



# Safe Oaks Project

## How do I get support?



Requests for support can be made by filling in a referral form on our website. You can also send us a message or book an appointment through the 'Contact Us' page, send a text, email, or drop by our centre.



Sometimes it's helpful to have a conversation with us about how we work and how we can support you so that you've time to think about what you want to do.

During an initial conversation you will not have to talk about what happened to you in your childhood.



If you are linked with another support service, they can make a support request on your behalf - or a friend or family member can get in touch for you.

## Our Vision



To create a world where those who have experienced childhood sexual abuse are understood, believed, supported and where children are not abused.

## Our Mission



To work alongside adults (16+) affected by childhood sexual abuse in the Scottish Borders, providing safe support and understanding so that people can heal and flourish.

## Our Values



Led by Members with lived experience. Person Centered. Open Ended Support. Safety. Confidential. Trustworthy. Culture and Compassion. Transparency. Inclusiveness. Holistic.

## Contact Us



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Supported by:



# SAFE OAKS PROJECT

The **Safe Oaks Project** has been designed with survivors to provide help and support to adults (16+) struggling with the impacts of the trauma of *childhood sexual abuse*.

Our approach embodies the guiding principles of choice, empowerment, working together, safety, and trustworthiness. Sexual abuse recovery support can change deep feelings such as stigma, shame, guilt and isolation.

Our service is free and confidential. Safety is our priority.

***We believe you; we understand how difficult it is to come forward and ask for help. You are taking the courageous step just reading this leaflet. We are here to listen, help and support. We want you to know there is hope for a better life after abuse.***

## Safe Oaks provides:



### Pre-Therapy Support

By deciding to start therapy, you've taken a huge step toward better mental health. We now have a dedicated Counsellor who engages with those in waiting, to offer chats, advice and pre-therapy preparation.

### Peer Support

If you would like to speak to somebody who has been through similar experiences to you then you can meet with a **Peer Support Worker**.

Our peer worker and volunteers work flexibly to provide the help and support you need. This can be befriending, through to advocacy and mentoring.

Peer support provides emotional support and resources to help you understand and manage the daily impacts of trauma caused by abuse.

### Peer Group Support

If you would like to meet others in the safety of a group session then you can attend our **Facilitated Peer Support Group**.

Our weekly group provides an environment where you can feel accepted and understood. Members share thoughts and ideas, worries and achievements. It can provide a sense of belonging as well as an opportunity to learn more positive ways to manage.

### 1:1 Counselling

If you need therapeutic support to come to terms with what happened to you, then you can meet with an experienced **Counsellor/Therapist**.

Our therapeutic support is centred on your needs, hopes and aspirations. We will work alongside you to give support.

Your support is not limited as we understand that recovery from abuse is a sensitive process that needs time and patience.

