

Nottingham Rape Crisis Centre

SAFER FUTURE COMMUNITIES
Empowering local voluntary & community partnerships

Run by women for women, Nottingham Rape Crisis Centre (NRCC) was established over 25 years ago to support women survivors of sexual assault.

Open to all women aged 16 and over from all backgrounds, cultures and ethnicities, NRCC provides a range of support services to reduce the impact sexual assault can have on women's lives and help them regain control, including a confidential telephone helpline, face-to-face counselling, independent sexual violence advisors and signposting to other appropriate services.

The confidential helpline, staffed by female counsellors and support workers, offers support and information to anyone concerned about the impact of sexual assault. It provides a safe place for victims, their friends and family to address concerns, explore the impact on their lives or just to request information. Users of the helpline can also request to be added on to the waiting list for face-to-face support.

Provided by trained counsellors in a safe and non-judgemental environment, NRCC's confidential counselling service explores the impact of any form of sexual assault on a woman's life over up to 48 sessions, depending on their individual need.

Employed by NRCC, but not managed or influenced by any other agencies that survivors or sexual assault might come into contact with, the independent sexual violence advisors are trained specialists whose goals are the support, safety and well-being of survivors. This includes providing information and support on a range of practical issues, including reporting the sexual assault to the police, the criminal justice process, housing and financial matters, sexually transmitted diseases and

pregnancy. They can also accompany survivors on visits to the police, courts, clinics, solicitors and other agencies.

NRCC also works in partnership with the Sexual Assault Referral Centre in Nottingham, which houses facilities that meet both the physical and emotional needs of anyone, male or female, who has been sexually assaulted within the previous 7 to 10 days. This includes the opportunity for survivors to have a forensic medical examination, report the assault to the police and access immediate short-term support.

Two of the many people NRCC has helped are Susan, referred to them by the police, who as a child was repeatedly sexually assaulted for several years by her foster father and foster father's brother; and Monica, who was referred by her solicitors to NRCC during the processing of her asylum application. Monica was trafficked into Britain, imprisoned and forced to work as a prostitute. HIV positive and with a young son, on referral she had many of the classic symptoms of post traumatic syndrome and suicidal thoughts.

For further information on Nottingham Rape Crisis Centre visit www.nottinghamrapecrisis.org.uk.

"Thank you so much for everything you have done for me. Your patience and understanding has made a huge difference to the point where I can feel positive about actually having a future I can look forward to."

Survivor