

Contacting Us....

We can be contacted by telephone, email or letter.

Confidential Mobile No:
07528 245304

You will hear the voicemail message in Punjabi. It will ask you to leave your name and number and the best time to call you back.

You can heal



....we're waiting for your call

Rape
Sexual Abuse
Sexual Violence
Marital Rape
Forced Marriage
Dowry Abuse
FGM
Prostitution
Childhood Sexual Abuse
Honour Based Violence

SPEAKERS & TRAINERS

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

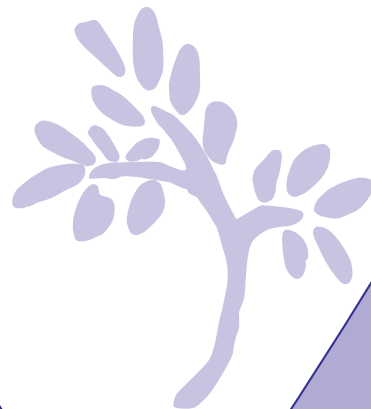
VOLUNTEERS

– 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)



Free and Confidential
Support for

Black, Asian and Minority Ethnic Women

who have experienced sexual violence whether it happened recently or in the past



Contact mobile:
in Punjabi /Hindi
and English

07528 245304
(BAME Worker)

Answerphone Helpline
01494 46 22 22

Email: bameoutreach.rc@gmail.com
Website: www.wycomberapecrisis.org.uk

What is Sexual Violence?

Sexual violence is any sexual act that is perpetrated **against** someone's will.

Types of Sexual Violence

- Rape
- Rape and Sexual Violence in a domestic setting
- Childhood Sexual Abuse
- Forced Sex
- Forced Marriage
- Dowry Abuse
- Female Genital Mutilation or Female Genital Cutting
- Honour Based Violence
- Gang Rape

What we offer.....

- Befriending and regular support at a place where you feel comfortable and safe
- Support in going for medical appointments and information about police, court and medical procedures
- Face to face and telephone support
- Information on pregnancy testing and sexually transmitted infections, including HIV
- Phoenix – Fortnightly self-help group for survivors
- Details of local groups and agencies who can offer additional information and support
- Support for applications to the Criminal Injuries Compensation Authority

Who are we?

We are a voluntary organisation, run by women for women.

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

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.

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.

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.