

# ANBU UK

Abuse Never Becomes Us – Issue 01

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*We envision a future where Tamil people who have been impacted by childhood sexual abuse can find their voice'*

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**ANBU** is a collective of dynamic, motivated, and inspired Tamils wanting to challenge cultural barriers and encourage our community to think differently about childhood sexual abuse. ANBU wants the Tamil community to change the way we treat people who have experienced trauma and get people talking, sharing and healing.

**Be part of the change!**

## Did you know..

- \* Over **90% of sexually abused children were abused by someone they knew.**
- \* There's an estimated minimum of **11 million adult survivors** of child sexual abuse in the UK.
- \* Around **one in five adults have experienced some form of abuse in childhood**, so you probably know a survivor.
- \* Survivors often suffer from **post-traumatic stress disorder, isolation, anxiety and depression.** Some use damaging coping mechanisms such as substance misuse and self-harming.

(Radford et al, <https://napac.org.uk/key-facts-figures/>)

## WELCOME!

This is the first of ANBU UK's newsletters. We've finally got the team together so we thought it was about time we introduced ourselves and our exciting UK plans! ANBU loosely translates to "Love" in Tamil, stands for Abuse Never Becomes Us. We started off as a Toronto based not-for-profit community organization back in March 2016, now set to widen our reach to the UK.

## Why childhood sexual abuse?

Childhood sexual abuse is a global issue; however, we can identify and relate to the Tamil community's historical and present trauma and believe in building and exploring our capacity to heal. The taboo and stigma associated with abuse, as well as the intergenerational ripple effect of abuse is rampant within the Tamil community, as it is within many communities. ANBU aspires to uncover and implement healing methods specific to our community and shift how our community addresses childhood sexual abuse.

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*"First time I disclosed to someone was at university, it gave great comfort that my friend didn't judge me, just one person listening lifted a huge weight off my shoulders...."*

Vathanee, ANBU UK

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## CONTACT US:

We are a voluntary organization, our members all have day jobs. We would very much welcome your support please do like/follow/befriend us, we would also welcome any interest in joining the team too!

**Email:** [anbu.org.uk@gmail.com](mailto:anbu.org.uk@gmail.com)

**Facebook:** @abuseneverbecomesusUK

**instagram:** [ANBU.UK](https://www.instagram.com/ANBU.UK)

**Website(Canada):** [www.anbu.ca](http://www.anbu.ca)

## ANBU plans!

Right now, ANBU UK is focussing on outreach, getting out into communities, universities, spreading awareness. In time, ANBU wants to provide support to survivors ranging from the traditional to more innovative including;

- One to One Peer Support
- Video Series
- Healing Groups
- Yoga sessions
- Group mediation
- Voices Newsletters

## SUPPORT HELPLINES

### **The National Association for People Abused in Childhood (NAPAC)**

Helpline: 0808 801 0331 website: [napac.org.uk](http://napac.org.uk)

**Survivors Trust**- UK-wide national umbrella agency for 135 specialist organisations for support for the impact of rape, sexual violence and childhood sexual abuse throughout the UK.  
Website: [thesurvivorstrust.org/national-helplines/](http://thesurvivorstrust.org/national-helplines/)

### **CIS'ters (Childhood Incest Survivors)**

Helpline: 023 8033 8080 Website: [cisters.org.uk](http://cisters.org.uk)

### **Mankind- Dedicated support for men**

Helpline: 01273 911 680 Website: [mankindcounselling.org.uk](http://mankindcounselling.org.uk)



## What's coming up..

We're in the middle of recording our first introduction video! We want to virtually introduce the new ANBU UK team!

Stay tuned to our facebook page and instagram !

**#spread ANBU**