)**

*Deal with compensation claims from people who have been physically or mentally injured because they were the blameless victims of a violent crime in England, Scotland and Wales. This is time-limited to within two years.*

Telephone: 0300 003 3601

Mon-Fri 08.30-17.00, except Weds 10.00-17.00

[www.gov.uk/government/organisations/criminal-injuries-compensation-authority](http://www.gov.uk/government/organisations/criminal-injuries-compensation-authority)

## **The Children's Society**

*We defend, safeguard and protect the childhood of all children and young people throughout the UK through our network of programmes and services.*

Tel: 0300 303 7000

Email: [supportercare@childrenssociety.org.uk](mailto:supportercare@childrenssociety.org.uk)

[www.childrenssociety.org.uk](http://www.childrenssociety.org.uk)

---

## AFTER SENTENCING

---

### Victim Liaison

*You should be assigned a Victim Liaison Officer via the Probation Service, who will contact you after the sentencing to arrange a visit to discuss all aspects of the case and the future, such as your wishes prior to the release of the offender, or if you have worries about an offender being released.*

*Also, for advice during/after the sentencing, including help if receiving unwanted contact from the offender.*

### National Offender Management Service (NOMS) Victim Helpline

Helpline: 0845 7585 112 (9am-4pm)

[www.hmprisonservice.gov.uk](http://www.hmprisonservice.gov.uk)

[victim.helpline@noms.gsi.gov.uk](mailto:victim.helpline@noms.gsi.gov.uk)

### Victim Support

*An independent charity giving free, confidential advice, emotional and practical support for victims and witnesses of crime in England and Wales. Help with form filling & compensation advice. Help and support for witnesses through court process.*

Support line: 0845 30 30 90

9am-8pm Mon – Fri, 9am-7pm Weekends, 9am-5pm Bank Holidays

[www.victimsupport.org.uk](http://www.victimsupport.org.uk)

### Government Website

[www.gov.uk/get-support-as-a-victim-of-crime](http://www.gov.uk/get-support-as-a-victim-of-crime)

**'Code of Practise for Victims of Crime'** – Find out what you are entitled to.

### Victim Contact Scheme (VCS)

*You'll be given the option to join the scheme when you report the crime if you are the victim of a violent or sexual crime and the offender is sentenced to 12 months or more. Joining VCS means you'll be:*

- Informed about the offender's prison sentence and release.
- Assigned a Victim Liaison Officer
- Told when an offender is up for parole and how to make a statement at a parole hearing

### Action for Prisoners' Families (APF)

*Works for the benefit of the families of prisoners and offenders. Represents views of the families and those who work with them.*

*They can provide advice sheets and resource lists about having a family member who has committed sexual offences, advice for the victims, etc., including a booklet, for £4.50 or free to a prisoner's family, "Someone in my Family has Sexually Abused Children."*

[www.prisonersfamilies.org.uk](http://www.prisonersfamilies.org.uk)

Telephone Helpline: 0808 800 2003

Mon-Fri 09.00-20.00, Weekends 10.00-15.00

Tel: 01202 797217

[www.actsfast.org.uk](http://www.actsfast.org.uk)

Email: [support@actsfast.org.uk](mailto:support@actsfast.org.uk)

ACTS FAST Charity registration no. 1157675

---

## **SPECIFIC ISSUES HELP**

---

### **Self Harm**

#### **National Self-Harm Network**

*Resources, information and support for young people and parents*

Supportline: 0800 622 6000

7-11pm Thurs-Sat and 6.10-10.30pm Sundays

[www.nshn.co.uk](http://www.nshn.co.uk)

#### **TESS**

*Self harm resources including text and email support for young people.*

Text Support Line: 0780 047 2908

or email support via their website:

[www.selfinjurysupport.org.uk](http://www.selfinjurysupport.org.uk)

---

## **Suicide Ri s k s/Concerns**

---

#### **Premier Lifeline**

*Helpline providing a listening service, information, emotional and spiritual support from a Christian perspective.*

Helpline: 0300 111 0101

[www.premier.org.uk/lifeline](http://www.premier.org.uk/lifeline)

#### **Papyrus**

*For young people and their parents/carers, resources and helpline support for those considering suicide or in emotional distress, depression, etc. Run by parents of suicide victims.*

Helpline: 0800 068 4141

Open 10am-5pm and 7pm-10pm weekdays. 2-5pm weekends

[www.papyrus.org.uk](http://www.papyrus.org.uk)

---

## ***Learning Difficulties***

---

### **Respond**

*Support for victims of abuse with learning difficulties.*

Freephone helpline: 0808 808 0700

[www.respond.org.uk](http://www.respond.org.uk)

Email: [admin@respond.org.uk](mailto:admin@respond.org.uk)

### ***Parenting Support***

#### **Family Action** (formerly Family Welfare Organisation)

*Support for victims of abuse with learning difficulties.*

Freephone helpline: 0808 808 0700

[www.respond.org.uk](http://www.respond.org.uk)

Email: [admin@respond.org.uk](mailto:admin@respond.org.uk)

### **ParentLine**

*Support for parents.*

Freephone helpline: 0808 800 2222

[www.parentlineplus.org.uk](http://www.parentlineplus.org.uk)

### ***Grandparents' Support***

#### **The Grandparents Association**

*Support for grandparents.*

Helpline: 0845 434 9585

[www.grandparents-association.org.uk](http://www.grandparents-association.org.uk)

Email: [advice@grandparents-association.org.uk](mailto:advice@grandparents-association.org.uk)

---

## **INFORMATION ON CHILD PROTECTION**

---

### **Internet Watch Foundation (IWF)**

*To report child sexual abuse content or criminally obscene adult content on the internet. Your report may help to trace and rescue a young victim from further abuse. [www.iwf.org.uk](http://www.iwf.org.uk)*

### **Premier Lifeline**

*Helpline providing a listening service, information, emotional and spiritual support from a Christian perspective.*

Helpline: 0300 111 0101 [www.premier.org.uk/lifeline](http://www.premier.org.uk/lifeline)

### **Child Exploitation and Online Protection Centre (CEOP)**

*Dedicated to eradicating sexual abuse of children, part of UK policing including resources for website for parents and teachers.*

[www.thinkuknow.co.uk](http://www.thinkuknow.co.uk) (parents and teachers as required)

*Also, to report someone who has acted inappropriately online towards your child or another young person you know, contact: [www.ceop.police.uk](http://www.ceop.police.uk)*

### **CCPAS (Churches Child Protection Advisory Service)**

*A helpline for victims and church leaders/youth leaders etc.*

Helpline: 0845 1204550 (24 hours) Open to all

[www.ccpas.co.uk](http://www.ccpas.co.uk)

Email: [info@ccpas.co.uk](mailto:info@ccpas.co.uk)

### **RWA (UK)**

*Child Protection Organisation.*

*Concerns about someone who has contact with your child/children.*

*Sarah's Law (Child Sex Offender Scheme) - Allows you to ask local police to check if someone has a record of (sex) offences, which may mean they are a danger to your child.*

[www.sexualcrime.org](http://www.sexualcrime.org)

Tel: 01908 225540

See also: [www.parentsprotect.co.uk](http://www.parentsprotect.co.uk)

### **The Lucy Faithfull Foundation**

*Reducing the risk of children being sexually abused.*

[www.lucyfaithfull.org](http://www.lucyfaithfull.org)

*This organisation also manage:*

#### **Parent's Protect - Stop It Now!**

*Raising awareness of child sexual abuse, and information/resources.*

Helpline: 0808 1000 900

[www.stopitnow.org.uk](http://www.stopitnow.org.uk)

[www.parentsprotect.co.uk](http://www.parentsprotect.co.uk)

Tel: 01202 797217

[www.actsfast.org.uk](http://www.actsfast.org.uk)

Email: [support@actsfast.org.uk](mailto:support@actsfast.org.uk)

ACTS FAST Charity registration no. 1157675