

10 Years of Breaking the Silence

For men who have been sexually abused

About Operation Emotion

Operation Emotion is a Plymouth based charity, working across Devon and Cornwall that provides services for adult male survivors of sexual abuse. As a trauma led service we specialise in groupwork, offering a range of self help initiatives and educational programmes that enable men to engage in a process of recovery.

We provide services that offer men a way out of the daily problems associated with the trauma of past sexual abuse. We also help men to come to terms with their own experiences and play an active role in helping others who have been similarly affected by these experiences. We also provide opportunities for men to, in time, help to educate wider society and challenge damaging myths and misinformation surrounding sexual abuse.

Our trustees are drawn from a variety of professional backgrounds and are skilled individuals, with a wide range of experiences, who are keen to promote an open healthy debate in society about the consequences of sexual abuse.

The board's objectives are to promote three areas of project development through **Education, Prevention and Campaigning**.





**Since 2011
we have
helped 490
men with
144 men
completing
our
Education
Recovery
programme**

What we do

We provide weekly support groups that are a safe place for men to speak freely about what is bothering them without fear of being judged. These groups are friendly and supportive and also engage in wider social activities to help combat isolation. They currently operate in Paignton and Plymouth and we will shortly launching a service in Truro.

Our work is broken down in to three strands:

1. Education
2. Campaigning
3. Prevention

We use film to campaign for a greater understanding in society concerning sexual abuse. We do this by producing films that challenge myths and misinformation as well as producing feature length dramas and educational short films.

We are keen to prevent the trauma of sexual abuse and work with a range of statutory and voluntary sector organisations to share best practice. We also work collaboratively with Devon Mind the national mental health charity and First Light who operate SARC and ISVA services. We also work within general practice providing clinics so that GPs can refer directly into our service. We provide ongoing educational courses, workforce development training and campaign widely for more responsive generic services.





**Did you
know that 1
in 10 men
in the UK
alone have
been
sexually
abused?**

Impact in numbers



Beneficiary case study

Martin spent thirty years in psychiatric care, having collected innumerable medical labels along the way. He had never been asked what was behind his presenting problems. He misused alcohol and eventually got the help he needed for this. His life improved but he was still struggling. He finally got help from Operation Emotion for the sexual abuse he had suffered as a child. Within 6 months he had transformed his life by tackling the cause of the problem - not just the symptoms.



"It's the best thing that ever happened to me and I now feel I can get on with my life, free from guilt and shame"

Operation Emotion beneficiary, July 2019

Partner case study

We partner with general practices in the south west and GP's and health professionals refer men into our service.

"Of the men that I have referred that I have seen afterwards they have spoken very favourably of the whole experience and have wanted to continue to engage with the service"



Dr Mark Thompson Old Farm Surgery Torbay

"It has massively raised the awareness of childhood sexual abuse for men in the surgery with all the staff, Doctors Nurses and receptionists" Dr Mark Thompson

Outcomes:

We track the impact our work has on each individual who accesses our services.



98% Satisfaction

95% improved confidence

95% Reduction in isolation

93% Improved in self esteem

88% Improved quality of life

Impact In Words

We operate weekly support groups 52 weeks a year to help tackle the traumatic consequences of sexual abuse. We provide telephone support for male survivors of sexual abuse.

We deliver a rolling programme of Education Recovery programmes throughout the year that help men to understand the effects of trauma and come to terms with it so that this no longer continues to dominate their lives.

We also run weekly GP clinics that act as a hub for wider GP referrals from neighbouring surgeries. We campaign, locally, regionally and nationally using film to challenge myths and misinformation. We produce educational shorts and feature films that promote best practice.

We run pop up screenings across the southwest and offer training to religious bodies and other organisations that need to improve their safeguarding arrangements.

We do this to promote a healthy open debate within wider society to inform and educate concerning the damaging consequences of sexual abuse.

We provide workplace development training for a variety of groups of staff concerning the impact and consequences of sexual abuse.



Quotes

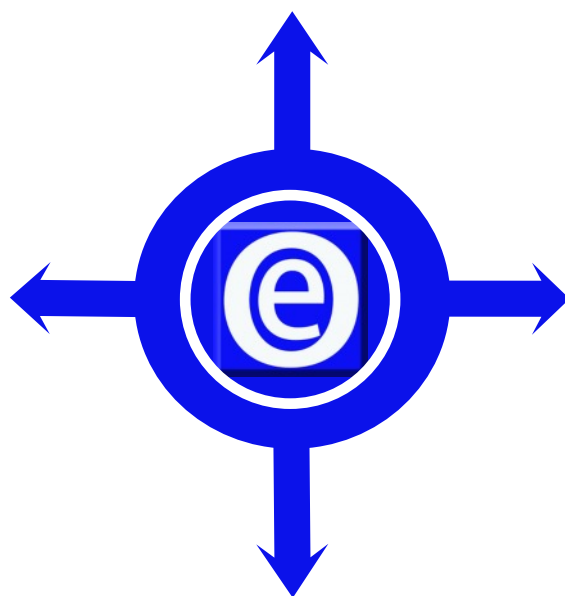
An insight into our charity from our beneficiaries.

“Yes definitely... I feel a lot better and I can now talk comfortably about it with my friends ...Its been really helpful”

Operation Emotion beneficiary

“The group has been very helpful ...it's given me a chance o move on with my life and I am now so much more optimistic about the future”

**Operation
Emotion
Beneficiary**



“One of the great things about the Edu Recovery programme is that you get to hear about how other people deal with sexual abuse and because of this I have learnt a lot.”

**Operation Emotion
Beneficiary**

“I spent thirty years in psychiatric care and no-one ever asked me if I had been sexually abused and within six months of joining Operation Emotion I was able to finally tackle the problem”

Operation Emotion beneficiary



**Education
Recovery -
- an
intellectual
path to
emotional
growth**

Future Plans:

We intend to expand our programme to meet the increasing demand for support from male survivors of sexual abuse. Below we highlight our future plans in each area of our work.

Education

- We will continue to expand our support groups across Devon and Cornwall
- We will increase the amount of men that can gain access to our Education Recovery programmes

Campaigning

- We will continue to campaign for much needed improvements in services both regionally and nationally.
- We will expand our film unit and continue to make educational films and feature films that challenge myths and stereotypes and change people's perception about sexual abuse.

Prevention

- We will continue to work with our two partner organisations Devon Mind and First Light to have a greater influence within schools concerning child protection
- We will begin work taking our services into local prisons.





Contact us

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**Operation Emotion is a Registered Charity
Registered Number 1177098.**