

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

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SERVICES

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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

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WE BELIEVE
WE SUPPORT**

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**INFORMATION FOR
FEMALES AGED 13 AND OVER**

WWW.NOTTSSVSS.ORG.UK

SUPPORT FOR WOMEN AND GIRLS IN A WOMEN-ONLY SPACE

We understand that a woman or girl'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 women and girls aged 13 and above, who have experienced rape, sexual assault or childhood sexual abuse, to help reduce the impact of such an experience and help a survivor re-gain control of their life. We can help you whether the assault happened recently or in the past.

We offer a range of specialist services and our support is provided by trained and qualified female practitioners in a women-only space. You can, however, ask for support from a male practitioner if you prefer.

Our service offers:

- Helpline
- Face to Face Counselling Service
- 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 female support workers who can offer support and information to anyone concerned about the impact of a sexual assault.

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.

The 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. 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 number is: (0115) 941 0440

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

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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

How to access the counselling service:
If you are interested in receiving counselling, please contact our helpline on (0115) 941 0440 and we will arrange an initial assessment appointment with you. Alternatively you can self-refer via our website:
www.nottssvss.org.uk/contact
or 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.