

## Safeline and sexual abuse

Safeline is a registered charity established in 1994 to help survivors of sexual abuse.

Contrary to popular belief, sexual abuse is common: one in 20 children in the UK are sexually abused (NSPCC, 2011) and about 500,000 adults experience a sexual offence each year (Ministry of Justice, Home Office, Office for National Statistics, 2013). In most cases, the survivor knows the perpetrator: up to two thirds of sexual abuse happens in and around the family (Children's Commissioner, 2015).

The long-term impact of sexual abuse can include anxiety, fear, post-traumatic stress disorder, dissociative identity disorder (formerly known as 'split personality disorder'), eating disorders, self-harm and suicidal feelings or attempts. Survivors of abuse may have problems in maintaining employment and relationships, and bringing up children.

## We provide:

- Specialised face-to-face, telephone and online counselling and creative therapies
- Practical and emotional help with reporting the abuse to the police
- Support, information and advice via three helplines and by text, instant message and e-mail
- Specialised training for parents and professionals
- Projects to keep young people safe from abuse.

We support adults and children from age five, offering face-to-face support in Warwickshire and the West Midlands, and training, helplines and online support across the country.

## If you need help please get in touch:

Helpline: **0808 800 5008**

Male helpline: **0808 800 5005**

Young people's helpline: **0808 800 5007**

Text support: **0786 002 7573**

## If you can't make regular gifts now we welcome one-off support:

- Online at [safeline.org.uk](https://safeline.org.uk)
- By cheque payable to Safeline
- By text message - 'LINE20 £' and the amount you'd like to give (£1, £2, £3, £4, £5 or £10) sent to 70070 e.g. 'LINE20 £5'.



[safeline.org.uk](https://safeline.org.uk) | [slyp.org.uk](https://slyp.org.uk)

Safeline, 6a New Street, Warwick CV34 4RX  
Office: 01926 402 498 • Email: [fundraising@safeline.org.uk](mailto:fundraising@safeline.org.uk)  
Registered charity number 1070854

join us  
as a friend  
of safeline



**Sexual Abuse & Rape**  
**Preventing | Supporting | Surviving**

## Please help if you can by making a monthly contribution



### Over the course of a year...

**£5**  
a month

could provide a creative therapy session for a child who has been abused

**£10**  
a month

could provide three counselling sessions for an adult survivor of abuse

**£30**  
a month

could run our helplines for a day

## Your support can transform lives:

"It was a life-saver: I had become frantic and very distressed as the problems had been affecting my life so badly for so long."

"Because of the ethos of Safeline, I have for the first time felt secure enough to explore who I am and what has happened to me."

"I feel like I'm living my life again and not just existing."

"This service has changed my life."

## How to give:

- Fill in the form attached to make regular donations from your bank account OR
- Use our account details to set up donations from your bank online (and please let us know) OR
- Go to our website [safeline.org.uk](http://safeline.org.uk) to give online. You can give anonymously online if you wish.

## Standing order form

Instructions to your bank or building society to make regular payments to Safeline.

Please complete in BLOCK CAPITALS and return to Safeline, 6a New Street, Warwick CV34 4RX.

Your bank or building society name:	
Your bank or building society address including postcode:	

Please pay to Safeline the sum of:

Amount in numbers:	£5 / £10 / £30 Other:.....
Amount in words:	
Per:	Month / Year
Starting on: (until further notice)	Day..... Month..... Year..... <i>Please allow at least one month from today's date for the first payment to be arranged</i>
Sort code:	
Account number / roll number:	
Account name:	
Signature:	
Date:	

Please pay to: **Co-operative Bank**  
Sort code: **08-92-99** Account number: **65500875**  
Account name: **Safeline Warwick**  
Quoting reference: **Donation**

## Your details

Title:	
First name / initial(s):	
Surname:	
Your home address including postcode:	
Email address:	

Boost your donations by 25p for every £1 you donate.

*giftaid it*

If you are a UK taxpayer we can reclaim basic rate tax on your donations, under the Gift Aid scheme.

In order to Gift Aid your donations you must complete your name and address above, tick the box below, and sign and date this form:

I want to Gift Aid all donations I make today, in the future or have made in the past 4 years to Safeline.

I am a UK taxpayer and understand that if I pay less Income Tax and/or Capital Gains Tax than the amount of Gift Aid claimed on all my donations in that tax year it is my responsibility to pay any difference.

Signature:	
Date:	

Please let Safeline know if you want to cancel this declaration, change your name or home address, or no longer pay sufficient tax on your income and/or capital gains.