



Funders Update - 2016

“DAA has helped me find a way to put abuse behind me – not just exist alongside it. DAA is a unique, incredible service and the people who are a part of it are nothing short of incredible. I cannot ever express my gratitude enough.” (Anonymous client)

Dorset Action on Abuse’s mission is to relieve the suffering and distress of men and women over the age of 16 who are survivors of child abuse (sexual, physical, emotional and neglect) in Dorset.

Dorset Action on Abuse (DAA) was started in 2004 by the late Dr Moira Walker who was wholly dedicated to its founding and development. Her vision and passion in bringing the organisation together, and her ongoing leadership has been an inspiration to all those involved in DAA.

DAA became a registered charity in 2007 and it was with great pride that in 2012, Moira received the Queens Award for Voluntary Service for DAA, a testament to the achievements of the charity.

The experience of childhood abuse is recognised as having a significant traumatic

impact on a person’s life. Some who were abused when they were young experience lasting distress and debilitating symptoms that endure into adulthood.

Depression, extreme anxiety and fear, inability to trust others, and chronic physical symptoms are just a few of the effects that can seriously limit childhood abuse survivors’ hopes for a happy, fulfilling life.

DAA seek to raise public awareness of the needs of the adult survivors of child abuse and promote a more understanding and supportive public attitude towards them.

DAA provides a variety of services, weekly individual therapeutic counselling, facilitated survivor support groups, training events for professionals, volunteers and the public and creative therapy group courses.

“The most important thing that I have learnt from this process is that there is only one person who can heal you and that is yourself. DAA are there to support you throughout this process without any judgement or preconceived ideas as to how you should do this - they leave that bit entirely down to you!” (from Lena’s story)

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Since 2004; thanks to the staff, the volunteers and the funders of DAA the organisation has gone from strength to strength.

During this time DAA has :-

- * opened its new offices at Seaforth House
- * **supported more than 1,000 adult survivors of childhood abuse**
- * run over 26,000 counselling sessions
- * run 7 creative therapies groups
- * facilitated 4 support groups, 3 for women and 1 for men
- * supported 16 survivors through the judicial process

“There aren’t really any words or expressions that quite seem to fit how amazing this service is.” (Anonymous client)

- * organised 21 external training sessions; delivered training to 60 Social Work students
- * had the benefit of over 26,000 volunteer counsellors hours and over 5,500 hours of volunteer office help
- * recruited new Trustees
- * participated in summer carnivals, heavy horse shows, stood outside many a supermarket, had volunteers run in marathons, complete sponsored cycle races and jump out of planes; all to raise funds for the charity!

- * Received a BIG Lottery grant on two occasions
- * Received the Queens Award for Voluntary Service

“I’ve had many therapies in my life but DAA is far the best thing that happened to me.” (Anonymous client)

DAA would not be where it is today without YOUR support. Funding has been requested for specific projects, for core running costs, for capital costs and you our funders and supporters have believed in us, have supported us and have helped to finance us.

Rest assured that what we have achieved is just the building blocks for the future; more people are coming forward looking for help and without any central government or NHS funding we will need to continue to “rattle tins”, ask for support and be as creative as possible in achieving what we need to continue to support the adult survivors of childhood abuse in Dorset.

From all at DAA ... and from all the survivors who have come through our door and have achieved a better quality of life ...

funders - we thank you!

Dorset Action on Abuse

Address: Seaforth House, 176 Bournemouth Road, Parkstone. Dorset BH14 9HY

Tel: 01202 732424

Email: daacharity@gmail.com

Website: www.dorsetactiononabuse.org.uk

Charity No: 1120060