

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**

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**INFORMATION FOR
MALES AGED 13 AND OVER**

WWW.NOTTSSVSS.ORG.UK

WE ARE HERE FOR YOU

Rape, sexual violence or abuse can affect any male regardless of their age, size or strength. Men may have the belief that they are expected to be strong and be able to defend themselves and, for this reason, may feel shame or blame themselves for the abuse. Regardless of how it occurred, sexual violence is always wrong and the blame always sits with the perpetrator.

You may have experienced sexual violence as a child or as 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.

Being sexually assaulted, abused or raped does not relate in any way to your sexuality and anyone can be a perpetrator. Men in same-sex relationships or men having sex with men may also experience rape and abuse.

We are here to listen and support you with your choice of a male or female qualified therapist. Our service is confidential, and non-judgmental and our staff are able to listen to and support survivors of sexual violence no matter when or how it 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 5pm – 7pm
Wednesday 9:30am – 12:30pm

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

GROUP SUPPORT

We offer Group Support to males aged 18 and above, in a male-only group.

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