

# NAPAC newsletter

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## Run for survivors, by survivors.

Thank you to everyone for all the feedback on January's edition of this newsletter, it was all very positive and nice to know we have a regular way to stay in touch with you all now. Don't forget, you can now follow us on twitter and facebook where you will see daily updates, so don't forget to add us next time you are online!  
E-mail [joanne@napac.org.uk](mailto:joanne@napac.org.uk) or [lucy@napac.org.uk](mailto:lucy@napac.org.uk) and we'll get right back to you.....  
Happy Reading!



Watch Anne on Gaby Logan's chat show, next Tuesday 7th February 2012 Channel 5, 10.30am. She may even mention NAPAC!

## STOP PRESS!

## Anne Nolan is our new patron!



NAPAC was delighted and very honored to hear from Anne Nolan recently, (of the very popular 80's girl group; The Nolans) who contacted us asking if she 'can help'. After the excitement, Pete jumped on the phone and we are now proud to announce Anne will be joining our existing team of dedicated patrons. (Psss..Not one to tell secrets but look out for publicity events later in the year!)

Anne truly has an inspirational story, and we are really privileged she has chosen NAPAC to donate her time and talent to.

**Thank you Anne.**

The office has since been a karaoke haven, so I'll refrain from any further 'we're in the mood for dancing' jokes...

## Pete's bit.....

We are too full this month to actually give Pete a bit, but I have decided to allow him a little bit of space to explain the hot topic this month; the church's reaction to sexual abuse cover up, in particular relation to a case in

Portsmouth. Other than that, he has his picture on the front page so can't complain too much.....

Well the start of the New Year has seen lots of exciting things happening for NAPAC. Read all about it here!

The thing I'd mention is that after two years of negotiating with colleagues from the Catholic Safeguarding Advisory Service (CSAS), NAPAC has had to reluctantly withdraw from talks. This came about because

despite progress made in discussing how to get help and support to survivors of clerical abuse, the Diocese of Portsmouth refused to accept a ruling of the High Court in favour of an abuse survivor and has launched an appeal. It has further told us that it doesn't think the victim, who colleagues at the Survivors Trust has been supporting for years, is actually a victim at all, stating that we (the church) 'do not accept the claims against a priest (....) of unblemished character'

This is a disgrace and another example of a huge uncaring institution using its muscle and considerable resources to deny the testimony of a victim/survivor. Sadly we could no longer sit around a table with people we believed to be honourable but who's bosses continue to undermine victims and thus endanger the lives of children.

I make no bones about this. NAPAC and its growing army of supporters is battling the evil of child abuse and we will never give up.

Please continue to support us.

Pete x

## Inside this issue:

ANNE NOLAN! (did we mention that?)	1
Launch of new European Charity	2
Fashion show for NAPAC!	2
Your letters and Survivors section. Poem by	3
Poem and prose wanted! Tell us your story.....	4

# Training and Development

We are in the process of recruiting for two new posts— Operations Manager and Criminal Justice Liaison Officer. These are two exciting posts that will help to organize and drive the NAPAC mission forward, while the CJLO will be rolling out our training programme across the prisons nationwide. This is great news as we hear from survivors of abuse in prison everyday and it is widely known that well over 70% of prisoners were abused in childhood, a harrowing statistic. Meanwhile we are busy producing further training materials, as well as talks for younger victims (16-18) and training new volunteers for the support line. There is no rest for the amazing!

## Jubilee fashion show

Start of January, an e-mail arrived, from 'Charlie' who was offering to organise a jubilee themed fashion show to raise funds for NAPAC. Obviously, being icons ourselves, we jumped at the chance and have been busy ever since concocting ideas with Charlie, who has managed to bag us free makeup and is hand making all the costumes himself! It now promises to be our biggest publicity event to date, with hopeful celebrity endorsements, we are embracing the chance to reach a younger audience. It really is the generous spirit of volunteers like Charlie that enables us to do the work we do. Mandatory hugs all round! We will need volunteers on the night, (5th June 2012) as well as volunteers in the run up, to help with publicity. The event will be in Leeds. Please e-mail [lucy@napac.org.uk](mailto:lucy@napac.org.uk) if you can help.



Meet Pamela and Lizzie of Clacton-on-Sea, in Essex. This amazing mother and daughter duo made the long journey over to see us in London, to give us a cheque for a whopping £620! This incredible donation was raised at Pamela's birthday party, where, instead of asking for presents, she asked for donations. It is meeting generous people like this that not only keep us operating (that kind of cash will enable us to answer 1200 calls in the future) but restores our faith in humankind, inspiring us to continue. On behalf of all the survivors we can now reach, with the extra pamphlets we can produce, and everyone on the team, a very happy 60th to Pamela, and a massive thank you!



It is with great pleasure that we can announce the foundation of EFPAC, the European Federation for People Abused in Childhood. Another of Pete's genius ideas (except for the work that goes with it!) EFPAC will bring together survivor charities across Europe, to campaign, lobby governments and share best practice. All working together, EFPAC will be a stronger, louder voice in the on going fight against child abuse. NAPAC is proud to host EFPAC, providing employees and office space during the start up phase. We already have survivor charities from Spain, France, Belgium and Holland...with plans to recruit many more. EFPAC is primarily an umbrella lobbying organisation, with individual support for survivors being offered by the member charities. Founded on a Friday, by Saturday EFPAC had secured an event with members of the European Parliament in Brussels, this November! Any volunteers to help with web design would be much appreciated! (e-mail [lucy@napac.org.uk](mailto:lucy@napac.org.uk))

*'individually we are one drop, together we are an ocean'*

## This month we have been.....

# Reaching many more survivors over the Christmas period, due to the trigger of the festivities as well as our improved communication through the newsletter, facebook and twitter . Friends from Ireland to Australia and Japan to Hackney have been in touch!



# Interviewing for our intake of support line volunteers—training starts in February, (e-mail [dawn@napac.org.uk](mailto:dawn@napac.org.uk) if you're interested in volunteering)

# Loving volunteers who are giving us time and talent to make us stronger and gener-

ally happier! Annabel has been in the office regularly to teach us the ways of the online world as well as new additions to our Ireland team.

# Loving the fact Christmas is over and we can look forward to the new year (and take down our rather dodgy decorations in the office!) Detox anyone?



# Your Letters.....

This section is where we want to hear from you! Please send us your letters/e-mails about what is on your mind, and we can share them with all our readers. Please keep submissions to 150 words, we cannot guarantee all letters will be published, but they will be replied to. You can e-mail [lucy@napac.org.uk](mailto:lucy@napac.org.uk) or write to NEWSLETTER, NAPAC, PO BOX 63632, London, SW9 1BF. We look forward to hearing from you!

Dear NAPAC, thank you for your newsletter, it is of great comfort to know there is a 'community' out there and we are not alone. .... I try not to get too excited when I dream of a world where there is no abuse

and we no longer have to live in the dark. Reading your testimonies and seeing the amazing work you are doing, I can't help but be uplifted, and, as Maya Angelou's quote said, not reduced by the past. My abuser is still 'out there' so I am trying to piece back the broken jigsaw he left me with, I have been able to do that with the help of NAPAC. You have been a scaffold to my healing. I wish I was as strong as you to put my name out there!

**Anon. Female 36 yrs old.**

*Dear Anon,  
Strength is in surviving, it is your own personal journey, not about comparisons. You are incredibly strong to have survived as well as you have, and that will be of great irritation to your abuser. Be proud of what you have achieved and thank you for supporting us—it is a mutual relationship!*

Dear NAPAC,  
A friend has passed on to me your newsletter. I am knocked out to see all the good that you and yours are doing. May I wish you all a Happy Christmas and a bright New Year. I am a victim of drug experiments carried out by the Catholic Church and the Irish Government when I was a teenager growing up in Ireland. It was nuclear drug trials and 2 other girls the same age as me (teenagers) died. I have published my experience in a diary, I would really like to hear more about the work NAPAC does and support where I can.

Rosaleen O'Brien

*Rosaleen has since been in touch with our Northern Ireland contact, and will be helping as we establish NAPAC NI, Thank you Rosaleen!*

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## Say what?

### Confusing terms in plain English.....

#### Mother/Daughter abuse

Abuse between mother/daughter defies everything we want to believe, making it even harder for survivors to seek healing, justice and understanding. Our society is appalled by the idea of female perpetrators, let alone mothers harming their own children.

Women are meant to be competent, caring, maternal, nurturing....the thought that they could be capable of such horrors is unfathomable for most of us, especially to the child they carried for 9 months, so we simply don't talk about it.

Here at NAPAC we recently heard from a female survivor who was abused by her mother, and she spoke of the assumptions of sexuality that she had to face. Did this mean her mum was a lesbian, did this make her, as the survivor, a lesbian? Was the abuse the reason for her sexuality? Why did it make a difference anyway? These sexist views run deep within our society, and will only be eradicated through information and education.

As with all incest abuse, the survivor can find themselves entangled in a web of self blame and hatred. The fear of looking like our parents, the abuser, and seeing similar features when looking in the mirror can be overwhelming and can lead to a range of destructive behaviours, such as self harm .

Such feelings are common to all survivors of incest.

The topic of abuse is never a nice one, but if we want to truly provide a safe environment for women to talk about their abuse at the hands of their mothers, we need to talk about it, write about it, read about it. Only then will we be able to break the taboo, promote healing and work towards preventing future abuse.

## Survivors section

Send your submissions to [lucy@napac.org.uk](mailto:lucy@napac.org.uk)

### The Survivor

Can you hear my gentle footsteps as I struggle in the snow?

Looking this way and that pondering which way to go. I am no longer blessed with youth as each pain I try to hide I do feel as good as the rest and I walk along with pride

Do you see me as not important ? Perhaps I should sit against the wall?  
Abandoned, discarded and mortified, while you stand there oh so tall

I was that Doctor who supported those in need  
Running the medical room for the homeless  
The hungry I did feed; Some were so young,  
the public toilets were their home  
I secured a roof over their heads, no longer did they roam

Do you see me as an outcast to be taunted and abused?  
From you I demand respect; You should know I am not amused

I sat with the terminally ill easing their fears,  
Do you see that work as useless? I was only a volunteer.  
Do you see me as a burden as each day unfolds?  
Suggesting I am unfit to hug or to hold

Do you see me as a lost cause where there is no cure?  
I do not agree with you And that I know for sure  
It was I who gave so much to those who never earned,  
If you think I am still a victim  
Life's lessons you have not learned

Rosaleen O'Brien

# NAPAC

The National Association for  
People Abused in Childhood  
PO Box 63632  
London  
SW9 1BF  
E-mail: support@napac.org.uk  
www.napac.org.uk



The National Association for  
People Abused in Childhood

Support Line 0800 085 3330  
Website [www.napac.org.uk](http://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 almost 1000  
followers on twitter and  
facebook join us for daily  
updates and discussions!**

# Meet the team....

Each week, we will be introducing you to a member of the lovely team here at NAPAC. This month, our Assistant Volunteer Co-ordinator, Antonietta Chalmers is put in the hot seat. Antonietta is also a team leader—she manages the teams of volunteers, as well as helping organize the day to day running of the support line, our lifesaving and unique resource to adult survivors of abuse.

### Describe yourself in three words?

I am fun, loving and honest

### If you could have any superpower, what would it be and why?

I would love to have the powers to heal sick people for example, injuries, depression, addiction etc...so they can have longer happier life  
To be able to fly. To feel liberated and to see the world from a different perspective. I once went para-sailing and once up in the sky I felt at peace

### What are your worst and best habits?

My worse habit is that I am too forgiving which isn't a good thing as people take advantage of me. My Best is always help people in need.

### What is your perfect night?

My perfect night would be with family and friends having a three course dinner on a yacht off a coast in Sardinia, being served by waiters whilst listening to a live soul band with the leading vocals of Stevie Wonder



### I'd rather be

in a spa having a full body massage:-)  
.....than answering these questions!

# And Finally.....

NAPAC is seeking submissions from writers and visual artists who are interested in submitting creative works; prose, poems, drawings, photography; that reflect experiences, strength and hope of their recovery from childhood trauma.

The anthology will seek to address and explore the broad range of challenges encountered by those who have survived childhood trauma such as: addiction, eating disorders, self-harm, and challenges experienced in mental and emotional health and relationships. We would also like the anthology to reflect the diverse range of people affected by childhood trauma, so we encourage submissions to be diverse in age, culture, race, gender, sexual identification/orientation. The main focus of the anthology is for survivors to showcase their talent and share their journey so far in gaining and maintaining physical, emotional, mental and spiritual recovery.

Please limit submissions of prose to 1,500 words, poems and visual works to four pieces per entry. Those submitting work have the option of remaining anonymous by using pen names.

We look forward to hearing from you.

Please send submissions or questions to: [napacanthology@napac.org](mailto:napacanthology@napac.org) by April 2nd 2012.

### Quote of the month

**"Problems are only opportunities in work clothes"**

Thank you for the incredible, life saving work all our friends, supporters and volunteers do.



Stay safe and stay in touch

With warm wishes from everyone at NAPAC

