



# ANBU UK

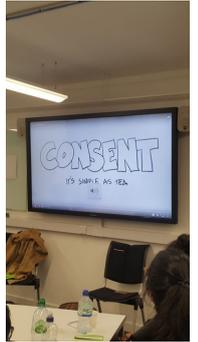
*Abuse Never Becomes Us UK*

*Supporting survivors of childhood sexual abuse in the Tamil community*

Welcome to another edition of ANBU UK newsletter, this quarter we've taken a bit of 'me' time and have focussed on preparing ANBU team for volunteers roles and completing essential training. This newsletter edition has a healthy relationships theme reflecting the couple of workshops we've delivered, but heres what else we've been up to...

## Healthy Relationships Workshop

It was all about healthy relationships for the first quarter of this year. ANBU conducted follow up workshops with Southampton and Kings College London Tamil societies following the Open Conversations event in November.



**HEALTHY RELATIONSHIPS WORKSHOP**

"Allowed me to appreciate what a healthy relationship is- SELF LOVE"

"The session helped me open up and discuss topics I probably would not talk about. childhood sexual abuse affects each person differently and can't be generalised."

"Change comes from within yourself, family and community"

"Realised the importance of self worth and moving away from focussing on the perception of others."



The workshop discussed concepts of self worth, consent and what a healthy relationship looks like. It also looked at impacts of childhood sexual abuse on sense of self and in relationships. Do get in touch if you would like to hold a similar session with your society/community group.

## International Women's Day



Also as part of international whens day, Jumani, ANBU spokesperson spoke powerfully about being an entrepreneur and work with ANBU at the #whats her story panel event.

To celebrate international women day, the team shared pictures and stories of women that inspire us! This is a picture of Jason's Ammama! see our social media pages for more pictures and stories.



**#ITSNOTOK**  
5TH - 11TH FEBRUARY 2018



Vanajah, UK lead took part in panel discussion called 'Child Abuse is Not Colour Blind' held in the Houses of Parliament to mark the week

Later the team took part in the 'Light up the Night' March across Millennium bridge, marching in solidarity with other organisation. more on our website!



# Q&A

**QUESTION Q1:** I'm a survivor who finds it hard to make any relationship I enter due to my past trauma but I am never able to tell my partner about it causing my relationships to end—how can I go about this?

**ANSWER Q21:** We are really sorry to hear that relationships are hard to enter due to your past trauma. I wonder where you are at with your trauma? Have you been able to reflect on what it is that ends these relationships? Maybe identifying whether it's trusting your partner/being intimate/feeling the need that you have to tell them/or something else altogether will help you think about what is hindering you.

Keeping a reflective journal or trying out therapy may be a good place to explore this, particularly if you are stuck with knowing what it is that is bothering you. It's really important to give any relationship time to grow - you may feel that this is something you need to tell a partner early on, and so put a lot of pressure on yourself.

See full response on our website

**ANBU Canada** turned 2 on international women day! Another phenomenal year for the founding team, see highlights for the **ஒளி Light Through the Broken Pieces** event on ANBU Canada social media pages!



## Lets get creative



We hope to include some creative expressions in our newsletters. This picture, (apt for our healthy relationships theme!) comes from ANBU Co-deputy Ahrabi. If you have something to share we would love to include it in our newsletter. email details below.

## ANBU UK Helpline

The ANBU UK support line preparations are nearly complete. This is a vital project for us, to provide support and signposting for survivors is core to our work. We have previously tested chat rooms and considered instagram links, however we feel a traditional telephone line with real people at the other end is essential.

We are also fortunate to have the support of Samaritans in training and the creation of this helpline

Our plans are to make the phoneline available for 24hours over selected weekends (text and voice calls). We hope to formally announce it launch soon!

**Coming soon...**  
More from our ANBU Shorts series with information on Basic information on Childhood Sexual Abuse and child safeguarding support

I am not asking you to heal me,  
I am asking you to hold me while I heal myself.  
நீ என்னை மீட்கத் தேவையில்லை  
என்னை ஆரவணைத்துக்கொள் நான்  
என்னை தேற்றிக்கொள்கையில்  
#SPREADANBU

See more quotes on our social media pages

## Upcoming event

### TAMIL MALE IN CONTEMPORARY SOCIETY

Explored by ANBU UK

Tuesday 29th May - Tickets available on Eventbrite

- @anbu.uk
- @abuseneverbecomesusUK
- anbu.org.uk@gmail.com
- www.anbu.org.uk

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