

Current Therapy situation at SALT

Skills Sessions courses 18 and 19 were run in October and November 2018 and were fully booked. Skills Sessions courses 20 and 21 are currently being run. These are also fully booked.

We already have a waiting list which will fill the Summer courses and therefore all new enquirers will go on a waiting list for the next set of courses thereafter.

Eight ladies are currently receiving their 2:1 listening sessions, having already completed the skills course.

Another three are waiting for two of our listeners to become available for them to start individual therapy sessions.

So, we are very busy!

DATA PROTECTION

As you are no doubt aware there are new rules now in force around how and why organisations keep people's personal information. This is related to the Data Protection Act which was recently updated.

We will continue to send you information based on what you have already requested or receive (e.g. Newsletter, Prayer Diary, emails, etc), unless you tell us you no longer wish to receive these. If this is the case please write, email or call with clear instructions.

We would appreciate also being informed of any changes to your contact details.

Thanks for your understanding in this matter.

Council of Reference

We were pleased for Gary Streeter, a member of our Council of Reference, who received a Knighthood in the New Year's Honours list and is now a Sir. It was lovely for his work in government to be recognised.

This is a timely reminder for us to thank all those who have kindly agreed to serve this way.

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Council of Reference: Bishop Mark O'Toole, Right Rev. Rod Thomas,
Sir Gary Streeter MP and Kerry Cole.

Charity No 1010424



Hi all, my name is Carol, and I have very recently taken over the reins as team leader, from Josie. I've been a part of SALT for a lot of years. Josie has served faithfully at SALT for many years and had decided that she needed to reduce her hours as she needed to spend more time with her family. I was due to retire from my work as a Community Mental Health Nurse. After we both prayed about our own situations, the outcome was that I would take the Lead here. God has been so faithful to us in the timing of this handover and in enabling a smooth transition to take place. This reminds me that God's timings are perfect, and as the Psalmist wrote : The words of the Lord are faithful and true and we can trust everything He does. Psalm 33 verse 4. It has always been and continues to be, a privilege to work in SALT.



A client's testimony (abridged):

I came to SALT desperate to seek help for my torment. When I first attended the group sessions, I sat listening and observing, not sure if I could do this, thinking it can't be possible that they could do the things they say. The more sessions I attended, my thoughts started to change. Could this work? What if? I finally dared to begin to hope and feel a glimmer of relief. I desperately wanted my life to change and feelings to be different. For so long, I had carried the feelings of guilt, worthlessness, self-hatred, blame and disgust and that I was unloveable.

The skills sessions began to open up my mind to new possibilities and I began to question what I had always felt and what I thought was my truth. That was just the beginning.

When I arrived at SALT, I was broken, I had always struggled with who I am and felt an overwhelming sense of empty loneliness. I had no confidence - I was scared of my own shadow and had a deep sense of anxiety about myself. I would question every minor decision in my life and worry continually that I had done the wrong thing. I totally controlled my whole world and kept everyone at a distance to eliminate any risk and hide the dark soul that was lying beneath my exterior.

This was my way of keeping safe. I needed these strategies to keep my trauma from being abused at bay the best I could, but even with my best efforts it didn't stop the triggers and flashbacks which continued to haunt me. I felt scared to close my eyes for fear of reliving the abuse over and over again. I was tired of living this life.

But then, what I can only describe as a miracle happened...

I am not going to say it was easy, because it has taken every bit of strength, courage and determination I could find to get me through, but with my Listeners' support, I was able to trust the process, even though at times I thought the process was crazy.

I have processed my trauma and been able to unlock the person I was always meant to be. I trust my own judgement and have begun to trust others. I am happy just being ME and don't want to be anyone else. I am not hurting anymore and want to live MY LIFE. I can now stand tall and feel equal to others. I feel complete and my lungs are full of fresh air. I CAN BREATHE.

(We are very grateful to the lady who wrote this—she has conveyed what we believe to be possible for each lady who engages with our services with commitment and determination to be a healed survivor having overcome adversity).

SALT news:

- ◆ We have received an uplift to the current funding from the Ministry of Justice, in recognition of the increased number of survivors seeking help.
- ◆ We have recently re-applied for further funding from the Ministry of Justice. We await the outcome of this application.
- ◆ In the last few months, we have had some staff changes: most recently the Team Lead; formerly Josie, currently Carol and before that the Administrator; formerly Mary, currently Astra.
- ◆ Tracey has been working on getting Accreditation for SALT to provide CPD training for Professionals. This is an exciting venture .



Would you like to help raise funds for SALT?

There are many things that you could do ...

Undertake a Sponsored event,

Hold a fund-raising dinner/cream tea/cake sale etc.

Register online to raise funds while you shop, for details visit

www.giveasyoulive.com

Are you in a position to arrange Match funding from your employer?

We would like to express heartfelt thanks to everyone who has supported us financially. We are very grateful.