



Dorset Action on Abuse becomes



from

hurting to healing

Supporting adult survivors of childhood abuse

## Funders Update - 2017

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***“I’m so much more confident, have a better relationship with others and have a higher self-esteem. For the first time ever, thanks to counselling I’ve been able to talk to my mum about what happened ... thank you for turning my life around” - anon***

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2017 has seen an exciting change for the organisation as it went from being Dorset Action on Abuse (DAA) to **Hurting to Healing**.

After consultations with members of the local Council for Voluntary Services, the Trustees decided that it would make good business sense for the future protection of the organisation and its Trustees to alter its charity status to become a Charitable Incorporated Organisation (CIO), and after consulting with service users and volunteers, they took this opportunity to change the name of the service to **Hurting to Healing**.

With our previous identity of DAA, many expressed confusion about our mission and the service provided. “From Hurting to Healing” was the name given to our very first self-help group by the participants themselves.

It was also the title of our first annual conference in 2004. We hope that **Hurting to Healing** more clearly reflects the hopes and aims that our beneficiaries hold for their recovery.

We are excited and optimistic about these changes. As we go forward, our diverse team at **Hurting to Healing** will continue to work therapeutically with people who suffer distress because of the abuse they endured as a child.

During 2017 **Hurting to Healing** has continued to develop its services to its clients. One to one counselling is offered to all survivors of any form of childhood abuse once they have completed the assessment process. The majority of the clients receive counselling for a 12 month period. In addition we have also run successful Psychotherapy groups and Creative Therapy workshops for people who are ready to tackle their issues in group environments.

Both of these groups have seen some very successful outcomes.

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***‘Without DAA’s help I would not be alive today. When I came round after my suicide attempt, I still wished I was dead. But I kept going to my sessions and I am still here.’ anon***

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During a pilot study it was identified that many people coming to **Hurting to Healing** regarding their abuse were also experiencing practical problems e.g. issues regarding rent or housing, mounting debt, problems with the children's school or even going to the Police to disclose their abuse. When people are "drowning" with so many worries and problems they are not able to give themselves fully to the counselling process. Client Support Volunteers work with individuals and help them in a number of practical ways so that they can resolve their problems and be able to fully focus on their counselling and their recovery.

- **In 2017 Hurting to Healing has continued to go from strength to strength. We've ...**
- successfully completed the first year of our lottery funding
- **received more than 280 referrals**
- published a book "Counselling Adult Survivors of Childhood Abuse - From Hurting to Healing"
- recruited additional volunteer counsellors
- run additional therapy groups
- organised 5 external training and awareness sessions including the Annual Conference
- participated in heavy horse shows, run in marathons, collected used stamps and distributed collection boxes all to raise funds for the charity!
- recruited new Trustees
- had the benefit of over 5,000 volunteer hours

**Hurting to Healing** 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.

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***"Coming here gave me the strength to pursue a claim against my abuser, which resulted in a conviction, I couldn't have done that without support from my counsellor and DAA."*** anon

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In 2018 we aim to do even more! More people are coming forward looking for help and without any central government or NHS funding we will need to continue to "rattle tins" and be as creative as possible in raising what we need to continue to support the adult survivors of childhood abuse in Dorset.

From all at **Hurting to Healing** ... and from every survivor who has come through our door and have achieved a better quality of life ...

***funders - thank you  
very much!***



**LOTTERY FUNDED**

**Hurting to Healing**  
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