

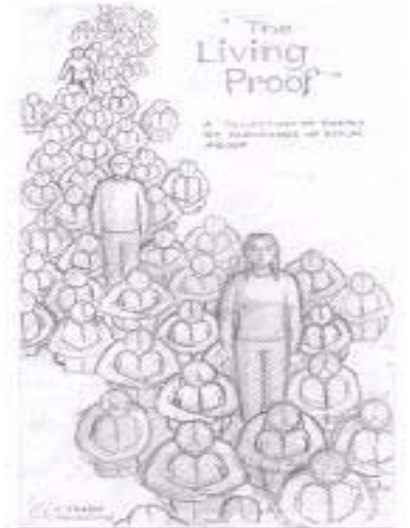
Poetry Helps Survivors in Dundee

Therapy through poetry writing is how survivors of abuse in Dundee are helping rebuild their lives.

Tayside Ritual Abuse Support and Help, (TRASH), was set up as a result of requests to a local children's charity, 18 and Under, from adults wanting support as survivors of ritual abuse. Providing support and raising awareness of abuse the committee and group is very much driven by survivors.

Survivors of this type of abuse suffer from very low self esteem and feelings of isolation and the therapeutic benefits of writing poetry allows them to express their feelings via their writing.

The £3000 grant from the Scottish Community Foundation, Women's Fund for Scotland, funded poetry writing workshops which were overseen by a published author. Final extracts of those taking part in the workshops will contribute to the production of a book raising awareness of abuse.



"Survivors of ritual and organised abuse find it extremely difficult to talk about their abuse. Much of society is still in denial that this abuse even actually exists. The funding from the Women's Fund for Scotland enabled survivors to come together in a safe setting and allowed them to at last find their voice."

Irene, TRASH Development Worker