

We are England's leading family charity. We support over 45,000 families every year with over 100 services in communities across the country. We offer practical, emotional and financial help to families and individuals in their communities.

### Reflections from Service Users

These are some of the things that young people have said about our services:

- "I stopped blaming myself for the abuse through my counselling."
- "I realised that I wasn't the only one, others have experienced sexual abuse too."
- "Sexual abuse is something that happened to me, that shouldn't have happened, but is not who I am."
- "Through the support of the group I felt more hopeful about the future."
- "I realised I had been using lots of negative ways to cope, the group gave me confidence to look after myself and to try out more positive ways of coping."
- "Workers were helpful; I felt that I could trust them."

## How To Contact Us

For more information on our services or to make a referral please contact us at:

Family Action Leicester  
6 Seymour Street  
Leicester  
LE2 0LB

Telephone: 0116 2428450  
Email: [PSA@family-action.org.uk](mailto:PSA@family-action.org.uk)



family  
action

## Family Action Leicester Post Sexual Abuse Project

Providing support to children and young people and their families to address the impact of sexual abuse

### Family Action Central Office

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Registered charity n° 264713.

supporting families since 1869

## Aims Of Our Project

We offer a confidential service to children and young people and their families to address the impact of sexual abuse; and in doing so adhere to child protection and vulnerable adults procedures. We are obliged to pass on any concerns regarding a young persons' or adults' safety. All concerns about confidentiality will be addressed at the initial appointment.

We seek to work in partnership with families to promote recovery from the effects of sexual abuse.

We draw upon individuals' resilience to further develop their coping strategies and thus bring about healing.

We provide information to facilitate the child's recovery and improve their understanding of future possible risk.

We seek to strengthen parents/carers' support of their children to combat the effects of sexual abuse and to promote parents/carers' protective skills.

## About Our Services

When families are first referred we offer an initial appointment in order to provide information and assess further needs. Following on from this, service users are usually placed onto our waiting list for further services, as appropriate.

Services we offer include both individual support work and group work.

The groups we offer are age-appropriate, with the adolescent Girls Groups being the most common programme offered.

The service for carers/parents of children who have experienced sexual abuse is also provided via a group-work programme. Group-work programmes are usually offered over an eight week period.

We also provide advice, consultation and training to other professionals and agencies.

N.B. where criminal proceedings are pending, access to our services are subject to pre-trial guidelines and usually group-work can only be offered once all criminal/court work has been dealt with. However, we will offer a service in cases where there has been no or an unsuccessful prosecution.

## Criteria And Referrals

The Post Sexual Abuse Project offers services to children and young people who have experienced sexual abuse.

The service is available to all children and young people up to the age of 18 years who are living in the Leicester, Leicestershire and Rutland areas.

We also provide a service to parents and carers of children who have experienced sexual abuse.

Families can refer themselves or be referred by another professional or agency.

The majority of our funding is provided by local Primary Care Trusts, with support from Leicester City Council and Leicestershire County Council.