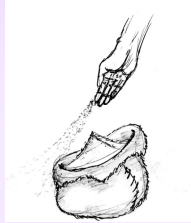


# SALT South West

Sexual Abuse Listening Therapy

## Newsletter 22

Spring Summer 2021



Dear Friends & Prayer Partners

As you will be aware from the last newsletter SALT produced it has been quite a full on year. We have continued to operate during Covid with Just Tracey and Carol initially taking on all clients while standing down the rest of the team to keep us safe.

The rest of the team reconvened slowly from June onwards . We had to adapt the way our service runs in order to support the women who access our service in a safe way alongside keeping the team safe.

Then there was the January lockdown! We continued to stay open for clients face to face on the phone or over skype whatever we need to continue with Gods work. As the lockdown restrictions are being lifted in law and life goes on with a 'new normal 'I feel drawn to

### **Isaiah 43:18-21**

*"Remember not the former things, nor consider the things of old.*

*Behold, I am doing a new thing; now it springs forth, do you not perceive it?*

*I will make a way in the wilderness and rivers in the desert.*

*The wild beasts will honour me, the jackals and the ostriches,*

*for I give water in the wilderness, rivers in the desert, to give drink to my chosen people, the people whom I formed for myself that they might declare my praise.*



*We are His* chosen people & we praise all He does here. I feel God has used the challenges of Covid—19 to help SALT adapt to working smarter rather than harder. There are still things on the move, I feel there is more transformation to come. God's timing is perfect—we trust in Him.

Nicola

Team Member



### Going the Extra Mile

poem by a service user

You helped me take off my chains  
So I could express my pain  
Sometimes it got deep  
And so would retreat

Sharing my? With you  
Was something very new  
My secrets I would discuss  
I had to give you my trust

I kept focusing on the time  
You would reply "don't its fine"  
Sometimes I would go off into my minds eye  
Fighting my memory and try not to cry

You went above and beyond  
To my crazy messages you'd respond  
You gave me hope  
And new tools to cope

I was so trapped in fear  
But to my needs you would adhere  
You guided me through  
And for that I am eternally grateful to you.

This time has been life changing for me and I just want to thank you SALT  
for setting me free.

Used with kind permission

#### **Client testimony**

- \* My listeners have been spot on – amazing! I would not be where I am now – it's (Salt) opened up a whole new world to me. The depth of healing and recovery is beyond words. I feel so grateful.
- \* Words feel inadequate when I try to describe the amazing changes, break throughs & so much more in my life as a result of starting at SALT.....Thank you so much you have such a gifting from our Holy

## SALT News :

- \* We have received an additional funding of £6,000 from the Ministry of Justice, for this financial year to cope with severe disruption due to Covid –19
- \* After a halt due to Covid, Tracey has now submitted proposals for accreditation for SALT to provide CPD training to professionals
- \* We are currently looking at funding application which would help to cover the cost of the office and listening rooms.
- \* Some interesting information—in a year alone we have seen 147 client comprising of 2909 hrs of SALT work, 1512 telephone calls & 1820 professional and client emails

### Current Therapy situation at SALT

- ◆ Skills sessions have been reinstated with reduced service user numbers to be Covid compliant. These were trialled over a weekly basis rather than bi weekly, which seems to be working well
  - ◆ We completed this year's second round of skills in May. A third round of skills sessions are currently taking place due to finish late July with another to start in September
  - ◆ This has meant our waiting list has now been reduced with only 27 ladies waiting.
  - ◆ We have 15 ongoing clients as all 5 service users from the first & second skills sessions have now been allocated listeners to start individual therapy sessions.
- We are a small but busy team**

### Would you like to help raise funds for SALT?

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/>  
<https://smile.amazon.co.uk/ch/1010424-0>

**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.*

## How to support SALT

### SALT have now joined Amazon Smile.

AmazonSmile, a separate portal from Amazon's main site. When users shop on AmazonSmile, the retailer's Foundation contributes 0.5% of the price of eligible purchases to SALT. There is no cost to us or you and 100% of the donation generated comes to our charity. .

AmazonSmile is available at [smile.amazon.co.uk](https://smile.amazon.co.uk) on your web browser and can be activated in the Amazon Shopping App for iOS and Android phones. Follow the instructions and look for **SALT South West**.

Here is SALT's personal link. <https://smile.amazon.co.uk/ch/1010424-0>

Donate at [paypal.com/givenow](https://www.paypal.com/givenow). Put SALT southwest in the search bar, scroll down to find us in the long list of charities

[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.

## URGENT PRAYER NEED

We are very much in need of **three** additional members to join SALT Management Committee.  
Please contact us if you know anyone who would consider undertaking this post.

## 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.

Thank you for your understanding in this matter.

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

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Email: [email@saltsouthwest.co.uk](mailto:email@saltsouthwest.co.uk) Website: [www.saltsouthwest.co.uk](http://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