

Trust

We realise it may be difficult for you to trust other people. We hope in time that this trust will be developed.

Confidentiality

Confidentiality is a high priority within MENding UK. All members and staff (paid and unpaid) must sign an agreement to maintain this.

Non-judgmental

We do not judge our fellow members in any way and we respect each others' values and beliefs.

Commitment

Commitment to the groups is necessary to build up trust and security in each other.

Stronger together

Where everybody has the time to contribute to group work with respect and without interruptions.

Have you experienced sexual or domestic violence?

- Do you suffer from depression or low self worth?
- Do you feel your emotions are very intense and painful, even non-existent?
- Do you find it difficult to sleep, eat or concentrate?
- Do you find yourself withdrawing from people?
- Are you using alcohol or drugs to help you to cope?
- Are your relationships suffering?
- Are you finding it difficult to trust other people?

MENding UK have a highly trained and dedicated staff team here for you – all you need is the courage to take a step in our direction and trust us with your story. Is this your time to take control?

July 2015



SUPPORT AND INFORMATION FOR MALE SURVIVORS OF CHILDHOOD SEXUAL ABUSE, SEXUAL AND DOMESTIC VIOLENCE

Registered Charity: awaiting

Contact our friendly team on:

☎ 01623 622 916

@ info@mending-uk.org

🌐 www.mending-uk.org

Find us on Facebook and Twitter
facebook.com/MENdingUK

1 Byron Street, Mansfield, Notts, NG18 5NX



Mission Statement

At MENding UK, we believe all survivors of childhood sexual abuse and sexual & domestic violence have the right to reclaim the life stolen from them by their abusers. We are a charity existing to improve the lives of victims of childhood sexual abuse (CSA), and sexual violence. CSA is endemic across the world, and the innocence of thousands of children are being stolen from them, leading to detrimental long term issues. We provide a wraparound support system and range of services to empower and rebuild, and to enable members to move from surviving to thriving. We are based in and deliver face-to-face services in Nottinghamshire, and deliver digital support across the nation and internationally.

The services MENding UK offers are based on mutual collaboration, offering male survivors a wide range of activities including:

- Survivor-led peer groups
- Evaluative-need counselling
- Digital provision (Facebook/FaceTime/Skype)
- Facilitated adult learning groups

MENding UK also offers information to members' partners, and supporters.

Groups

A place to speak with people who understand. MENding UK offers men's peer groups providing space to connect with peers in a relaxed environment focusing on strength, perseverance and camaraderie.

Adult learning groups

Fancy trying something different? Learning a new skill?

Drop-ins and workshops

Drop-ins run in Mansfield. Workshops and social events give a chance to learn new skills and make new friends.

Buddying and Mentoring

MENding UK can provide buddying and mentoring support.

Evaluative Need Counselling

We provide short and long term counselling, from fully qualified and trainee counsellors.

Training

MENding UK currently operate under the umbrella of S.H.E. UK, who provide training and conferences in a variety of specialised areas facilitated by fully qualified professionals and delivered with survivors of sexual abuse, sexual and domestic violence.

How to join MENding UK

You can self-refer or be referred by your doctor, support worker or agency (our referral form is available on our website or you can call/email directly).

All referrals must be with the knowledge and consent of the prospective member.

Contact MENding UK to arrange a meeting by phone, post or email (see front cover).

Want to help by volunteering with us or becoming a supporter member?

Non-survivors can become supporter members/unpaid staff, helping the group in a variety of ways and helping promote the work of MENding UK.

Supporter members can be partners, non-abusing family members, professionals or anyone who supports the aims of the charity.

There are also a range of volunteering opportunities including support workers, buddies, helping with social networking and marketing, trusteeship, sharing life skills, fundraising and office based tasks.

We run a Trainee Counsellor Placement scheme, offering valuable training placements—but we only accept outstanding trainees.

You can also support us financially by donating online:

<https://localgiving.com/search?name=SHE+UK>