



# ANBU UK

*Abuse Never Becomes Us UK*

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



This quarter we dedicate our newsletter to community! Community is perhaps not so easy to define since it is constantly changing as we intersect with so many diverse sets people in our everyday lives. What is clear though, with ANBU there is certainly a growing community of well wishers with every outreach we take part in, read on to hear more!

**'In every community there is work to be done. In every nation, there are wounds to heal. In every heart there is the power to do it.'**

—Marianne Williamson

## Sutton Tamil Elders Circle



ANBU UK were pleased to take part in the 'Help yourself to health' session arranged by Hounslow and Richmond Community Health Care trust.



We were warmly welcomed by the Sutton Tamil Elders Circle as we gave a brief presentation on ANBU UK and the importance of child safeguarding in all parts of the community, dispelling myths that it doesn't happen in the Tamil community. We hope to run a more detailed workshop with this group soon.



## Community Sports Day, Harrow

In July ANBU UK held its first community stall at a sports day event in Harrow. It was an opportunity to speak directly with the community, giving away freebie good bags and delicious cupcakes along with some Tamil child safeguarding material. It was great to hear from the community, we take a lot of learning from the experience too, look forward to doing more in that space in the future.

*'Good, open, safe dialogue. All were open individuals, need to target more close-minded people'*

## Male discussion groups

We held a male only space and a mixed gender discussion group following the 'Tamil Male in Contemporary Society' event, discussing trauma & sexual abuse, relationships & consent, culture and childhood from a traditionally defined male context. An opportunity to discuss ideas and concepts in a safe, non judgmental space.



# 5 WAYS TO SUPPORT the ANBU MOVEMENT

ANBU UK is a completely voluntary organisation, every event and workshop held has been mostly funded by us. We're working on delivering more outreach and events as well as designing support including a dedicated helpline, healing groups & resources tailored to the Tamil community, with plans in the longer term to provide immediate support assistance and refuge facilities.

We cannot do any of this without your help! Here are some ways you can help us help our community!

## 1 Donate

Your generous donations will help us keep events affordable if not free and also contribute to the provision of support services directly to survivors and survivor supporters.

**JustGiving™**

Please visit [www.justgiving.com/anbu](http://www.justgiving.com/anbu)

And you have the option of making a one of donation or monthly donation. Your support means so much to us!

Its now even eaier to donate using our Facebook page, just use the donate button.

**amazon smile**  
You shop. Amazon gives.

ANBU UK has been added to the list of charities on Amazon. It costs nothing to you, amazon donates a percentage of all of your purchases to ANBU UK. Remember to use [smile.amazon.co.uk](http://smile.amazon.co.uk) and choose ANBU UK as your chosen charity to make all of your purchases.



## 2 Fundraise

Bungee jump? run a marathon? cake sale? summer ball? if you have a weird and wonderful ideas to fundraise use our just giving page and click on fundraise! and do tell us about them, especially the crazy ones!

## 3 Events & Outreach

Come along a be part of discussions at our events and workshops, also let us know if you have any ideas for outreach work, we love getting out and meeting people!

## 4 Volunteer

If you have time and energy to spare and want to be part of the ANBU movement get in touch through: [anbuhr.org.uk@gmail.com](mailto:anbuhr.org.uk@gmail.com)

## 5 Spread the Word

Following and share our social media pages, help us break stigma associated with speaking out about childhood sexual abuse #spreadANBU!

### INTERESTED IN BECOMING A TRUSTEE?

Are you passionate about community and change and have skills and experience you would like to impart to ANBU UK as a trustee?

We are looking for someone to help us with our ambitious plans to transform the community and shape support for survivors. If you have a professional background in trauma support, or work closely with the Tamil community, or have other experience you would like to share and have time to dedicate as trustee- then would love to hear from you!!

Please email us at: [anbu.org.uk@gmail.com](mailto:anbu.org.uk@gmail.com)



*Upcoming event*



*Ain't nothin but a SHE thing*

17TH NOVEMBER  
@CRYPTON THE GREEN  
12:00 - 17:00

BOOK TICKETS HERE: [HTTPS://ANBU\\_UK.EVENTBRITE.CO.UK](https://anbu_uk.eventbrite.co.uk)

Stay connected! We would love to hear from you!