



Instruction to your
Bank or Building Society
to pay by Direct Debit

Charity Name: **Northern Ireland Rape
Crisis Association (Nexus)**

Name and full postal address of your Bank or Building Society

To: The Manager

Bank/Building Society

Address

Postcode

Name(s) of Account Holder(s)

Bank/Building Society account number

Branch Sort Code

Service User Number

6	9	1	2	1	3
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CAF, Kings Hill, West Malling, Kent, ME19 4TA

Instruction to your Bank or Building Society

Please pay Charities Aid Foundation Direct Debits from
the account detailed in this Instruction subject to the
safeguards assured by the Direct Debit Guarantee.
I understand that this Instruction may remain with
Charities Aid Foundation and, if so, details will be
passed electronically to my Bank/Building Society.

Signature(s)

Banks and Building Societies may not accept Direct Debit Instructions from some types of account

This is not part of the Instruction to your Bank or Building Society

My Details

Name

☐ Mr ☐ Mrs ☐ Ms ☐ Other (Please Specify)

Address

Postcode

Donation Details

I would like to make a regular donation of £

☐ Monthly ☐ Quarterly ☐ Half Yearly ☐ Annually Commencing

01 / / or
15 / /

Gift Aid Declaration

I confirm I have paid or will pay an amount of Income Tax and/or Capital Gains Tax
for each tax year (6 April to 5 April) that is at least equal to the amount of tax that all the
charities or Community Amateur Sports Clubs (CASCs) that I donate to will reclaim on
my gifts for that tax year. I understand that other taxes such as VAT and Council Tax do
not qualify. I understand the charity will reclaim 25p of tax on every £1 that I give and that
Gift Aid cannot be claimed where my family or I receive a personal benefit.

☐ Tick to apply

This guarantee should be detached and retained by the Payer

The Direct Debit Guarantee

- This guarantee is offered by all Banks and Building Societies that accept instructions to pay Direct Debits
- If there are any changes to the amount, date or frequency of your Direct Debit, Charities Aid Foundation will notify you ten working days in advance of your account being debited or as otherwise agreed. If you request Charities Aid Foundation to collect a payment, confirmation of the amount and date will be given to you at the time of the request
- If an error is made in the payment of your Direct Debit, by Charities Aid Foundation or your Bank or Building Society, you are entitled to a full and immediate refund of the amount paid from your bank or building society - If you receive a refund you are not entitled to, you must pay it back when Charities Aid Foundation asks you to
- You can cancel a Direct Debit at any time by writing to your Bank or Building Society. Written confirmation may be required. Please also send a copy of your letter to us.



"Counselling helped
me achieve my goals
and gave me time to
prepare for the future"

YOUNG PERSON AGED 15

Specialist counselling at Nexus gives
victims and survivors a safe space and
a supportive environment to share their
experiences, work through the trauma
they have suffered and understand that
they are not at fault.

By Giving a regular gift, you will be
supporting victims and survivors on
their journey from harm to healing.

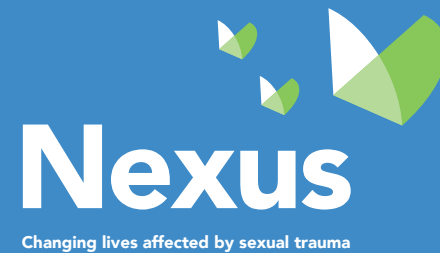
Nexus

59 Malone Road
Belfast
BT9 6SA

028 9032 6803
info@nexusni.org
www.nexusni.org



Charity Commission
Reg No. NIC 102558



Harm to Healing

Nexus - changing lives
affected by sexual trauma



Nexus



“Finally, after 40 years of struggling I am now able to see that these dreadful things were not my fault in any way, nor could I have prevented them happening.”

Nexus offers specialist counselling and post-counselling support to adults and children from the age of 5 affected by any form of sexual trauma, helping them rebuild their lives.

Victims and survivors of sexual trauma can face many disadvantages and mental health issues because of their experiences. This can range from false self-blame, depression, suicide ideation to having trouble forming & maintaining healthy relationships and struggling with day-to-day life.

Sexual abuse in Northern Ireland is widespread and is increasing. In the last 10 years sexual offences have almost doubled and there is an alarming increase in sexual grooming involving children.¹



1. <https://www.psnipolice.uk/inside-psni/Statistics/police-recorded-crime-statistics/>

Lucy's Story

Lucy was a happy 11-year-old that loved life and had just joined secondary school. She made a lot of friends, enjoyed sports and joined the school netball team. Lucy's dream was to become a PE teacher when she grew up.

One day after netball practice Lucy was walking home and was sexually abused by two boys from her school. The attack turned Lucy's world upside down, she refused to go to school, withdrew from her social circles, lost her appetite and would wake up in the middle of the night crying. Eventually Lucy was referred to Nexus for counselling.

At the beginning of sessions, Lucy didn't say very much but after a few weeks she started to open up to her counsellor; telling her that she thought the attack was her fault and everyone would blame her for what had happened. Lucy knew the boys that had abused her and thought she was safe walking home with them.

Over the course of 18 weeks, Lucy continued to work with her counsellor. Her eating and sleeping started to improve and her confidence grew so much that she was able to return to school, talk more to her parents and start enjoying her sports and spending time with friends again.

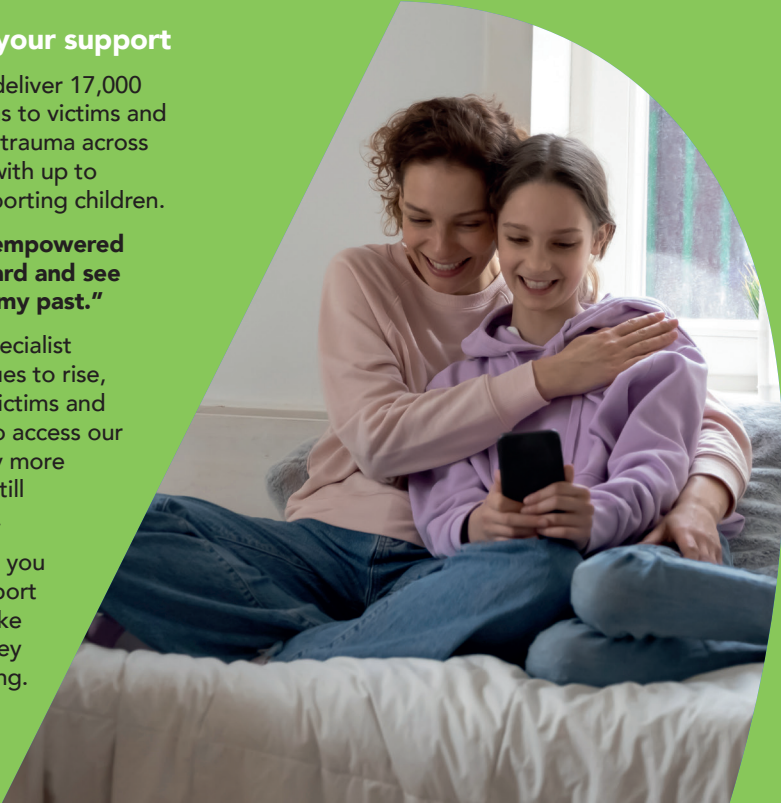
Why we need your support

Every year Nexus deliver 17,000 counselling sessions to victims and survivors of sexual trauma across Northern Ireland, with up to 1000 sessions supporting children.

“Counselling has empowered me to move forward and see that I am not just my past.”

Demand for our specialist counselling continues to rise, resulting in many victims and survivors waiting to access our services, plus many more that we know are still suffering in silence.

By giving regularly, you can help us to support more people just like Lucy on their journey from harm to healing.



Give A Regular Gift Today

Supporting Nexus with a regular gift provides a reliable source of income to help us respond quickly to the needs of all victims and survivors. Together we can break the silence and deliver for more people affected by sexual trauma.

All it takes is two simple steps:

1. Decide how much you would like to donate each month.
 - **£5 a month** could help provide art and play therapy materials for children to use during counselling sessions.
 - **£10 a month** could help a survivor of sexual trauma start their counselling journey with Nexus.
 - **£20 a month** could help us break the silence by delivering vital training and education workshops to adults and young people.
2. Complete the Direct Debit form overleaf and return it to: Nexus, 59 Malone Road, Belfast, BT9 6SA

You can also sign up to a Regular Gift online at:

<https://bit.ly/nexusgift> or scan the QR code below:



Your communication options

We would like to keep you updated on how your support is making a difference to Nexus. Your details will be kept completely confidential.

☐ Tick to confirm we can contact you by email.

Email Address:

☐ Tick to confirm we can contact you by text.

Mobile Number:

Tick if you do not wish to be contacted by:

Phone ☐ Post ☐

You can opt out or adjust your communications preferences at any time. To do this please get in touch on 028 9032 6803 or send an email to info@nexusni.org.

