



**The
Maggie Oliver
Foundation**
Transforming pain into power



**Strengthening the Foundation
Special Edition
NEWSLETTER**



IN THIS MONTH'S ISSUE...



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TMOF Phonline Support -more fantastic feedback from our Survivors.



In this issue we would like to share some of the fantastic feedback we have been receiving from our survivors who are currently accessing support. Not only does this reflect the amazing work our Ambassadors are offering, it also reminds all of us at the Foundation of the reasons why we volunteer for such a necessary cause.

We are very proud of the positive effect TMOF is having for our survivors and their families.

“

I knew she would be there. Tell her thank you so much, she's worth more than her weight in gold

”

- A SURVIVOR

Small
Changes
+ **BIG** +
IMPACT

I have spoken with other organisations, who have not helped me at all. I would not engage if the service were different, this is so beneficial to my character. I feel listened to and feel supported. I cannot thank you enough for my ongoing support

- A SURVIVOR





'YOUR SUPPORT HAS MEANT SO MUCH TO ME.
THANKS A MILLION '
- A SURVIVOR

Without the Maggie Oliver Foundation and knowing that she can discuss information with her allocated case worker, we would have nowhere else to go with the massive injustices that our daughter has experienced whilst giving evidence to the police. We are hoping that the Maggie Oliver Foundation can continue to support our daughter

- A Parent of a Survivor

The service she has received so far is invaluable and is supporting her health and wellbeing. In addition she has, for the first time felt empowered to speak up and seek justice for herself and other children and women that are suffering sexual abuse from the same group of perpetrators.

- A Parent of a Survivor

You have given me the voice to speak out and I want to make a difference because of the suffering I went through.
Thank you again! -
A Survivor





I am writing to state as a family, how deeply grateful we are that the Maggie Oliver Foundation has been available when we have been desperate, knowing that we could write directly to the foundation discretely via email really made a difference.

The relief the following morning when I received a supportive email with a referral contact gave us all hope. We received immediate communication from the foundation case worker Rick Pendlebury. Until we received this contact, we had not felt confident sharing any information with anyone else

- A PARENT OF A SURVIVOR





The Maggie Oliver Foundation has been my rock since I started communicating with them. I initially spoke with Rick and then when the phone system went live, I was allocated an ambassador. The Ambassador I have now is superb and I cannot tell you how the Foundation have adapted to my disabilities. I am unable to hear properly due to an illness and the Foundation have found ways through their system to allow a video call. I cannot thank Maggie enough for this brilliant service. I honestly have had a life changing experience having been able to communicate with the Foundation.

Thank you



- A SURVIVOR

We need more Volunteers!



🏠 ABOUT US ▾ SUPPORT ▾ MEDIA BLOG ▾ CONTACT

DONATE ❤️

VOLUNTEER APPLICATION

🏠 » Volunteer Application

If you are interested in becoming a volunteer for The Maggie Oliver Foundation, please head to our website: www.themaggieoliverfoundation.com for further details on how to make an application.

VOLUNTEERS NEEDED!



Last week it was back to school for children nationwide, and for our current Ambassadors, who all attended training in trauma informed working practices. Earlier in the year we were fortunate to receive two fascinating training sessions by Dr Georgina Clifford of The London Trauma Specialists about PTSD and Complex PTSD (which she kindly allowed us to record for use with future ambassadors). Last week's training built on the theory learnt in Georgina's sessions and helped Ambassadors to think about how they can apply their knowledge in their work with survivors seeking support from the Maggie Oliver Foundation. Although the training took place over Zoom, the magic of breakout rooms gave Ambassadors the chance to problem solve together and get to know one another a little better. We will be repeating these training sessions on a quarterly basis and we look forward to bringing new Ambassadors through the program and seeing their amazing work go from strength to strength.

**Jennie, Business Manager
TMOF**



Meet the new members of our Ambassador team:



Our team of volunteer Ambassadors continues to grow.
We welcome the following new members to the team:

Parveen
Julie
Kat
Judy
Emma
Susan



Ambassador Focus- Parveen:

My name is Parveen.

I have just celebrated my silver wedding anniversary, I have no children but I'm an aunty to seven nieces and nephews.

After watching the Three Girls Drama I have admired Maggie Oliver from afar, so when the volunteering role presented itself I jumped at the chance to be part of this fantastic team.

My main job is in recruitment but since 2017 I have volunteered for the Samaritans which gives me an insight into the power of "listening" and just being there for people, which I think really matters.

This Foundation helping survivors turn their 'pain into power', is amazing and I am proud to have been chosen to be part of it.

In my spare time I go to the gym regularly and enjoy long walks, also socialising with friends.



Ambassador Focus- Chaz: a promotion!



I am delighted to be newly appointed to the 'Staff' team, as the Service Co-ordinator. I had been volunteering at The Foundation since mid-July 2020, until becoming employed on 1st September 2021.

Initially, I joined The Foundation to help where I can. It became apparent, that I needed to roll my sleeves up, and get stuck in.....and the rest, they say is history!

I have to say, these past 14 months, have really taught me a lot, and I have grown so much as a person (not in height, unfortunately).

The journey we are all on at the Foundation, is really changing lives. I personally see that on a daily basis.

The Foundation offers a personal service to survivors, that just can't be found anywhere else.

Within my role as the Service Co-ordinator, I am there to support mainly the Operations Manager, but also the Business Manager and Founder too.

I feel, for me, the most important role I play a part in, is co-ordinating the support calls, to our survivors, that have entrusted us with being part of their journey. Ensuring, that our trained volunteers are delivering the service to the standards our survivors deserve.

I am also responsible for the onboarding of our volunteers, and ensuring that they are well supported, and feel part of the team.

I am exceptionally proud of each Ambassador at the Foundation. We all hold the same values, and truly are here to make a difference to those that need us. It is great to work alongside, such exceptional people, who believe in driving changes, empowering others, and challenging where it's needed.

Alongside being the Service Co-ordinator, I am also a foster carer to 4 amazing children, and I have been in this role for 11 and a half years. Making a difference to those that have suffered at the hands of others is deeply ingrained in my very being.

I enjoy being around people who love nothing more, than seeing those around them succeed.

I have suffered my own struggles throughout much of my life, but this has only made me a stronger, more empathetic and kinder person. I love nothing more than giving to others and wanting nothing in return.

I am looking forward to navigating my way through my new role at the Foundation, being supported by the best people possible.... Maggie, Rick and Jennie. I will truly be learning from the very best!



Ambassador Focus-Kat



My name is Kat, I'm mum to a teenager, a Yorkshire Terrier dog called Toby and a big grey horse called Cheese. I am a qualified HR practitioner with years of experience in people management and leading support teams. I'm a Chartered Member of the CIPD and have a Masters degree in HR Management.

In my spare time when I'm not walking with my dog or taking part in equestrian events, I'm an activist in the global fight campaigning to end violence against women and girls. I hold various roles which include being an ambassador for 'UK Says No More', I am the Founder and Chairwoman of my own 'Beyond MeToo' network, I've worked with employers on how to support their people who have been affected by domestic abuse and facilitated events in this space. My passion is helping people understand that domestic abuse and sexual violence is intersectional, it doesn't discriminate and it does happen to people in the workplace- at all levels and it can affect men and women. I've worked with mainstream media platforms to influence and drive change and to abolish victim blaming and rape myths.

I use my own lived experience of sexual violence and what I learned navigating through the justice system to try and help other victims and survivors - and this is how I met Maggie Oliver as we featured on a live 'GB News' piece being interviewed together commenting on the findings of the government's rape review. Some of my work has seen me speaking at parliamentary events with MP's, Police Chiefs, charities and experts in the sexual violence space. I have worked with various Police teams and their wider network including the CPS around improving their response to sexual violence. I was part of the legal challenge against the CPS supporting EAW and the Centre for Women's Justice and featured in their media campaign. I also work with the Consent Collective who help communities talk about consent, gender, sexual harassment, relationships, sexual assault & domestic abuse. I feel it is now time to put my energy into helping others heal from injustice, putting my own 'pain into power' and giving back some of the support that I've received over the years. I am extremely proud to be part of The Maggie Oliver Foundation.



Ambassador Focus-Judy



My name is Judy and I have a background in retail. I worked as a Store Manager for a fashion retailer and have been working in visual display and administration for a leading retailer for the last 9 years.

I have a degree in the arts and still like to be creative. I have a little art studio at home and love to create art, even if it's just a bit of cut and paste, to express myself.

I love to travel with my partner, particularly city breaks and I also love live music.

I am a survivor of CSA, I had no memory of this until two years ago, when I had flashbacks. I believe survivors, empathise fully and I want to help other survivors turn their pain into power.

I saw the gritty drama "Three Girls" on television, and recognised the insidious crimes of grooming and exploitation. I then read Maggie Oliver's book, have been following her on social media and my ultimate goal was to volunteer at The Maggie Oliver Foundation.

I'm looking forward to working for the Foundation and help as many survivors as possible turn their 'Pain into Power'.



Ambassador Focus-Susan



My name is Susan and I am currently studying in the final year of my level four counselling course.

I am a family orientated person having 7 children and there is a history of autism in my family. I have two dogs and a cat and am married to a qualified barrister.

I have previously volunteered as a Thai boxing instructor teaching children, adults and police officers. I have worked for many years in the care industry undertaking domiciliary work and I currently care for a lady with autism.

I joined the Maggie Oliver Foundation as I myself am a survivor and I am also the parent of a survivor. I believe that being a survivor means that I can fully understand the issues experienced and I am keen to undertake further training with the Foundation.

In fact-I cannot wait to start my journey to help others.



Do you have office space which you could let on a pro bono basis to make a real difference to a growing charity?



The Ask

We are a small but mighty charity, based in Manchester but with a national reach. We have reached a stage in our development where we require a base. We are hoping to find a benefactor who can donate some office space for free to allow us to focus on spending our limited cash on our work with survivors of childhood sexual abuse and exploitation.

What we need:

- **Office space for 5-10 people**
- **Central Manchester location**
- **Use of a private meeting room**
- **Ability to use as charity's postal address.**

Due to the nature of our work, it is important we have a self-contained space and use of a private meeting space to enable us to have confidential conversations.

If you can help please contact jennie@themaggieoliverfoundation.com. Thank you!



More exciting funding news:

A funding opportunity for charities, created by Ecclesiastical- who are a specialist insurance company- was brought to our attention here at TMOF.

We had to nominate our Foundation, with a chance of winning £1000 in the 'Movement for Good Awards'.

We are delighted to announce that we were one of the 500 charities that have won a £1000 funding!

We now have the opportunity to be entered into a further draw, for a larger amount of funding too.

Watch this space!

Thank you Ecclesiastical.



Maggie in the Media:



***"I witnessed police failing victims during the Rochdale grooming gangs scandal. How can we STILL allow this to happen?"
Monday 6th September 2021***

Here we are facing yet another month of damning reports highlighting the repeated failing of our police forces to protect victims of violence. Recently, in response to a super complaint filed by The Centre for Women's Justice (CWJ), a watchdog concluded that police forces are repeatedly failing to protect women and girls. And last week, Her Majesty's Inspectorate of Constabulary and Fire and Rescue Services (HMICFRS) reported 'acute concerns' around how the Met Police handled sexual abuse cases. Tragically all these 'new' reports tell me nothing that I - and anyone supporting the victims and survivors of sexual abuse - don't already know.

They're exactly the same issues I've been highlighting since I first worked as a detective on Operation Augusta and Operation Span in Manchester between 2003 and 2012. I witnessed these exact failures of justice for the victims of the Rochdale grooming gang - ultimately leading to my resignation from GMP.

We see this horrendous reality at The Maggie Oliver Foundation far too often. Almost 60 percent of the survivors who have sought our help in the past three months alone have been failed by police.

Every day we're contacted by victims who have lost all trust in the police and who face a constant battle to be heard. They're regularly treated as an afterthought or inconvenience by those meant to serve and protect them. In some cases we've even seen police forces attempt to push victims away using unbelievably cruel means. Of the cases referenced above, 16 per cent were threatened with arrest, five per cent were actually arrested - but released without charge, seven per cent were threatened with being sectioned and 14 per cent were threatened with having their children removed, while four per cent actually did have their children taken from their care.

These methods only serve to deter the most vulnerable of victims by frightening them even further, leaving them more isolated and at risk of continuing abuse. One survivor we're supporting recently told us: 'The police have ruined my life along with my children's. I wished I never had originally spoke with them.'

These are severely traumatised women who the police have a duty to protect, yet their treatment within the criminal justice system inflicts further trauma on to them. We receive emails like this all the time: 'Nobody knows how frightened I am or what to do. I can't phone 999 now as an officer really screamed at me down the phone, so even that's put me right off. Plus they didn't come to help when I asked, so no point I guess.'



'I'm really scared and you're the only ones taking the time to talk to me'. Another serious concern highlighted again and again in these reports is a pitiful lack of use of pre-charge bail, which can, for example, prohibit offender contact with a victim while a crime is being fully investigated. This leaves women in continuing danger from their abusers and the long delays in proceeding to charge only serves to exacerbate this.

As this victim who contacted us for help starkly illustrates: 'A year ago, I was promised a stalking protection order, but then told I didn't meet the criteria... the officer giving the wrong advice apologised... said he had sent over my details to the legal team in January of this year - this after raising another complaint. I'm still waiting to hear. 'My family/children are still being stalked and living and hiding in fear. The constant psychological abuse and fear is unbearable. Three years and two months later we're still waiting for some form of protection. Meanwhile, the abuse continues.'

Communication between investigating police forces and victims is woefully poor, often non-existent, and although there's a statutory right for victims to receive regular updates on the progress of the investigation, we are repeatedly told this rarely happens. Day after day, night after night, a victim lives with the constant uncertainty of what's happening at the forefront of their mind and this perpetual waiting means victims will often eventually break down and disengage with the process - leaving their perpetrators free to continue the abuse.

We often receive pleas from victims desperate to know if we can find out any more about their cases - 'I was just wondering if you've heard anything? I've still had no contact at all and it's becoming a joke, they don't care about my family and what we've suffered. Will you let me know if you hear anything, Thanks.'

At the Foundation, we experience these unacceptable delays first-hand when advocating for victims. We have so many examples. One case, which we first reported to police in June 2020 due to the woman being in constant danger - has yet to receive any meaningful input. The continuing threat forced the victim to move away from the area, as she genuinely feared for her life. Shockingly this case is by no means unique. We have negotiated a bespoke agreement with Operation Hydrant, the national policing lead on child sexual abuse, allowing us to refer to cases where local investigating forces are failing. In a small number of cases, we have seen these referrals lead to an improvement in the treatment of the victims, but in the vast majority of cases, these improvements are short lived once back in the hands of local forces again.

Maggie in the Media:



Over many years detectives have become deskilled in many forces, with specialist units disbanded. This has left a vacuum of experience, which I believe is responsible for many of the monumental gaps and failures. So how do we remedy this? How do we end this never-ending cycle of report after report exposing how our so called 'justice' system is letting victims down, destroying yet more young lives? In my opinion we need our most senior police officers and politicians to acknowledge the reality and address it.

We need action not simply more empty words, soundbites and promises. Endless reports offer the same recommendations and yet no action is taken and it is victims who suffer, while offenders are left to walk free and abuse more victims. Rape has become virtually decriminalised with government figures showing that the chance of being prosecuted for rape is microscopic at only 1.6 per cent of cases recorded. Sentences are totally inadequate and although the new police and crime bill is an attempt to address this, I don't think it goes far enough. We have to question whether the courts will even use longer sentences, if available, bearing in mind our prisons are already full to bursting. I firmly believe that it is only by putting victims back at the very heart of every investigation that we will drive real change and create a criminal justice system that this country can be truly proud of.

The Maggie Oliver Foundation Charity Ball has officially SOLD OUT!

We cannot wait to attend this fabulous event on November 26th at Hotel Manchester, Old Trafford.

It will be a fabulous evening whereby volunteers can meet and celebrate the Foundation's work. There will be plenty of auction and raffle prizes and we hope to raise awareness and funds for the cause.

Thank you to all those who have supported us by purchasing tickets for this event. We are really looking forward to seeing all of our Ambassadors in their finery, celebrating the great work we are all committed to.

Photos to follow in the next edition.

Featuring silent auction, Dj, raffle with top prizes

'Pain into Power' Fundraising Ball


Paul Crone


Maggie Oliver


Hilary John

Includes live entertainment and three-course meal



Maggie in the Media:

We are very proud to announce that our very own Maggie has reached the finals of the Enterprise Vision Awards.

Voting has now closed and the winners will be announced at the 10th Anniversary Enterprise Vision Awards ceremony on Friday 24 September at The Winter Gardens in Blackpool.

We hope you agree that Maggie thoroughly deserves this recognition-
Good luck Maggie!

10th ANNIVERSARY
ENTERPRISE VISION AWARDS

FINALIST

NatWest

EVAS
10
YEARS

Paul is running the London Marathon to raise funds for TMOF :



Paul is a man of integrity and hope for a better future. His efforts are focussed on doing things to help improve our environment and for different communities to thrive. He is compassionate toward people and nature, especially taking care of his loved bees and dogs. These are just some of the ways he likes to make a difference.

Then another challenge came along that he has so kindly taken on. It not only incorporates his love for running long distances but for supporting people in need too. He has run marathons for charities before, such as the Samaritans and people with cleft lip and palate. Now, he is doing an incredible mission for the Maggie Oliver Foundation by running the London Marathon on 3rd October 2021.



"...this will be my 35th marathon, but believe me they never get any easier – especially at my age, so I need all the support I can get!"

He aims to raise funds for our national charity and increase awareness of how we support adult survivors of sexual abuse who want to move on with their lives. Victims and survivors of CSA come to The Foundation in the most desperate situations, whether from being unheard, dismissed, or ignored by organisations and professionals supposed to help them the most. Our trained and trauma-informed ambassadors provide bespoke support with whatever the individual needs, such as advocacy, helpline for emotional and mental wellbeing, and justice.

Paul has again reached out to help people in need, and we are grateful for his endeavour. Every stride that Paul makes over the 26-mile route will be monumental. Why? Because it will represent the struggle survivors encounter every day. They cope as best they can with the long-term aftermath of sexual abuse on their wellbeing and its impact on their lives.



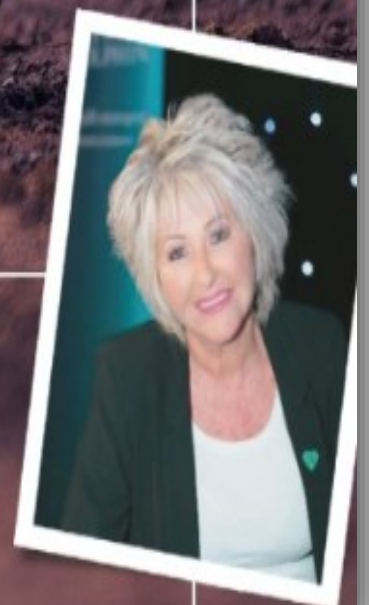
The money raised will help us lessen the pain, anguish and isolation experienced by CSA victims and survivors. So no matter how small or large, it's your generosity that will help to pave an easier path for individuals that have had the most difficult of lives to contend with. It will open new opportunities for their recovery and turn **#PainIntoPower** so that they can truly move on.

Please sponsor Paul by clicking on the link:

www.justgiving.com/fundraising/paul-marshall5980



Help us to
reach our
goal



**The
Maggie Oliver
Foundation**
transforming pain into power

DONATE @ JUSTGIVING
– PAUL'S PAGE

Julia's Sponsored Swim:



One of our amazing Ambassadors, Julia, tells us about her impressive fundraising for TMOF:

During the build up to our sponsored walk in July I began to think about what I could do to raise much needed funds for the 'Pain into Power' phone line support service launched earlier this year. I was always going to attend and cheer on my amazing fellow ambassadors but having undergone hip replacement surgery and waiting for double knee replacements, there was no chance of me joining in the walk.

I decided to do a sponsored swim. I had to take into consideration restrictions in place at swimming pools due to COVID and it needed to be achievable with my sore old bones I researched some distances and decided on the equivalent of the English Channel, which is about 22 miles. I planned to do it in 22 days, finishing well before the sponsored walk. It was so hard, and painful some days, but pure determination kept me going. I ended up swimming 23.23 miles in just 15 days.

I had a couple of days off then carried on and finished on 31.34 miles and I am so proud to have raised £700 for the Foundation!

Thank you with all my heart to every single one of you who donated!



TMOF Pebbles



This month, some very special packages arrived through the letterboxes of the brave survivors who had completed our trauma-focused group therapy course. People who are traumatised can find it difficult to regulate their emotions as a result of the terrible things that have happened to them. We know that using grounding techniques can help people in stressful circumstances to calm themselves and come back to the present moment.

One such technique that is recommended is to hold an item concentrating on how it feels so that our brains focus on the physical sensation rather than the traumatic memories that may be evoked.

This is why survivors whom we are supporting will each be receiving a pebble as a grounding gift from TMOF. The pebbles are wooden and engraved with our logo. They will be packaged together complete with a very special note of love and support from everyone here at the Foundation.

We would like to thank our ambassador Julia and husband Steve, including the team at **Bindery Solutions** for their support testing various prototypes in order to get the pebbles just right. The first batch is particularly special as they have been funded by our own Ambassador, Kelly, who generously donated her Christmas bonus to the cause. Kelly is a survivor herself and is a fantastic role model, having turned her own pain into power. She now channels that power into supporting other survivors on their journeys via our phonline.

As with everything at TMOF our pebbles have been a real team effort and we hope that survivors who receive them feel part of our extended family.

We hope that the pebbles will help people to feel less alone as they embark on their own personal journey of recovery.



**PERFECT BINDERY
SOLUTIONS**



The Ambassador Charity Walk-31st July 2021

Some of The Maggie Oliver Foundation Ambassadors completed a Sponsored Walk on Saturday 31 July 2021 in order to raise vital funds for the 'Pain into Power' phone line support service-launched earlier this year. This dedicated team are supporting adult survivors of childhood sexual abuse by providing a caring, safe space in which to focus on building a more positive future.

After a year of having to work remotely, the event was the first time that the team have got together in person, and Maggie and her team of Ambassadors walked across North Yorkshire, raising awareness of the Foundation.



Heading off from Ripon centre, members of the team finally met in person before donning our walking boots and personalised TMOF T-shirts. It wasn't long before we were having photos taken with members of the public who were keen to know more about the Foundation.





The weather was kind to us as we embarked on the first mile. We stumbled across the most gorgeous church-St Mary's and -never one to miss an opportunity-the team got together for a team photo.



Walking through beautiful fields, passing herds of deer and stunning butterflies, Ambassadors enjoyed the opportunity of being able to talk in person, sharing experiences and strengthening relationships.





As well as supporting survivors on their personal journey, an important part of the team's work is exposing injustice, authority failings and advocating for survivor's rights. We do this both on a local level and nationally - and we want people to know we are here.



Once our walking was finished, we headed off to the local pub to be met with a very warm welcome by the locals who provided a buffet and some (much needed) liquid refreshments! The staff also held a raffle adding a percentage of the profits to the Foundation-*thank you Jade and team at The Navigation Inn for all you did to support us



Please help us to support more survivors by sponsoring us through our future challenges. Every donation will help us in our future missions to provide more positive change and we are so grateful for your ongoing support.

We offer a HUGE thank you to our very special photographer Paul Moore who joined us for the whole event, capturing all the spirit and reason for this very special event: www.paulmoorephotography.co.uk

Our first Trauma-Focused Therapy Group has changed lives!



We cannot believe how the weeks have flown by since our pilot Trauma-Focused Therapy Group launch. And now, after 12 weeks, the survivors that said 'yes' to joining our first Group Therapy course have completed the sessions.

They were expertly guided and supported by Dr Georgina Clifford from the **London Trauma Specialists**, including Linda, one of The Foundation's trauma-informed ambassadors. Collectively, we navigated the sessions with an openness that permitted assimilation of psychological education and ways of coping with complex PTSD to improve symptoms related to rape, sexual assault and sexual abuse.

We hold so many treasured moments in our hearts for reasons personal to each one of us. The challenges we experienced gave a rollercoaster of emotion and learning that shifted perspectives and deepened understanding. Yet, these women gave incredible peer support so generously. Our laughter was with compassion, wrapped in care and enthusiasm for making a difference in all our lives.

Our team at The Foundation was blown away by the commitment of our survivors and the generosity of feedback. See for yourself how Trauma-Focused Therapy has helped our survivors turn their **Pain into Power**.





The first Trauma-Focused Therapy Group has enabled these women to participate more fully in their own life. And in a way that can bring a sense of freedom from the symptoms of trauma. They overcame their fear, spoke their truth and found a way forward. What they accomplished was, indeed, a real turning point in their recovery. They were particularly grateful for facing things that initially felt worse before noticing things had gotten better as the weeks passed.

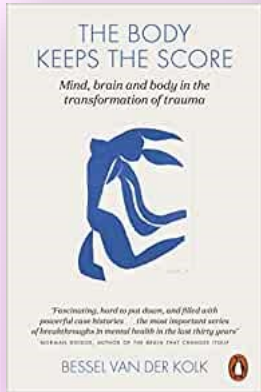
The Foundation wishes to congratulate everyone involved in making the Trauma Group purposeful and a valued venture. Our gratitude extends to supporters of The Foundation for the fabulous donations which allowed us to invest some of it in this specialist trauma therapy.

We want to make the Trauma-Focused Therapy Group a permanent feature of The Foundation and provide one-to-one therapy sessions. So with more funding, we can meet the continuum of need for adult survivors of sexual abuse in childhood. We can help fulfil a particular demand by providing consistent emotional and mental well-being support. And make trauma-informed therapy available to many more victims and survivors so that they positively impact their lives too.

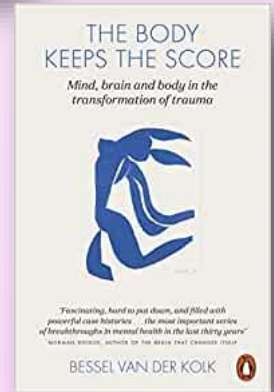
Please contact us if you would like to donate £500 to sponsor a survivor through the 12 week trauma Focused Therapy Course. Alternatively, you could donate £40 to fund one therapy session for a survivor.

With heartfelt thanks.

Book Recommendations



**This edition we would like to recommend:
'The Body Keeps The Score'
By Bessel Van Der Kolk**



'Dr. Van der Kolk's masterpiece combines the boundless curiosity of the scientist, the erudition of the scholar, and the passion of the truth teller' Judith Herman, author of *Trauma and Recovery*.

The effects of trauma can be devastating for sufferers, their families and future generations. Here one of the world's experts on traumatic stress offers a bold new paradigm for treatment, moving away from standard talking and drug therapies and towards an alternative approach that heals mind, brain and body.

'Van der Kolk draws on thirty years of experience to argue powerfully that trauma is one of the West's most urgent public health issues ... Packed with science and human stories' *New Scientist*

'Breathtaking in its scope and breadth, a seminal work by one of the preeminent pioneers in trauma research and treatment' Peter A. Levine, author of *In An Unspoken Voice*

A must read and a popular book amongst our Ambassadors.

.....

Maggie's book **'Survivors'** is available from most reputable book shops-and also available as an audiobook.

**Together we stand and together we fight.
Turning pain into power.**





We would like to give a very special mention to our Ambassador Julia who, despite being on crutches for a knee injury and therefore unable to participate in the sponsored walk, still joined us for the weekend and supported us throughout the day. Not only that, as already highlighted in this edition, Julia decided to swap exercises and swam 31.34 miles-raising an unbelievable amount of £700 for the Foundation!

One of the many reasons that Julia volunteers for us is as she has her own personal reasons for wanting to help build the Foundation and we are so very glad she is part of our team. She even managed to persuade her husband and parents to lend a hand where necessary.

We think all of our Ambassadors are true stars but we wanted to give a very special mention to Julia in this edition for all of her efforts, commitment and boundless dedication.

Thank you Julia.



How to donate:



amazonsmile
You shop. Amazon gives.

There are various ways you can support The Maggie Oliver Foundation. We greatly appreciate any donations you can make as every penny will help us to support survivors of sexual abuse:

www.themaggieoliverfoundation.com/donations

You can also donate whilst you shop with Amazon Smile. You can select us as your charity on 'Amazon Smile'. By doing this, every time you place an order, Amazon will donate a percentage of the cost to The Maggie Oliver Foundation – see link here:

www.smile.amazon.co.uk



Are you a business who would like to sponsor The Maggie Oliver Foundation? If so, you could make us your 'Charity of the Year'. This means you can support us by making a one-off annual donation, by organising fundraising events throughout the year, by getting your employees involved, and/or fundraising at your annual conference or event and even better this attracts tax benefits for your company from the Inland Revenue, so is a win/win situation all around!

Email us at: jennie@themaggieoliverfoundation.com for more information.

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The Maggie Oliver Foundation



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**Please note how we can and can't help you:
We are not able to offer support to people in crisis.
If you need urgent help you can find support from the following:**

- Your GP
- NHS helpline 111
- Samaritans (24/7 helpline offering support) 116 123
- Childline



**The
Maggie Oliver
Foundation**

Transforming pain into power

Charity No. 118526