

## Our Philosophy

To believe what women tell us

To be non-judgemental

To recognise and work with survival strategies and coping mechanisms

To recognise it is an individual's decision whether she reports to the police

To help a woman identify her options – not to decide for her what she should do

To empower and enable women

To validate feelings whatever they are

To dispel the myths surrounding rape and abuse

To treat all women as individuals

To provide support for change

## Donations

As a charity we rely heavily on donations and fundraising to support our work. All of the services we provide are free. However if you are able to, and would like to, make a contribution to the cost of providing your support it would be gratefully received. All funds received are put back into HRSASC so that we can continue to provide this valuable service.

Charity Registration Number: 1136677

Company Registration Number: 07083844

HRSASC is incorporated as part of West Mercia Rape & Sexual Abuse Support Centre, a company limited by guarantee in England and Wales.

Registered Office is:  
Kendall Wadley Chartered Accountants, 71 Graham Road, Malvern, Worcestershire, WR14 2JS. Please note this is not part of HRSASC premises.

## Seeking Help and Making Contact

If you would like to seek help or talk to another woman about your experiences, you can contact us by phone, post or email. Or, if you wish, you can ask a friend or professional (nurse, doctor, social worker etc.) to contact us on your behalf.

Our aim is to provide a service that is caring, understanding and supportive. When you call HRSASC you will be treated with respect and sensitivity. We understand how difficult it can be to call and we will do all that we can to support you.

### Helpline: 0870 24 222 30

Monday 7.30 pm to 9.30 pm  
Tuesday 1.00 pm to 5.00 pm  
Thursday 7.30 pm to 9.30 pm  
Friday 10.00 am to 2.00 pm

**At any other time,  
please leave a message on  
our 24hr answer phone.  
We will call you back as soon as possible.**

**Post:** Herefordshire Rape & Sexual Abuse  
Support Centre  
PO Box 240  
Worcester  
WR1 2LF

**Office/fax:** 01432 266551

**Email:** office@hrsasc.org.uk

**Website:** www.hrsasc.org.uk

# Herefordshire Rape & Sexual Abuse Support Centre



a free, confidential & non-judgemental service  
run by women for women  
who have experienced any form  
of rape or sexual abuse at any time

### Helpline Hours:

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Tuesday 1.00 pm to 5.00 pm  
Thursday 7.30 pm to 9.30 pm  
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At any other time please leave a message on  
our 24hr answerphone

### Telephone Helpline

**0870 24 222 30**

# HRSASC Provides

## Telephone helpline

Service which offers support and information to survivors, their carers, their supporters and to professionals.

## Assessment

With a qualified counsellor to identify the most appropriate support.

## Individual face to face support session for survivors

This may be short or long term depending on the needs of the individual.

## Individual face to face support for female partners and carers of survivors

(We do offer telephone support to male partners and carers of survivors however due to the nature of the work we do we are unfortunately unable to offer face to face support also) .

## Signposting service

Providing information on other appropriate services and options for all, including male survivors.

## Independent Sexual Violence Advisor (ISVA)

Available to offer emotional, factual and practical support; she can support women throughout and beyond the legal process should you wish to report the incident to the police but equally can offer practical support to women who choose not to.

## External training

HRSASC can provide training courses in the specialist area of rape and sexual abuse for both the voluntary and statutory sectors.

## Internal training

HRSASC volunteers must all complete an OCN accredited training programme in supporting rape and sexual abuse survivors.

## Partnership working

With other professionals, groups and agencies to raise awareness and challenge issues around rape and sexual abuse and their effects on individuals and society, HRSASC is also able to provide supervision for external agency workers.

## Website

Providing a variety of information.  
[www.hrsasc.org.uk](http://www.hrsasc.org.uk)

# About HRSASC

HRSASC is part of West Mercia Rape & Sexual Abuse Support Centre which has provided a free, confidential and non-judgemental support service for women who have experienced rape, assault, incest, sexual abuse, sexual harassment or any form of sexual attack, whether physical, verbal or emotional since 1986.

The trauma caused by sexual abuse may not surface for many years after the event. We treat all calls equally sensitively and confidentially, appreciating the courage required to break silence, overcome guilt and threats, and share the events of the past whether they happened days or years ago.

## HRSASC

Is run by women for women aged 16+.

Funded by the Ministry of Justice

