

Your support



Details of specialist organisations
who offer advice and support

In Nottingham there are a number of pathways a survivor can choose to report a sexual violence offence. Nottingham has specialist sexual violence support services, all of which can help you.

They offer a range of professional, confidential and safe services that can support you through your journey. They will talk to you about who can support you with your needs and what you would like to do next.



You can report a sexual offence or access support from any of the following organisations:



NOTTINGHAMSHIRE
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Topaz Centre - Sexual Assault Referral Centre (SARC)

The Topaz Centre is a Sexual Assault Referral Centre (SARC) that offers free, professional and confidential support and practical help to anyone in Nottinghamshire who has experienced recent sexual violence and/or sexual abuse. The Topaz Centre has trained specialist **Forensic Nurses Examiners (FNE)** and **Crisis Workers**, who will guide you through an assessment of your healthcare needs. If something has happened to you within the last 7-10 days, the Topaz Centre will be able to offer emotional support and will discuss options with you.

The Topaz Centre are able to gather and store forensic evidence. This gives you the opportunity to receive ongoing support, before making the decision of whether you choose to inform the Police.

24hr Helpline Number: **0800 085 9993**

www.topazcentre.org



You do not need to have reported a sexual offence to the Police to attend the Topaz Centre.

Nottinghamshire Sexual Violence Support Services (Notts SVS Services)

Notts SVS Services offer a range of specialist sexual violence support. This includes a variety of counselling options, Independent Sexual Violence Advisors (ISVAs), a specialist sexual violence helpline and a range of therapeutic support. They can support you when making a report or disclosure to the Police.

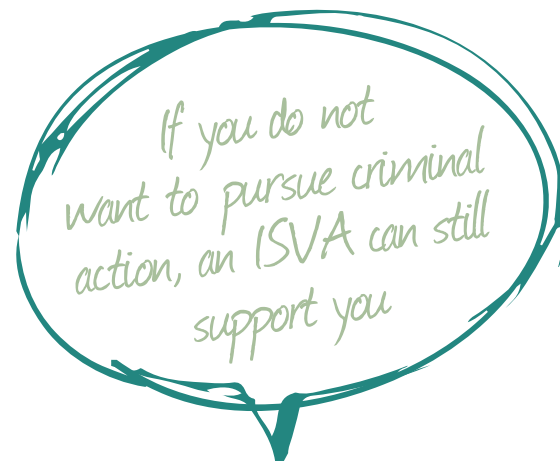
0115 947 0064

www.nottssvss.org.uk



Independent Sexual Violence Advisor (ISVA)

An Independent Sexual Violence Advisor (ISVA) can offer emotional and practical support, which can include information about safety options and helping you understand your rights and services that are available to you. An ISVA is independent from the Police and can provide you with an explanation of police procedures and the criminal justice system. They are able to liaise with the Police, Courts, **Crown Prosecution Service (CPS)** and other agencies on your behalf. This support is available, whether or not you choose to report to the Police.



Nottinghamshire Police

Nottinghamshire Police have **Specialist Trained Officers (STOs)** and teams who will support you while reporting an offence and during the criminal justice process. They will also provide advice and guidance on where to access specialist sexual violence support.

Emergency Number: **999**

Non Emergency Number: **101**

www.nottinghamshire.police.uk



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Nottingham and Nottinghamshire's 24 Hour Domestic & Sexual Violence Helpline

Juno Women's Aid provides a 24 hour support and advice helpline for survivors of sexual violence and domestic abuse

0808 800 0340

www.junowomensaid.org.uk



Supporting a loved one who has been sexually assaulted or raped

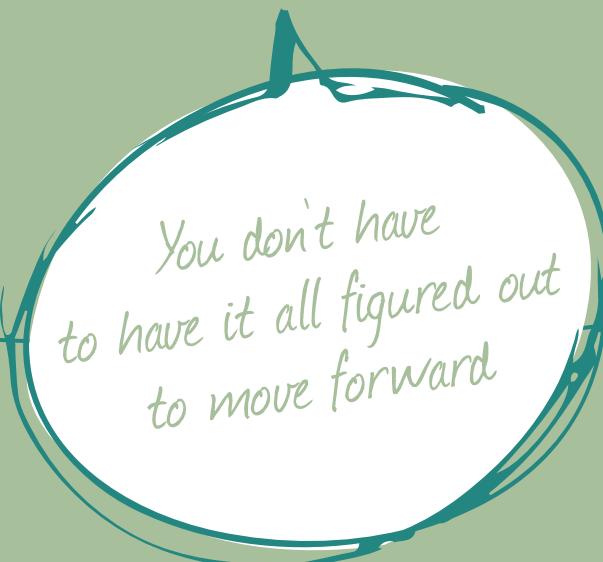
Your friend, relative or partner is trying to make sense of what has happened. It can take time, but your support is invaluable.

Nottinghamshire Sexual Violence Support Services can provide extra support for you during this time. They can help you to work through your own feelings and emotions, answer any questions, and look at ways you can support the person close to you.

It is important to remember that all you can do is your best. Sometimes just sitting with the person, without speaking, can help.

The following simple guidelines may give you some ideas about how you can help:

- Listen, but try not to ask for details. Wait for them to tell you and, if they do tell you something in confidence, make sure you don't tell anyone else. They might not want to tell you everything. Let them know you're ready to listen whenever they want to talk. Don't ask why the rape or sexual assault happened or why they didn't stop it happening. It can sound like you're blaming them, even if you only have their best interests at heart.
- Believe what they're saying. Show it in your body language and facial expressions and tell them you believe them.
- Let them cry whenever they need to. You might find it upsetting as well, but it's important they're able to show their emotions.
- Respect their personal space. They might not want you to touch them, even if you mean well and are offering a comforting hug. Ask them if it's alright and let them make the first move. If you're in a sexual relationship with them, accept that they might find sex frightening at the moment. Respect that, and don't try to start sex or pressure them into having sex.



*You don't have
to have it all figured out
to move forward*

Please feel free to visit the Consent Coalition website
for more information and support nottssvss.org.uk/consent-coalition/

