

## What we do:

Our service works with children and young people up to the age of 18, who have experienced sexual abuse. We also provide a service to their parents and carers. All children in Leicester, Leicestershire and Rutland are eligible to access our support.

## What we offer:

- Individual therapeutic work. This is usually offered in 6 week blocks. We seek to involve parents and carers where appropriate.
- Group work for children and young people. We offer separate groups for boys and girls.
- Group work for parents and carers who wish to provide support to their children.
- Consultations to professionals who want to support children who have been sexually abused.

## Where work takes place:

The service is delivered at Family Action offices or at a suitable alternative location such as a school or community centre.

## How we work:

- We support children, young people and their families to address the impact of sexual abuse.
- We provide advice to reduce the risk of future abuse.
- Our service is confidential. We do not share information unless we have to do so to protect a child or vulnerable adult.

## Making a referral:

Families can refer themselves or be referred by a professional or an agency.

- Parents, carers, children and young people can make referrals over the phone, or by using a referral form which can be emailed or posted to them.
- Professionals can make referrals for parents, carers, children and young people using Family Action's referral form.
- We will offer a service in cases where there has been no prosecution or an unsuccessful prosecution.
- Re-referrals are welcome as we recognise children's understanding and awareness of sexual abuse changes as they grow.

**Feedback  
from  
young  
people:**

"I realised that **I wasn't the only one**, others have experienced sexual abuse too."

"I realised I have been using lots of negative ways to cope, the group gave me **confidence** to look after myself and to try out more positive ways of coping."

"Sexual abuse is something that happened to me, that shouldn't have happened, but it is **not** who I am."

"Through the support of the group I felt more **hopeful** about the future."

"Workers were helpful; I felt that I could **trust** them."

**Contact Us:**

**Family Action**  
**Post Sexual Abuse Service**  
c/o Fosse Neighbourhood Centre  
Mantle Road  
Leicester  
LE3 5HG

Tel: (0116) 216 8334 Email: [leicester@family-action.org.uk](mailto:leicester@family-action.org.uk)

**Family Action Head Office**

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Registered Charity Number 264713



**Building  
stronger  
families**

Supporting  
children & young  
people who have  
experienced  
sexual abuse

# Post Sexual Abuse Service

**Leicester,  
Leicestershire  
&  
Rutland**