



**We want to see women free
from sexual exploitation**



Who are we?



At Orchards our vision is to see women free from sexual exploitation.

We are a Christian charity working specifically with women who have been involved in prostitution and those who have been trafficked for sexual purposes.

We come alongside women as they overcome multiple barriers in their journey from exit through to independent living.

One of the ways we do this is through specialist trauma counselling.

There are a lot of myths associated with counselling which can result in barriers that stop women from reaching out when they need to.

Counselling

What words would you choose
to fill the space?

Counselling is.....

Counsellors are.....

People with mental health issues are.....

Orchards Counselling

"At the beginning I couldn't cope after a session, but now I leave a session with you and I can think about and reflect on what we have spoken about.

It really does work... You give me solutions without actually telling me what the solution is."

"I think it's been great... it's given me an understanding. I know more about why I act in certain ways and where certain feelings come from.

The anxieties make sense now, I'm not crazy, there is a reason for it."

"That empowerment - you challenge me to find solutions that suit me. You made it make sense in simple terms without patronising me.

You don't pretend to have answers, you say 'this is your story, you gotta write the next part; I don't feel fixed, but I do feel better equipped to deal with it.'"

Counselling clients, shared
with permission

Barriers to Counselling

Practical Worries



Time

It can be difficult to make time for ourselves physically, spiritually and emotionally...especially when coming from a place of feeling uncared for. At Orchards we offer a safe space to explore these different parts of yourself as a reminder that this is your journey...one that you deserve to give yourself the time to engage with.



Distance

We encourage being able to meet in person but appreciate that distance and access can be difficult for some women for different reasons. We also offer video sessions so our counselling is accessible to all, wherever you might be in the UK.



Money

This can often affect the decision to seek counselling when needed. As a charity Orchards offers a block of 18 free sessions so that money doesn't have to be a barrier.

Barriers to Counselling

Other people are more in need of counselling than me....

“Is my situation bad enough?”

“Have I been through something that's painful enough?”

“There are people who have suffered more extreme trauma than I have!”

These questions and statements often come from the same place -
“Am I deserving of this?”

Navigating our place in this world can be challenging enough but navigating from a place of trauma can darken any sense of good and hope that allows you to receive.

Here at Orchards we work on the foundation that every woman that we journey with- no matter what their financial background, race, gender, experience or lifestyle are deserving of love and support. Our vision is to help you realise your worth and your power to make your own choices.



**“Things
won't ever
change”**

When you are at the bottom of what can feel like a steep mountain to climb, the view from the top can feel impossible to reach so we appreciate the value in taking one step at a time.



Freedom and choice is at the heart of what we do at Orchards so the choice to go into detail about traumatic experiences is yours to make. Each goal and movement can be made in a safe space and reached by you in the time that you are ready.

Emotions can often feel scary when you don't know what to do with them and if they are overwhelming or causing you to struggle in your day to day life.

Sometimes something that seems simple like leaving the house can cause anxieties and other times you may react in a way that is unexplainable. The truth is, no matter what you bring – it will be explored without judgement in a place of safety.



At Orchards we journey with women from all walks of life no matter what racial or cultural background they come from. We don't profess not to see colour because a world without colour is not what God intended.

We do however recognise that different cultures have different values and this can affect how comfortable women may or may not be with seeking and engaging with the counselling process.

"My culture had ingrained in me that I shouldn't bring outsiders into family affairs, you just work through it as mental wellbeing is not discussed". (Anon)

Difference doesn't have to be a barrier but it can be a meeting point from which the freedom to explore and work through is determined by you!

There is no weakness or inadequacy in seeking help when you need it, but strength in recognising that you can't do it all by yourself and you don't have to.



Next steps...

For further information, visit our website



Scan here for orchardsuk.org
or you can also email
counselling@orchardsuk.org

You can talk to your Support Worker about helping you to make a referral or you can make a self referral.



Once the referral form is filled out we will assess your counselling needs and invite you to an initial meeting. At this meeting we find out more about you to make sure this is the best space for you and the right time. If both you and we feel that this is the right thing for you, we will offer you an initial 18 sessions of trauma counselling.



We have the possibility of extending beyond 18 sessions and will regularly review your progress to make sure you are getting what you need. We offer sessions in person in our South London office or via video if you are based outside of London.

