

CIS'ters IS NOT a therapy group: it is an organisation run by survivors, for survivors:
“we might be victim/survivors, but this is not all that we are, or can be”

2020 = YOU ARE NOT ALONE

Email: helpme@cisters.org.uk

Phone: 023 80 338080

Hi **CIS'ters**,

Hope you are all keeping well and trying to continue the good work you do. I have never attended our workshops as I live too far away, but I find comfort in the newsletter that I am not alone.

Just wanted to write about how I am feeling at the moment with this pandemic. I developed psoriasis on my leg when the lockdown and social distancing started to take place. A new condition. I was also worried about my son at the time as he has Autism and all his activities stopped at once, but I also felt the reaction was much more than that. I think I felt the loneliness, disconnection and emptiness I have experienced all my life due to child sexual abuse. I realise it triggered my complex-PTSD and it felt overwhelming.

Normally I will find ways to fill that emptiness and disconnection and not sit with these feelings. Distractions/activities help make it go away but at the same never really worked as often my anxiety increased as I end up doing too much.

Also with this social distancing and people avoiding each other brought up the shame I have felt for years when I felt people were looking at me as I was sure they *knew* that I was dirty and disgusting etc. I felt like there was a label stuck on my head which caused me chronic social anxiety making it difficult to leave the house. All this **had** improved over the years due to many years of therapy, medication and my personal will to have a better life.

Due to the pandemic and restrictions I couldn't do anything about how I am feeling as all my activities have stopped. What I think it has taught me, however, is to sit with my feelings till they pass and then do something nice for myself and not go looking for outside things to do to fill the emptiness, chronic inner aloneness, disconnection which only people who have had this experience understand as it's not your 'normal' loneliness.

So I try and say to myself “*be kind to yourself, you have been through enough and these feelings will pass*”. Just wanted to express how I feel with my **CIS'ters**, who I know will understand.

Take care, Jan (857)



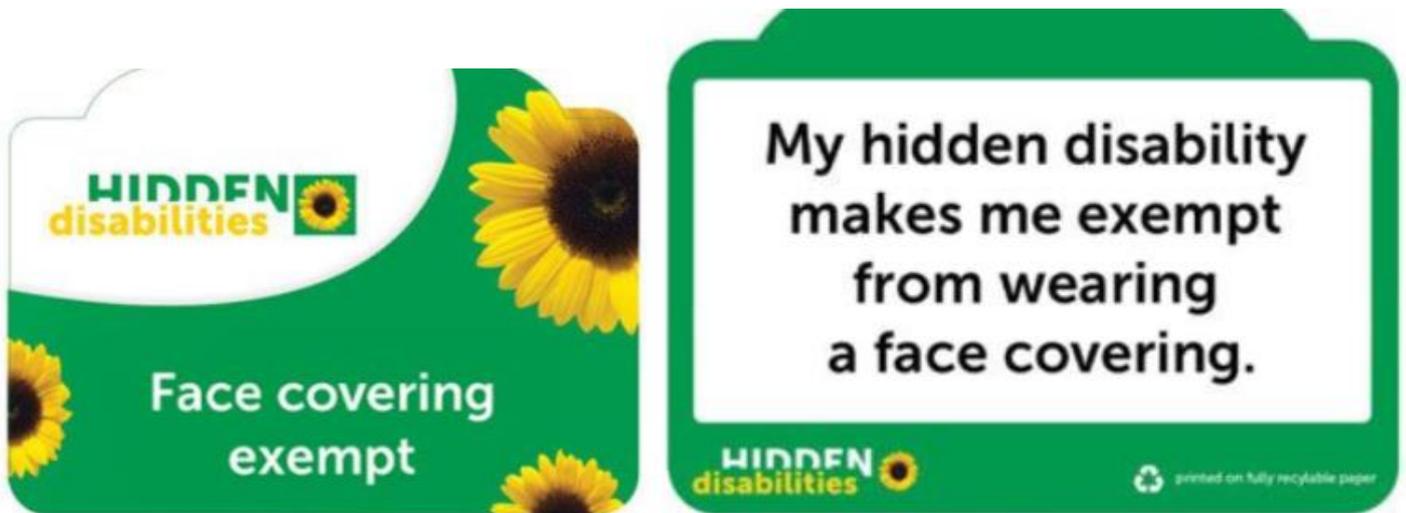
THE MASK ISSUE:

Whilst majority of survivors have found comfort in wearing a mask (safeguarded physically) others have said that they find covering their own face or seeing the faces of others covered has been a triggering experience for them.

Thank you to The Survivors Trust for highlighting the following:

Within the [Government's Guidelines](#) for face coverings on public transport, it states that those who "cannot put on, wear, or remove a face covering without severe distress" will be exempt. Although technically this exemption includes survivors of sexual abuse who are triggered by covering their face, asking a survivor to explain this to staff and security guards is a terrifying and humiliating prospect. Although we strongly urge survivors/others to try to wear masks in order to protect themselves and the vulnerable members of our society, we also wanted you to know that the guidelines state that those who "cannot put on, wear, or remove a face covering without severe distress" are exempt.

If wearing a mask will be severely distressing for you, then this website might help.... <https://hiddendisabilitiesstore.com/hidden-disabilities-face-covering.html> as they have a card you can purchase for a very small fee (see below for wording).



If challenged by staff in a shop, you can then show them the card.

Hidden disabilities is a genuine reason and other than for saying you have PTSD symptoms or you can say complex-PTSD, no more needs to be disclosed.

Do NOT feel compelled to say any more.

Is there an alternative card?

There is a free card which you can download from The Survivors Trust website www.thesurvivorstrust.org but it makes it clear that the individual has been a victim of a sexual crime.

Things You Can Learn from Your Dog (or any dog) from Anna (1157)

- Allow the experience of fresh air and the wind in your face to be pure ecstasy
- Never pass up the opportunity to go for a joyride
- When loved ones come home, always run to greet them
- When it's in your best interest, practise obedience
- Let others know when they've invaded your territory
- Take naps and stretch before rising
- Run, romp and play daily
- Eat with gusto and enthusiasm
- Be loyal
- Never pretend to be something you're not
- If what you want lies buried, dig until you find it
- When someone is having a bad day, be silent, sit close by and nuzzle them gently
- Thrive on attention and let people touch you
- Avoid biting when a simple growl will do
- When you're happy dance around with your entire body
- On hot days, drink lots of water and lie under a shady tree

Hi to my CIS'ters from Louise (1497)

Here are my healing / warrior songs for newsletter. Sorry - I couldn't narrow it down to just 3 or 4 as they all mean so much to me!!! (and there are more!). I'd love to hear other members song ideas too as music can be so inspiring.

- **Sia - Unstoppable** (*empowers me and gives me hope*)
- **The Stone Roses - This Is The One** (*just feels healing and uplifting for me*)
- **Muse - Invincible** (*gives me strength and power*)
- **Mary J Blige - No More Drama** (*really great played loud. For me it's about trying to let go and move forwards*)
- **David Guetta - featuring Sia -Titanium** (*very empowering, gives me hope and for me it is about not being torn down*)
- **Oasis - Don't Look Back in Anger** (*makes me feel so connected with other members as I sang this with others on the 2019 weekend workshop. It took me a lot of courage to stand up but it felt so empowering and this just reminds me of all the lovely people I met*)
- **Emelie Sande - Read All About It** (*for me this is about having a voice and of sometimes wanting to tell the world and about getting justice*)
- **Lady Ga Ga - Til it Happens to You** (*this screams about the pain sexual abuse survivors may feel. No one else can really know how it feels*)
- **Eminem - Song For the Moment** (*Just so powerful for me and I play it when I need to get my anger out!*)
- **Elton John - Rocket Man** (*this is very personal to me as I played a lot of Elton John when I had EMDR treatment last year and this particular song means a lot to me*)
- **Gloria Gaynor - I will Survive** (*so uplifting, powerful. I play loud and sing along!*)

Dear CIS'ters*from Sal (151)*

I understand the pandemic being a trigger for many, in the beginning it was for me. It was something about the isolation and having no control over the situation. But I soon picked myself up and used the time to clear out some mental rubbish. Having such limited family contact, I was able to get angry, sad, delve into the depths of the injustice. It was tough, but cathartic. I'm now more anxious about the lockdown easing, and feeling like I have to resume the roles of duty. No doubt I'll find a way to deal with it. But at the mo, I'm stringing out the lack of physical contact. Haha. Love to all xx

Dear CIS'ters..... *from Nix (414)*

I've been gardening nonstop through this lockdown and it is my saviour and solace. I'm very lucky as we have a huge garden so house arrest has not been a problem. Mental health goes haywire sporadically. Ultra-highs followed by deep lows, and sometimes is debilitating to the point of not being able to get moving. Especially when the dreams start up, but it's a case of gritting my teeth through the pain, sleeping, distraction, or crying rather a lot, but it doesn't really ever get much easier really. You just get used to it and recognise the signs. Father's Day was very challenging (as it is every year) and it takes planning and a great deal of deliberate mind fixing to get through it. Especially when all Facebook is littered with gushy 'my dad is my hero' statements. I don't talk about 'it' or 'him' or the other bastard anymore. That seems to work. And if my mind wanders to any of it, I pull it back if I can. Otherwise I just have to feel the intense pain and sadness each time in my mind and body. It is a scar that will never heal. It is not a grown over slightly showing scar on an elbow, out of sight. It is a gruesome sightly scar right on your very face that no amount of time or make/up can hide I'm afraid. You've just gotta bloody live with it! CBT or DBT doesn't help, chanting or tapping either! The only way to rid those memories that are woven into your very soul is perhaps to have a lobotomy? But those aren't on offer as yet, and so it is to just keep on living alongside them. Smashing them on the head or strangling them when they well up which is usually at the most inconvenient bloody times and places! It's like living with ghosts I suppose. It's a bit shit really isn't it! Sorry! Don't know why I wrote all that?

YOU'RE NOT ALONE

When there's only you in your home
Even then you're never alone
CIS'ters is only a phone call away
I do worry about family, friends every day
When I really feel blue
I feel the pain too

CIS'ters your always in my soul and heart
So we are not really apart
I really do wish I could give you flowers
In these difficult hours
I know we are all going through a really
Difficult time
All I wish is that you and I all our family and
Friends are fine

We all need to keep going and keep up the
Good fight
Till this is all over and everyone is going
To be alright
I will never ever write goodbye
As I sit here trying to think positive looking
At the night sky

To be honest I'm scared to go out
Inside I just want to shout
But I know life goes on
And we all need to be strong
So when there's only you in your home
Remember then then
You are not alone

Rosemary (1484)

Dear Gillian & my CIS'ters

I just want to say thank you for the newsletter and support. I keep getting bad dreams and horrible flashbacks of my childhood and with everything now going on with pandemic/restrictions I find life harder even when I am trying to stay positive and strong on the inside.

Life seems one long hard battle at the moment but I know I'm not the only one feeling like this.

I find all the time I'm keeping busy I'm not thinking of things so much. I try to write positive poems even when I feel scare, alone, helpless and trapped inside.

A big thank you for all you do, it doesn't just help myself but you help others too. So thank you to all our CIS'ters.

Keep well and safe,

Rosemary (1484)



A REMINDER FOR MEMBERS

It is always good to hear from you.

If you need someone to talk to or just chat about the improvements in your life at the moment > contact us:

Email: helpme@cisters.org.uk

Phone: 023 80 338080

We will get back to you, though might take a bit longer than usual.



CROWN PROSECUTION SERVICES

Rape and Serious Sexual Offences (RASSO): **RASSO Strategy 2025**

The government acknowledges that RASSO cases are among the most serious and complex types of crime that CPS prosecute. CPS have stated that they share the deep public concern that, while the number of RASSO reports to the police have increased in recent years, the number of cases actually being taken to court has fallen.

In response CPS have produced a new strategy called RASSO 2025. This, they hope, is a clear articulation of the role that the CPS can play in driving a step change for the criminal justice system as a whole – a turning point in how they collectively approach this work.

Link to RASSO 2025: <https://www.cps.gov.uk/publication/rape-and-serious-sexual-offences-rasso-2025>

Plus you might like to know about:

Some members might also find it helpful to have a look at the CPS policy on prosecuting CSA cases <https://www.cps.gov.uk/legal-guidance/child-sexual-abuse-guidelines-prosecuting-cases-child-sexual-abuse>

Plus you might like to know about:

CPS - Public consultation - Guidance on pre-trial therapy **Consultation Closing date: 30 October 2020**

<https://www.cps.gov.uk/consultation/public-consultation-guidance-pre-trial-therapy>

Some years ago the CPS created guidelines for counsellors etc. who might be working with a client who had made a disclosure to the police. At that time these guidelines were important in that they were a push back to the challenges from barristers acting on behalf of the (alleged) offender who often stated that any counselling on offer to the victim was detrimental to the case in that it offered the opportunity to coach victims or distort memories.

The existing guidelines has previously been helpful in determining what kind of therapy should be on offer during the police investigation stage but it is some time since it has been reviewed. The revised guidelines have been developed with the assistance of psychologists, therapists, police, government departments, voluntary specialist provides plus other experts. The new guidelines is designed to combine and replace the 2002 guidance titled the “Provision of Therapy for Child Witnesses Prior to a Criminal Trial” and the “Provision of Therapy for Vulnerable or Intimidated Adult Witnesses prior to a Criminal Trial”.

This is a massively important consultation and CIS’ *ters* is encouraging those that have the time to read and comment on the document. Please note the deadline. You can send any feedback directly to CPS or you can send it to us for inclusion with our feedback (in which case we need it by no later than 16th October 2020).

The revised guideline is intended to be a practical document to assist in ensuring that victims receive the therapy they require while supporting therapists, investigators and prosecutors successfully to navigate the legal and procedural issues that can arise where a victims has received/is receiving therapy or is deciding whether to receive therapy.

The Ministry of Justice also developing an ‘easy read’ version of the CPS document which will be specifically designed to ensure that victims understand the key messages contained within the CPS guidance.

Dear CIS'ters from Nicola Ann (1125)

I have just read a book which has greatly contributed to my recovery, and I wondered if you would like to put this letter in our next newsletter. The book concerned is called "Adult Children Secrets of Dysfunctional Families". The authors are John Friel and Linda Friel.

It talks about scapegoating in families, when one member of the family is singled out to be blamed and excluded. Apparently, this is to hide a secret. The hiding of the secret takes up a lifetime of energy for the whole family.

What was very interesting was the description of other roles in dysfunctional families, to keep the family in balance. The scapegoat takes the blame for the family, but there is also a hero who does well, but cannot enjoy his or her success. There are other roles in a dysfunctional family, and one person can have more than one role. In healthy families, roles do not exist, just personalities, and members do not have to be a certain way to keep the family in balance. The family can accept people make mistakes, and mistakes can be laughed off.

There is another book by the same authors which is called "An adult child's guide to What's normal". I am looking forward to reading that one too.

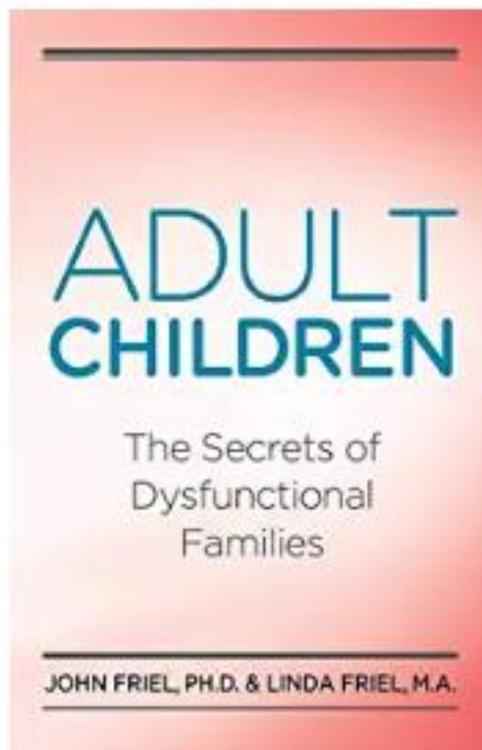
For those who came from dysfunctional families, reading about a non-dysfunctional families may help. It is helping me a lot.

Available from Amazon and their summary says:

It is estimated that as many as 34 million people grew up in alcoholic homes. But what about the rest of us?

What about families that had no alcoholism, but did have perfectionism, workaholism, compulsive overeating, intimacy problems, depression, problems in expressing feelings, plus all the other personality traits that can produce a family system much like an alcoholic one?

Countless millions of us struggle with these kinds of dysfunctions every day. Pulling together both theory and clinical practice, John and Linda Friel provide a readable explanation of what happened to us.



“It has been a tough few weeks with the uncertainty of COVID-19 but the Inquiry is continuing with a busy and focused work plan. It is important to progress with our regular business as well as our significant projects to ensure we are focusing on making recommendations that will better protect children in the future. Our engagement with CIS’ers and other organisations across the country is also essential.

Victims and survivors’ voices are at the heart of what we do and this continues to be our focus. However, in line with Government advice and guidelines, we have had to make some changes to how we undertake some of our work and would like to share the following updates with you. Summary below and further information can be found on the IICSA website <https://www.iicsa.org.uk/>

COVID-19 and changes to our work

Truth Project

In line with the Government’s advice for the response to the virus, The Inquiry has taken the decision to stop holding private sessions in person at this time. However, the Truth Project will continue to enable victims and survivors of child sexual abuse to share their experiences with us by a telephone private session and participants can still share in writing. These are already popular ways of sharing, we have more information on the Truth Project website: [Sharing in writing](#) or [Telephone Sessions](#).

We encourage CIS’ers to share this with anyone who may still want the opportunity to share their experiences with the Inquiry during this time. Alternatively, they can share when we are in a position to hold private sessions in person.

Public Hearings

After careful consideration of whether it is possible or appropriate to continue with our public hearings, the Inquiry also concluded it had no alternative but to postpone the hearings in [Child Protection in Religious Organisations and Settings investigation](#) (March 2020). However, it has now announced that following the suspension of the Child Protection in Religious Organisations and Settings public hearing due to the Covid-19 pandemic, we hope to resume the hearing via video conference at 10.30 am on the 11th May 2020.

The public hearing into [Child Sexual Exploitation in Organised Networks](#), which was due to be held on 20 April, has been postponed. The Inquiry is working with core participants so that it can reschedule this hearing in September.

Victims and Survivors’ Forum

Many of our Forum members registered to attend our redress events in March, but these have also been postponed. We have made contact with individual Forum members and assured them that we will continue to operate during this period. We have made the difficult decision to postpone all up-coming Forum events. We value our Forum members and in these challenging times we’re considering different ways to continue our engagement with them. The Forum is open to all victims and survivors of child sexual abuse.

A message from our Victims and Survivors’ Consultative Panel

Emma Lewis, a VSCP member here at the Inquiry has the following message:

“I would like to reassure stakeholders and colleagues that the Inquiry is still open in these difficult times. The Inquiry staff are working tirelessly to ensure that although our capacity is limited, our quality of our service is not compromised for Victims and Survivors coming forward to the Inquiry. I am confident that the Inquiry will continue to offer a bespoke and holistic experience for participants to an excellent standard.”

[More on the next page >](#)

Latest news

The Internet Investigation

In March 2020, the Inquiry published a new investigations report: [The Internet Investigation Report](#). These hearings considered the nature and extent of the use of the internet to facilitate child sexual abuse.

The Internet investigation examines the adequacy of the response from government, law enforcement and the internet industry across three main areas: the viewing of indecent images of children, the grooming of a child and the live streaming of child sexual abuse.

The report highlights an explosion in child sexual abuse facilitated by the internet; since 2016, approximately 400 to 450 people are arrested in the UK for related offences each month.

The Chair and Panel made a number of recommendations, which arise directly from this investigation.

Allegations of Child Sexual Abuse linked to Westminster

In February 2020, the Inquiry published its investigation report into [Allegations of child sexual abuse linked to Westminster](#), finding that political institutions have significantly failed in their responses to allegations of child sexual abuse for decades.

There has clearly been a significant problem with deference towards people of public prominence, from the Whips' offices to the police and prosecutors, although the investigation found no evidence of an organised paedophile network at the heart of government.

For example, in the 1970s and 1980s, MPs including Sir Cyril Smith and Sir Peter Morrison were known to be active in their sexual interest in children, but were protected from prosecution.

Chair of the Inquiry, [Professor Alexis Jay OBE](#), said:

“It is clear to see that Westminster institutions have repeatedly failed to deal with allegations of child sexual abuse, from turning a blind eye to actively shielding abusers. A consistent pattern emerged of failures to put the welfare of children above political status although we found no evidence of an organised network of paedophiles within the government.

“We hope this report and its recommendations will lead political institutions to prioritise the needs and safety of vulnerable children.”

You can view Professor Alexis Jay's video response to this Investigation report

https://www.youtube.com/watch?v=riS9449z_SQ&feature=youtu.be

More reports/publications can be found on <https://www.iicsa.org.uk/publications>

IICSA engagement projects

Ethnic minority communities

The Inquiry has also been undertaking other work with stakeholders and organisations across England and Wales on important projects aimed at developing our understanding of child sexual abuse.

IICSA engagement with organisations to understand the barriers to disclosure and reporting of child sexual abuse for individuals from an ethnic minority background has been completed in 6 locations across England and Wales. To date IICSA have heard from 88 organisations who work directly with ethnic minority communities. IICSA are continuing with planned engagement in London and across a number of rural locations in the coming months to ensure we continue to hear a wider range of voices.

As IICSA continue engagement the Ethnic Minority Ambassador to the Inquiry, Sabah Kaiser has this week taken part in a podcast series reflecting on her experience of abuse, her coping mechanisms and the importance of breaking down cultural barriers. You can listen to the podcast series <https://www.listennotes.com/podcasts/journeys-to-wellness/victim-to-survivor-the-4-MkaScbmRTpY/>

[More on the next page >](#)

Children and Young People

IICSA have completed Phase 1 and 2 of this engagement work. Phase 1 was designed to hear the voices of children and young people on the contemporary experiences and institutional practices and responses relating to CSA. The work was delivered across England and Wales working closely with 8 host organisations which support children and young people who are victims and survivors of CSA. Through the delivery of high quality events working with the host organisations we were able to hear from 56 individuals and deepen our understanding of their experiences and the issues faced. Phase 2 captured the views and experiences of specialist child sexual abuse support workers to add to our understanding of the contemporary issues surrounding CSA. Through this work IICSA have heard from 77 specialist child sexual abuse support workers.

An update from CIS'ters Office on our ongoing response to the pandemic

We continue to receive, and respond to, phone calls and emails. It can take a little longer than normal to respond as we don't have all of our team working at the moment. By 3rd September 2020 all of the office team are due back in the office. Currently Kate (whose title has been rebadged as Project Officer) in conjunction with Eileen (one of our trustees who has the lead on health issues) are busy making any necessary adjustments within the office.

Our ability to reintroduce physical peer group meetings/workshops is still presenting us with major difficulties, so this continues to be on hold.

We had explored using zoom as an alternative (which we know many of you are now experts at using for various other activities (choirs, keep fit etc.)). Given the nature of our charity and that many survivors who reach out to us wish their membership of CIS'ters to be confidential this idea has presented us with some barriers. For example, whilst a member might be able to see other members on screen (if we held a virtual peer group session), individual participants would not be 100% certain that there was no other person 'off screen' or that participants could be heard by non-participants. So – until we can devise a virtual approach that is acceptable and ensures confidentiality, we are unable to schedule online alternatives to physical peer group sessions.

HOWEVER we are pleased that survivors are still contacting us. This is a mixture of new individuals who have found us via our website, and also existing members. So our message is still loud and clear. You are not alone. We are still here !

On a separate note. We have established a project to develop a suitable toolkit, which will be available to all of our members. Our target date is the end of February 2021, but much earlier if we can speed things up.

The toolkit will be designed as a modular approach, and it will be a personal choice whether members use it or not, and to undertake it at their pace – with some support from us, or not (depending on member choice). It will be a free resource and it ought not to matter if a member lives in, say, Warwickshire, or in Hampshire.

The toolkit and other developments we are working on, have been made possible by specific targeted grants we have received during 2020 from:

- Charities Aid Foundation
- Esmee Fairbairn Foundation
- Lloyds Bank Foundation
- NHSEngland&Innovation

In addition, we have existing grants from:

Our local police and crime commissioner (grant expires end of September 2020)

Hampshire and Isle of Wight Community Fund which is for a specific project that is currently on hold due to covid restrictions (it was to hold screenings of a film on the topic of ACEs (adverse childhood experiences))

GIVE US SOME FEEDBACK PLEASE ?

In recent months one of our office team, Joanna, has been making gradual improvements to our website. Content now includes copies of recent newsletters, plus poetry and other various articles.

Each month we receive statistics which let us know the total number of 'visitors' to our website. Although there was a slight dip in March 2020, the numbers have begun to rise again.

When we ask new contacts how they heard about us, the majority tell us they discovered our website and that the information did help them to make the decision to contact us. The site also includes information on organisations elsewhere.



So, if you have access to the internet, and have the time, how about taking a stroll through our site and then giving us some feedback. Let us know what you like, what has been helpful but also if there are other areas that you feel could be improved upon.

Trauma Skills Summit.

A FREE 10 day Online Event

August 17th-26th 2020

https://product.soundstrue.com/trauma-skills-summit/register/#a_aid=5eed33741bd58&a_bid=5b1a40a8



This event looks really interesting.

You need to register in advance, so don't delay.

A REMIND ON THE PURPOSE OF WARRIOR MUSIC from Gillian

The topic of 'warrior music' is mentioned on page 3, by Louise (1497). This term was adopted 25 years ago and describes songs and music that are uplifting. Especially important if you are feeling really low or sinking in an emotional quicksand. The key message is 'I (or we) can climb this mountain'.

One of my favourite songs is of Labi Siffre singing *Something Inside So Strong*. I still return to this if I am in need of physical energy or an emotional pick me up.

I found a few versions on line recently which I hadn't seen before and they are definitely worth a listen to. The words resonate with me so much.

This is my current favourite <https://www.youtube.com/watch?v=4zepf15fEPE> which is closely followed by this version which was recorded at Wembley <https://www.youtube.com/watch?v=eYgMkFk8V78>

Weekend workshop dilemma.... !

I'm in a dilemma about the 2021 CIS'ters weekend workshop.

I attended for the first time in 2019 and it was very empowering and helped me so much. Probably the best thing I've done on my journey so far. It really was such a healing weekend.

So.... the dilemma; due to the covid pandemic, the 2020 workshop has been moved to May 2021 and I am desperate to go but it clashes with a family event. What do I say to family members about where I am and why I'm not at the family event?

Personally, I don't want to disclose that I am attending a weekend workshop for sexual abuse survivors. I know the best thing for me is to attend the CIS'ters event instead of the family event but the guilt is so powerful. I know I have the right to do what's best for ME and MY healing but I always feel I have to justify my decisions. If I go to CIS'ters weekend I know it will be another step on my journey with amazing people who truly understand.

I've answered my first question - I want to go to the CIS'ters event. But what on earth do I tell people about where I am??? When I went last year it was only my partner, manager and close friends who knew. It felt fine with me as I didn't have to make excuses as it didn't clash with anything. I certainly don't want to disclose the reason to family members as to why I can't attend their event. I want to feel ok about choosing the CIS'ters event.

Just wondering if anyone else has had a similar situation?

I can't be the only one whose had this sort of dilemma. Lou (xxx)

NICE National Institute for
Health and Care Excellence

We have received notification that the timeline for the [self harm: assessment, management and preventing recurrence](#) guideline has been updated. The consultation is now scheduled to commence on 30th November 2021 and end on 18th January 2022. The new publication date is expected to be 18th May 2022.

This guideline will focus on children and adolescents. If you want to know more you can access the documentation <https://www.nice.org.uk/guidance/indevelopment/gid-ng10148>

A final thank you to all the individual members/others who have continued to make donations to us this year. Your ongoing support means so much to us. If this is something you would like to do, then there is information on our website which explains a variety of ways you can do this. Use drop down menu for <http://cisters.org.uk/how-you-can-help/funding>

Editorial Statement: We welcome letters from Survivors and from those who support them such as friends/allies/counsellors/social workers etc. While every effort will be made to keep contributions complete and unedited we reserve the right to make amendments when necessary, and will note it as 'edited'. Decisions about the inclusion & amendment of contributions are the responsibility of the Editorial Team, and are final. Contributions do not necessarily reflect the views & opinions of CIS'ters, members of the Trust Board, or the Editorial Team. Inclusion of any reference to an individual, book list, or organisation resource is not a recommendation.

The contents of this newsletter are for information and support purposes only.

This newsletter is not a substitute for individual therapy or professional supervision.

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CIS'ters: an experience in learning, sharing, growing – individually and together

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