

## The Sue Lambert Trust provides support for survivors of sexual abuse

Experiencing rape, sexual abuse or violence is extremely traumatic. Whether a recent assault or past abuse, many people find it difficult to cope. The Sue Lambert Trust is here to help.

Our services are free, are available to women, men and children aged 11+ , and are available for as long as they are needed. Much of our counselling and support work is done in Norwich, but we also have premises in Great Yarmouth and limited services in other parts of Norfolk.

### Support available

#### Counselling

Face to face sessions with a trained counsellor.

#### Practical and emotional support

One to one support from our trained support workers

#### Telephone helpline

Free phone confidential emotional support and information from a trained support worker

#### Support groups

Informal support groups run by our partner organisation, Surviving Together. Currently for women only

#### Online resources

We have self help guides and other information available at [www.suelambertrust.org](http://www.suelambertrust.org)



## Experiences we deal with

### Childhood sexual abuse

A large number of our clients have experienced childhood sexual abuse. We offer a safe place where they will be listened to, believed and accepted.

Lots of people who have experienced childhood sexual abuse feel isolated and carry a sense of shame and guilt with them. Our aim is to shift these feelings to where they belong – firmly on the perpetrator. By helping to acknowledge that childhood abuse is never the child's fault it can help to shift these feelings, and reduce the sense of isolation.

### Rape and sexual assault

Rape can be committed by friends, partners, acquaintances, as well as by strangers. There is often an aftermath of devastation and emotional trauma, from nightmares to sleeplessness, depression and suicide attempts.

Some people may find they feel better if they carry on with their normal routine, others find they cannot cope with their usual day to day life.

Expectations from family and friends that a person should recover from this experience within a set time limit may isolate them further. We at the Sue Lambert Trust understand that it is not always that easy, and we are here to support people through this time.

### Domestic Violence

Domestic violence often involves sexual abuse. People experiencing sexual abuse and violence within a relationship may be experiencing mixed emotions and be unsure of their future. Whether you are recovering from an abusive relationship or looking for help in managing your current situation the Sue Lambert Trust offers support in a safe environment.

## What happens when I contact you?

If you are interested in accessing our counselling or one to one support you will be asked to come to Norwich for an initial meeting so that we can assess your individual needs.

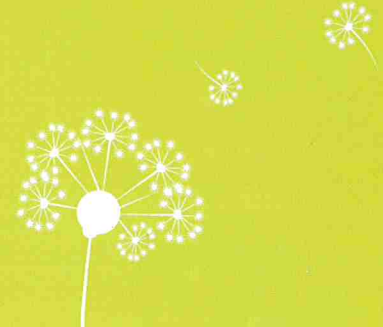
You will be asked some general questions by one of our qualified counsellors about your experiences. You will be told more about services we may be able to offer and given an estimate of how long you may need to wait.

Once you have been allocated one of our specially trained counsellors or support workers they will listen, believe and stay supportive. They won't judge, criticise or take over. We aim to work with survivors to help them to come to terms with what has happened to them so that they can move on with their lives.

The process of healing can be a long one and we will be there for you until you feel ready.

### Confidentiality

We will never divulge personal information or discuss any client information with any third party unless we have the express, written permission of the client. The only exception to this will be where we believe that the safety of a child or vulnerable adult is at risk.





## Contact Us

If you are interested in counselling, one to one support or have a general enquiry:

**01603 622406**

Norwich Office: St. Julians Hall,  
6 Music House Lane, Norwich, NR1 1QL

Gt Yarmouth Office: Victim Support Building,  
31 Market Row off King Street, Gt Yarmouth,  
NR30 1PB

[info@suelambertrust.org](mailto:info@suelambertrust.org)

To speak to someone for emotional support  
please call our helpline:

**0808 808 4121**

Free to call from landlines and mobile phones

Our helpline hours can be subject to change so please check our  
website or call to hear a message giving current operating times.

## Support us

Sue Lambert Trust is a charity which relies on  
public funding to enable us to provide our services  
free to our clients.

To make a donation please call us, visit  
[www.suelambertrust.org](http://www.suelambertrust.org) or send it to the above  
address. If you'd like to hold an event or get your  
company or group involved in raising funds please  
contact us.

## Volunteers

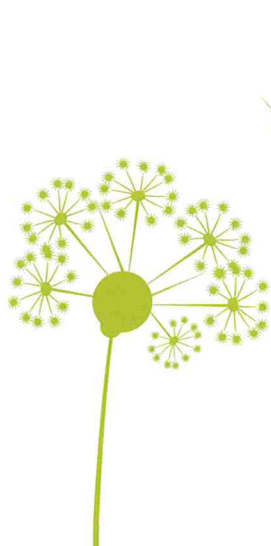
We are always looking for more volunteer  
counsellors (including trainees), support workers  
and office support. Please contact us or visit our  
website if you'd like to know more.

## You should know....

If you have suffered sexual abuse or been  
raped it is **never your fault**. You are **not**  
responsible for the actions of others. It is  
important to bear in mind that co-operation  
**does not** mean consent. Sometimes, co-  
operating with a rapist or abuser is essential  
to your survival.

The first step in the healing process is to  
acknowledge and identify how the assault  
has affected your life. Many survivors say  
that the hardest part of coming to terms with  
what happened is to learn to stop blaming  
themselves.

- **NO-ONE** deserves to be raped
- **NO** survivor deserves the blame
- **TALK** about anger
- **TALK** about your feelings
- **TALK** to someone you can trust



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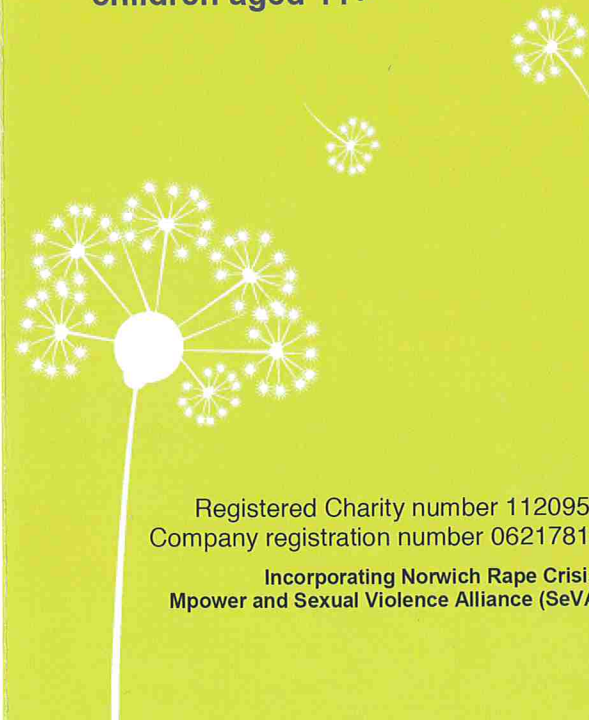
Registered Charity number 1120957  
Company registration number 06217814

**Sue Lambert**  
TRUST

**Support for  
the survivors of  
sexual abuse**

[www.suelambertrust.org](http://www.suelambertrust.org)

**Services for men, women and  
children aged 11+**



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**Incorporating Norwich Rape Crisis,  
Mpower and Sexual Violence Alliance (SeVA)**