



## CATHOLIC SYRO-MALABAR EPARCHY OF GREAT BRITAIN

### **Support for Victims and Survivors**

- Our Safeguarding office is a safe point of contact for survivors and victims of abuse within the Catholic Church. The Eparchy is committed to supporting those who report being harmed and commits to the National Safeguarding Standards. We support survivors who were abused when they were children and those who have been abused as adults. Our staff will be there to listen to you and support you to find the help you need. We refer all disclosures of abuse to statutory agencies (Police, Children and Adults social care) in line with the CSSA guidelines, however it can remain anonymised if you wish. We do this to protect other children and adults from harm.
- The Eparchy Safeguarding Team is available on:07542534221 or by email on:safeguardingcordinator@csmegb.org.

### **Support Agencies**

- Safe Spaces is a free and independent support service for anyone who has experienced abuse in relation to the Church of England, the Church in Wales or the Catholic Church of England and Wales. This could be abuse by someone who holds any role at the church or is linked to participating in a church-led activity or group.
- Safe Spaces opening hours are Monday to Friday 9am – 9pm, Saturday 9am-1pm and Sunday from 1pm-5pm (excluding bank holidays, subject to review).
- **Tel:** 03003031056  
**Email:** [safespaces@firstlight.org.uk](mailto:safespaces@firstlight.org.uk)  
**Website:** [www.safespacesenglandandwales.org.uk](http://www.safespacesenglandandwales.org.uk)
- [Survivors Guide from The Isaiah Journey](#)
- [macsas.org.uk](http://macsas.org.uk) – MACSAS supports women and men who have been sexually abused, as children or adults, by ministers, clergy or others under the guise of the Church.
- [Grief to Grace UK – Healing the wounds of abuse](#) – Founded in Pennsylvania in 2006, Grief to Grace now ministers in several dioceses in the USA, Canada and Kingston, Jamaica. With the support of the Roman Catholic Archbishop of Southwark, The Most Reverend Peter Smith, the program was first piloted in the UK in 2011 and established as a UK charity in 2014.

- [The Survivors' Trust](#) – The Survivors Trust (TST) is a UK-wide national umbrella agency for 130 specialist organisations to support the impact of rape, sexual violence and childhood sexual abuse throughout the UK and Ireland.
- [One in Four](#) – Supporting people who have experienced child sexual abuse and trauma
- [NAPAC](#) – the National Association for People Abused in Childhood offers support to adult survivors of all types of childhood abuse, including physical, sexual, emotional abuse or neglect.
- [ICAP](#) – (Immigrant Counselling and Psychotherapy) is a charity providing counselling and psychotherapy, providing a space to talk with a trained and experienced professional in a safe, confidential, non-judgmental space.

#### Domestic Abuse Support:

- Refuge – Freephone National Domestic Abuse Helpline – 0808 200 0247 – [www.nationaldahelpline.org.uk](http://www.nationaldahelpline.org.uk)
- Safe In Faith – Support for Survivors of Domestic Abuse – [safeinfaith.org.uk](http://safeinfaith.org.uk)
- Karma Nirvana runs a national honour-based abuse helpline. – 0800 5999 247 – [support@karmanirvana.org.uk](mailto:support@karmanirvana.org.uk)
- Hestia provides a free mobile app, Bright Sky, which provides support and information to anyone who may be in an abusive relationship or those concerned about someone they know.
- Imkaan is a women's organisation addressing violence against black and minority women and girls.
- SignHealth provides domestic abuse service support for deaf people in British Sign Language (BSL). – 020 3947 2601 – [da@signhealth.org.uk](mailto:da@signhealth.org.uk)
- Chayn provides online help and resources in a number of languages about identifying manipulative situations and how friends can support those being abused.
- Cedar – Catholics experiencing domestic abuse resources – [www.cedar.uk.net](http://www.cedar.uk.net)
- Respect Domestic Abuse Helpline – 0808 802 4040 – [www.respectphonenumber.org.uk](http://www.respectphonenumber.org.uk)
- Men's Domestic Abuse – 0808 801 0327 – [www.mensadvice.org.uk](http://www.mensadvice.org.uk)
- Mankind – 01823 334244 – [www.mankind.org.uk](http://www.mankind.org.uk)
- Live Fear Free helpline (Wales) – 0808 80 10 800 – [www.livefearfree.gov.wales](http://www.livefearfree.gov.wales)

#### Child Abuse Support:

- NAPAC – The National Association for People Abused in Childhood – [www.napac.org.uk](http://www.napac.org.uk)
- The Survivors Trust – [www.thesurvivorstrust.org](http://www.thesurvivorstrust.org)
- NSPCC – National Society for the Prevention of Cruelty to Children – [www.nspcc.org.uk](http://www.nspcc.org.uk)
- <https://rcdow.org.uk/www.thesurvivorstrust.org> Children's Society – [www.the-childrens-society.org.uk](http://www.the-childrens-society.org.uk)
- Podcast: NSPCC Helpline's Domestic Abuse Practice Advisors
- Barnardo's – [www.barnardos.org.uk](http://www.barnardos.org.uk)

- Stay Safe East provides advocacy and support services to disabled victims and survivors of abuse.

#### Sexual Abuse Support:

- Sexual Assault Referral Centres provide advice and support services to victims and survivors of sexual assault or abuse.
- Rape Crisis (England and Wales) – 0808 802 9999 – [www.rapecrisis.org.uk](http://www.rapecrisis.org.uk)
- Women’s Aid Federation (Northern Ireland) 08009171414 – [www.womensaidni.org](http://www.womensaidni.org)
- Southall Black Sisters offer advocacy and information to Asian and Afro-Caribbean women suffering abuse

#### [The Green House](#)

- Green House a specialist support service for children, young people and families who have experienced sexual abuse. At the Green House they believe in creative evidence-based support services led by the voices of young people and their families. Their specialist services are designed to grow connection and community with families who have experienced sexual abuse – <https://the-green-house.org.uk>

#### Other support links:

- Action on Elder Abuse – [www.elderabuse.org.uk](http://www.elderabuse.org.uk)
- Shelter provides free confidential information, support and legal advice on all housing & homelessness issues – [www.shelter.org.uk](http://www.shelter.org.uk)
- Galop (for LGBT+) – 0800 999 5428 – [www.galop.org.uk](http://www.galop.org.uk)