

NOTTS
SVS
SERVICES

LISTEN
BELIEVE
SUPPORT

Nottinghamshire Sexual Violence Support Services

A Brief Guide

ENGLISH

Notts SVS Services provides support to anyone, aged 13 and above, who has experienced rape, sexual violence or childhood sexual abuse whether recently or in the past. This leaflet provides a brief guide to the support we offer and how to refer into our service.

If you have experienced a rape or sexual assault within the last 7 days you can get help, including medical assistance, here:

The Topaz Centre (Adults) 0800 085 9993 |

www.topazcentre.org

EMCYPSAS (Children and Young People Aged 0-17)

0800 183 0023 | www.emcypsas.co.uk

ABOUT NOTTS SVS SERVICES

We understand that a person's life can be totally shattered by a rape or sexual assault. You may have experienced sexual violence as a child or an adult. The perpetrator may be a partner, ex-partner, date, friend, family member, carer, colleague, a professional you know or someone you don't know. You may also be unsure about something that has happened or is happening to you, or possibly have questions about a relationship you are in.

We provide support to all survivors of sexual violence (aged 13 and above), regardless of gender, race/ethnicity, religious belief, disability, marital status or sexual orientation. We are particularly aware of the needs of people of different genders, ethnicities and backgrounds and can offer our services in the following ways:

- Support for women and girls in a women-only space
- A choice of a male or female counsellor or support worker
- Access to an interpreter for face-to-face sessions
- Language Line assistance when making calls to our Counselling Helpline

We are also experienced in supporting lesbian, gay, bisexual and trans (LGBT+) survivors and will never judge you, focus on or out your sexuality or trans status.

OUR SERVICE OFFERS

- Counselling Helpline
- Face-to-Face Counselling Service
- Group Support
- Independent Sexual Violence Advisor Service
- Survivors Support Service
- Therapeutic Support Service

CONFIDENTIALITY

Our service is confidential. Whatever you choose to tell us will not be disclosed to a third party, except in certain circumstances, for example where a child is in danger. These exceptions will be discussed with you before you use our services.

COUNSELLING HELPLINE

The counselling helpline is staffed by female support workers who can offer support and information to anyone concerned about the impact of a sexual assault. You can ask to speak to a male support worker if you prefer to do so.

The counselling helpline provides a safe space to address any concerns, either for yourself or for a friend or family member. It can be an opportunity to begin to explore the impact of a sexual assault on your life or simply to request information or refer yourself into our other services.

COUNSELLING HELPLINE: 0115 941 0440

The counselling helpline is open at the following times:

Monday 4pm to 7:30pm

Tuesday 4pm to 7:30pm

Thursday 10am to 1pm

Friday 10am to 1pm

Saturday 10am to 1pm

At other times you may leave a message and a support worker will call you back. The counselling helpline number is:

(0115) 941 0440

Outside of these hours you can phone the 24hr sexual and domestic violence helpline on: 0808 800 0340

COUNSELLING SERVICE

Counselling offers a safe and non-judgemental environment in which you can express and explore your thoughts and feelings in a way that may not be possible with family or friends.

We provide our free face-to-face counselling service to anyone aged 13+. The service is provided by trained counsellors and provides a safe and non-judgemental environment in which you can explore the impact of any form of sexual assault or abuse.

GROUP SUPPORT

Our 'Beyond Survival' support group is an 8 week course for anyone, aged 18 and above, who has experienced any kind of sexual violence. Group aims are to gain self-acceptance, build trust in self and others, to experience a more fulfilling life and to meet fellow survivors. This service is available to survivors who have already accessed other therapeutic support with us.

INDEPENDENT SEXUAL VIOLENCE ADVISER SERVICE

An Independent Sexual Violence Adviser (ISVA) is a trained specialist whose goals are the support, safety and well-being of anyone who has suffered sexual violence. They provide information and support on practical matters such as:

- Reporting to the Police
- The Court process
- Housing and financial matters
- Your rights and services you can access
- Accompanying you on visits to the Police, Court, Solicitors, Clinics etc.

Employed by Notts SVS Services, the ISVAs are not managed or influenced by any of the agencies you may come into contact with (such as the Police or Crown Prosecution Service). This ISVA service is for those aged 18 and above.

SURVIVORS' SUPPORT SERVICE

The Survivors' Support Service offers specialist support to anyone aged 18 years and over who is a survivor of child sexual abuse and was let down by an institution, for example:

- A care home
- A school
- A hospital/medical setting
- A religious organisation
- A charity or state organisation
- A sports club
- A youth offending organisation

We are also able to support anyone who has been sexually abused and reported this to a person in authority for example, a police officer, social worker or a teacher, who then ignored the report or did not act upon it properly.

THERAPEUTIC SUPPORT SERVICE

Our Therapeutic Support Service is available to young people aged 13-17, who have already attended the East Midlands Children and Young Person's Sexual Assault Service (EMCYPSAS). Support offered includes:

- An assessment to discuss the young person's needs, followed by up to 10 sessions of support
- The option to include family or carers in the assessment so they can understand how to support the young person.
- Help with accessing other services

ACCESSING OUR SERVICES

You can refer yourself into our services by phoning our counselling helpline (0115 941 0440). We can use Language Line telephone translating service if this is required. Alternatively you can use the contact form on our website <https://nottssvss.org.uk/contact/> (this is written in English) or you can ask a supporter to make a referral on your behalf.

USEFUL CONTACTS

The Topaz Centre
Sexual Assault Referral Centre for Adults
0800 085 9993 | www.topazcentre.org

EMCYPSAS – East Midlands Children and Young Person’s Sexual Assault Service
Sexual Assault Referral Centre for 0-17 year olds
0800 183 0023 | www.emcypsas.co.uk

24hr Sexual Abuse and Domestic Violence Helpline
0808 800 0340

Notts SVS Services Counselling Helpline
0115 941 0440 | www.nottssvss.org.uk

Forced Marriage Helpline
0207 008 0151

Nottingham & Nottinghamshire Refugee Forum
0115 960 1230 | www.nottsrefugeeforum.org.uk

Women’s Aid Integrated Services (Juno Women’s Aid) website/helpline – women only
0808 800 0340 | <https://junowomensaid.org.uk/>

Safeline – for males
0808 800 5005 | www.safeline.org.uk/what-we-do/men/

Karma Nirvana – males and females – honour-based abuse and forced marriage
0800 5999 247 | www.karmanirvana.org.uk

FGM Helpline – for concerns about a child who may have been, or might be, subjected to Female Genital Mutilation
0800 028 3550

FGM Support – for Survivors of FGM (Female Genital Mutilation)
0115 845 7009

Galop UK – National Helpline for LGBT (lesbian, gay, bisexual and trans people) experiencing Domestic Violence and Abuse
0800 999 5428 and 0300 999 5428 | www.galop.org.uk

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