



Changing childhoods.
Changing lives.

Swindon & Wiltshire Phoenix Project

Kathy Kinloch

Jo Holder

29 October 2025

Private & Confidential





Changing childhoods.
Changing lives.

Meet the team

Team Manager

Counsellors

Trauma Recovery Workers

As & when workers

Volunteers

Commissioned by :

NHS & MOJ



Kathy

Team Manager Counselling
Supervisor



Sinead

Business Support Administrator



Jo

Counsellor



Julie

Counsellor



Ruth

Recovery Worker



Tammy

As & When Counsellor
Qualified Counsellor



Lucy

Volunteer Counsellor
Qualified Counsellor



Heidi

Volunteer Recovery Worker
In Training Counsellor

Child Sexual Abuse Impact on Children

Talking about child sexual abuse and sexual harm can be triggering and can bring up difficult feelings therefore we encourage you to:

Think about your own self Care and what might be coming up for you and how you can look after that

Take a minute out if or when needed

Be kind to yourself

What is CSA?



“[Child sexual abuse] involves forcing or enticing a child or young person to take part in sexual activities, not necessarily involving a high level of violence, whether or not the child is aware of what is happening.

The activities may involve physical contact, including assault by penetration (for example, rape or oral sex) or nonpenetrative acts such as masturbation, kissing, rubbing and touching outside of clothing...

Working Together to Safeguard Children (Department for Education, 2018)

Centre Of Expertise - On child sexual abuse

“...They may also include non-contact activities, such as involving children in looking at, or in the production of, sexual images, watching sexual activities, encouraging children to behave in sexually inappropriate ways, or grooming a child in preparation for abuse.

Sexual abuse can take place online, and technology can be used to facilitate offline abuse. Sexual abuse is not solely perpetrated by adult males. Women can also commit acts of sexual abuse, as can other children.”

Working Together to Safeguard Children (Department for Education, 2018)

Centre Of Expertise - On child sexual abuse

understanding the different contexts of offending

Child sexual abuse within
the family environment

Child sexual abuse through
attack by an unknown person

Child sexual abuse through
trusted relationships outside
the family environment

Child sexual abuse through
a personal connection

Child sexual abuse through
an intermediary

Child sexual abuse arranged
and perpetrated for payment

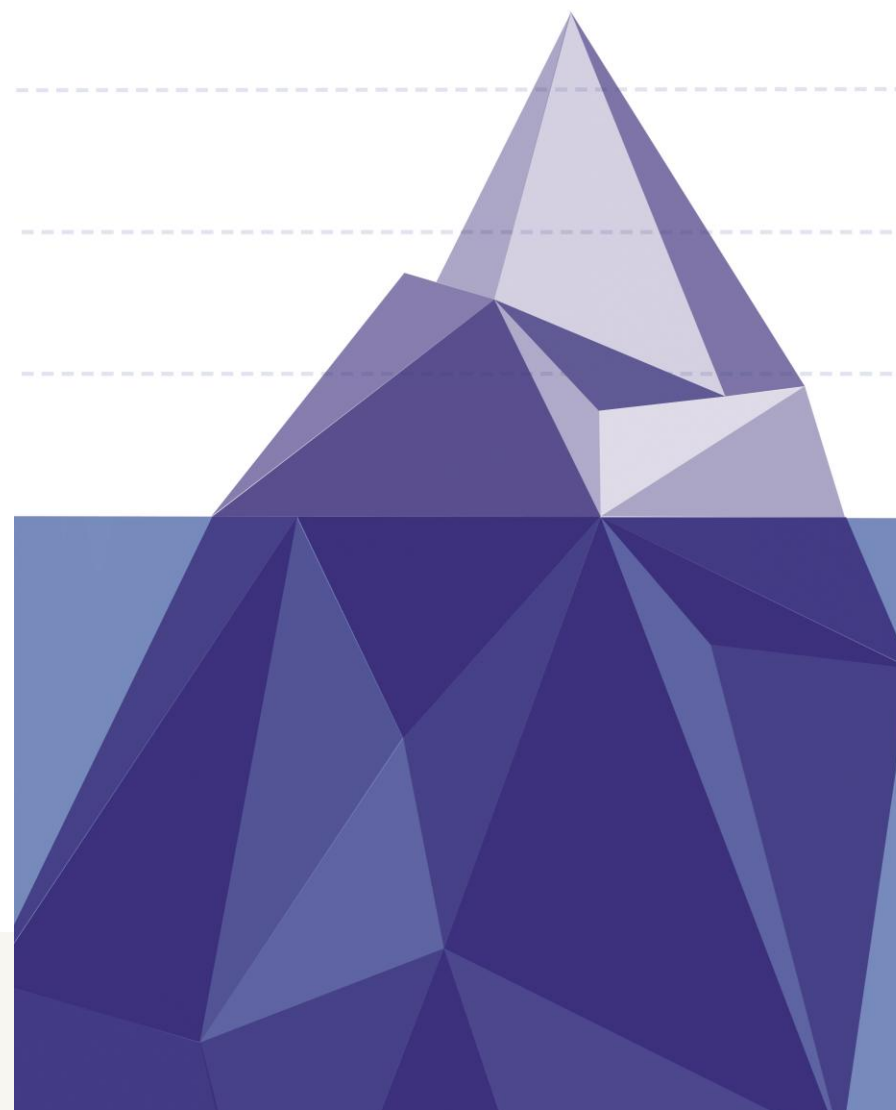
Child sexual abuse through
online interaction

Child sexual abuse through
groups and networks

Child sexual abuse through
viewing, sharing or
possessing images

Far more children are sexually abused than services identify

Child sexual abuse in 2023/24: Trends in official data
csacentre.org.uk



2,200 children on a child protection plan due to child sexual abuse (England)

10,500 children seen by sexual assault referral centres (England and Wales)

45,000 children assessed at risk of sexual abuse* (England)

101,000 child sexual abuse offences recorded by the police (England and Wales)

500,000

children are estimated to be sexually abused every year**

Sources: Home Office, Police recorded crime and outcomes, 2023/24; Department for Education, Characteristics of Children in Need, 2023/24; NHS England 2025. *Includes assessments recording concerns of child sexual abuse and exploitation. ** Estimate calculated using single-year prevalence estimated by age group (Radford et al. 2011, Childhood abuse and neglect in the UK today) and the Office for National Statistics mid-year population estimates, 2023. Please note: numbers are rounded to the nearest hundred/thousand.

Far more children are sexually abused than statutory services identify in Swindon



11 children placed on a child protection plan due to sexual abuse

141 children assessed at risk of sexual abuse*

N/A child sexual abuse offences recorded by the police

2,180

children estimated to be sexually abused every year**

Sources: Home Office, Police recorded crime and outcomes, 2023/24; Department for Education, Characteristics of Children in Need, 2023/24. *Includes assessments regarding concerns of child sexual abuse and exploitation. **Estimate calculated using single-year prevalence estimates by age group (Radford et al. 2011, Childhood abuse and neglect in the UK today) and the Office for National Statistics mid-year population estimates, 2023. Scale figure rounded to nearest 10.

1 in 10 children in Swindon experience CSA



IMPACTS OF CHILD SEXUAL ABUSE

Physical Health

Unexplained Pains
Stomach aches
Hypervigilance
Lacking motivation
Headaches
Change of appetite/weight

Mental Health

Mood
Suicidal ideation
Self harm
Disassociation
Stress/anxiety
Substance misuse
Lack of self-care

Relationships

Attachment
Safe/unsafe
Too trusting/no trust
Intimacy
Low self-esteem
Lack of personal boundaries
Problematic sexual behaviours

Education

Maintaining in an educational setting
Lack of additional needs/reasonable adjustments
Concentration/inability to hold information
Sensory Authority
AP in same education setting
Toxic school culture

Physical health

Trauma effects the body and can cause a range of physical health problems

Mental Health

Trauma can affect periods of a child's life when their thoughts, feelings and reactions become difficult to manage, impacting their ability to cope

Relationships

Trauma can cause challenges in connecting with other individuals and how they behave . Non abusing parents might struggle to cope with the emotional and practical strain following CSA.

Education

Trauma can manifest as behavioural challenges, emotional dysregulation, and difficulty with learning and focus leading to academic struggle and heightened risk of negative outcomes

Impact of families and in the home

Secondary or Vicarious Trauma

Triggered and re-traumatised

Struggle to cope

Siblings

Family upheaval

Employment

Financial

Confused feelings about the abuser

Separation/breakdown of external family

Limited services for non offending parent/children



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CSA can leave a YP with a vast variety of thoughts and feelings

Blame

Why
Me?

Loyalty

I'm not worthy

It's my
fault

Guilt

Anger

I should have
said No

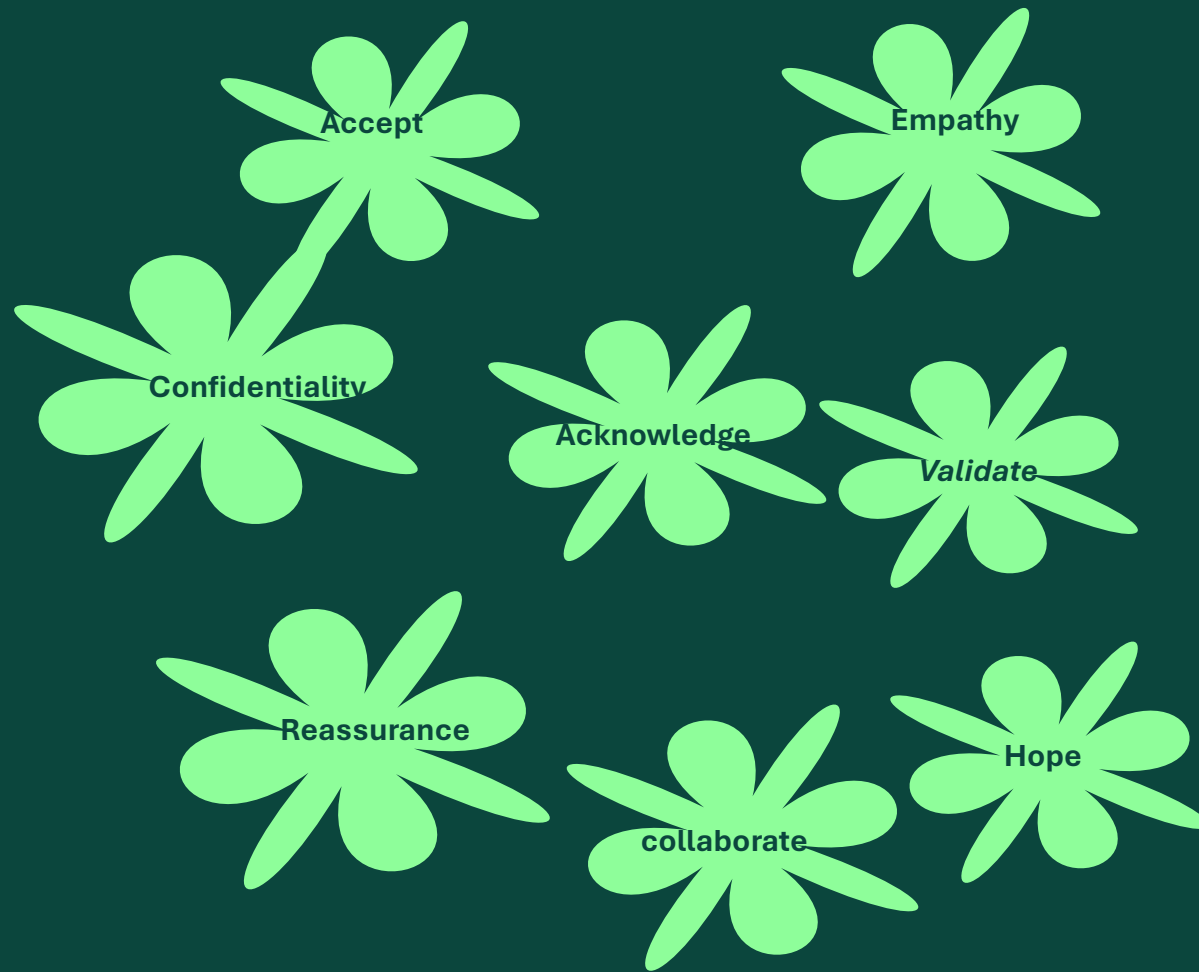
Distress

Fear

What if
they
don't
believe
me?

I should have
stopped it

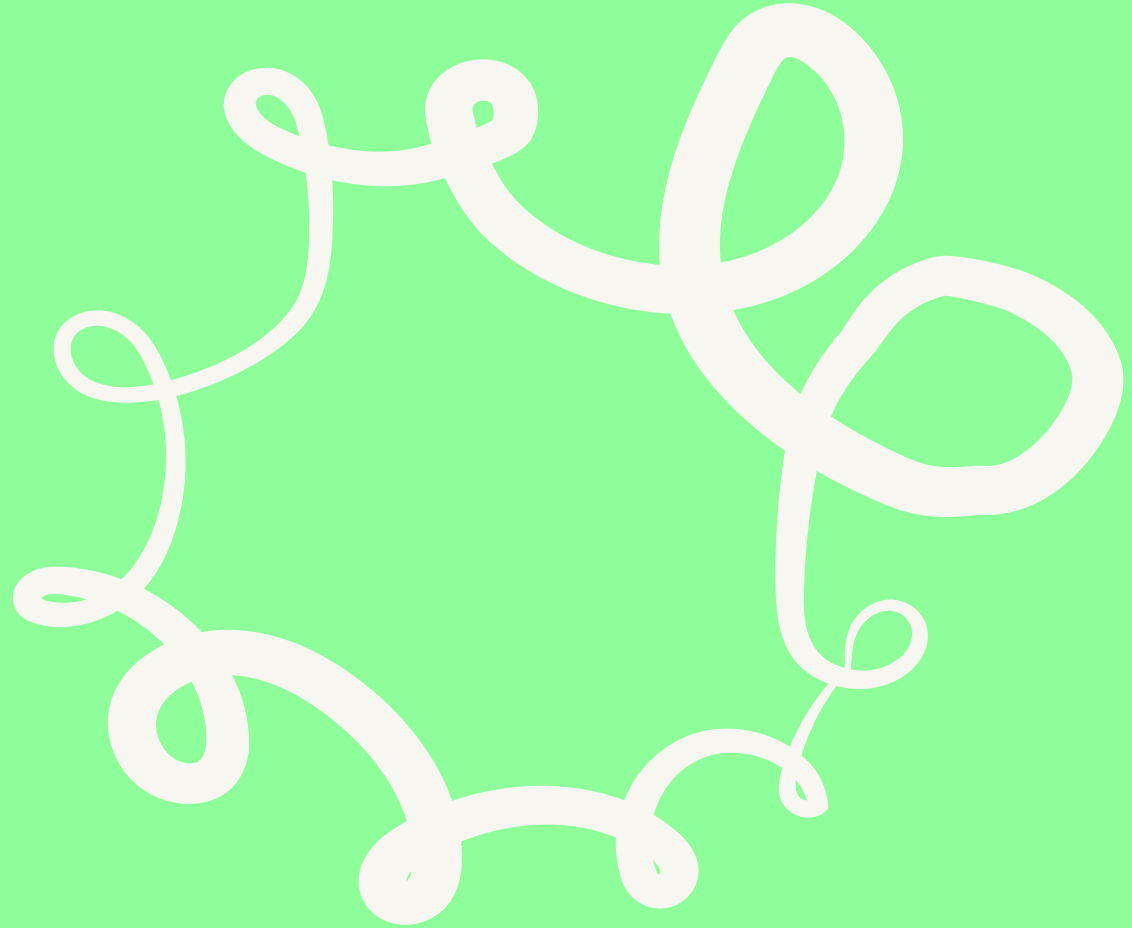
How we can support recovery



Swindon & Wiltshire Phoenix Project what we offer

- Stabilization – 6/8 sessions
- Psychoeducation
- Counselling – up to 24 sessions
- Sand play therapy
- We work to Bluestar Pretrial Therapy Guide to good practice.

If a CYP has concluded their work with the Phoenix project and the court case has still to take place, we will offer additional sessions around that time to support the process and talk over the outcome





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Creative Intervention



What our service users said.....

You made me feel heard and
seen at a time when I felt
voiceless
Your kindness and compassion
will always hold a special place
in my heart

Thank you for your
compassion and
willingness to listen to
me over the phone when
life was so hard. It is a
very powerful thing to
feel heard.

Everyone was always
kind and willing to
help. I never once
felt judged



Referral Criteria

Be a resident in the Swindon Borough Council or Wiltshire County Council area

Be in a safe and stable place in their own life to allow our therapeutic recovery work to have the maximum impact

No longer be expiring/at risk of further sexual abuse

Not be subject of a current child protection plan at point of referral. However, if child or young person is up stepped to a child protection plan, we will continue with the support to ensure continuity of care

We work with children and YP from 0 to 18 years. If the child is under 5 years we will work with the parent/carer of the infant.

Not be already receiving another specialist, therapeutic support service. This can cause confusion and be detrimental to the healing/recovery process.

Website: www.swindonandwiltshirephoenixproject.barnardos.org.uk

Email: Swindonandwiltshirephoenixproject@barnardos.org.uk

