

"You have helped me in so many ways, not just with abuse but you have helped me find myself again. I am so grateful for the time and effort you put out me and always having hope. Without you I would not be the person I am today and I am so thankful for that."

## Charity of the year!

Do you work for or own a company that supports a charity each year?

Would you consider supporting us?

You could be part of our fundraising fun next year from Dragon boat races to muddy obstacle runs.

Contact [Sandra@fsnb.org.uk](mailto:Sandra@fsnb.org.uk) for more details.



## Did you know?

1 in 10 children are victims of sexual abuse. That's over 14000 in Suffolk and 16000 in Norfolk.

90% of child sexual abuse victims know the perpetrator.

On average a pedophile will commit 117 sexual crimes in a lifetime



## Keeping children safe

Online grooming has risen by 70%. The MM guardian app can be installed on a young person's phone via your mobile. It receives alerts when text messages, certain social media chat messages or web search are indicative of drugs, sexting, cyberbullying, online grooming, violence and more. You will be able to monitor and block contacts. For more details visit

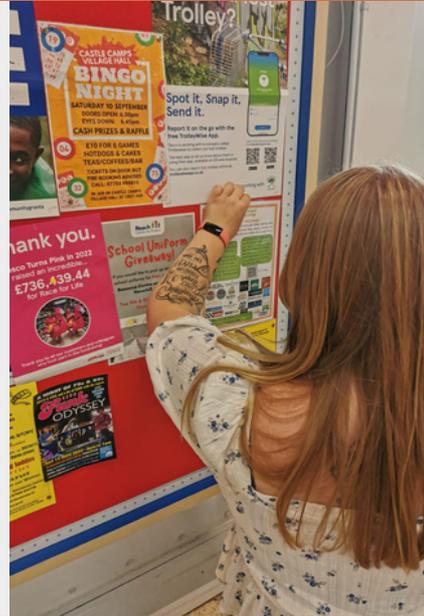
[www.mmguardian.com/uk](http://www.mmguardian.com/uk)



# Thank You's

Summer / Autumn

Thank you to the Suffolk Land Rovers Owners Club for choosing us as their chosen charity. We had so much fun with you all this year whilst raising vital funds!



Big congrats to Ellie Bland for raising a whopping £1408! We are so grateful for all your hard work that went into organising the raffle.



£2170 was raised by the Norfolk Young Peoples Group! Thank you for putting in a fantastic ball!



Congratulations to 'Girls That Can' on smashing the 3 peaks challenge and raising a wonderful £1025!



Thank you so much to Amy Dewhurst Drag & Burlesque for their spectacular show and raising £500



Thanks to the Felixstowe Port Users Association for raising £1000 at their annual golf day!



Sincerest thanks to Felixstowe Darts League for raising a whopping £2000



## Run Norwich

We had over 25 awesome runners take part in Run Norwich, teams from Birketts and Dual Asset! You all did brilliantly, and we are so grateful for all your hard work and for smiling through the rains drops as you made your way round the course. All your efforts were rewarded with donations and will ensure a child is taken off the waiting list and given access to our life changing service.

# We need you...

## Volunteers

### Marks and Spencer

Calling all Santa's little helpers. We are delighted to be once again chosen as Marks and Spencer Charity over the Christmas period.

We are in need of volunteer's w/c 11th and 19th December, between the hours of 10:00 to 14:00, helping to pack at the tills and shop front bucket collection  
There is also late-night shopping from the 17th of November.



### Sail Makers

The Constabulary Choir are putting on a Christmas performance at the Sailmakers on the 22nd December 10:00 to Noon.

We are in need of a few volunteers to bucket collect during their performance. Please join us for some wonderful festive fun.



### Buttermarket

Buttermarket Shopping Centre (outside TK Max)

Some late-night festivities. We are hosting a Christmas tombola on the 24th November late-night shopping. Whilst on the 15th December late-night shopping we are in need of bucket collectors whilst the Funky Voices Choir perform.

### ASDA

Do you live near to either of the stores?  
Could you spare a few hours for a bucket collection?

Asda Whitehouse Suffolk

1st December 10:00 to 16:00

Asda Norwich

8th December 10:30 to 16:30

That's ASDA price!

If you could volunteer please call Carrie on 01473 353355 or email [carrie@fsnb.org.uk](mailto:carrie@fsnb.org.uk)

# Good News



## FSNB Dragon Boat Race

This June, 22 dragon boats took to the Waterfront. Filled with enthusiastic and focused rowers. Sadly, only one team could win, and the crown went to George Baker! All the hard work and dedication to the charity ensured that over £28,000 was raised.

Could you be our 2023 champions? There are only a few boats still available.

Taking place on Ipswich Waterfront on 3rd June 2023 and Norwich Waterfront 16th September 2023  
Contact [Sandra@fsnb.org.uk](mailto:Sandra@fsnb.org.uk) to secure your boat.

## Norfolk Afternoon Tea

In October we hosted our second Norfolk afternoon tea in Norfolk, over 100 people attended. It was a great success. The tea was an opportunity to raise awareness to the prevalence of child sexual abuse. We were lucky enough to be joined by the Lord Mayor, The chair lady of Norfolk County Council, Deputy Lieutenant of Norfolk and the Sheriff of Norwich. All of whom expressed their Surprise by how many children in Norfolk have been victims of sexual abuse and realising just how important our service is to their recovery and futures.



Maria Spencer organised a guess the teddy name! As you can see, he is beautiful, and was named Theodore the third! He is keeping our children company in sessions.



Thanks to our whole Hoggers from Prettys, Flagship and Axter! They took part in some muddy adventures whilst raising money!



Antistat enjoyed a delicious meal out at the Forge! They raised the most money at the Dragon Boat! Big thank you them and the Forge for putting on a wonderful meal for them.

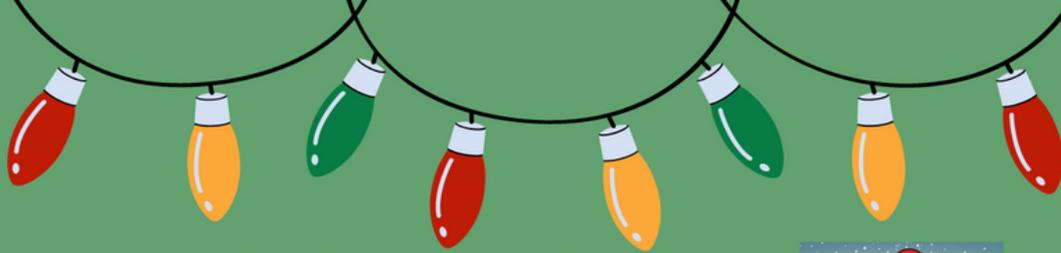




# It's beginning to look a lot like Christmas



Join our festivities and help support local children



## 12 days of Christmas!



### Could you be our secret Santa?

Have you ever wanted a big white beard? You don't need to go to those lengths but maybe you could be our Secret Santa and make a donation of your choosing?



Just £30 could pay for a young person's materials to create their comfort box.



They will make lots of different items to use as coping tools for managing their worries and anxiety. When they finish at FSnb they take it away and use it whenever they need.

#### ONE COLLECTIONS TOUR

24th November  
The Buttermarket  
Ipswich  
Come & see us & can win at our Christmas themed tombola

#### TWO CHRISTMAS QUIZ

30th November  
Christmas Quiz being held at Ipswich School Sport Centre, Rushmere  
**SOLD OUT**

#### THREE COLLECTIONS TOUR

1st December  
Come & visit our festive elves at Asda, Whitehouse Ipswich

#### FOUR CHRISTMAS JUMPER DAY

8th December  
Proudly wear your jumper supporting FSnb

#### FIVE COLLECTIONS TOUR

8th December  
Come & visit our festive snowman at Asda, Hall Road, Norwich

#### SIX COLLECTIONS TOUR

15th December  
The Buttermarket, Ipswich  
Come & join us in a festive sing-a-long starring the amazing Funky Voices

#### SEVEN COLLECTIONS TOUR

22nd December, Sailmakers  
Come & join us for a magical sing song starring the fabulous Suffolk Constabulary Male Choir

#### EIGHT IN LIEU OF CHRISTMAS CARDS

This year why not save the money you would normally spend on cards & stamps and donate it to FSnb

#### NINE VIRTUAL SANTA CHALLENGE

Take on our challenge to help us get Santa from the North Pole to East Anglia

#### TEN DAY OFF RAFFLE

Is it the works Christmas do coming up, no time for Crimbo shopping, or maybe a just a duvet day? Raffle a days annual leave

#### ELEVEN FESTIVE BAKE SALE

A classic fundraiser. Host a Christmas themed bake sale add a bit of spice with mulled wine & mince pies!

#### TWELVE LAST HOURS PAY

Put your final hour of work in 2022 to good use: Donate to FSnb an hour of your pay & help us gift children our service

