

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.

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



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!

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.trusthousereading.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 - 08005999247
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

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.berkshireromensaid.org.uk

Aylesbury Women's Aid

Domestic abuse support, Aylesbury
01296 437777
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**

Black, Asian, Minority Ethnic and Refugee (BAMER)



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.



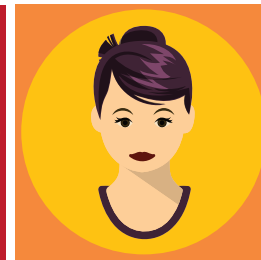
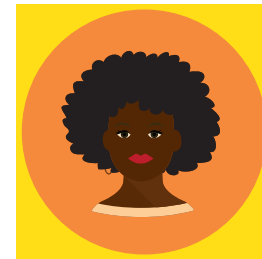
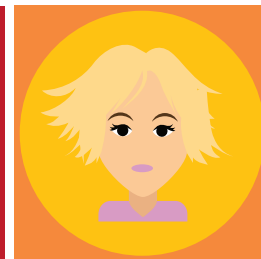
This leaflet was created as part of New Bridges, a collaborative project between Oxford Against Cutting and Sunrise Multicultural Project.

Oxford Against Cutting
Training and information on FGM and honour-based abuse
oxfordagainstcutting.org

Sunrise Multicultural Project
Support groups for families from minority ethnic groups in Banbury
01295 701728
www.sunrisemulticultural.org.uk

Funded by Thames Valley BAMER Project

**Do you feel upset, frightened or unsafe?
Has someone hurt you, or made you feel intimidated?**



No matter what your experience, services will **LISTEN, BELIEVE & SUPPORT ANY GIRL** who has experienced sexual violence.

Services that understand that all survivors have different needs and some needs may relate to your culture or identity.