

RASASC was set up in 1985. We are an all woman independent organisation based in Croydon providing specialist and confidential support services to female survivors of sexual violence from age 5 who live in any borough in South London. We are a member of Rape Crisis (England and Wales) and adhere to their national occupational standards, a British Association of Counselling and Psychotherapy (BACP) Accredited Counselling Centre and a member of the Telephone Helplines Association. Office Administration for all departments is open from Monday to Friday 10am to 6pm. All services (except the Helpline) are by appointment only. All workers are specialists in sexual violence and have been DBS cleared.

NATIONAL HELPLINE: Freephone **0808 802 9999** Open 365 days a year from 12.00 to 2.30 & 7.00 to 9.30 staffed by fully qualified helpline workers. Clients: Women & Girls 13 years and over who are survivors of rape or childhood sexual abuse, family, friends, partners of survivors, other professionals. Provides:

- ★ Emotional Support for survivors of sexual violence & supporters of survivors
- ★ Information supplied free of charge
- ★ Regional and national information resource and signposting to other agencies in the UK

COUNSELLING: Monday to Thursday 09:00 to 19:00, by appointment, for between six months and a year. 18 fully qualified counsellors, specialists in the field of sexual violence. Clients: Female/child Survivors of rape, childhood sexual abuse/exploitation, trafficking, ritual abuse and any form of sexual violence.

- ◆ Clients have to self refer
- ◆ Clients 'matched' to appropriate counsellor
- ◆ Weekly 50 minute therapy sessions
- ◆ Therapists based in Croydon, Kingston-upon-Thames, Southwark, Bexley, Greenwich
- ◆ All counsellors adhere to the British Association for Counselling and Psychotherapy Ethical Framework for the counselling professions.

PLAY THERAPY: 30 Sessions for girls from age 4 who have been abused, based in Croydon only.

BODY THERAPIES: Six Focussed healing sessions to help survivors reintegrate with their bodies.

ADVOCACY: Three ISVAs (Independent Sexual Violence Advocates) provide unbiased and accurate Information for survivors contemplating reporting to the police and support for women/girls who have reported to the police and are going through the Criminal Justice System up to & including the trial.

GROUP THERAPY: Weekly Therapeutic groups for female survivors who have completed face to face therapy. Closed Group for 6 months. Day and Evening group. Group for Parents of abused children.

TRAINING: Twelve week In house accredited training (OCN) on the effects of rape and childhood sexual abuse. Counsellor training in sexual violence - 8 week accredited (OCN) course both A level equivalent qualification.

EXTERNAL TRAINING: On demand. Awareness training given to other professionals, challenging the myths around rape and childhood sexual abuse, the effects of sexual violence and optimum support methods for survivors. Prevention Workshops in schools/colleges/universities raising awareness, can include include women's self-defence classes with the London Centre for Personal Safety.

OUTREACH: Working with Women involved in Prostitution, Homeless women and girls, providing needles and condoms with the aim of helping women to exit prostitution and access support services, ex-offenders who have suffered from sexual violence. Emotional and practical support.

DOMESTIC VIOLENCE at The FAMILY JUSTICE CENTRE in Croydon: Outreach Support Worker at the FJC supporting survivors of Domestic Abuse providing support and information for the family, through to a trial.

RESEARCH: Ongoing research based on anonymised client information

CONSULTANCY: We offer our sexual violence expertise to television companies, the media, other organisations. Consultancy is tailored to suit your requirements.