

## Mission Statement

**The Rape and Sexual Abuse Support Centre aims to be a centre of excellence in the provision and delivery of services to individuals and families who have been affected by sexual violence.**

## Equality and diversity

RASASC is fully committed to equal opportunities throughout all aspects of our work. We strive to create an inclusive and accessible environment that actively promotes an ethos of appreciating difference.

We are committed to challenging myths and stereotypes, aiming to work in an anti-discriminatory way at all times. To request a copy of our Equality and Diversity Action Plan please email: [support@rapecentre.org.uk](mailto:support@rapecentre.org.uk)

## Complaints

In the event that you are unhappy with any aspects of our service, please ask to speak to the Centre Manager or write to us at RASASC, P.O Box 35, Warrington, WA1 1DW. We will attempt to resolve any difficulties you may be experiencing. Should such action fail to resolve the problem then you have the right to refer the matter to an independent person who will advise how to proceed via the organisation's grievance procedure.

## Confidentiality

Any information you provide will remain confidential to the agency unless we feel that you, or someone else, is at risk of harm.

In such cases we may be obliged to disclose information to appropriate and relevant agencies.



**There is no right or wrong way to react to sexual violence.**

**Cheshire East**  
01260 697900

**Cheshire West and Chester**  
01244 907710

**Halton**  
01928 477980

**Knowsley**  
0151 218 7960


**St. Helens**  
01744 877987


**Warrington**  
01925 221546


To make a referral, or for advice and information, you can visit us online, email, or call on

**0330 363 0063**

[www.rapecentre.org.uk](http://www.rapecentre.org.uk)  
[support@rapecentre.org.uk](mailto:support@rapecentre.org.uk)

 @RapeSupport

 @RapeSupport

 @rasasc\_cm

 BACP Accredited Service

 Quality Standard

 Home Office

 Police & Crime Commissioner for Cheshire

 POLICE COMMISSIONER Merseyside

Charity Registered in England & Wales Charity Reg No: 1049826



**You are not alone. We're here to help.**

# Independent Sexual Violence Advisors

## Support and Information

## Specialist Counselling

**rasasc**  **Rape and Sexual Abuse Support Centre**

for adults, children and young people in Cheshire and Merseyside

How we can help

**If you have been affected by sexual violence and would like to talk about it, get in touch with us.**

### **RASASC accept self-referrals as well as referrals from other agencies.**

You can contact us by telephone, where a specialist worker will take your call, or if you prefer, you can contact us via our website, by email or by post.

We will then get in touch to try to answer any questions you may have, undertake a short assessment, and explain our services which include:

- Advice and information
- Counselling
- Independent Sexual Violence Advisor (ISVA) support
- Children and young people's services
- Support groups

### **After rape or sexual assault**

If you have experienced the trauma of rape or sexual assault it is important that you keep yourself as emotionally and physically safe as possible. Although the experience can be overwhelming, there are several issues that will need your consideration, such as:

- Reporting the incident to the police
- Preservation of forensic evidence
- Risk of HIV and access to early treatment intervention
- Risk of sexually transmitted infections
- Risk of pregnancy

**We will listen to you, we will respect you and we will believe you.**

If you have been recently raped you can access Cheshire Sexual Assault Referral Centre (0161 276 6515) or Merseyside Sexual Assault Referral Centre (0151 295 3550).

### **Effects of sexual violence**

Individuals who have been affected by sexual violence may experience a wide range of short and/or long term emotional and physical effects which can have a negative impact upon their lives.

People respond to sexual assault or abuse in many ways - these could include a sense of being numb, feelings of rage or anger, a sense of fear, confusion, guilt, and/or many other emotions. Physical effects may include injuries to the body, pregnancy, sexually transmitted diseases.

Sexual violence can impact upon how individuals see themselves, and how they relate to others. Each person has their own way of coping - there is no right or wrong way to react to sexual violence.

Please remember that what happened was not your fault and you are not to blame for the actions of another individual.

### **Independent Sexual Violence Advisor (ISVA)**

ISVAs are specially trained to work sensitively in response to the needs of individuals who have experienced sexual violence, and offer both practical and emotional support. ISVAs provide advocacy and support throughout reporting to the police and any subsequent legal proceedings. ISVAs can help with health issues, such as GUM appointments with other social support agencies as required.

### **Counselling**

Accredited by the British Association for Counselling and Psychotherapy, RASASC offers a specialist counselling service to people who have been affected by sexual violence, whether recent or historical. The service provides a range of therapeutic approaches within community-based locations across Cheshire and Merseyside.

### **Children and young people**

Specialist Children and Young People's Independent Sexual Violence Advisors are able to plan individual pathways of care to meet the needs of children who have experienced sexual abuse or rape. We work closely with other agencies to ensure that children and young people are protected. Specialist therapy is also available to children.

### **Drop-in service**

We offer a drop-in facility across Cheshire and Merseyside to provide practical and emotional support to service users outside of their normal appointment times.

### **Support groups**

RASASC provide monthly support groups in community-based locations. People who have experienced sexual violence can access structured support within a safe and welcoming environment.