

Seeking Help and Making Contact

The ISVA service accepts both self-referrals and referrals from other agencies or representatives if this makes it easier for you to access our services. Other agencies must have prior consent from you as their client before making the referral to the ISVA service.

We recognise how hard it is for you to make that call and we will do all we can to support you.

An initial assessment will be offered either by telephone or face to face. The purpose of this is to discuss how this service can help you. The assessment visit will take no longer than an hour and you can take a break at any time.

Anything discussed will be in the strictest confidence and no information will be shared with other agencies without your consent unless it involves matters of child protection, or you or other people are at risk of serious harm.

For ISVA referrals please call the office on 01432.266551. If you need any other support please call the Herefordshire Rape and Sexual Abuse Support Centre helpline on 0870.2422230 (calls charged at local rate).

**If You Feel In Danger
Or Need Urgent Help
PLEASE CALL 999**

Values from which the ISVA works

- To believe.
- To be non-judgemental.
- To recognise survival strategies.
- To enable female and male victims of sexual violence to retain control.
- To recognise it is an individual's decision whether she or he reports to the police.
- To empower and enable female and male victims of sexual violence.
- To validate feelings whatever they are.
- To dispel the myths around rape and sexual abuse.
- To treat all female and male victims of sexual violence as individuals.
- To provide to you a service that is non-oppressive.

Helpline:
0870.2422230

(Calls charged at local rate)

Monday

7.30pm to 9.30pm

Tuesday

1.00pm to 5.00pm

Thursday

7.30pm to 9.30pm

Friday

10.00am to 2.00pm

24 Hour Answerphone

Office Telephone: 01432.266551

HRSASC, PO Box 240, Worcester, WR1 2LF

email: isva@wmrsasc.org.uk

www.hrsasc.org.uk

HRSASC is incorporated as part of West Mercia Rape & Sexual Abuse Support Centre, a company limited by guarantee in England and Wales. Charity no: 1136677 Company no: 07083944

Herefordshire Rape & Sexual Abuse Support Centre



ISVA Independent Sexual Violence Advisory Service

A free and confidential service supporting female and male survivors of rape and sexual abuse.

Contact:

office

01432.266551

email

isva@wmrsasc.org.uk

website

www.hrsasc.org.uk

What is Sexual Violence?

Sexual Violence is any type of sexual behaviour that you do not agree to. It can take a variety of forms and people who have experienced sexual violence may feel confused, scared or angry. There is no right or wrong way to react to sexual violence – everybody has their own way of coping.

It is important to remember that sexual violence is unacceptable and you are not to blame.

What is an Independent Sexual Violence Advisor (ISVA)?

An ISVA is an independent worker who can provide practical and emotional support to female and male victims, aged 11 or over, who have experienced rape or sexual abuse at any time in their life.

ISVAs are specially trained to explore any options that may be available to you and to provide you with information to enable you to make choices. The ISVA offers free, non-judgemental support to suit your needs. An ISVA will work with you to decide what kind of support you may require. They will not pressure you into making any decisions.

Sometimes it can be difficult to talk to your family, partner or friends about what has happened to you, or you may not have told anyone at all. Your ISVA can provide the opportunity to talk in a safe and confidential environment.

How can the ISVA help?

The ISVA can:

- Offer free, confidential support by phone or in person.
- Provide information about any options that may be available to you and support you to make informed decisions.
- Help you decide if you wish to report to the police and give you information about the legal process and your rights.
- Complete risk assessments and individual support and safety plans.
- Provide information and support you in accessing services that you feel you would benefit from. These may include counselling, drug and alcohol services, sexual health and housing options.

Visual Evidence for Victims

If you are a victim of violent crime, photographs can be very useful as evidence. If you are not ready to report to the police the ISVA is trained to record photographic evidence of physical injuries and damage to property caused by incidents such as sexual or domestic abuse, should you wish to. This evidence is then stored securely for up to six years or when you choose to report the crime. We do not collect forensic evidence – this can only be done by the police or another approved agency using early evidence kits. VEV is a free, confidential service for victims of violent crime or criminal damage over the age of 18.

Reporting to the police

Some people decide to report the matter to the police, some do not want to report to the police, and some are unsure and may be considering this option.

This is a personal choice that you will make. The ISVA will support you regardless of whether you are reporting the matter to the police or not.

If you do choose to contact the police, the ISVA will be able to:

- Attend any appointments you may have with police staff.
- Liaise with the police and Crown Prosecution Service to keep you up to date with the case.
- Explain procedures.
- Support you in viewing the court room before the trial, should you wish to.
- Explain ways in which the trial may be made easier for you.
- Attend court with you.
- Support you in applying for protection measures, such as restraining orders.
- Support you after the trial – whatever the outcome

If you are not ready to speak to the police the ISVA can help you to report the incident anonymously safe in the knowledge that your identity will not be revealed.

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