

A man wearing a dark hoodie and glasses is looking out of a window. The window is covered in rain streaks, and the background outside is blurred. In the top right corner, there are four colored circles: two purple, one orange, and one smaller purple. The text "One in Four" is written in green next to the circles.

One in Four

Specialist trauma counselling service

Support and resources for
people who have experienced
sexual or domestic abuse or
violence at any age

Introduction to One in Four

One in Four is a specialist trauma counselling agency working with survivors of childhood abuse and violence. Based in south London, north London and Maidstone, Kent, it offers a wide range of support and resource services for people who have been abused.

One in Four was set up in response to people who have experienced sexual abuse have found it difficult to get access to relevant services – in most areas such services simply do not exist. It is founded on the idea that what is required is a service that is specifically designed to meet the needs of people who have been abused and benefits from the input of people who have knowledge and training in working with abuse.

One in Four is so named because many studies estimate that up to one person in four has experienced some sort of sexual abuse by the age of 18.

Although we are a specialist trauma counselling agency working with survivors of childhood abuse and violence we also see clients under our Plus service. We can offer counselling in other languages, including British Sign Language, and mentoring, coaching and life skills training.

The One in Four Plus generic counselling service

Who the service is for

The One in Four Plus generic counselling service is for:

- couples;
- groups;
- individuals;
- young people; and
- students.

What it can help with

It can help with:

- relationship issues;
- understanding self;
- making the most of opportunities;
- work or educational issues;
- mental health;
- depression;
- goal setting;
- achieving potential;
- family, work or friend dynamics;
- sexual identity issues;
- bereavement and loss;
- anger management;
- adoption;
- sexual problems; and
- identity issues.

Making an appointment

South London or north London

Telephone **020 8697 2112**

Email **admin@oneinfour.org.uk**

Maidstone

Telephone **01622 230735**

Email **kent@oneinfour.org.uk**

Consultations and fees

Fees range from £18 to £85.

Before we start therapy, we will offer you a consultation to match you to a counsellor and we will agree with you the fee for each session, which will be dependent on whether you're unwaged or on benefit, low waged, medium waged, well waged or funded through an agency. This fee will be payable whether or not you attend therapy, except for long planned holidays.

If you ever need to negotiate the cost of therapy, up or down, please mention this to your counsellor, who will put you in touch with the appropriate person to talk to.

Length of session

The individual session lasts 50 minutes and is usually weekly (unless agreed otherwise) at the regular appointment time we have given you. If you are late arriving, the session still ends at the usual time. We will offer you up to two years of counselling sessions.

Cancellations

We will try to give you as much notice as possible if your appointment has to be cancelled and two weeks notice if your counsellor is to be away for two weeks or more. If you are unable to give 48 hours notice and miss your appointment, the fee is still payable. Clients who miss two or more sessions will be placed back onto the waiting list. If you need to cancel due to holidays of more than a week, please give us two weeks notice of the dates you will be away and no fee will be charged.

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Alcohol and drugs

In order for you to be able to fully participate in the session, we suggest that you do not take any substance that alters your mental functioning, except prescribed medication.

We recognise that, at times, the use of alcohol and drugs can be a coping mechanism. In such circumstances, our aim will always be to explore more effective and caring ways for you to cope. If you are taking mind-altering substances, please let your therapist know about it and feel free to discuss it in the session.

Training

One in Four also runs courses for professionals such as teachers and social workers who may encounter people who have been abused in the course of their work. We have already run successful training days for local councils to help professionals develop an understanding of sexual abuse from the perspective of the person who has been abused.

One in Four does not receive any statutory funding and is funded through service user contributions to fees, donations, training events and fundraising.

Code of ethics

All One in Four therapists are members of the British Association of Counsellors and Psychotherapists and abide by their Ethical Framework For Good Practice.

Confidentiality

Therapists have an obligation to use regular and on-going supervision to enhance the quality of their work. Confidentiality is strictly held within our team and all therapists are bound by the same code of ethics and confidentiality. Therapists are either fully qualified or nearing completion in training.

Limits of confidentiality

One in Four is totally committed to maintaining the highest level of confidentiality. The exceptions to this policy will be if we believe that the health and safety of someone is at risk or if we are legally obliged to disclose material.

In such circumstances our commitment is to always to discuss this situation with you and decide together the next step forward. We are always committed to empowering you to take effective steps to resolve any difficulty.

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Equal opportunities statement

One in Four is actively opposed to all forms of discrimination on the grounds of age, appearance, caring responsibilities, caste, class, gender, HIV status, marital status, nationality, political beliefs, religion or spiritual beliefs, immigration status, race/ethnicity, sexuality, long-term illness, unrelated criminal conviction, physical or mental ability, or trade union activity.

One in Four will not tolerate direct or indirect discrimination in relation to our employees, volunteers and service users.

If you feel we are not meeting the above aims, please contact a member of staff or ask for a copy of our complaints procedure.

Our vision statement

One in Four will be:

- **a space to be together with awareness, acceptance, respect and recognition;**
- **a place where truth, trust and integrity are a reality;**
- **an undemanding space free of labels where we are not defined merely as victims, survivors or statistics;**
- **a place in and of life;** and
- **a place of freedom where it's OK not to be OK.**

One in Four will offer an opportunity to each individual to take part in further work. This offer will be made without demand or expectation – each person must have the freedom to fulfil their own needs, both inside and beyond themselves. We recognise that for some there will be a need to look beyond personal issues.

“ Each person must have the freedom to fulfil their own needs, both inside and beyond themselves... for some there will be a need to look beyond personal issues

The future we will secure

Together we will both learn and facilitate the learning of others. Through this learning we will secure a future where:

- no abused child will ever be denied;
- the cold, hard truth of abuse is exposed;
- we recognise that abuse happens to people and it is the person that matters – any social, legal or medical process must embrace rather than disempower that person; and
- the reality of abuse is every person's responsibility.

We can and will achieve these things together.

For more information

For more information about the work of One in Four, please visit www.oneinfour.org.uk. If you experience difficulties in your counselling, please discuss this with your counsellor or contact the One in Four Clinical Coordinator at clinicalcoordinator@oneinfour.org.uk or the One in Four Director at director@oneinfour.org.uk.

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South London

One in Four South London is at **219 Bromley Road, Catford SE6 2PG**, above a shop called 'Charmaine Scotts' almost opposite the bus garage.

Rail

Nearest rail station is **Bellingham** (4 mins walk). Other stations within walking distance are **Catford** (21 mins walk) and **Lewisham** (51 mins walk).

Buses

Buses **47, 54, 136** and **208** all stop nearby.

Parking

There is uncontrolled residential parking in **Bellingham Road** and **Daneby Road**.



North London

One in Four North London is at **8-9 Manor Gardens, London N7 6LA**, next to the Manor Gardens Centre at the end of Manor Gardens in Holloway.

Underground

Nearest Underground station is **Holloway Road** (15 mins walk). Other stations within walking distance are **Arsenal** (25 mins), **Finsbury Park** (20 mins) and **Tufnell Park** (20 mins).

Buses

Buses **4, 17, 43, 263** and **271** all stop nearby.

Parking

Pay and display parking is available in **Manor Gardens**. There are some increased parking restrictions on Arsenal match days and a sign at the Holloway Road end of Manor Gardens indicates when these are.



Maidstone

One in Four Maidstone is at **39-48 Marsham Street, Maidstone, Kent ME14 1HH**, in the Maidstone Community Support Centre opposite Astley Street.

Rail

Nearest rail station is **Maidstone East** (11 mins walk). Another station within walking distance is **Maidstone West** (20 mins walk).

Buses

Buses **79, 89** and **X1** all stop nearby.

Parking

Off-street parking is available nearby.



One in Four

219 Bromley Road, London SE6 2PG

Telephone 020 8697 2112

Telephone 020 8697 8022

Email admin@oneinfour.org.uk

www.oneinfour.org.uk

 [@WeAreOneInFour](https://twitter.com/WeAreOneInFour)

 www.facebook.com/OneInFourUK

One in Four is UK registered charity number 1081726

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