

Contacting Us...

We can be contacted by telephone or letter

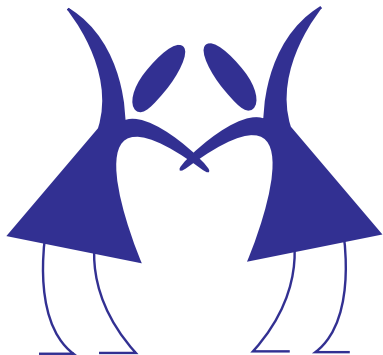
Telephone Helpline
01494 46 22 22

The helpline is staffed at different times during the week. The answer-machine will tell you when it is next staffed.

If you leave a message on the answer-machine we will ring you back as soon as possible and within 24 hours.

(Our telephone number cannot be obtained by dialling 1471, but it will appear on itemised telephone accounts)

WE LISTEN AND BELIEVE



SPEAKERS & TRAINERS
– We can provide talks or training sessions for groups and organisations to educate about rape, sexual assault and childhood sexual abuse.

VOLUNTEERS
– We welcome women interested in volunteering who can offer us support, e.g Fund-Raising, Office Work, Support Work & Telephone Support and many other jobs!
We hold training courses for potential volunteers at various times during the year. We are a friendly and supportive organisation. If you would like to join us please contact us for dates and further information.

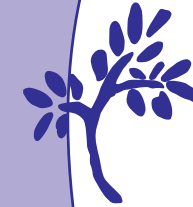
DONATIONS
– If you can help financially in any way please contact us or send your donation to our postal address....

Rape Crisis
(Wycombe, Chiltern and South Buckinghamshire)
PO Box 1448
High Wycombe
HP11 9GW

Registered charity no: 1051611

Rape Crisis

(Wycombe, Chiltern and South Buckinghamshire)



"The journey to recovery begins with one small step"

Free and

Confidential

Support

Telephone Helpline

01494 46 22 22

(24 hour answer-machine)

Women Supporting Female Survivors of Rape, Sexual Assault & Childhood Sexual Abuse in South Buckinghamshire

Office: 01494 513823
Email: rapecrisis.office1@gmail.com
Website: www.wycomberapecrisis.org.uk

Who are we?

We are a voluntary organisation, run by women for women, independent of the Police and Social Services.

All staff and volunteers have comprehensive training and experience in supporting women who are survivors of sexual assault.

Who can contact us?

If you are a woman or girl 16 years and over, and feel or know that you have been sexually assaulted, sexually abused or raped we are here for you. We can help whether it happened recently or at any time in the past. It may have been by a stranger or someone known to you, including people in your family.

(Apart from initial support over the phone, we do not offer services to men, but we can put them in touch with organisations that do.)

What will we do?

We will give you support over the phone and offer to meet with you to talk over what services you might be interested in. We will not judge you. We will listen, believe you and treat you sensitively and with respect. We will not do anything you don't want us to do.

What we offer...

- ▶ **Befriending** and regular support at a place where you feel comfortable and safe
- ▶ **Face to face** counselling
- ▶ **Telephone** support and telephone counselling
- ▶ **Phoenix** – Weekly self-help group for survivors
- ▶ **Information** on pregnancy testing and sexually transmitted infections, including HIV
- ▶ **Details** of local groups and agencies who can offer additional information and support
- ▶ **ISVA service**
- ▶ **Asian and Youth Outreach** work

At Rape Crisis we aim to provide an equal opportunities service to all women, regardless of their race, cultural background, sexual orientation and any disability. We want women from all walks of life to be supported by us and experience a safe and appropriate environment in which to heal.

Support & Information

ISVA Service

ISVA stands for Independent Sexual Violence Advisor. Our ISVA service is there to help you with practical matters, as well as giving some emotional support. The service offers you appropriate information to help you decide on your next actions, whether or not you want to report to the police. The service also provides someone to accompany you should you need support at medical appointments, social service appointments, police appointments and at court proceedings.

Women supporting Female Survivors of Rape, Sexual Assault & Childhood Sexual Abuse, whether it happened now or in the past.



WE LISTEN AND BELIEVE