

Quetzal Leicester & Ideas to Impact

Breaking the Silence Initiative

Free Webinar

Featuring
Becky Nixon, from Ideas to Impact
dr Marie Lefebvre
Quetzal Community Connectors

Tues 26th April 2022, 12.00-1.00 PM

REGISTER AT WWW.QUETZAL.ORG.UK/WHATS-ON

Launching the
external
evaluation
report

The logo for Quetzal features the word "Quetzal" in a stylized font. The letter "Q" is red and has a long, thin red tail that curves under the rest of the word. The letters "uetzal" are green.

Visit: www.quetzal.org.uk

Agenda

- Introducing Quetzal Breaking the Silence Initiative with dr Marie Lefebvre
 - Background, Aim & Objectives
 - What We've done so Far
 - Latest Outputs – Quetzal New Videos
 - Latest Stats
- External Evaluation Report with Becky Nixon from Ideas to Impacts
- Next Steps for the Breaking the Silence Initiative
- Questions

#QuetzalEvalReport @leicquetzal

Support Community Learning Today

The logo for Quetzal, featuring the word 'Quetzal' in a stylized font. The 'Q' is red and the 'uetzal' is green. The logo is set against a white circular background with colorful geometric shapes (orange, green, blue) around it.

Quetzal

Supporting female survivors of childhood
sexual abuse in Leicester, Leicestershire and
Rutland for the last 30 years
Visit www.quetzal.org.uk

Background

Since 2016, Quetzal support each year in avg. 300 women aged 16 and above per year living in Leicester, Leicestershire and Rutland, in their journey towards recovery from the trauma of childhood sexual abuse

- **Quetzal problem**

In reference to the Census 2011, knowing that 38% of the population is from Asian descent in Leicester,

Why are South Asian Female not reaching out for help and support?

What can we do to make our charity more accessible to South Asian Survivors?

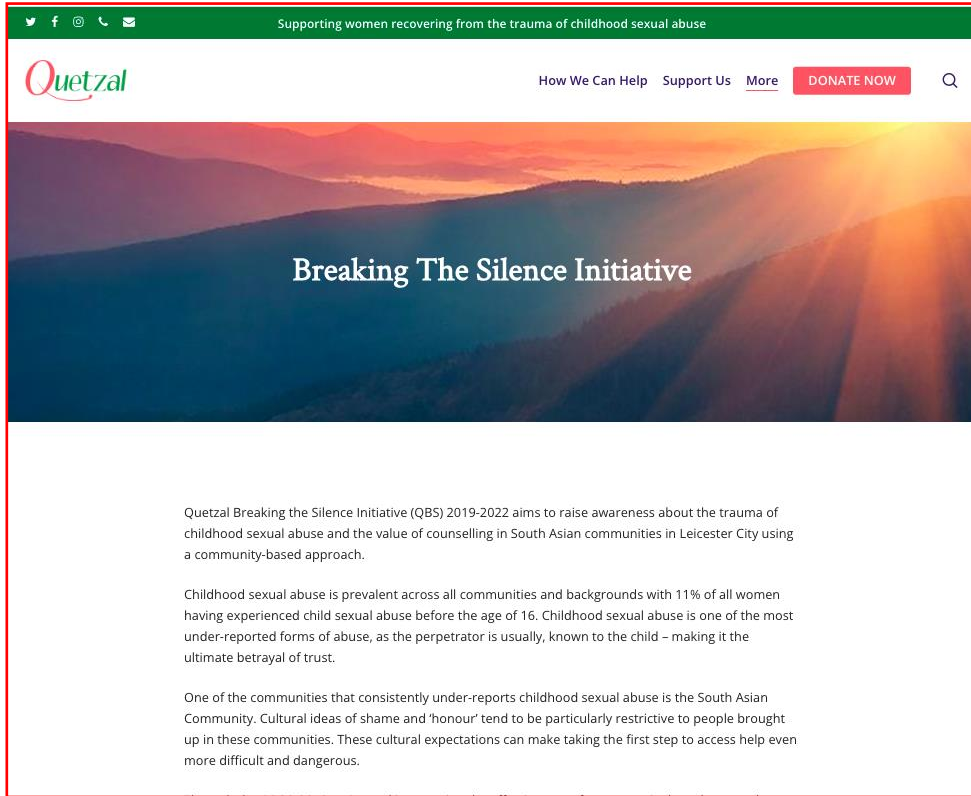
Breaking Down Barriers: Recommendations for Improving Sexual Abuse Reporting Rates in British South Asian Communities

Karen Harrison, Aisha K Gill

The British Journal of Criminology, Volume 58, Issue 2, March 2018, Pages 273–290, <https://doi.org/10.1093/bjc/azx027>

Abstract

Sexual abuse reporting rates, which are low in general, are thought to be even worse for those living within British South Asian communities. After brief consideration of why British South Asian women and children do not report sexual abuse, this article focuses on the working practices of the non-governmental agencies that support such women. It reflects on existing legislation and policy and makes several key recommendations with reference to how this, along with practice, should change. The findings indicate an urgent need for a national training programme, the implementation of mandatory healthy relationship programmes, enhanced community involvement, outreach work and the creation of victim groups and mentor schemes.



Breaking The Silence Initiative (2019-2022)

Project funded through the Tampon Tax and the co-partnership between Comic Relief and the Department of Culture, Media & Sport (DMCS).



Aim

To Measure the effectiveness of a community-based approach to raise awareness about the trauma of childhood sexual abuse and the value of counselling in South Asian Communities living in Leicester

Objectives

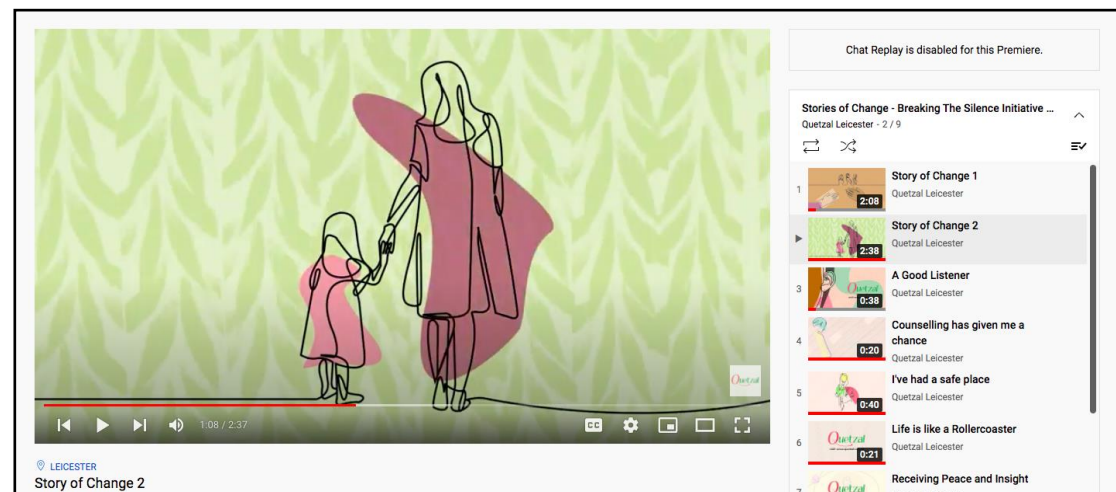
1. To set up a web-based self-help guide for South Asian Female Survivors to help them address common issues and gain confidence to seek further help
 - Brand New Online Platform ✓
 - [A self-help guide](#) ✓
 - An awareness raising strategy ✓
 - Supported by Volunteer Community connectors, groups and partners



Together, we can help women break free from the trauma of childhood sexual abuse

Objectives

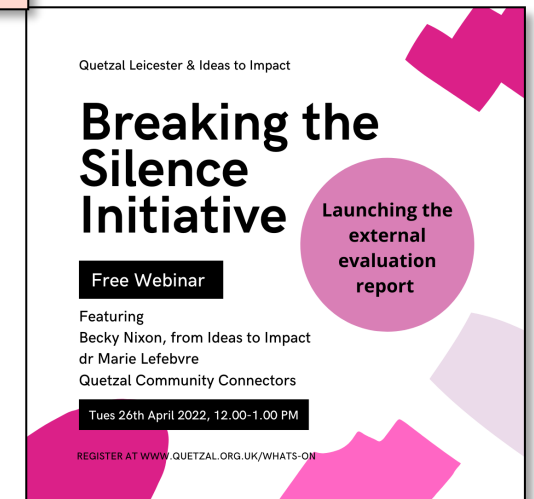
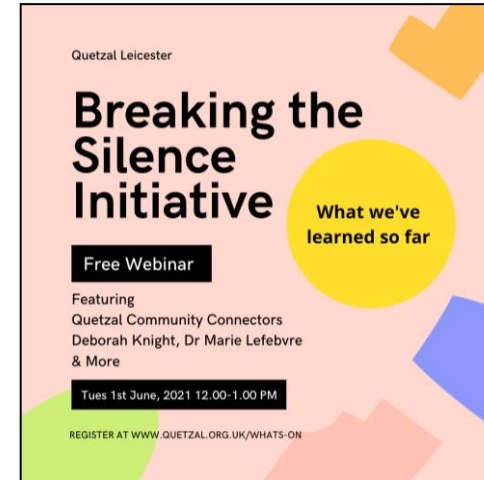
1. To set up a web-based self-help guide for South Asian Female Survivors to help them address common issues and gain confidence to seek further help
2. To access and support female survivors into therapeutic counselling to address the impact of abuse, and improve their wellbeing and safety
 1. 16-Week Counselling Support
 2. [Stories of Change](#) ✓



Objectives

1. To set up a web-based self-help guide for South Asian Female Survivors to help them address common issues and gain confidence to seek further help
2. To access and support female survivors into therapeutic counselling to address the impact of abuse, and improve their wellbeing and safety
3. To adopt new Methods Evaluation Learning approaches
 - To improve organization learning and reflection processes through an external evaluation process
 - To facilitate the sharing of knowledge with partners across Leicester, Leicestershire and beyond

2020
Baseline Report





Quetzal Leicester

Breaking the Silence Initiative

What we've learned so far

Free Webinar

Featuring
Quetzal Community Connectors
Deborah Knight, Dr Marie Lefebvre
& More

Tues 1st June, 2021 12.00-1.00 PM

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Agenda

- Quetzal Breaking the Silence Initiative
 - Background
 - Aim
 - Objectives
- Key Term Definition
 - Community Based Approach – Asset Based Community Development (ABCD)
 - South Asian Community
- Our Process
 - Collecting Stories and Mapping Assets (Year 1)
 - Engage and Execute despite all circumstances (Year 2)
 - Self-Mobilisation through Association (Year 3) *Stories of Change*
- Key Learnings about the Community-based approach
- Next Steps
- Close and Questions

Asset-Based Community Development

nurture
Development + Education

Cormac Russell

Asset Based Community Development builds assets that are found in the community and mobilizes individuals, associations, and institutions to come together to realise and develop their strengths.

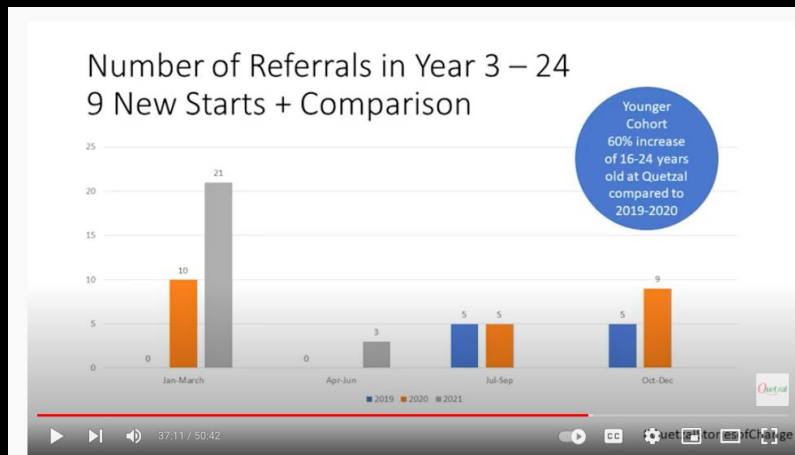
#QuetzalStoriesofChange

What is the South Asian Community from an ABCD perspective

- INDIVIDUALS – EVERYONE HAS ASSETS AND GIFTS.
- ASSOCIATIONS – PEOPLE DISCOVER EACH OTHER'S GIFTS
- INSTITUTIONS – PEOPLE ORGANISED AROUND ASSETS.
- PLACE BASED ASSETS – PEOPLE LIVE HERE FOR A REASON.
- CONNECTIONS – INDIVIDUALS CONNECT INTO A COMMUNITY.

Our Process

ABCD Process	Did we or not?
1. Collect Stories	Yes
2. Bring Together a Core Group	No, Had instead some key connections in&out of Quetzal
3. Map the gifts, capacities and assets of individuals, associations, and local institutions	Yes
4. Find and engage connectors who can build relationships	Yes
5. Ask the gathered community to lead the creation of a community vision and plan	No – the plan was already set up by Quetzal
6. Engage the self mobilization of the community's assets by action applied through association	Yes



What have we done
since June 2021?



Quetzal Leicester

Breaking the Silence Initiative

What would you do differently?

Community Discussion

For individuals, institutions and communities wanting increased awareness of the impacts of abuse amongst BAME communities living in Leicester, Leicestershire and Rutland

Wednesday 11th August, 2021 6.00-7.30 PM

REGISTER AT WWW.QUETZAL.ORG.UK/WHATS-ON

Quetzal Leicester

Breaking the Silence Initiative

What would you do differently?

Community Discussion

For individuals, institutions and communities wanting increased awareness of the impacts of abuse amongst BAME communities living in Leicester, Leicestershire and Rutland

Thursday 8th July, 2021 11.00-12.30 PM

REGISTER AT WWW.QUETZAL.ORG.UK/WHATS-ON



Build better communities – Discuss your idea with others?

June 2021

What Can We Do to build better communities that support survivors of childhood sexual abuse?

What is Your Idea?
Which community will your idea engage and serve?
What community links do you already have to make your idea happen?



GET GROWING TALKS

HOW TO START A COMMUNITY GARDEN

Tuesday, 28th September 1-2pm, online



This workshop is a short but comprehensive guide to successful community gardening.

Samantha Woods from TCV Community Food Growing Support programme will present and lead small group activities on:

- Finding the right site for your project
- Learning all about your soil
- Organising your group
- Governance and fund-raising
- Creating a Vision and Plan
- Getting going and keeping going into the longer term



Register at: www.quetzal.org.uk/whats-on/



Quetzal shares a Female Survivor Story of Change to mark the UN's International Day for the Elimination of Violence Against Women

"Healing from Trauma is a Daily Choice I make"



Quetzal Stories of Change Exhibition

Wednesday 9th February 3.00 - 7.00 pm

14-16 Talbot Lane LE1 4LR Leicester www.quetzal.org.uk

BEHENSEXPLAINING TRAINING EVENT

themed discussions

gupshup

fun and games

film screenings

chai/dinner



Kitty Party

WHEN: MONDAY 1ST NOVEMBER 2021 11 - 1PM

WHERE: QUETZAL 14 - 16 TALBOT LANE LEICESTER, LE1 4LR



Contact: deborah@quetzal.org.uk

THE PICK IT UP COMMUNITY INVITES YOU TO:

JOIN FRIENDS AND FAMILY TO LITTER PICK, CLEAN, BREATHE AND CONNECT



DATE & TIME: Sunday, October 3rd, 2021 11:30 AM - 1 PM

Volunteers are required to wear protective gears at all times to ensure safety.

LOCATION: Starting Point: LIDL Upperton Road, LE3 0BG End point: Starbucks by LIDL carpark

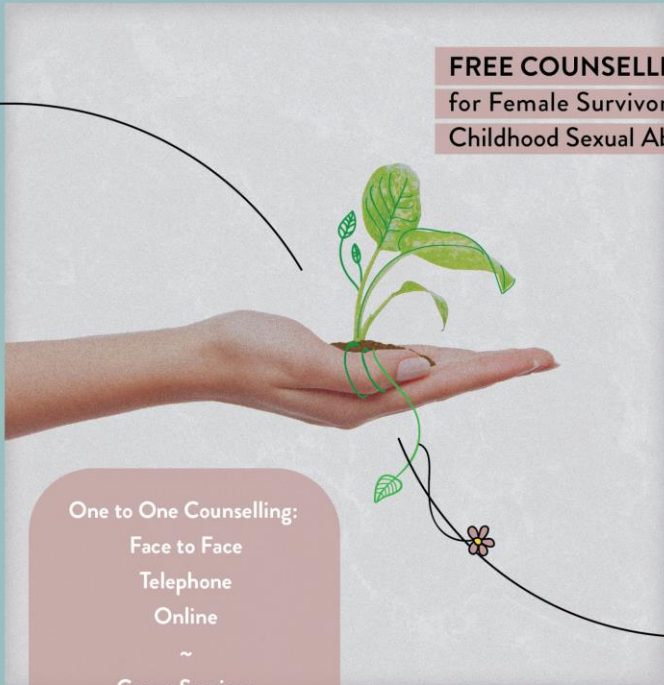


Call us at 07888 502 160 or visit quetzal.org.uk/whats-on/ to register now



Need a Confidential Space to Talk?

FREE COUNSELLING
for Female Survivors of
Childhood Sexual Abuse



One to One Counselling:
Face to Face
Telephone
Online
~
Group Sessions
~
Single Session Therapy

Visit www.quetzal.org.uk
Call 0333 101 4280

Quetzal

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One to One
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Face to Face
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~
Group Sessions
~
Single Session
Therapy

Visit www.quetzal.org.uk
Call 0333 101 4280

Quetzal





3 New Videos

- Counselling Process
- We are Here to Support You
- Thank You

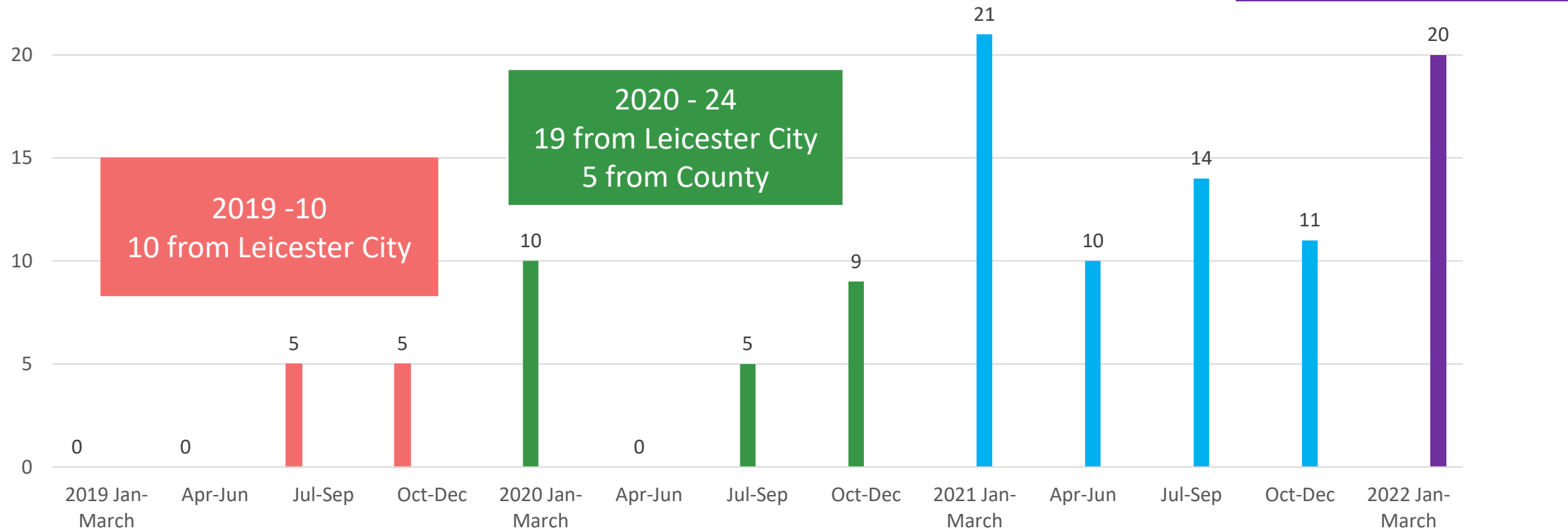
5 Social Media Snippets

Latest Stats

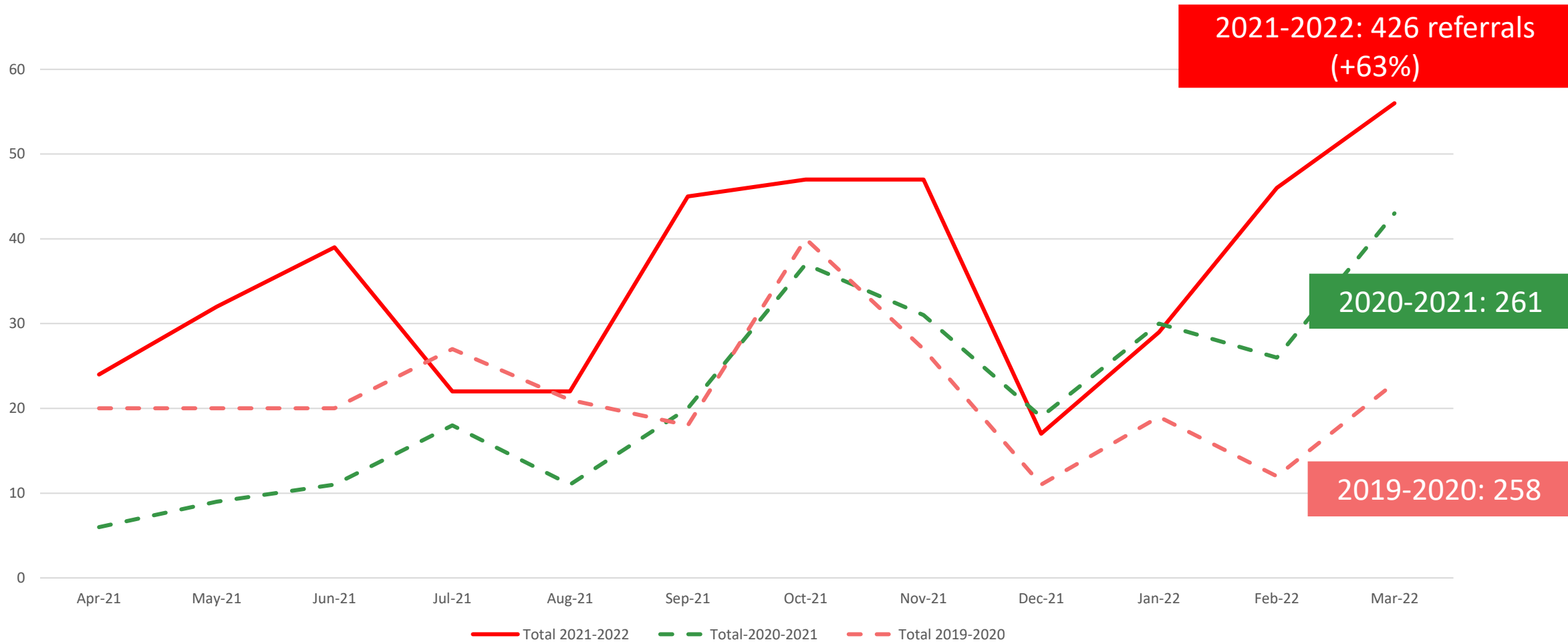


Latest Stats for the Breaking the Silence Initiative

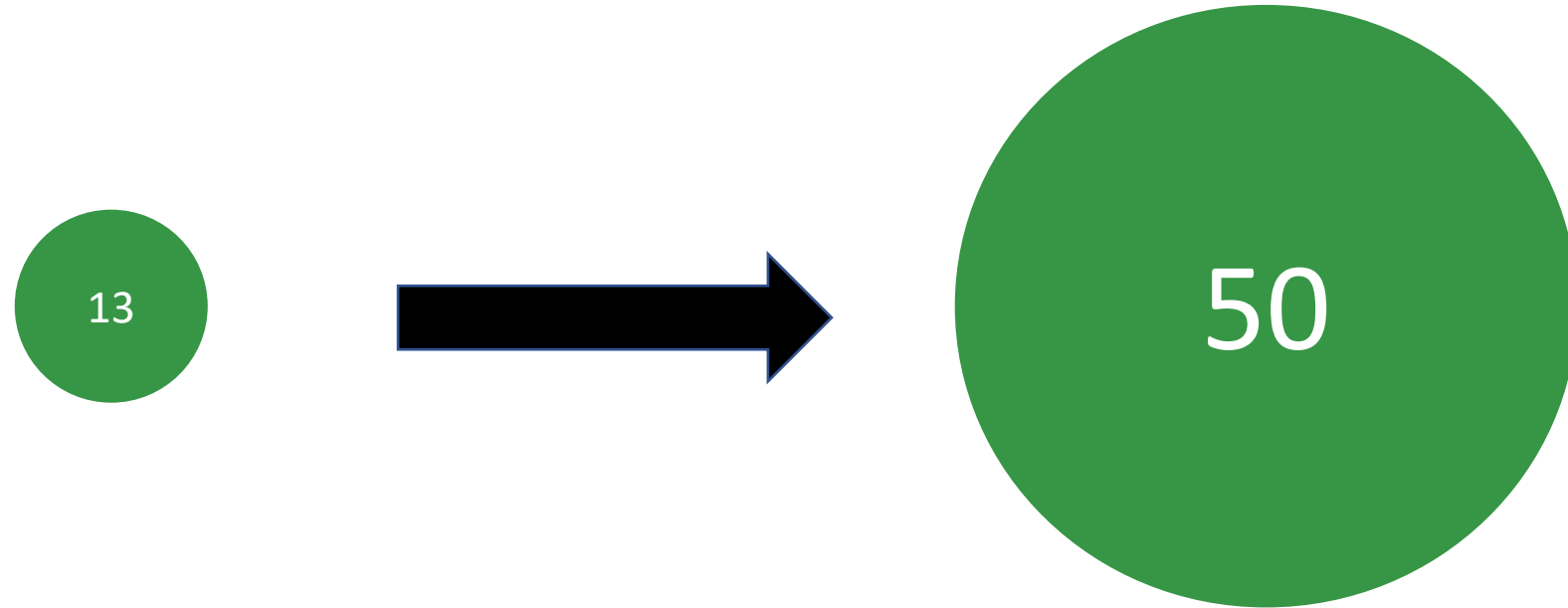
110 referrals received since the beginning of the project, 1000% increase since the first year



Number of referrals



Recruitment of volunteer counsellors



Evaluation Report

Becky Nixon – Ideas to Impact

What's Next

Becky Nixon – Ideas to Impact

Big Thank You
Comic Relief
for awarding Quetzal
extra funding to continue
the project until
December 2022



Continue Deliver
Counselling for up
to 16-Week with a
qualified
counsellor



**START YOUR
COUNSELLING
JOURNEY ▶**

Continue Collaborative projects with community connectors, groups and partners

The **QUEEN** and I

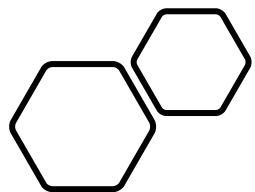
Join the **Art & Crafts Project** with artist **Khush Kali** every Wednesday 1-3pm from 4th May 2022
Quetzal 14-16 Talbot Lane, Leicester LE1 4LR
book your place by sending an email to marie@quetzal.org.uk

THE BIG GREEN SWAP

Give your things a new life, build community and reduce your carbon footprint

repair skill share
sari bags
clothes swap
recipe swap
nappy library
childrens stuff
craft materials swap

Save this date! 15th May, 12-3pm @ St Matthews Centre, Malabar Rd, LE1 2PD



Translate Self-Help Guide in Gujarati

- Contributing to Quetzal 'Translate for access and inclusion' Service Improvement Programme

Translate
for access and inclusion

Quetzal



Continue to Plan for Increasing Demands & Fundraise

- To support existing volunteers and staff's growth and development
- To recruit
 - Volunteer Manager
 - Communication Officer
 - Volunteer Counsellors (inc. Multi-lingual) and other volunteers (inc. community connectors, emotional support volunteers)
- [To support our outreach](#)
 - [Breaking the Silence Initiative](#)
 - Leicestershire Outreach
 - [Crush The Hush Initiative for 16-24 years old](#)
 - [We Will Not Be Silent Initiative](#) supporting Black African Caribbean survivors
- and service improvement programmes
 - [Translate for Access and Inclusion](#)
 - [Improving Access to counselling](#)



Pay it Forward Campaign
FOR SURVIVORS TO LIVE FREE
FROM THE TRAUMA OF ABUSE
& EXPLOITATION

DONATE NOW
JUSTGIVING.COM/CAMPAIGN/QUETZALPAYITFORWARD22



Questions

Becky Nixon – Ideas to Impact

External References

- Harrison & Gill (2018) Breaking Down Barriers: Recommendations for Improving Sexual Abuse Reporting Rates in British South Asian Communities The British Journal of Criminology, Volume 58, Issue 2, March 2018, Pages 273–290, <https://doi.org/10.1093/bjc/azx027>

Resources produced through the Breaking The Silence Initiative

Main outputs

- [Quetzal Website](#)
 - [Quetzal Breaking the Silence Project page](#)
- [Quetzal Self help Guide](#)
- [Impacts of Childhood Sexual Abuse on Adult Survivors Online Awareness Session](#)
- [Stories of Change](#)
 - 2 Stories of Change
 - 1 Words of Change
 - 6 Social Media Clips
- [Community Discussion Learning](#)
- [Leaflets](#)
- [Videos introducing Quetzal Counselling process](#)
- [Watch Online Webinar and Download: Breaking the Silence Initiative – What’s we’ve learnt so far](#)
- [Watch Online Webinar and Download: Breaking the Silence Initiative Online Webinar – Evaluation Report Launch](#)