

NAPAC newsletter

Volume 2, Issue 6

October 2012

Run for survivors, by survivors.

Hello everyone! It's that time of the month again, I'm here with all the latest news and announcements from NAPAC.

If you have any suggestions for future newsletters please contact joanne@napac.org.uk

Registered charity no: 1069802

napac

The National Association for
People Abused in Childhood

Pete's bit.....

Climbing Mont Ventoux

A group of six from Big Foot Cycling Club set off to climb Mont Ventoux in Provence, raising funds for NAPAC. 1,912 metres high, three routes to the top, completed on consecutive days.

Bedoin. The classic Tour de France ascent. Mostly forest, with unrelenting gradient of 10%. Legs burning the whole way. Emerged at Chalet Reynard, 6 km before the summit – good view now of the rest of the stretching out before us. All rocks here, no vegetation. No wind today though, which was good news. Gradient easing, but still hard. Cold and wet at the top, where we posed for photos in our specially commissioned jerseys. Headed home at speeds up to 80 kph. Ascent 1,622 metres, distance 21 km, time 2hrs.

Sault. The *easiest* of the climbs, though once we got to Chalet Reynard the route was the same as yesterday. Passed through lavender fields, the scent mingling with the pine. The final ascent did not seem so daunting, knowing we had already cracked it once. Ascent 1,152 metres, distance 26 km, time 2h04.

Malaucene. The most spectacular of the climbs. Breath taking views over surrounding countryside which we could appreciate today – descending at speed yesterday down this side had made that difficult! About as hard as Bedoin, but with moments of respite. The lunar landscape of the summit appears like a wall before you with 3 km to go. Ascent 1,535 metres, distance 21 km, time 1hr 59mins.

Mission accomplished but that was not the end. Two days later a mass cycling event beckoned in northern France - La Ronde Picarde. 187 km of mostly flat terrain. Completed in 5hrs 59mins. Pete got a gold medal for his efforts beating the gold standard time by about ten minutes!

Overall, we rode 360 miles and climbed over 30,000 feet – higher than Mount Everest. And no, that is not the next challenge!

As I write our efforts have brought in over £1,700 to NAPAC, coffers and all of us at NAPAC are grateful to the 5 other lads who did their best to hang on to my wheel!

Thank you to everyone who supported us.



climb



Left to right: Mike Casey, John Griffiths, Jon Bentley, Mike Ward, Mike Robson and Pete.

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Fundraising.....

Book Sale: Joanne is going to have a book sale with all profits going to NAPAC of course.

I need donations of any unwanted books, There is no restrictions so please send your books to.

Book-sale

PO BOX 63632

LONDON

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Other Projects.....

Another project we have been working on is the production of a short but punchy video. There will be two editions. One is primarily to promote our service and to encourage survivors to come forward. The other will be used as a fundraiser.

The latter may prove particularly beneficial because our Lottery funding runs out next year and as things stand at the moment we may not be getting another grant.... But keep your fingers crossed.

Training & Development

This month our Sarah has been.....

Delivered On-going Training to our Volunteers and staff.

Set up the Support Group which started on 12th September which is facilitated by Valerie Lewis.

Set up a Continuing Support Group for people who had previously attended our Support Group.

Trained Volunteers to go on our On-going Support Line for people in the current Support Group.

Visited HMP Frankland with Dr Jon Bird our Acting Operations Manager and Brandon Squires our Criminal Justice Liaison Officer to develop our Personal Growth & Education course which will eventually be run in prisons.

Finally Sarah set up a meeting with the Head of Psychology at HMP Manchester to discuss running a pilot course there.

After all that hard work she is now sunning it up in Tenerife – have a cocktail for us!



Thank You!.....

- **David Watson** for producing another 1st class Annual Report (email Joanne if you want one).
- ♦ **The Body Shop** who have been supplying our volunteers with lovely 'smellies' for many years, No wonder we all smell so sweet!
- ♦ **Pilotlight** who are lending us 4 of their best business heads to come and give us a helping hand!
- ♦ **Individual and Regular donors**—thank you to all the people who donate regularly. Your donations are crucial at the moment to carry on the work we do.

Survivor Section.....

The boy I use to be:

I was a frightened, lonely boy, no one cared.
 A sweet in a bag to be handed out and shared.
 They came in the night and they came in the day.
 Myself and my friend were always their prey.
 We were broken, isolated, we were their property.
 Used and abused, just a shared commodity.
 I endured the humiliation and the pain.
 The hurt, the guilt, the fear and the shame.
 I was hit a lot, it broke my body.
 Then the kissing, touching, to them I was nobody.
 The hurt me and broke me each time I was raped.
 But in my mind I was elsewhere, trying to escape.
 My bruises and injuries were there for all to see.
 My teachers, doctors, even my mum did not help me.
 Years of hell I had to survive.
 But somehow I made it, I'm her and I'm alive.
 It's been years since the last assault.
 Hiding the secret, thinking it was my fault.
 I was small and helpless, there was nothing I could have done.
 I had to do as I was told whilst they had their fun.
 But they had the power, the power over me.
 I was trapped, locked in and they held the key.
 It's now time to use the H word, a powerful word HATE.
 I would like to say it to their face, but it's now too late.
 I HATE what they did to me, I HATE what they made me do.
 I HATE the remembering, reliving but I HATE the secrets too.
 I HATE the flashbacks, the nightmares after all these years.
 I HATE the pain, the guilt, the shame and the tears.
 It's a long, bumpy and painful road to drive.
 But I have to do it if I want to thrive.
 Thinking about it all burns in my heart.
 But writing it down for me is a start.
 The abuse has left me with issues to resolve.
 But I will persevere until the problems solved.

Carl beech

A True Friend

If a tear falls from your eyes Though I may be far, I am a friend who also cries
 A friend who truly cares One who will listen & your happiness and heartache share
 When sleep won't come and you just lie there awake Whatever you need I will do it,
 any amount of time I will take All these things because I am your friend. Someone
 who wants to be there through troubles end A kindred spirit that feels even your
 unspoken pain. Trying to protect & comfort like an umbrella covers from the rain.
 Love is the feeling I have for you I'll give all I have, do all I can to get you through
 Being alone can hurt in a trouble time I love you too much to let it happen to a
 friend of mine Sometimes troubles may come and you can, but may not call Knowing
 in your heart I'll know and my heart still feels it all So as hard times are upon you
 and it hurts to even think Call me, Talk to me Remember I'll be there before an eye
 you can blink.

Anon



Uncrushed!

*You must have seen me that day in the park?
 Through what distorted lens?
 Inviting?
 No! You were not welcome.
 What did you say to them to charm your way in?*

*You stole my memories
 Replaced them with dark, hollow, echoes
 of a child lost and afraid*

You are no longer part of me.

No!

*Born too soon
 A heart betrayed
 Fragility and weakness
 you saw before you splayed?*

*Or perhaps it was my innocence,
 my life force or my joy
 You couldn't see a person
 An object, just a toy*

*You didn't kill me then
 And you have not killed me now
 I wasn't yours to take
 That wrong I won't allow*

*Oh yes, you had an impact
 Delayed me and dispersed
 But now I'm coming together
 We've freed me from your curse*

*Now I choose my rhythm
 You don't get to play my tune
 From minor key to major key
 a symphony abloom...*

Anon

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Support Line 0800 085 3330
Website www.napac.org.uk

NAPAC is a registered Charity No. 1069802
And a company limited by guarantee.
Company No. 3565696 registered in England

**WE now have over 700
twitter followers and over
400 Facebook friends!!**

Meet the team....

Each month, we will be introducing you to a member of the team here at NAPAC. This month we will be speaking to Dr Jon Bird our Acting Operations Manager.

List 5 things you cannot live without?

Coffee sleep fresh air bird song & my bike.

If today was your last day on earth, what would you eat?

Fresh sea food platter (French style), fresh bread, garlic mayo, Good day White Wine with crème brûlée and good Coffee.

What nocturnal animal would you like to be and why?

Humboldt Squid because they will fight anything and usually win, or a Cicada but they don't live long.

Who is the most famous person you have met?

Margaret Thatcher

What does it mean to be a 'Man' in today's society?

Not complaining.

What is your favourite time of year?

Autumn



And Finally.....

A Workshop for people who have experienced sexual abuse and for those that support them:

"Stepping Out of Shame and Into the Future"

A relaxed and friendly environment where we will come together to learn, share and support each other.

Aims:

Break out of isolation and meet others in a safe space
Understanding the impact of the past on today

Giving back the shame of the abuse
Rebuilding trust after betrayal for better relationships
Gaining support around attraction and sexuality
Acquire insight into re-empowerment and boundary setting
Develop strategies for a hopeful future
Safe for Survivors: Relevant for Partners and Professionals.

Please note: This workshop contains no graphic details of past abuse

Date: Saturday 27th October 2012
Time: 2.00 pm – 5.00 pm
Venue: Kensington High Street, London W8
Cost: £35/£30/£25 (includes refreshments

and hand-outs)

Partners, friends, support workers and counsellors also very welcome.

The workshop is led by a Survivor and all Facilitators are professionally trained in counselling and group facilitation.

BACP and ACC ethics apply.
Concessions for partners/unemployed/students/groups

Email Rebecca at info@intothelight.org.uk or see www.intothelight.org.uk

Quote of the month

"God grant me the serenity To accept the things I cannot change; Courage to change the things I can; And wisdom to know the difference".-- Reinhold Niebuhr

 Find us on
Facebook

Thank you for the incredible, life saving work all our friends, supporters and volunteers do.
Stay safe and stay in touch

Follow us on
twitter 