

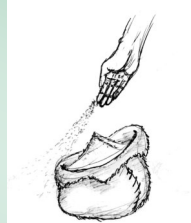
SALT South West

Sexual Abuse Listening Therapy



Newsletter 21

Autumn /Winter
2020
Covid -19 special



*Christ is before all things and in Him all things hold together
Colossians 1:17*

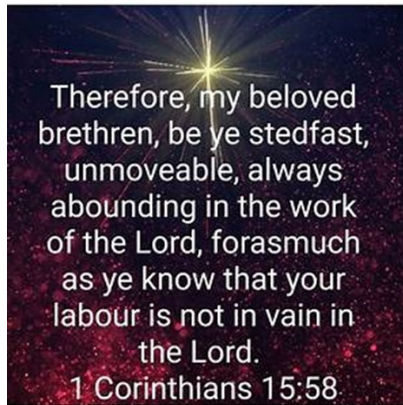
Salt has had a busy time since the last newsletter. We have had many new challenges to face during these difficult and strange times and have made quite a few changes to the way SALT operates to be able to continue Gods work in this place. We are thankful for the support of Team, Committee & Prayer partners who have been a great encouragement throughout this time as we learn to use technology to enable this.

We have witnessed growth and changes in our lives and changes in the lives of those we serve.

As we work in a disciplined way with the Holy Spirit's guidance and with the covering of our prayer partners we know God's closeness in our work and lives. As we head towards the precious birth of our Lord Jesus, we long to see his Light, Grace and Joy become the bedrock of our world.

We would like to take this opportunity to wish you all a very blessed Christmas time.

Carol
Team Co-ordinator



Fiona's experience at SALT

Joining SALT has been a great experience for me. As a trainee counsellor at the time I was amazed at the depth of work that was being done in the time that service users come through the service. Having now worked with a number of clients I am amazed at the creativity, knowledge and understanding of the workers there. The staff work as a team. Not only do they work in pairs, but they have fortnightly team supervisory meetings which adds to the professionalism with which the service is run. In setting up my own private practice I have used some of SALTs processes, tools and skills as they are impressive, and they work!

There have been times over the few years I have been a SALT team member that I have needed my own support. I have had bereavements and family events that threw curve balls my way - as life does. SALT team members were there in such a genuine way, I knew I could call them if I needed to and sometimes, I have. They have been true to their word which I find to be a rare thing. One team member even travelled to visit me after my Father died which spoke volumes at how genuine they are in their care and support of each other and of me. The team meetings are a place where I have been able to be honest in my struggles and learn from more experienced workers in this specialist field of work. It has also been a place of rejoicing when I have seen service users moving forward and experiencing new freedom in their lives.

I love working at SALT. Having qualified as a counsellor and set up my own private practice I have chosen intentionally to continue to relinquish a day's income to commit voluntarily to the work at SALT. The work is of such a high standard and it produces such amazing results as evidenced by client's comments. I want to continue to grow in this loving, professional environment working shoulder to shoulder with women who support other women who have often been from place to place looking for some genuine and lasting relief from years of emotional pain.

Fiona Eaton

SALT News:

- * We have received confirmation from the Ministry of Justice, who have offered a grant to cover the severe disruption due to Covid –19
- * We are currently looking at a funding application which would help to cover the cost of the office and listening rooms.
- * We are pleased to release Francis from his role as Treasurer for the past 30 years—we thank him so much for his dedication, skill and time given.
- * We are pleased to announce we have Jackie to step in to these shoes and we look forward to a long relationship
- * Tracey has been on a much deserved and needed two month sabbatical and now is back working hard on getting accreditation for SALT to provide CPD training for Professionals.
- * Chris Pratt raised approx. £300 for SALT with a sponsored **Sky Dive!** Perhaps you'd like to have a go?



Current Therapy situation at SALT

Skills Sessions courses are not able to run through October & November due to the current pandemic situation. We are possibly looking at running these in early part of 2021 with reduced numbers per group.

We have 33 ladies on our waiting list due to the above.

Eighteen ladies are currently receiving their listening sessions either by phone, Skype or Face to Face, having already completed the skills course pre—lockdown

Only 5 ladies are waiting for two of our listeners to become available for them to start individual therapy sessions.

Would you like to help raise funds for SALT?

With Christmas fast approaching we have been looking at ways we can raise some much needed funds for our work at SALT South West.

We currently receive donation from <https://www.giveasyoulive.com>.

However there are other online giving websites that we could receive donations through, such as :

<https://www.paypal.com/uk/fundraiser/hub>

<https://localgiving.org/>

Please see back page for detail of how to support us in this way.

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

URGENT PRAYER NEED

We need Three additional members to join SALT management committee. Please contact us if you know anyone who would consider undertaking this post.

How to support SALT using PayPal

Donate at paypal.com/givenow. Put SALT southwest in the search bar, scroll down to find us in the long list of charities

Or

[Download PayPal mobile app](#) and donate from almost anywhere.

You can choose to donate on PayPal, eBay, and other online platforms.

- You donate to PayPal Giving Fund UK, a registered charity (No. 1110538).
- PayPal Giving Fund will provide you with a receipt for your donation.
- **100% of donations made here go to our charity, no deductions, no fees.**

DATA PROTECTION

Data Protection was updated in 2018, so as part of the new General Data Protection Regulations we must inform you that:

We will continue to send you information based on what you 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.

SALT South West, 142 Union Street, Plymouth, PL1 3HL

Tel: 01752 600599

Email: email@saltsouthwest.co.uk Website: www.saltsouthwest.co.uk

Helpline Mon and Wed 10am to 1pm - otherwise answer machine operating.

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

Charity No 1010424