

S.H.E. Survivors Helping Each other, Newark and Sherwood, Mansfield and Bassetlaw

Thematic Example: Mental Health

S.H.E. is a registered charity first set up in August 1998 as a self help group for adult female survivors of childhood sexual abuse. It has evolved from a small informal group to the organization it is today. S.H.E. is based in Newark where the first 6 members met informally over coffee today we have 256 members.

The aims of the project are geared to meeting the needs of the client group but are broadly linked to encouraging social contact and social skills in a safe environment whilst also allowing learning of new craft/art skills, sharing of ideas, thus building confidence and encouraging personal development.

THE ANGEL



*She had an angel
Who watched
Who listened
But angels only come
When they are called
She never called
She thought she was alone*

Venue(s): Newark, Mansfield and Bassetlaw, venues on a need to know basis

Artforms: arts and crafts, creative writing, poetry, music

Who delivers project? Peer group/Amateur Artist

Specific Participant Group Size: 6 - 10 **Ratio of Participants to Workers:** 1 artist plus volunteer, facilitator must be a qualified counsellor

Participant Comments: 'I'm glad that I have therapy to go to. My head hurts, my body hurts, yet when I'm in therapy I get a big release'

'You get support from others, who turn out to be good friends who I didn't have before as I was always on my own. They have been through similar things so we can talk to each other and trust each other. I am not alone'

'Through art and with the mutual support of fellow survivors from the S.H.E. group, I am reclaiming my life. With poetry and pictures I have pieced together for myself the scattered fragments that were the memories of my childhood. It is a slow process but well worth the effort.'

Specific Frequency: weekly

Specific Duration: 7 – 15 sessions

Project Outcomes: The creative therapy group is where members can use a wide range of materials including paints, pastels and clay as a means of personal expression. This allows people to explore, access and express emotional feelings in relation to difficult experiences in their past which are still having an impact on their daily life. This allows them to be able to rethink choices related to their actions and behaviour, to develop their confidence and self esteem and the way they relate to others.

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