

# Survivors Unite

## 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.



Scan this QR code with your phone camera to access our online referral form.

# Survivors Unite

## 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...

We aim to be led by our members with lived experience and to be person-centred, offering open-ended support, safety and confidentiality. We strive to be trustworthy, compassionate, transparent, inclusive and holistic.

## Contact Us



**Phone**  
01750 491 421



**Email**  
support@survivorsunite.org.uk



**Address**  
Unit 3A Tweedmill Business Park, Dunsdale Road, Selkirk, Selkirkshire, TD7 5DZ



Visit our website for resources and more...



Visit our Facebook for up to date information.



## Survivors Unite



**Supporting Adult Survivors of Childhood Sexual Abuse in the Scottish Borders**

**OSCR**  
Scottish Charity Regulator  
www.oscr.org.uk

Registered  
SCIO  
SC048563



# SAFE OAKS PROJECT

## Why choose us?

By deciding to start trauma recovery work, you've taken a huge step towards better health and wellbeing.

**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, collaboration, safety, and trust. 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 a 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.**



## Our Services



### Initial Support

We understand taking the first step to contact us and then having to wait for therapy can be a daunting process. So, we now offer brief **Keep-in-touch Calls** every 8 weeks or hourly **Monthly Support Calls**. This will be the same staff member each time.



### Peer Support

Would you like to speak to somebody who has lived experience and is an adult survivor of childhood sexual abuse? Someone who has had to learn to recognise and identify difficult feelings and emotions that you may be struggling with?

If so, you can meet with a Peer Support Worker. They work flexibly to try and provide the help and support you need. Individuals who have undertaken peer support have found support works because:

- You learn to look at things differently.
- You have a genuine relationship with someone who knows what you have experienced.
- You are not judged which is helpful.
- You have emotional support and resources to help you understand and manage the daily impacts of trauma caused by abuse.



### Peer Support Group

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.



### Counselling

Our therapeutic support is centred on your needs, hopes and aspirations. Our **Recovery Practitioners** understand the deeply personal nature of this work

We offer longer term support as we understand that recovery from abuse is a sensitive process that needs time and patience.



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