



## Support Services for Cumbrian parents of victims of CSE

The CSE/MFH Working Group were tasked with establishing what support services are available for parents of children in Cumbria who have been the victim of CSE. This was prompted by a PACE (Parents Against Child Sexual Exploitation) report titled Parents Speak Out which highlighted the important role parents have in tackling CSE and the fact that support for them is clearly important.

The services available for Cumbrian parents are summarised below.

<b>PACE</b>	
Tel No.	0113 240 5226
Website	<a href="http://paceuk.info/">http://paceuk.info/</a>
<p>PACE helps parents across the UK understand what is happening to their child and how parents are the prime agents in helping their child exit exploitative relationships. It does this by offering:</p> <ul style="list-style-type: none"> <li>• One-to-one telephone advice and support to parents</li> <li>• Facilitating meetings with similarly-affected parents for peer support</li> <li>• Advising how to establish rights as parents and work in partnership with statutory agents such as police and social workers</li> <li>• Advice and support when pursuing disruption and prosecution of the perpetrators of child sexual exploitation</li> <li>• Befriending scheme</li> </ul> <p><u><i>One-to-one telephone advice and support</i></u></p> <p>They offer one-to-one telephone support for parents whose children are being sexually exploited, or for those who are concerned their child is at risk.</p> <p>Parent support workers provide independent, non-judgmental and confidential support.</p> <p>“We are here to listen to your concerns, give information on statutory agencies and procedures and to pass on advice from other affected parents, should you require it. We will never blame you for what is happening to your child and aim to help you find the best solution for your family.”</p>	

### Parent Network Days

Pace holds thrice-yearly Parent Network Days around England to allow parents affected by child sexual exploitation to meet each other and share their experiences. The idea is to reduce isolation, share knowledge and create independent support networks. Pace can also organise workshops that focus on particular concerns – such as how to record and collect evidence for the police or preparing your child to give a police statement or appear in court.

Many parents choose to attend Parent Network Days even when their child has exited an exploitative relationship. They understand the difficulties faced by parents new to the situation and want to offer hope of a positive outcome. Others find that they need to support to deal with the aftermath of their child's sexual exploitation. Some parents feel that parents' voices are marginalised in government discussions on child sexual exploitation and wish to campaign with Pace to change this. Click here for information and dates for the next Parent Network Day.

### Secure Parent Forum

For the time in between network days, parents of a child who is at risk or being exploited can offer and receive mutual support through a secure online forum. The parent forum is a safe space for parents to connect online to get to know each other and to share experiences, information on what works, news, and support to keep going when things are difficult.

### **NSPCC**

Tel No.	0800 1111 - Child Line 0808 800 5000 - Concerns about a child
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Website	<a href="https://www.nspcc.org.uk/">https://www.nspcc.org.uk/</a>
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NSPCC Protect and Respect Service is a service for those children who are deemed to be at risk of, experiencing or recovering from Child Sexual Exploitation.

“Within the service which is a county wide resource we offer direct sessions to parents. This is usually when we are working with their child as we believe children should always be seen, however appreciate that there are times when children experiencing CSE will not be in a position to engage in services. On these occasions we have offered support to parents independent of the child.

We offer 6-8 sessions to parents to understand CSE and run a CSE educative package of intervention. Given the complex nature of CSE each referral is different and will be assessed as to what best intervention is for the child and their family.

We have also on occasion offered a consultation and resources to those professionals involved who are already working directly with the parents and have an established relationship.”

<b>BIRCHALL TRUST</b>	
Tel No.	01228 820828
Website	<a href="http://www.Birchalltrust.org.uk/Default.htm">http://www.Birchalltrust.org.uk/Default.htm</a>
<p>The Birchall Trust provide a free confidential counselling service for male and females, children, young people and adult survivors of recent or historic rape and sexual abuse in South Cumbria and North Lancashire The service is also available for partners, relatives and friends who want to talk about the effects of rape and sexual abuse in order to support their loved one.</p> <p>They offer the following services:-</p> <ul style="list-style-type: none"> <li>• Pre-Trial Therapy.</li> <li>• One to one counselling sessions.</li> <li>• Art and Play therapy</li> <li>• Sexual Abuse awareness training</li> <li>• Consultation to professionals working with survivors of rape and sexual abuse.</li> <li>• Bespoke training to professionals working with survivors of rape and sexual abuse.</li> <li>• Protective Behaviours “Feeling safe, standing strong” programme</li> </ul>	

<b>VICTIM SUPPORT</b>	
Tel No.	0808 168 9111
Website	<a href="https://www.victimsupport.org.uk/">https://www.victimsupport.org.uk/</a>
<p>Victim Support Core Community Service provides a free confidential support service which includes emotional support, practical help and advocacy across the county. This service is available to parents/guardians of children/young people who have been victims of CSE/SA. Victim Support is a national organisation with an informative website including support and advice for parents, children and young people and teachers/professionals.</p> <p>Victim Support also provide the county wide ISVA service. The Independent Sexual Violence Advisor (ISVA) project supports all victims of sexual abuse, whether reported to the police or not. ISVA’s offer free and confidential support to people of all ages and regardless of when the crime happened.</p>	

<b>SAFETY NET</b>	
Tel No.	01228 515859
Website	<a href="http://safetynet.site/">http://safetynet.site/</a>
<p>Provide Assessment, Integrated Family Support, and Trauma Based Therapeutic services to Children, Young People (3-25) and Adults affected by Rape, historic or recent Sexual Abuse and Domestic Violence across North, East and West Cumbria.</p> <p>This work can take place whether or not the young person involved is engaging with the service service.</p> <p>Safety Net offers a 12 week integrated programme of support for parents to inform them of issues around CSA and CSE specifically and the impact this can have on the young person. Sessions are likely to include help to improve their relationship with the victim and to respond and communicate better.</p> <p>“We raise awareness of the signs of CSE and help parents to understand why it may have occurred. We ensure that parents are well informed regarding internet safety.</p> <p>CSE can be a complex issue, and our 12 week programme is flexible and will be adapted to address specific needs and issues for each client. Joint work with parents and young person can be a part of the process if this is considered to be appropriate. Integrated work can be extended, or counselling can be offered to parents who feel that they need more long term support. “</p> <p>There are a therefore a number of services available to parents of victims within the county. I do not consider there is necessarily a service gap, but would recommend that the services available to parents are advertised amongst partners through the Early Help directory, Cumbria Together website and websites of the partners to enhance the knowledge of professionals and aid in signposting.</p>	