It's okay to ask questions
You won’t cause offence by calling to ask who will support you, and which community they belong to.

Values
All services promise to:
• Listen to you
• Believe you
• Not judge you
• Support your choices, whatever they may be.

Confidentiality
Your support worker won’t tell anyone what you have shared without your permission. This means that your family, friends and community don’t have to know that you have contacted a service. You can ask questions about where your information is written down and where it is stored.

It’s your right to know!

Services can offer:
• A safe space
• Emotional and practical support
• Help with reporting
• Support through the criminal justice system
• Independent Sexual Violence Advisor
• Counselling
• Support groups
• Support with medical appointments
• Support with form filling

How services work
The specialist sexual violence services listed opposite can provide:
• A translation service
• Confidential support
• Services free of charge
• Female support workers
• Support by phone, email or face to face
• Many also offer you a choice – to be supported by someone from a black, Asian or minority ethnic group or a different community - whichever you prefer.

Find a service that is right for you

SPECIALIST SEXUAL VIOLENCE SERVICES

Oxfordshire Sexual Abuse and Rape Crisis Centre (OSARCC)
01865 725311
www.osarcc.org.uk

Rape Crisis (Wycombe, Chiltern and South Bucks)
01494 46 22 22
www.wycomberapecrisis.org.uk

Aylesbury Vale and Milton Keynes Sexual Assault and Abuse Support Service
01296 392 468
www.avmksaass.org.uk

Trust House, Reading
(Offers a safe place for those affected by rape and sexual abuse)
0118 958 4033
www.trusthousethreading.org

Translation services available through these services.

ADDITIONAL SERVICES

Galop - Support to survivors of sexual abuse, domestic abuse and hate crime from the LGBT+ community
Advice line - 020 7704 2040
National domestic abuse line - 0800 999 5428
www.galop.org.uk

Childline - Child abuse
Available for children and young people
0800 1111 - 24 hours / 7 days a week
www.childline.org.uk

Karma Nirvana
Forced marriage and honour based abuse
National helpline - 0800 5999247
www.karmanirvana.org.uk

SAFE!
Support for children and young people who have been victims of any crime, with specialist services for those affected by sexual violence
0800 133 7938
www.safeproject.org.uk

SAFE! Black, Asian, Minority Ethnic and Refugee (BAMER)

DOMESTIC ABUSE SERVICES

All provide BAMER support

MK Act
Domestic abuse support, Milton Keynes
0344 375 4307
www.mkact.com

Hestia
Domestic abuse support, Slough
01753 477 352
www.hestia.org

Berkshire Women’s Aid
Domestic abuse support, Reading, Wokingham, Bracknell
0118 950 4003
www.berkshirewomensaid.org.uk

Aylesbury Women’s Aid
Domestic abuse support, Aylesbury
01296 377777
www.aylesburywomensaid.org.uk

Wycombe Women’s Aid
Domestic abuse support, Wycombe
01494 461367
www.wycombewomensaid.org.uk

The DASH Charity
Domestic abuse support, Windsor, Maidenhead, South Bucks and Slough
01753 549865
www.thedashcharity.org.uk

24-hour National Domestic Abuse Helpline for women and children suffering abuse
0808 2000 247
www.refuge.org.uk

Not sure which service is best for you?
You can contact Victims First and they will help you to find the service that is right for you.
T: 0300 1234 148
What is sexual violence?

Sexual violence is any unwanted sexual contact or behaviour from another person. Sexual violence can make you feel distressed, intimidated or humiliated.

There are many forms of sexual violence, including:

- Unwanted sex or sexual contact
- Sexual assault or abuse, including rape
- Gang related abuse
- Sexual exploitation
- Honour-based abuse
- Female genital mutilation
- Forced marriage – if you don’t really want to get married, but you feel like you have no choice.

Not sure if you have experienced sexual violence? Services provide a safe space to ask questions.

Everyone’s experiences are different – specialist sexual abuse services are here to listen and support you, no matter what your experience may be.