

INDEPENDENT SEXUAL VIOLENCE ADVISORS

An Independent Sexual Violence Advisor (ISVA) is a trained specialist whose goals are the support, safety and well-being of anyone (aged 18 and above) 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).

EAST MIDLANDS CHILDREN AND YOUNG PEOPLES SEXUAL ASSAULT SERVICE

We work in partnership with the EMCYPSAS to provide support to children and young people (aged 0-17) who have experienced sexual violence or abuse. Our crisis workers provide support to anybody attending the centre for an examination. We also provide therapeutic support sessions to young people aged 13+ organised via the EMCYPSAS.

THE TOPAZ CENTRE

Adult survivors of an incident that has occurred in the last 7 days can attend the Topaz Centre where there is the opportunity to get a medical examination, report to the Police and be referred into Notts SVS Services.

LIST OF BOOKS TO READ

ON CHILDHOOD SEXUAL ABUSE:

'Beginning to Heal'

by E Bass & L Davis

'The Courage to Heal'

by E Bass & L Davis

'Rescuing the Inner Child'

by P Parkes

'The Sexual Healing Journey'

by W Maltz

GENERAL BOOKS:

'Learning to Love Yourself'

by S Wegscheider-Cruse

'Toxic Parents'

by Susan Forward

'Carnal Knowledge: Rape on Trial'

by Sue Lees

NOTTS
SVS
SERVICES

LISTEN
BELIEVE
SUPPORT



NOTTINGHAMSHIRE SEXUAL VIOLENCE SUPPORT SERVICES
30 CHAUCER STREET, NOTTINGHAM, NG1 5LP

TELEPHONE | 0115 947 0064
HELPLINE | 0115 941 0440
EMAIL | SUPPORT@NOTTSSVSS.ORG.UK
WEB | WWW.NOTTSSVSS.ORG.UK

**WE LISTEN
WE BELIEVE
WE SUPPORT**

NOTTS
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SUPPORT

**INFORMATION FOR
LGBT+ AGED 13 AND OVER**

WWW.NOTTSSVSS.ORG.UK



AN AFFIRMING SERVICE

At Notts SVS Services we know that there is no typical survivor and we treat anyone who comes to us for support as an individual. Our services are confidential and non-judgemental, and our staff are able to listen to and support survivors of sexual violence no matter when or how it happened.

LGBT+ people who have experienced sexual violence may have specific fears about:

- Being perceived as responsible for the violence
- Encountering homophobic, biphobic or transphobic services
- What will happen to them or their loved ones if they get help

We believe that:

- Responsibility always sits with the perpetrator
- Sexual violence can happen in any relationship
- Sexual violence/Childhood Sexual Abuse is not the result or cause of gender identity or sexuality
- Someone always has the right to say no or withdraw consent, even if they have been engaging in consensual sexual activity, or have consented in the past.
- An adult does not need to report to the police to get support.

We will never judge you, focus on or out your sexuality or trans status. We will always respond to you in your self-defined gender using your preferred pronoun. We will listen to you and support you no matter when or how the abuse happened.

ABOUT NOTTS SVS SERVICES

A survivor's life can be totally shattered by a sexual assault. We provide support to help reduce the impact of such an experience and to help a survivor regain control of their life. Our service offers:

- Helpline
- Face to Face Counselling Support
- Group Support
- Email Support support@nottssvss.org.uk
- Independent Sexual Violence Advisor Service
- Mindfulness Course
- 'Creating Safety' online self-help programme
- Access to Creative Therapies and Groups

NOTTS SVS SERVICES HELPLINE

The helpline is staffed by trained female 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.

The 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.

Talking on the phone may be all that you need or want, however, you can also refer yourself to other services via the helpline or the website www.nottssvss.org.uk/ contact. The helpline is open at the following times:

Monday	4pm - 7:30pm	Friday	10am - 1pm
Tuesday	4pm - 7:30pm	Saturday	10am - 1pm
Thursday	10am - 1pm		

At other times you may leave a message and a support worker will call you back or you can phone the 24hr sexual and domestic violence helpline on 0808 800 0340.

NOTTS SVS SERVICES COUNSELLING SERVICE

We offer a free face-to-face counselling service to anyone aged 13+. The Counselling Service is provided by trained counsellors and provides a safe and non-judgemental environment in which to explore the impact of any form of sexual assault or abuse. Each session lasts 50 minutes and the service can offer up to 20 sessions of counselling. The counselling service operates:

Monday & Tuesday	9am – 7pm
Wednesday/Thursday	9am – 4pm
Friday	9am – 2pm

You can be referred to this service via the helpline, website or via email: dutysupervisor@nottssvss.org.uk

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.