

## Specialist Training

**Trust House Lancashire's** training provides education to support professionals from a range of specialist and non-specialist backgrounds who are working with survivors of sexual violence and abuse.

Our aim is to give individuals, from universal and specialist services, the capacity to be more effective in this area of their practice, enabling them to feel more confident, and to understand and respond to the needs of their clients. Our training is flexible and can be delivered digitally or face to face. We are also able to tailor training, creating bespoke courses on request to meet the more precise needs of your service or organisation. After our training courses, we provide post course materials; this includes a Resource Book, a completed workbook and a certificate.

## Volunteer Opportunities

Volunteers are vital to our work at **Trust House Lancashire** and we have a variety of volunteering opportunities available. Comprehensive training, case and group supervision is provided.

Volunteers support our:

- Counselling Service
- Specialist Family Support Work
- Wellbeing Project
- Support Call Work
- Fundraising
- Administration
- Social Media

We also provide clinical placement opportunities for students looking to complete their 100 hours of one-to-one counselling experience. As we work with clients who are vulnerable and have experienced trauma we ask that you have a minimum of 20 hours practice experience and are undertaking a Diploma/Degree or MA in counselling. A range of other student placement opportunities are also available.

For more details about volunteering visit our website, email [volunteer@trushouselancs.org](mailto:volunteer@trushouselancs.org) or telephone **01772 825288**.

## Contact Details



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Charity Number 1174925

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t @thlncs

i trusthoucelancashire



We accept self-referrals and referrals from other agencies. Referral forms are available to download on our website, call **01772 825288** or email: [referrals@trushouselancs.org](mailto:referrals@trushouselancs.org) or [secure.email@thlancs.cjsm.net](mailto:secure.email@thlancs.cjsm.net)



“ A safe place for those affected by rape and sexual abuse ”



We offer:  
Counselling | Family Support  
Training | Well-being Service

**DONATE NOW AT**  
[www.trushouselancs.org](http://www.trushouselancs.org)

## Information & Advice

**Trust House Lancashire's** vision is "a safe Lancashire free from sexual violence and abuse", we support people affected by any kind of sexual violence or abuse and offer a trauma informed, person centred, holistic and therapeutic service that works in partnership with other agencies to promote the recovery of children, young people and adults affected by sexual abuse. We support people from age 4 years upwards.

**Trust House Lancashire** exists to support the recovery of those that have been subjected to any kind of sexual violence or abuse to move through and beyond their experience. Our support places survivors at the heart of what we do. We work to prevent abuse, and to educate and increase awareness of the impact of, and effective responses to sexual violence and abuse. Through participation and supporting research opportunities we also seek to continually improve these responses and the wider understanding of sexual violence.

We offer the following services:

- Counselling
- Wellbeing Support
- Family Support
- CYP Counselling
- Play Therapy
- Pre-Trial Therapy
- Training
- Volunteering and Placement Opportunities
- Group Support
- 'Taste of Recovery' **On-line** Support



## Counselling & Therapy

**Trust House Lancashire** provides free specialist counselling to individuals of all ages and genders who are resident in the Lancashire area and have been impacted by any form of sexual abuse or assault at any time in their lives.

All our qualified counsellors are experienced client centred therapists. We also have student counsellors in their final stages of qualifying.

We have both female and male counsellors and offer counselling at a number of places across Lancashire. All counsellors have completed a comprehensive training programme to enable them to work effectively with survivors. Our Clinical Lead oversees our provision and ensures effective supervision.



## Wellbeing

**Trust House Lancashire's** Wellbeing Project offers a holistic and practical approach to support that equips individuals with the knowledge, skills and tools to cope with the here and now of their trauma; managing flashbacks, improving sleep patterns, managing anxiety and trauma symptoms as well as to support future and on-going wellbeing. Our holistic approach to assessment also identifies wider support needs such as housing or debt issues and supports access and advocacy, referral and signposting to other specialist services that can support effectively.

## Family Support

**Trust House Lancashire** has specialist family support workers who work with non-abusing family members to support their child's recovery following sexual abuse. Holistic support includes 1:1 work with the child or young person providing a safe place in which they can recover and a practical element supporting the child and/or parents to address any wider issues that have arisen. We equip parents and carers with the tools and knowledge to be able to support the ongoing recovery of their child.

## Groups

**Trust House Lancashire** also hosts a young people's forum and a parent/carers forum.

The young people's forum provides a space both **on-line** and face to face to meet other young people who have had similar experiences. They support each other, ask questions and share feelings in a safe environment, carefully facilitated by trained staff and older service users, who are further along in their journeys. The forum enables peer support and allows young people to shape and feedback on the services we and our partners provide.

The parent/carer forum is a space for all carers of children who have experienced sexual abuse. It provides a safe space to meet other people who understand what you have been through and its impact on the whole family. The group is parent led with some input from the specialist family project team. The group is a non-judgemental and supportive space.

## Taste of Recovery

**Trust House Lancashire's** Taste of Recovery is an online programme that has been developed by a survivor of sexual violence, for survivors. It provides information, tools, and techniques to avoid self-blame, to feel more in control, and it offers empowering tools for future use.