



Safeguarding

# **Reporting abuse you experienced as a child**

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# Introduction

Child abuse is a serious issue that can have long-term effects on people's lives.

If you have experienced abuse as a child there is support available for you.

If you want to report what happened, you can contact the police. There is no time limit to report abuse, but it may be challenging to gather evidence if it happened a long time ago. You will need to provide your name, address, details of the abuse, and the name of the abuser if known.

Once reported, the police will review your case and may ask you to make a formal statement. Specially trained officers will investigate and gather evidence. If there is enough evidence, the case will be passed to the Crown Prosecution Service for potential prosecution.

If you want to share your experience with the police but don't want to pursue an official complaint, it is possible, but there is no guarantee that the police won't proceed with an investigation. Reporting the abuse can help protect other children who may be at risk.

Even if you don't want immediate action, the information will be recorded, and you can change your mind later. If you're unhappy with how the abuse was previously investigated or have new information, you can always speak to the police.

# Organisations that can help

## The Survivors Trust

The Survivor's Trust is a UK-wide national umbrella agency for 141 specialist organisations for support for the impact of rape, sexual violence and childhood sexual abuse throughout the UK and Ireland.



- ✓ [www.thesurvivorstrust.org](http://www.thesurvivorstrust.org)
- ✓ Freephone: 08088 010 818
- ✓ Email [info@thesurvivorstrust.org](mailto:info@thesurvivorstrust.org)

## NSPCC

The NSPCC give support to those who have experienced child abuse in the past, or for those who are concerned about a child now.



Make a report online:

- ✓ [www.nspcc.org.uk/keeping-children-safe/reporting-abuse/](http://www.nspcc.org.uk/keeping-children-safe/reporting-abuse/)

- ✓ Helpline: 0808 800 5000  
(10am-8pm Monday-Friday)
- ✓ Email: [help@nspcc.org.uk](mailto:help@nspcc.org.uk)

## NAPAC

NAPAC is the National Association for People Abused in Childhood, providing a helpline and support to people who experienced past abuse.



- ✓ [napac.org.uk](http://napac.org.uk)
- ✓ Support line 0808 801 0331

## Survivor Space Oxfordshire

This organisation offers support and advice to women who have experienced sexual violence and abuse. They provide confidential, independent information on the reporting process and the options open to survivors of abuse. Practical advice on housing and finance are also provided.



- ✓ [Survivorspace.org.uk](http://Survivorspace.org.uk)
- ✓ Email: [referrals@survivorspace.org.uk](mailto:referrals@survivorspace.org.uk)

## The Solace Centre

The Solace Centre is a sexual assault medical centre that collects evidence. They offer support for recent and historical abuse and can help victims of revenge porn and Female genital mutilation (FGM).



If you want to speak to someone you can contact them on the following:

- ✓ [Solace - Supporting the victims of Rape or Serious Sexual Assault \(solacesarc.org.uk\)](https://solacesarc.org.uk)
- ✓ Tel 0330 223 0099
- ✓ Email: [solacethamesvalley.sarc@nhs.net](mailto:solacethamesvalley.sarc@nhs.net)

## Stop It Now!

Stop It Now! is an organisation run by Lucy Faithful House that is at the forefront of activity to prevent child sexual abuse.



- ✓ [Stop It Now | Preventing child sexual abuse \(www.stopitnow.org.uk\)](https://www.stopitnow.org.uk)
- ✓ Freephone: 0808 1000 900

## Links to other helpful information:

### **Rights of Women - Providing Free confidential legal advice to women and girls**



[www.rightsofwomen.org.uk](http://www.rightsofwomen.org.uk)



## Victim Support

✓ [www.victimsupport.org.uk](http://www.victimsupport.org.uk)

✓ Freephone 080816 89111



## Thames Valley Police

✓ [www.thamesvalley.police.uk](http://www.thamesvalley.police.uk)





# Concerns and complaints

We aim to provide you with a high-quality service at all times.

However, if you have any concerns, complaints or comments about your experience of our service then please tell a member of the team or contact the Patient Advice and Liaison Service on freephone 0800 328 7971 or online

<https://www.oxfordhealth.nhs.uk/support-advice/pals/compliments/>





# Accessibility

An accessible version of this leaflet can be found on our website: [www.oxfordhealth.nhs.uk/leaflets](http://www.oxfordhealth.nhs.uk/leaflets)

## Get in touch

Address      Oxford Health NHS Foundation Trust  
Trust Headquarters  
Littlemore Mental Health Centre  
Sandford Road, Oxford OX4 4XN

Phone        01865 901 000

Email        [enquiries@oxfordhealth.nhs.uk](mailto:enquiries@oxfordhealth.nhs.uk)

Website      [www.oxfordhealth.nhs.uk](http://www.oxfordhealth.nhs.uk)

## Feedback

Our Patient Advice and Liaison Service (PALS) provides advice and support to patients, families, and carers, helping to resolve any problems, concerns, or complaints you may have.

Phone        0800 328 7971

Email        [PALS@oxfordhealth.nhs.uk](mailto:PALS@oxfordhealth.nhs.uk)

Become a member of our foundation trust: **[www.ohftnhs.uk/membership](http://www.ohftnhs.uk/membership)**

Support Oxford Health Charity, making a difference to patients, their families and staff who care for them: **[www.oxfordhealth.charity](http://www.oxfordhealth.charity)**