Survivor Purdah Directory

Survivor Purdah was an anonymous webinar series piloted by Survivor Space in 2024. This initiative aimed to address a wide range of topics related to sexual violence, with a focus on reaching members of seldom-heard communities. The term "purdah" (meaning "veil") not only refers to a literal veil but also symbolises the societal and cultural barriers that prevent individuals from expressing their abuse. The series explored the intersection of these barriers with gender-based violence and offered a safe, supportive space for survivors.

For more information, the full **Survivor Purdah report** is available on our website.

The Survivor Purdah Directory was derived from the Survivor Purdah initiative and serves as a non-exhaustive resource directory. It provides information on various services available to individuals affected by gender-based violence. The directory highlights organisations and services available in Oxfordshire and nationally, covering a wide range of support categories, including services to assist with gender-based violence (**domestic** and **sexual violence**), harmful practices such as **Honour-Based Abuse** (HBA), **Female Genital Mutilation** (FGM), and **forced marriage**, as well as support for immigrants and **asylum** seekers, and access to **counselling** services.

The Survivor Purdah Directory is divided into 3 parts:

- **Legal Framework**: overview of the law related to gender-based violence
- **Support Services & Helplines:** services for survivors
- **Resources**: reports and educational resources aimed at increasing understanding and awareness of the issues surrounding gender-based violence and harmful practices

If you would like to contribute, have your charity or organisation included, or suggest a relevant resource, please contact us at admin@survivorspace.org.uk.

Compiled by Clémence Rossiny and Naseem Sarbatta-Walia for Survivor Space Oxfordshire.

March 2026 edition. Please check our website for the most up-to-date information.

Table of Contents

Survivor Purdah Directory 1
Table of Contents 2

I – Legal Framework 3
Domestic Abuse 3
Harmful Cultural Practices 4

II - Support Services & Helplines 5
Oxfordshire Services 5
National Services 6
Harmful Cultural Practices 8
Female Genital Mutilation (FGM) 8
Forced Marriage 9
'Honour'-Based Abuse (HBA) 9
National Helplines – Abuse 10
Domestic and Sexual Violence 10
Child Sexual Abuse 14
Immigrant And Asylum Support 15
Immigration Advice 15
Destitution and benefits entitlement 17
Counselling for the Global Majority 19
Generic Counselling 19

III - Resources 21
Reports and research 21
Podcasts and videos 25
Education Resources 25

I – Legal Framework

Domestic Abuse

Clare's Law – Disclosure Request

Under Clare's Law, you have the right to make an **application to the police**

- **requesting information about your current or ex-partner** because you are worried they may have been abusive in the past and believe they may pose a risk to you in future

- requesting information from the police about the **current or ex-partner of a close friend, neighbour or family member**, because you are concerned that they might be at risk of domestic abuse in future.

Checks take around 35 days.

- Contact your local police: visiting a police station, phone 101, email your local police
- Online Form: https://www.police.uk/rqo/request/ri/request-information/cl/triage/v2/request-information-under-clares-law/

Raneem's Law

Domestic abuse specialists are present in 999 control rooms from early 2025 and new **Domestic Abuse Protection Orders (DAPOs).** If you are at risk of domestic violence and would like to speak to a domestic abuse specialist, call the police on 999.

- Telephone: 999

Child Exposed to Domestic Abuse

Section 3 of the Domestic Abuse Act 2021 came into force on 31 January 2022 and specifically provides that **a child** (under 18 years old) who sees, hears, or **experiences the effects of domestic abuse** and **is related to the victim or the suspect** is also **to be regarded as a victim.**

Migrant Victims of Domestic Abuse Concession (MVDAC) (formerly DDVC)

The Migrant Victims of Domestic Abuse Concession (MVDAC), formerly known as the Destitution Domestic Violence Concession (DDVC), enables certain people who have leave to enter or remain as a partner to **gain access to public funds** following a **relationship breakdown with their partner due to domestic abuse**.

No Recourse to Public Funds

A person who has no recourse to public funds is ‘subject to immigration control’.

A person who is subject to immigration control cannot claim public funds unless an exception applies.

A person will be subject to immigration control when they have one of the following types of immigration status, for example:

- Leave to enter as a visitor
- Leave to remain as a spouse / unmarried partner
- Leave to remain as a student
- Leave to remain granted under family or private life rules (family route)
- Leave to enter or remain as a result of a pending immigration appeal

Some types of status do not give people leave to enter or remain and there is NRPF, such as:

- An asylum seeker
- A visa overstayer
- An appeal rights exhausted (ARE) asylum seeker

When a person has leave to enter or remain that is subject to the NRPF condition, the term ‘no public funds’ will be stated on their residence permit, entry clearance vignette, biometric residence permit (BRP), or digital status.

Harmful Cultural Practices

Harmful practices are practices and behaviours that are grounded on discrimination based on sex, gender, age and other factors. Child and forced marriage, female genital mutilation (FGM) and honour-based abuse (HBA) are recognised as violation of human rights.

The Female Genital Mutilation (FGM) Act 2003

FGM carries a penalty of up to 14 years in prison. It is illegal to:

- perform FGM in the UK
- help or arrange for anyone to carry out FGM abroad on girls who are British Nationals or UK residents
- help a girl to carry out FGM on herself
- fail to protect a girl under 16 who is known to be at risk of FGM

The Marriage and Civil Partnership (Minimum Age) Act 2022

16- and 17-year-olds will no longer be allowed to marry or enter a civil partnership, even if they have parental consent.

II - Support Services & Helplines

Oxfordshire Services

Survivor Space Oxfordshire

(Formerly OSARCC) provides **one-to-one counselling**, **therapeutic groups** and **advocacy** (Independent Sexual Violence Advisors - **ISVA**) services for survivors of **sexual violence**

- Email: admin@survivorspace.org.uk
- Referral: www.survivorspace.org.uk/make-a-referral
- Website: www.survivorspace.org.uk

Oxford Rose Clinic

Confidential service providing support for women and girls who have **undergone female genital mutilation or cutting** (FGM/C) at John Radcliffe Hospital (**Oxford**)

- Telephone: +44 (0) 7767 671 406
- Email: oxfordrose.clinic@ouh.nhs.uk

Sundial Oxfordshire

(Formerly Oxford Against Cutting) provides education and community support to help tackle female genital mutilation (FGM), honour-based abuse (HBA), and harmful body alterations of girls and women

- More information and contact can be found at: www.sundialcentre.org

Refugee Resource

Support for refugees, asylum seekers and vulnerable migrants

- Telephone: +44 (0) 1865 403280
- Email: info@refugeeresource.org
- Website: www.refugeeresource.org.uk

AFiUK (African Families in the UK)

Support for families of **African and other ethnic minority origin**, resident in the UK, seeking advice or information matters relating to parenting, children's education and any family-friendly activities that enrich family life

- Telephone: +44 (0) 7539455974
- Email: info@afiuk.org
- Website: www.afiuk.org

Asylum Welcome

Information, advice and practical support to **asylum seekers, refugees and vulnerable migrants** living in Oxfordshire

- Telephone: +44 (0) 1865 722082
- Email: office@asylum-welcome.org
- Website: www.asylum-welcome.org

Sunrise Multicultural Project

An opportunity for **ethnic minority, single parent, low-income families** to socialise, make friends and take part in activities

- Telephone: +44 (0) 1295 701728
- Email: sunrisemcp.office@gmail.com
- Website: sunrisemulticultural.org.uk

National Services

Southall Black Sisters

Domestic & other forms of gender-related violence for **black & minority ethnic (BME) women**

- Telephone: +44 (0) 20 8571 0800
- Email: info@southallblacksisters.co.uk
- Website: southallblacksisters.org.uk

Muslim's Women's Network

National charity tackling inequalities experienced by **Muslim women & girls**

- Telephone: +44 (0) 800 999 5786
- Email: info@mwnhelpline.co.uk
- Website: www.mwnuk.co.uk

IKWRO - Women's Rights Organisation

Helps **Middle Eastern, North African (MENA) and Afghan women and girls** who are living in the UK. Provides refuge, advocacy and counselling.

- Telephone: Mon to Fri, 9.30 to 5.30 +44 (0) 207 920 6460
- For out-of-hours emergencies, call:
  - Kurdish / Arabic / English: +44 (0) 7846 275246
  - Farsi / Dari / English: +44 (0) 7846 310157
- Email: info@ikwro.org.uk
- Website: ikwro.org.uk

Sikhaid

Free, professional, and confidential emotional and **wellbeing service** for all, notably child abuse, domestic and sexual violence and grooming.

- Telephone: +44 (0) 3000 3000 63 and +44 (0) 7999 0043 63
- Email: info@sikhhelpline.com
- Website: www.sikhhelpline.com

The Halo Project

For **Black and Minoritised women and girls** experiencing or at risk of domestic and sexual abuse and violence

- Telephone: +44 (0) 1642 683 045
- Email: info@haloproject.org.uk
- Website: www.haloproject.org.uk

Human Trafficking Helpline

Support and advice for victims of modern slavery and human trafficking

- Telephone: +44 (0) 800 0121 700
- Report by writing here: www.modernslaveryhelpline.org/report

Women's Health Advocacy Network

Supports the physical and mental health of **women and girls in the UK and beyond** who have survived **rape or sexual abuse**

- Telephone: +44 (0) 7908632603
- Email: support@womenshealthadvocacynetwork.org

Sharan Project

Online **support**, information line, **ISVA/IDVA** advisors, **employability** support, **court expert in FGM and HBA** and **crisis intervention** for **South Asian women**

- Telephone: +44 (0) 844 504 3231
- Email: info@sharan.org.uk
- Website: sharan.org.uk

Harmful Cultural Practices

Freedom Charity

Help and support to victims of forced marriage, dishonour-based violence and female genital mutilation (FGM)

- Telephone: +44 (0) 845 607 0133
- Email: freedomcharity.org.uk/contact-us/
- Website: freedomcharity.org.uk/forced-marriage/

Sikh Women's Aid

One-to-one support for survivors of **domestic abuse**, **honour-based violence**, **forced marriage**, **sexual violence**

- Telephone: +44 (0) 333 090 1220
- Email: info@sikhwomensaid.org.uk
- Contact Form: www.sikhwomensaid.org.uk/contact-us
- Website: www.sikhwomensaid.org.uk/

Female Genital Mutilation (FGM)

Female Genital Mutilation (FRGM) Specialist Network

- All support centres here: fgmnetwork.org.uk/fgm-support-services/
- Website: fgmnetwork.org.uk/

National FGM Support Clinics (NFGMSCs)

- Find a clinic: www.nhs.uk/conditions/female-genital-mutilation-fgm/national-fgm-support-clinics/

Daughters of Eve (DOEVE)

Medical space to advance reproductive health rights and protect young women who are at risk from female genital mutilation (FGM)

- Telephone: +44 (0) 7983 030 488 text message only
- Email: www.dofeve.org/contact-us/
- Website: www.dofeve.org

Metropolitan Police Service

Dedicated service for **girls at risk of FGM** - Child Abuse Investigation Command/Project Azure

- Telephone: +44 (0) 20 7161 2888

FORWARD (Foundation for Women's Health, Research and Development)

Tackles FGM of **African girls and women**. They will support **anyone** concerned about FGM.

- Telephone: +44 (0) 20 8960 4000
- Email: forward@forwarduk.org.uk
- Website: www.forwarduk.org.uk

Forced Marriage

Forced Marriage Unit

Offers advice and support to victim-survivors of forced marriage, as well as guidance to professionals - Monday to Friday 9am-5pm.

- Telephone: +44 (0) 20 7008 0151
- Email: fmu@fco.gov.uk
- Website: www.gov.uk/guidance/forced-marriage

'Honour'-Based Abuse (HBA)

Karma Nirvana

National 'Honour'-Based Abuse (HBA) Helpline

- Telephone: +44 (0) 800 5999 247
- Email: karmanirvana.org.uk/about/contact-us/
- Website: karmanirvana.org.uk/

National Helplines – Abuse

Domestic and Sexual Violence

Rape Crisis England & Wales

24/7 confidential emotional support, information and referral details for victims of sexual violence

- Telephone: +44 (0) 808 802 9999
- More information can be found at www.rapecrisis.org.uk

Domestic Abuse National Helpline

Free and confidential **24/7** help to **victims of domestic abuse and violence.** Call if you need a refuge space.

- Telephone: +44 (0) 808 2000 247

Victim Support

Free and confidential 24/7 help to **victims or witness of crime**, including emotional support and practical advice.

- Telephone: +44 (0) 808 16 89 111
- Live chat: victimsupport.org.uk/live-chat
- My Support Space: mysupportspace.org.uk/MoJ
- More information can be found at www.victimsupport.org.uk

The Survivors Trust

An umbrella organisation for specialist rape and sexual abuse services in the UK

- Telephone: +44 (0) 8088 010818
- Email: info@thesurvivorstrust.org
- More information can be found at www.thesurvivorstrust.org

Sexual Assault Referral Centre

Dedicated NHS care for people who have been **raped, sexually assaulted or abused** and are here for **everyone**, regardless of when the incident happened. They are located across the UK and offer specialist practical, medical and emotional support 24/7. This includes **crisis care, medical** and **forensic examinations, emergency contraception** and **testing for sexually transmitted infections (STI)**. They can also arrange access to an **independent sexual violence advisor (ISVA)**, as well as referrals to mental health support and voluntary sector sexual violence support services.

- Find one near you: www.nhs.uk/service-search/sexual-health-services/find-a-rape-and-sexual-assault-referral-centre

Galop

Specialist support service for **LGBT+** people of all ages experiencing and recovering from exploitation and abuse, including domestic violence

- Telephone: +44 (0) 800 999 5428
- Email: help@galop.org.uk

National Male Survivor Helpline and Online Service

For **male victims** of sexual violence and abuse, 7 days a week.

- Telephone: +44 (0) 808 800 5005
- Email: support@safeline.org.uk
- Text: +44 (0) 7860 065187
- Live chat service: www.safeline.org.uk/contact-us
- Website: www.safeline.org.uk

Ashiana Network

Specialist support and confidential one-to-one **counselling services** for **women and girls** who are impacted by **domestic violence, sexual violence, childhood sexual abuse**

- Telephone: +44 (0) 20 8539 0427
- 24h Helpline: +44 (0) 800 200 247
- Email: info@ashiana.org.uk
- Website: https://www.ashiana.org.uk

Women's Aid

Support for **domestic abuse** against **women and children**

- Live chat: chat.womensaid.org.uk
- Email: helpline@womensaid.org.uk
- Website: www.womensaid.org.uk

Refuge

Support for **domestic abuse** against **women and children**

- Telephone: +44 (0) 808 2000 247
- Live Chat: www.nationaldahelpline.org.uk/chat-to-us-online
- BSL Helpline (Mon-Fri 10am-6pm): www.nationaldahelpline.org.uk/bsl
- More information can be found at www.nationaldahelpline.org.uk

Emaan Refuge

Emaan provides emergency accommodation for women who have suffered from **domestic violence** and abuse, offering a safe, supportive and inclusive refuge for UK wide **black and minority ethnic women and children** and **no recourse to public funds**

- Telephone: +44 (0) 1215171523
- Email: referrals@emaanrefuge.org
- Referral Form: emaanrefuge.org/referrals
- Website: emaanrefuge.org/referrals

No Woman Turned Away (NWTA) project (Women's Aid)

Support for **domestic abuse** against **women and their children**

- Telephone: +44 (0) 800 2000 247
- Email: helpline@womensaid.org.uk
- Live Chat: www.womensaid.org.uk/information-support/live-chat-faqs/?_gl=1*y69cux*_ga*Mjg0OTUyNjM1LjE3NDE2MTM3ODE.*_ga_EL0RGMRDY0*MTc0MTYxMzc4MS4xLjAuMTc0MTYxMzc4MS4wLjAuMA
- Check eligibility: www.womensaid.org.uk/what-we-do/i-work-with-survivors/no-woman-turned-away/

Latin American Women's Aid

Support for **gender-based violence** against **Latin American** and other **black and minoritised women and children**

- Telephone: +44 (0) 20 727 50321
- Email: referrals@lawadv.org.uk
- Referral Form (send via email): lawadv.org.uk/wp-content/uploads/LAWA-REFERRAL-FORM-2024.docx
- Live chat: lawadv.org.uk/contact/
- Website: lawadv.org.uk/

Sistah Space

African & Caribbean heritage women affected by **domestic** and **sexual abuse**

- Telephone: +44 (0) 20 7846 8350
- Email: info@sistahspace.org
- Website: www.sistahspace.org/

Jewish Women's Aid

Specialist organisation dedicated to supporting **Jewish women and children** affected by **domestic abuse** and **sexual violence**

- Telephone +44 (0) 808 801 0500
- Email: info@jwa.org.uk
- Website: www.jwa.org.uk/

Stonewater Refuge

Accommodation and **housing** support for **Stonewater costumers** experiencing **domestic abuse**. Offers refuge and services in **Brighton and Hove, Swindon, Bedfordshire, Bedford, South Hampshire** and **Herefordshire** (see the refuge link for all contact details). Has a South Asian specific helpline and email. Can help with signposting, confidential translation service,

- Get Support
  - Telephone: +44 (0) 1202 309 119
  - Email: daiteam@stonewater.org
  - Website: www.stonewater.org/
- South Asian Refuge:
  - Telephone: +44 (0) 1234 261 228
  - Email: sawr@stonewater.org
  - Website: www.stonewater.org/customers/get-support/domestic-abuse/our-refuges-and-safe-spaces

Ubuntu Women's Shelter

Glasgow - based charity that provides unconditional practical **support** for destitute **women** and **people of other marginalised genders** who have **no recourse to public funds** and **insecure immigration status** in Scotland.

- Telephone:
  - Urgent text or call: +44 (0) 7570 877817
  - General enquiries: +44 (0) 7835 160913
- Email: info@ubuntu-glasgow.org.uk
- Website: www.ubuntu-glasgow.org.uk

Women Against Rape

Grassroots **multi-racial women's group** based at the Crossroads Women's Centre in London that provides rights **information**, **support** and **advocacy**.

- Telephone: 020 7482 2496
- Email: war@womenagainstrape.net
- Website: womenagainstrape.net

Amina – The Muslim Women's Resource Centre

Intersectional organisation, based in Scotland, that empowers and supports **Muslim and Black & Minority Ethnic (BME) women** providing **support** and **advocacy**.

- Telephone:
  - Helpline: +44 (0)808 801 0301
  - General Enquiries: 0141 212 8420
- Email:
  - General enquiries: info@mwrc.org.uk
  - Financial advocacy: finadvice@mwrc.org.uk
- Contact Form: mwrc.org.uk/contact-us
- Website: mwrc.org.uk/

Child Sexual Abuse

NSPCC (National Society for the Prevention of Cruelty to Children)

National **child protection** charity focused on abuse prevention, through direct services, awareness raising, and influencing policy. Contact if you are worried about a child:

- Telephone: +44 (0) 808 800 5000
- FGM 24h Helpline: +44 (0) 800 028 3550
- Email: help@NSPCC.org.uk

Childline

Gives **children and young people** up to the age of 19 confidential support with whatever is worrying them.

- Telephone: +44 (0) 800 11 1
- LiveChat: www.childline.org.uk/get-support/1-2-1-counsellor-chat

NAPAC (National Association for People abused in Childhood)

Support to adult survivors of all types of childhood abuse or neglect

- Helpline: +44 (0) 808 8010331
- Email: support@napac.org.uk

Centre of Expertise on Child Sexual Abuse (CSA)

Resources and support services for **child sexual abuse**

- Find services near you: www.csacentre.org.uk/get-support
- Website: www.csacentre.org.uk

Immigrant & Asylum Support

Immigration Advice

Southall Black Sisters

Domestic & other forms of gender-related violence for **black & minority ethnic (BME) women**

- Telephone: +44 (0) 20 8571 0800
- Email: info@southallblacksisters.co.uk
- Website: southallblacksisters.org.uk

Rights of Women

Provides **legal advice** to **women** experiencing all forms of **violence** against women and girls

- Telephone (Immigration and asylum law advice): +44 (0) 20 7490 7689
- Website: www.rightsofwomen.org.uk

Law Centres Network

Localise law centres around the UK, including the one **nearest** to you.

- Telephone: +44 (0) 20 3637 1330
- Find your Local Law Centre: www.lawcentres.org.uk/get-help
- Website: www.lawcentres.org.uk

Migrant Rights Network

Provide **legal advice** to migrants (individuals and organisations)

- Telephone: +44 (0) 7534 488696
- Email: info@migrantsrights.org.uk
- Website: migrantsrights.org.uk

AIRE Centre

Provides legal advice of **European law rights**

- Telephone: +44 (0) 20 7831 4276
- Email: info@airecentre.org
- Website: www.airecentre.org

Rights of Women

Provides legal advice to **women experiencing all forms of violence against women and girls** in England and Wales

- Telephone: +44 (0) 20 7251 6575
- Email: info@row.org.uk
- Website: www.rightsofwomen.org.uk

Public Interest Law Centre

Public law, actions against public authorities and public enquiries, bringing case to court for individuals and grassroots roots who have been **treated unfairly**

- Telephone: +44 (0) 203 559 6342
- Website: www.pilc.org.uk

Refugee Council

- Telephone: +44 (0) 20 7346 6700
- General Enquiries: www.refugeecouncil.org.uk/about-us/contact
- Email: info@refugeecouncil.org.uk
- Website: www.refugeecouncil.org.uk

Migrant Help

Protects people affected by displacement and exploitation. This includes **asylum support**, victims of **slavery and human trafficking** support, **refugee resettlement** and EU settlement scheme support. **24/7, BSL** and **clear voice interpreting** services available.

- Telephone: +44 (0) 808 8010 503
- Website: www.migranthelpuk.org

Muslim's Women's Network

National charity tackling inequalities experienced by **Muslim women & girls**

- Telephone: +44 (0) 800 999 5786
- Email: info@mwnhelpline.co.uk
- Website: www.mwnuk.co.uk

Safety4Sisters

Supports **migrant women** across the **North-West** who have experienced **gender-based violence** and who have no recourse to **public funds** or state benefits

- Telephone: +44 (0) 0161 464 9505
- Website: www.safety4sisters.org

Latin American Women's Rights Service (LAWRS)

Free and confidential specialist services for all **Latin American women**, including advice and counselling for women facing **gender violence**, **legal advice in welfare benefits**, **housing and employment rights**, as well as **integration activities** and groups where you can meet other women in the community. All services are delivered in **Spanish and Portuguese** and they offer **free crèche support** for women with children.

- Telephone: +44 (0) 808 145 4909
- Email: info@lawrs.org.uk
- Website: lawrs.org.uk

Joint Council of the Welfare of Immigrants

Provides **immigration legal advice**

- Telephone: +44 (0) 800 160 1004 (Monday, Tuesday, Thursday)
- Website: jcwi.org.uk

Children's Panel

If you are **child** in the UK on your own and applying for **asylum**

- Telephone: +44 (0) 20 7346 1134 (Monday to Friday, 9am to 5:30pm)

Destitution and benefits entitlement

Child Poverty Action Group (CPAG)

Charity to prevent **child poverty**

- Telephone: +44 (0) 20 7837 7979
- Website: cpag.org.uk

CORAM (Migrant Children)

Provide **legal support, expert advocacy, adoption services and therapeutic, educational and cultural programmes** for **children**

- Telephone: +44 (0) 20 7520 0300
- Adoption-related Contact Form: www.coramadoption.org.uk/contact-us
- Contact form: www.coram.org.uk/contact-us
- Website: www.coram.org.uk

Project 17

Provide advice on **housing** and **financial** options for families with **no recourse to public funds**

- Telephone: +44 (0) 807963 509044
- Website: www.project17.org.uk

Together With Migrant Children

Provides support to migrant and refugee children, young people and families across England

- Telephone: +44 (0) 1865528658
- Website: www.togethermigrantchildren.org.uk

Public Interest Law Centre

Public law, actions against public authorities and public enquiries, bringing case to court for individuals and grassroots roots who have been **treated unfairly**

- Telephone: +44 (0) 203 559 6342
- Website: www.pilc.org.uk

Youth Legal

Legal advice, support and education for **children** and **young people**

- Telephone: +44 (0) 20 3195 1906
- Email: info@youthlegal.org.uk
- Website: www.youthlegal.org.uk

Salvation Army

Christian church and registered charity, which has been fighting against social inequality, including **homelessness**, **poverty**, **addiction** and **modern slavery**

- Telephone: +44 (0) 800 808 3733
- Website: www.salvationarmy.org.uk

Counselling for the Global Majority

Survivor Space Oxfordshire

(Formerly OSARCC) provides **one-to-one counselling**, **therapeutic groups** and **advocacy** (Independent Sexual Violence Advisors - **ISVA**) services for survivors of **sexual violence** in **Oxford**

- Email: admin@survivorspace.org.uk
- Referral: www.survivorspace.org.uk/make-a-referral
- Website: www.survivorspace.org.uk

Black Minds Matter

Free, one to one, culturally appropriate talking therapy for **Black people in the UK**

- www.nafsiyat.org.uk

NASFIYAT

Intercultural Therapy Centre

- www.nafsiyat.org.uk

BAATN (The Black, African and Asian Therapy Network)

Home of the largest community of Counsellors and Psychotherapists of **Black, African, Asian and Caribbean Heritage in the UK**

- www.baatn.org.uk

Generic Counselling

There are many counsellors and psychotherapists offering a range of approaches. It's worth checking that any private counsellor is registered with a professional association with an ethical code of good practice (e.g. the BACP, UKCP etc). You can search for a practitioner on the following websites:

British Association for Behavioural and Cognitive Psychotherapies (BABCP)

- www.cbtregisteruk.com

British Association of Counselling and Psychotherapy (BACP)

- www.bacp.co.uk/search/Therapists

British Association for the Person-Centred Approach (BAPCA)

- www.bapca.org.uk/directory.html

Counselling Directory

- www.counselling-directory.org.uk

National Counselling Society (NCS)

- www.nationalcounsellingsociety.org/find-counsellor/

UK Council for Psychotherapy (UKCP)

- www.psychotherapy.org.uk/find-a-therapist/

III - Resources

Reports, Articles and Research

This section includes reports and literature that highlight the urgent need for services tailored to the unique needs of seldom-reached communities. These findings reveal gaps in current support systems and emphasise the importance of culturally sensitive and accessible services. Initiatives like Survivor Purdah are essential to ensure that survivors receive the necessary legislative and therapeutic support.

Intersections of Shame in Honour-Based Violence (Sarbatta-Walia, 2025) p.40-43

- This article examines the therapeutic challenges in addressing sexual violence within culturally diverse, seldom-reached communities, particularly among African, Asian and Caribbean populations. It foregrounds the pervasive stigma and cultural barriers that inhibit disclosure and justice, emphasising the role of shame and transference in the therapeutic process. Drawing on both empirical data and lived experience, Naseem Sarbatta-Walia, Survivor Space Clinical Lead, elucidates the intersectionality influencing reporting and support and advocates for reflexivity and culturally sensitive interventions. The discussion highlights systemic issues including complicity within familial structures and the need to dismantle taboos to enhance access to effective support and justice.

So-called honour-based abuse: Government response to the Committee's Sixth Report (2022-23)

- This report outlines the UK Government's response to the Women and Equalities Committee's inquiry into so-called HBA. It highlights progress in legislation, police training, data collection, education and victim support. The Government has prioritised support for seldom-reached communities through targeted funding to 'by and for' specialist organisations and efforts to make grant access more inclusive. While several recommendations were accepted, including enhancing frontline training and improving data quality, others such as establishing a statutory definition of HBA, creating a data-sharing firewall for migrant victims, and introducing a separate strategy for male victims were declined in favour of relying on existing frameworks and continued review.

Guidelines for Working Therapeutically with Survivors of Female Genital Mutilation (2019)

- These guidelines, developed by a multidisciplinary team of professionals, offer culturally sensitive therapeutic approaches for working with adult women who have experienced FGM. They highlight the physical, psychological and psychosexual impacts of FGM and emphasise the need for therapists to stay informed, self-aware, and reflective. The guidance recommends trauma-informed, attachment-based care tailored to each client's background and needs, while also addressing safeguarding responsibilities. Therapists are encouraged to support women through deinfibulation, engage in open conversations about sexuality and refer clients to appropriate services. The document stresses that good practice involves continuous

learning, effective use of interpreters, supervision and collaboration with relevant professionals.

Improving responses to the sexual abuse of Black, Asian and minority ethnic children (2021)

- This report highlights that child from Black, Asian, and minority ethnic communities are under-represented in official service data despite similar prevalence rates, due to internal cultural barriers (e.g., stigma, lack of sex education, honour-based pressures) and external systemic factors (e.g., racism, distrust in services, poverty, insecure immigration). Interviewees highlighted a widespread lack of cultural competency and unconscious bias among professionals, leading to poor service engagement and harmful assumptions. Recommendations include investing in community outreach, culturally competent training for professionals, increasing workforce diversity and developing targeted resources informed by survivors' experiences. A stronger evidence base and tailored services are needed to ensure the safety and support of all children.

The Report of the Independent Inquiry Into Child Sexual Abuse (October 2022)

- This report explores the lasting impact of abuse on victims' lives based on over 6,200 testimonies collected through the Truth Project. It highlights systemic failures by institutions to protect children, including barriers to disclosure, cultural insensitivity and lack of institutional accountability. The Inquiry proposes 20 wide-ranging recommendations, with three key pillars: introducing mandatory reporting, establishing a national redress scheme and creating a Child Protection Authority. Other proposals include improved data collection, stronger online safety measures, specialist therapeutic support and legal reforms to improve access to justice for survivors. The report calls for urgent government action to prevent further harm and uphold children's rights and safety.

The NACCOM Annual data briefing (2023-24)

- NACCOM's latest Annual Survey highlights a rise in destitution and homelessness among migrant and refugee communities in the UK. The report reveals that thousands in the asylum and immigration system are facing severe hardship due to a failing system, lack of housing and increased demand for emergency support. Despite the efforts of voluntary organisations, capacity is stretched, with NACCOM members providing over half a million nights of accommodation but still having to turn away over 4,000 people. The report calls for urgent policy reform to address these escalating issues.

Prevalence, Disclosure, and Help Seeking in Black and Asian Male Survivors of Sexual Violence in the United Kingdom: A Rapid Review. (2024)

- This review highlights major gaps in research on sexual violence against Black and Asian men in the UK, focusing on prevalence, disclosure and help-seeking. Existing data is inconsistent and cultural barriers, such as stigma, prevent survivors from seeking help. Prevalence estimates range from 5% to 6%. The review calls for culturally sensitive research, better data collection and improved public service training to address the unique challenges faced by ethnic minority male survivors.

Why the justice system is failing rape survivors and what needs to change (2020)

- The report reveals a crisis in rape prosecutions, with survivors facing a 1 in 70 chance of a conviction. The justice system often re-traumatises victims, especially women, due to common rape myths and stereotypes. It calls for a dedicated Ministerial lead on rape, better victim support, independent sexual violence advocacy (ISVA) and trauma-informed services. It also recommends strengthening the investigation and prosecution of rape, including specialised officers and clear case categorizations and reforms in court practices, including changes to sexual history evidence and jury processes to ensure fairer trials for survivors.

Reclaiming Voice, Minoritised Women and Sexual Violence Key Findings (2020)

- This report highlights the systemic barriers Black and minoritised women face when seeking justice and support after sexual violence. Survivors experience silencing due to racism, insecure immigration status, cultural stereotyping by professionals, and family/community pressure. Case studies reveal how the criminal justice system (CJS) often fails these women through disbelief, poor support and harmful assumptions. In contrast, 'by and for' Black and 'Minority Ethnic' specialist services provide empowering, culturally sensitive support that improves outcomes.

"People don't talk about it": Child sexual abuse in ethnic minority communities (2020)

- CSA in ethnic minority communities is often hidden due to shame, stigma, fear of damaging community reputation, and mistrust of institutions. Survivors face unique barriers to disclosure, including fear of not being believed and concern over cultural stereotypes. Institutions are often seen as lacking cultural understanding, with some professionals mislabelling abuse as "cultural practices." Effective support must be non-judgemental, culturally sensitive, and accessible. Survivors value support from people who share or understand their background, including peer-led or community-based services. Education, awareness-raising and building trust with communities are key to improving disclosure and support pathways.

Serious case reviews: The lived experience of Black children (2018)

- This research explores the extent to which race and cultural factors are considered in Serious Case Reviews involving Black children. It highlights the inconsistencies in recording ethnicity and the lack of analysis of cultural influences, which hinder effective child protection. The study calls for improved training and supervision for professionals to address unconscious biases and engage with families where cultural practices may justify harmful behaviour. A more nuanced understanding of how race, gender and immigration status intersect in Black children's lives is essential for enhancing child protection practices.

Unheard Voices: The Sexual Exploitation of Asian Girls and Young Women (2013)

- This report highlights the experiences of Asian and Muslim children affected by sexual abuse including cultural barriers such as honour and shame, which prevent victims from reporting abuse. The findings challenge stereotypes, showing that perpetrators are often from the same ethnic or faith background as the victims. Many victims remained silent due to fear of violence,

emotional attachment, or not being believed. The report stresses the importance of collaborating with grassroots organisations, schools and community groups to address abuse within these communities. It also emphasises the need for greater awareness that perpetrators often come from the same community as the victims. The Muslim Women's Network UK has been vital in connecting organisations and amplifying Muslim women's voices on this issue.

Khan, R. (2024). *The Psychology of Honor Abuse, Violence, and Killings*. Routledge.

This important book provides a much-needed exploration and examination of "honour" abuse, violence, and killings from a psychological perspective. Written by a leading authority on the subject, the book draws on a wide range of research and theory on victims and perpetrators to bridge the gap between research and practice.

Presented in two parts, the book begins with a focus on teaching, research, and practice issues in forensic psychology and related criminal justice fields, integral to studying and working with victims and perpetrators of "honour" abuse, violence, and killing. The second part provides an overview of the main issues relevant to the psychology of honour abuse, violence, and killings. These include definitions, prevalence, crime characteristics, victims, and perpetrators. The final chapter presents a new explanatory three-phase model of "honour"-based abuse perpetration. Firsthand personal accounts and detailed cases studies are interwoven throughout, giving a voice to victims and bringing their real-life stories to the forefront.

Resources for Professionals

OSCP FGM Resources for Front Line Practitioners

- Website: www.oscp.org.uk/practitioners/multi-agency-procedures-and-resources/female-genital-mutilation/
    - Learning Resource: www.oscp.org.uk/wp-content/uploads/2024/05/FGM-learning-resource.pdf
    - FGM Risk Assessment Template: www.oscp.org.uk/wp-content/uploads/2024/05/FGM-risk-assessment-templates.pdf

Project Resist

Project Resist is working with the Resist Network and other regional grassroots feminist organisations to develop strategic policy and campaigning

- www.projectresist.org.uk

Podcasts and Videos

Secrets Worth Sharing

Podcast and event platform giving approachable advice on talking about childhood sexual abuse

- www.secretsworthsharing.com

Education Resources

These resources, shared during the Survivor Purdah webinar series, provide key information on sexual violence and trauma with a focus on cultural relevance and accessibility.

Definitions of Trauma

www.mind.org.uk/information-support/types-of-mental-health-problems/trauma/about-trauma/

Trauma, from the Greek for "wound", "**is not what happens to you; it is what happens inside you as a result of what happens to you** … It is not the blow on the head, but the concussion I get." (Gabor Maté, *The Myth of Normal: Trauma, Illness, and Healing in a Toxic Culture*, 2022)

The 4F Trauma Personality Types

Based on Pete Walker's model in the book "Complex PTSD: From Surviving to Thriving"

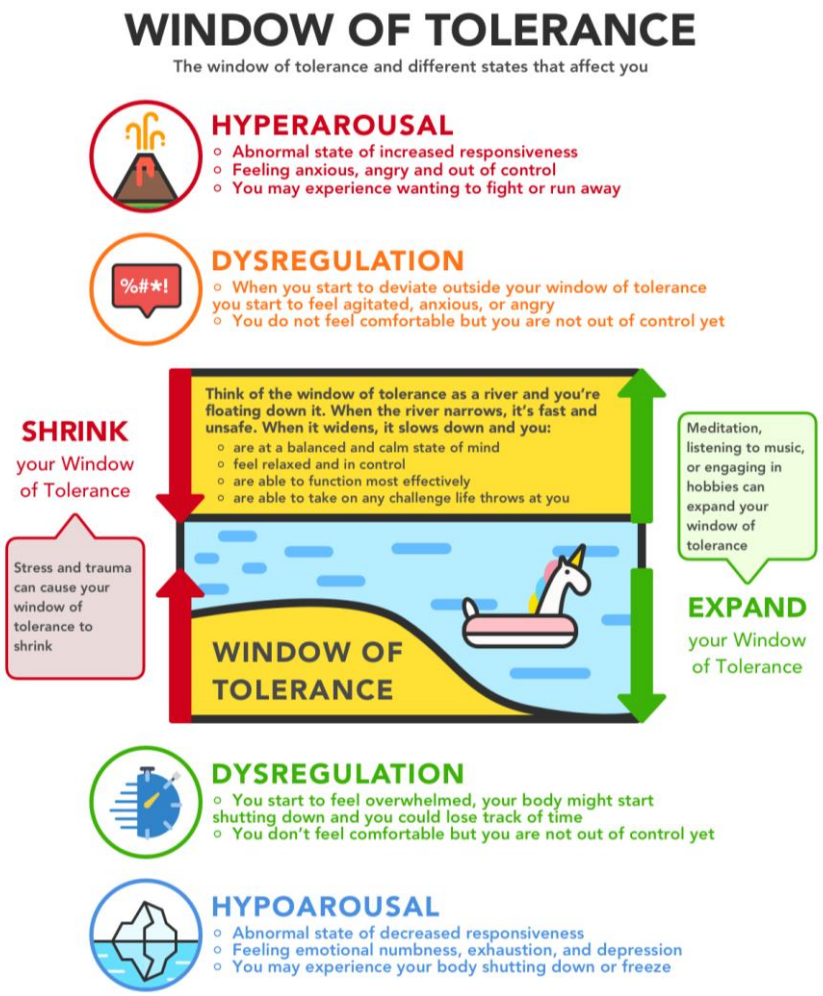
@ComplexTraumaHealing

This model elaborates the four basic survival strategies and defensive styles that develop out of our instinctive Fight, Flight, Freeze and Fawn Response. Variances in your childhood abuse/neglect pattern, birth order and genetics result in you gravitating towards a specific 4F survival strategy. You do this as a child to prevent, escape or ameliorate further traumatization.

4F Types (Typical Label)	FIGHT ("Bully")	FLIGHT ("Workaholic")	FREEZE ("Couch Potato")	FAWN ("People Pleaser")
Unconscious Belief	**"Power and Control can create safety, assuage abandonment and secure love"**	**"Perfection and achievement will make me safe and love-able"**	**"People are Synonymous to danger"**	**"The price of admission to any relationship is the forfeiture of all my needs, rights, preferences and boundaries"**
Ingrained Defense Survival Pattern	Pursue Power and Control	Escape into thought (obsession) and action (compulsion)	Avoid Human Contact	Please people
Childhood contributing environment	Spoiled child, given insufficient limits, allowed to imitate a narcissist parent	Hyperactive response to family trauma ranging between the driven "A" student and the ADHD dropout running amok	The scapegoat, the most profoundly abandoned child. Not allowed to employ fight, flight or fawn responses	Child of narcissistic parent, learns early that bits of safety & love can be earned by as a compliant servant of parents
Approach to Connection	**Connect** - By controlling others	**Withdraw** – By staying focused on personal performance	**Withdraw** – By avoiding people	**Connect** – By merging with People
Approach to Feeling Safe (Threat Response)	**Action** - Attack (Confronts)	**Action** - Achieve (Performs)	**Inaction** - Avoid (Withdraws)	**Inaction** - Acquiesce (Goes Along)
Catchphrase	**"No relationships, just prisoners"**	**"Human-doings"**	**"Hide from the world"**	**"Keep others happy"**
Relation to others	Controlling	Micromanaging	Detached	Exploited
Common characteristics and activities	Incessant monologuing, Criticizing, Raging	Worrying, Performance Anxiety, Adrenalin-junkie, Over-achiever	Hibernating, Sleeping, Daydreaming, TV, Online-browsing & Video games	Entertainer, Yes man, Nice guy, High concern with Fitting-in, Flattering others
Continuum of +ve and –ve	**Assertive ..... Bullying**	**Efficient ..... Type A**	**Peaceful.....Catatonia**	**Helpfulness.....Servitude**
Decision Making	Impulsive	Over-analytical	Struggles	Defers to others
Avoids	Isolation	Inaction	People	Conflict
Relation with Perfection	Demands Perfection	Compelled by Perfectionism	Achievement-Phobic	Social Perfectionism
Mis-labeled as	Narcissist, Sociopath, Conduct Disorder	OCD, Mood Disorder (Bipolar), ADHD	Depressed, DID, Schizophrenic, ADD	Codependent, D.V. Victim Parentified Child

This is a behavioral "Personality Type" model applicable only to survivors of childhood trauma and this should not be confused with the Fight Flight and Freeze threat "Response". Each of these trauma personality types is on a continuum that runs from mild to extreme. There are a few pure types with one predominant strategy and most other survivors are hybrids of the 4Fs.

Adapted from Complex PTSD: From Surviving to Thriving (Walker, 2013)



https://www.mindmypeelings.com/blog/window-of-tolerance

Adapted from *The Developing Mind* (Siegal, 1999)

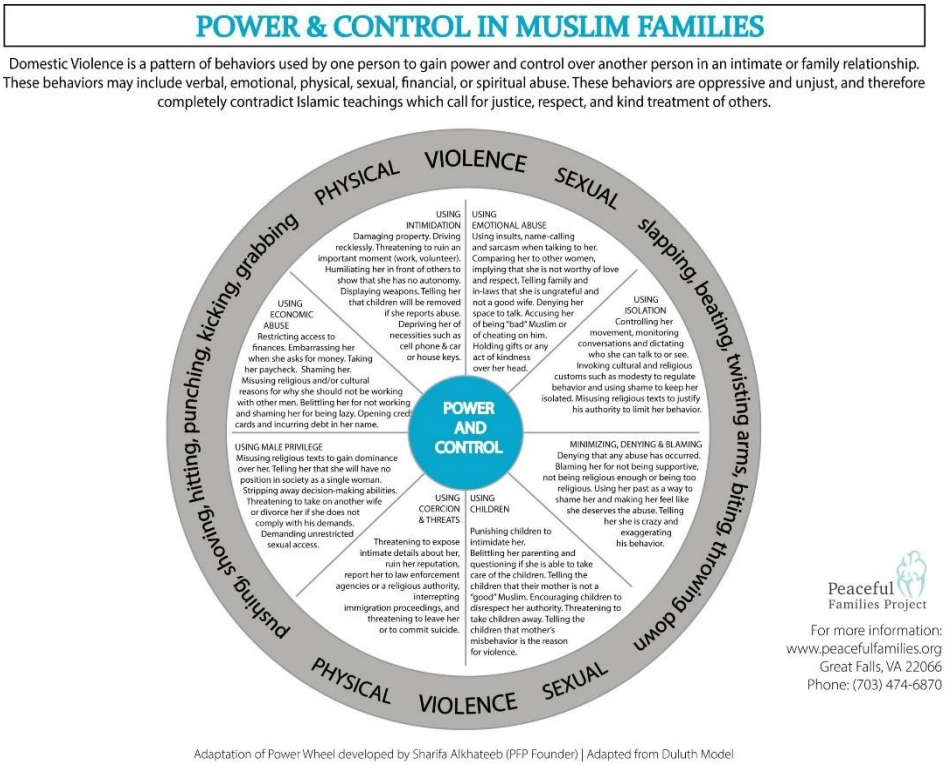
A-Z fact sheets: Urdu

Access here: https://www.thewomens.org.au/health-information/fact-sheets/urdu

Please note this is an Australian resource and signposting is not UK based

यौन सम्बंध सबं चारित सबंक्रमण (STI)

Sexually Transmitted Infections (STIs) info sheet in Hindi
https://storage.googleapis.com/healthinfotranslations-pdfdocs/STDs_HINDI.pdf



https://muslimchildrensaid.com/muslim-wheel-of-domestic-violence/

Compiled by Clémence Rossiny and Naseem Sarbatta-Walia for Survivor Space Oxfordshire.

March 2026 edition. Please check our website for the most up-to-date information.