

napac

The National Association for
People Abused in Childhood

What we do

Supporting recovery from child abuse





Who we are

Millions of adults in the UK today are carrying painful and damaging memories of abuse they have suffered as children.

Media reporting in recent years has helped to increase public awareness and debate around the issue of child abuse. However, what is often overlooked is that those children are today's adults, who may still bear the scars of their abuse.

Cases seen in the media represent only a tiny fraction of the number of abused children. But their high profile has encouraged more adult survivors, whose own stories would never have come to light, to come to the National Association for People Abused in Childhood (NAPAC) to talk about what happened to them and seek support.

Since it was established as a charity in 1998, NAPAC has helped around 40,000 adults to come to terms with what happened to them. We support men and women who have experienced all kinds of abuse – including physical, sexual, emotional, narcissistic, ritualistic and neglect.

We support people in understanding how the abuse has affected them in adulthood and to learn how to lead more fulfilling lives.

Since our last published plan in 2014, NAPAC has grown and developed in response to the massive increase in demand for our support. We now deliver a better telephone support line and email service for abuse survivors, more support groups, more diversified training, more research, and more information sharing and advocacy.

We want to grow and develop even further – so that many more of the survivors who need our support are reached, and so our expertise in supporting them is shared and spread more widely.

Our plans are ambitious. For our services to meet the needs of survivors over the long term, in the next five years we plan to invest in broadening and diversifying our income generation strategy, so we can deliver a step change in services for survivors.

We are determined to rise to the challenge. With the help of our partners and supporters, we will succeed in delivering our mission – to make a difference in the lives of adult survivors of childhood abuse.



We listen in
confidence

NAPAC provides the only free national telephone support line that offers specialist, confidential support to adult survivors of all types of child abuse, operated by experienced staff and trained volunteers.

Nearly 40,000 survivors across the UK have received our help so far. Demand has been increasing ever since the media spotlight first shone on the issue of non-recent child abuse.

When people have gathered the strength to call our support line, they may struggle to get through, because of the high demand. We answered over 6,000 calls last year but had over 100,000 call attempts – a response rate of just 6%. We have an email service for those who find speaking on the phone difficult or who prefer to write down their feelings.

The support line has an overwhelmingly positive impact on callers, leaving them feeling less isolated and less distressed, and with an improved sense of wellbeing. Of callers in 2017, over 90% felt 'much' or 'a little' better at the end of the call.

Support line volunteers



We invest in our support line volunteers through intensive training and we support their wellbeing.

Katie, left, a NAPAC support line volunteer, says *'When someone is really struggling, you just want to be there for them and make it better'*.

Our ambition is to radically expand the reach and capacity of the support line by increasing both staff and volunteer numbers to accommodate this.

We aim to double the number of calls we take from survivors over the next year – to 12,000 calls a year.

We want to improve access for a wider range of survivors, for example by translating our online and print materials into other languages, and by better serving people with disabilities.

Katie, volunteer



We support in groups

We run intensive therapeutic 12-week support groups for adult survivors, empowering participants to take back control of their lives. Demand for support groups is huge. We can run these groups anywhere when there is funding to do so.

Our support group programme provides therapeutic psycho-education for up to 12 survivors at a time, in 12 weekly sessions. People's wellbeing and functioning improve, as they feel equipped to cope better.

By early 2018, we had run 29 support groups in 14 locations across the UK. Each support group costs NAPAC nearly £9,800 in total, but participants are offered a place for free.

Demand for support group places remains highly competitive. We received more than 1,400 email enquiries regarding 192 places in 16 recent groups.

Our ambition is to increase the number of support groups around the UK, so that far more of those who most need our help are able to access them.

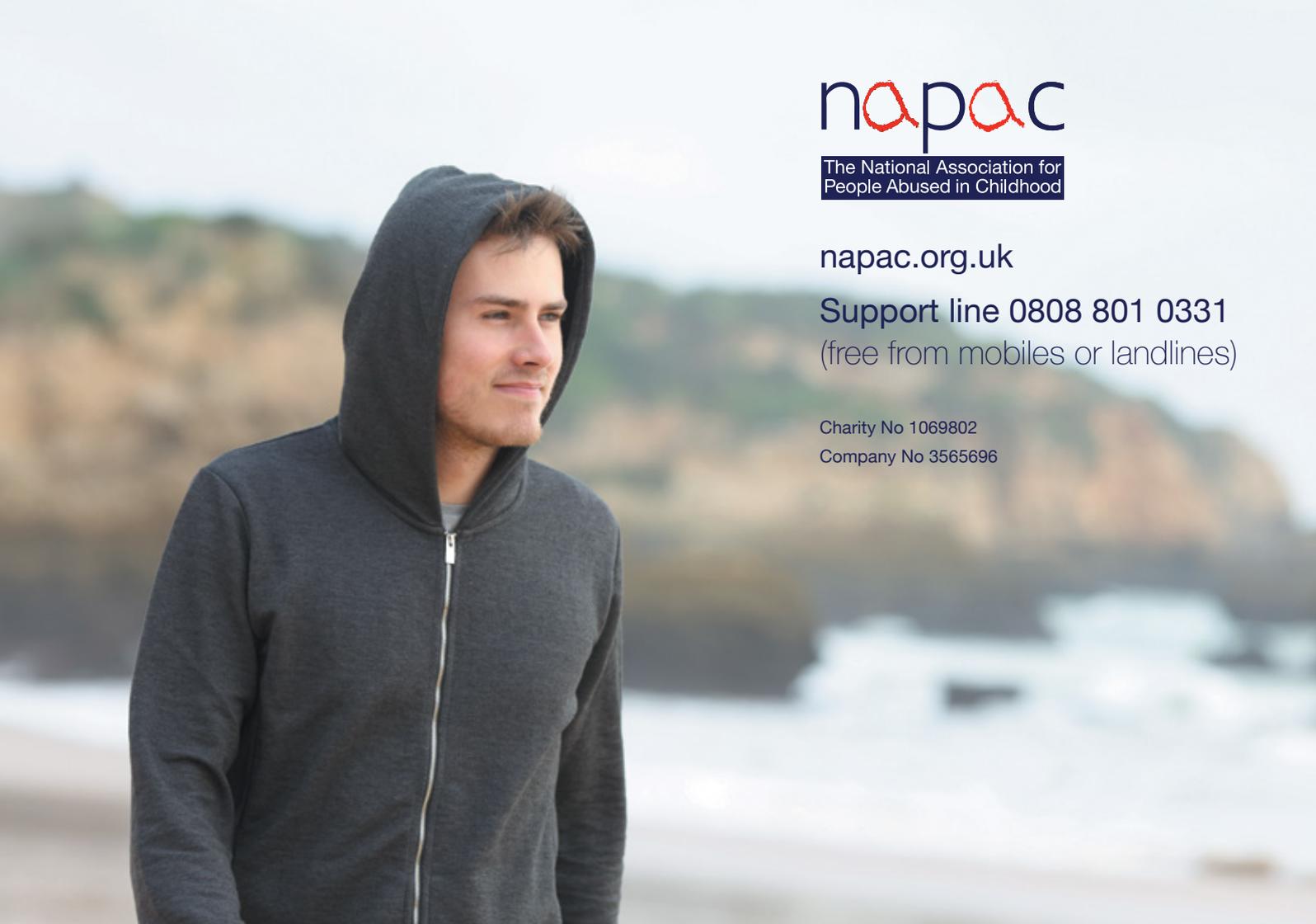
We aim to:

- expand access to support groups
- explore alternative evaluation tools, and introducing follow-up evaluation of participants after six, 12 and 24 months,
- further expand the availability of support groups by exploring franchising the model to other not-for-profit organisations

We train others to give support

We provide specialised external training to frontline staff who may engage with adult survivors of childhood abuse in any professional setting. We aim to spread our expertise so that more survivors receive the first response they need and are protected against re-traumatisation.

Organisations, groups and individuals who have benefitted from our training include police officers, GPs, mental health nurses, social care staff and counsellors. We also launched a CPD-accredited e-learning course. Any income generated by our training is used to contribute towards NAPAC's free support services for survivors.



napac

The National Association for
People Abused in Childhood

napac.org.uk

Support line 0808 801 0331
(free from mobiles or landlines)

Charity No 1069802

Company No 3565696