

We are Visible!

The Voice of adults who have experienced Childhood Sexual Abuse:
The Voice of the Visible Reference Group

Welcome to the 4th issue of We are Visible - This newsletter brings you information and news relating to the work of Visible. To contact the group please email visiblevoice@leedsinvolvement.org.uk

Visible – Who, What and Why?

WHO

Key professionals from organisations in Leeds joining forces with those adults who have experienced child sexual abuse

WHAT

A group that advocates best practice, successes, and learning. Through sharing the experiences of those who have experienced child sexual abuse

WHY

Visible want to improve the health and wellbeing outcomes of adults who have experienced child sexual abuse



Spotlight on

Why bother!!! Is there really a need for such a group in Leeds?

Yes because.....

50,000 LEEDS ADULTS 
are estimated to be living with the impact of **child sexual abuse**.

Over **15,850** 
Children in LEEDS are predicted to experience **SEXUAL ABUSE** before their 16th birthday ².

Source: Visible Website

Jargon Busting

Gaslighting

Gaslighting is a form of manipulation and emotional abuse that causes people to question their reality, judgement and sense of self. It can make people feel insecure or unconfident. It can range from continually trying to convince someone that their emotional reaction to something is inappropriate or disproportionate, to questioning your memory of events.

Unintentional Gaslighting

Similar to above but rather than manipulation being the motive it may be down to lack of understanding, lack of education or trying to help. The result / outcome however is the same.

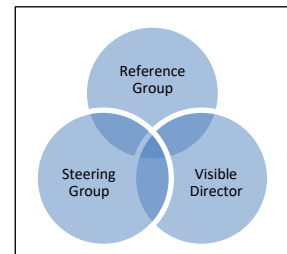
Info About How Visible Is Made Up

Visible Reference Group

The Visible Reference Group are a proactive group of adults that have experienced child sexual abuse. Members from the group attend every Steering Group Meeting to provide feedback and information to improve services for people that have experienced child sexual abuse. Currently we have seven active members and three silent members who are all dedicated to improve the outcomes of local child sexual abuse survivors living in Leeds. We are looking to expand this to twelve.

Visible Steering Group

The Steering Group is made up of key people in the city from: Leeds City Council, Leeds York Partnership Foundation, Leeds Teaching Hospital Trust, and Leeds Community Healthcare as well as BASIS, Women's Counselling and Therapy Service, Forward Leeds, and Leeds Survivor Led Crisis Service.



The **Visible Director** links both groups and here is what he has been up to lately.

“Visible continues to go from strength to strength. The Visible Director, with very able support from Reference Group members, has been supporting GP Practices within the HATCH Local Care Partnership. We've worked together on making cancer screening appointments more accessible; and on upskilling medical practitioners to feel more confident at building trust with adults who've experienced CSA (we know that many adult survivors avoid healthcare appointments). Visible also continues to have major involvement in the Community Mental Health Transformation, helping to induct and train staff to work more compassionately and appropriately with adult survivors. Furthermore, the project is beginning to look at alternative ways for people to heal from the impact of CSA using creative means - a partnership with Upfront Survivors from Bristol, who are putting together a national network of creative communities of adult survivors, is in development. Lots of progress.... but lots more work still to do....”



Survivor Stories- The Reference Group



Great News

The new Visible Project website is up and running.

It's a great resource.

Have a look, we would love to know what you think.

[Visible Project Website](#)

The Reference Group have developed a workshop "Exploring the Impact of Child Sexual Abuse in Adults". The belief of the group being that for outcomes to be improved, people must 1st understand the impact of the abuse and how it is affecting their daily lives and barriers they may face.

If you are interested in the Reference Group delivering the workshop in your workplace, please email for more info visiblevoice@leedsinvolvement.org.uk

The Reference Group are excited to announce that series 1 of their Visible Voices podcasts is now live. These podcasts are Reference Group members talking about how the experience of being sexually abused as a child has impacted them in adulthood.

Topics include.

- *First Disclosure
- *Co-morbidities
- *Accessing Health Care

Click [here](#) to go to the podcast.

Recently the Reference Group have been asked to input on 2 projects.

- GP Surgery walk rounds to look at how trauma informed the surgeries are.
- Input into the wording of letters sent out by GPs to those who have experienced trauma to encourage cancer screening take up and break down barriers.

The Reference Group always welcome new members.

Should you be interested in joining the group please email

visiblevoice@leedsinvolvement.org.uk

You can be involved as much or as little as you want. Hybrid meetings are monthly, or you can choose to be a silent member and contribute via email.



Support for all survivors

[West Yorkshire Victim Support](#) is open weekdays (8am-8pm) if you need to talk to someone about any crime that you have experienced (including childhood abuse) – call 0300 303 1971. It doesn't matter whether you have reported the crime or how long ago it took place.

The [Victim Support National helpline](#) is open through the night (8pm-8am) and all weekend - call 0808 16 89 111 (freephone).

[Survivors West Yorkshire](#) provides support to [men](#) in West Yorkshire who have been affected by sexual violence.

[Napac](#) is a national freephone support line for adults who have experienced any type of abuse in childhood. Call 0808 8010331, 10am-9pm Monday to Thursday and 10am-6pm on Fridays.

[Rape and Sexual Abuse Support Centre \(RASASC\)](#) is a national freephone helpline which supports any man or woman who has experienced rape or sexual abuse (or their supporters). 7.30pm – 9.30pm Monday -Thursday 01483 546400

Please go to Mindwell's Website for additional local child sexual abuse support, impartial advice and online self-help programs. It has a fantastic sub-section that supports Child sexual abuse survivors. <https://www.mindwell-leeds.org.uk/services-directory/>