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# DABS

## National Resource Sub-Directory

# PHYSICAL & LEARNING DISABILITIES

17 January 2018



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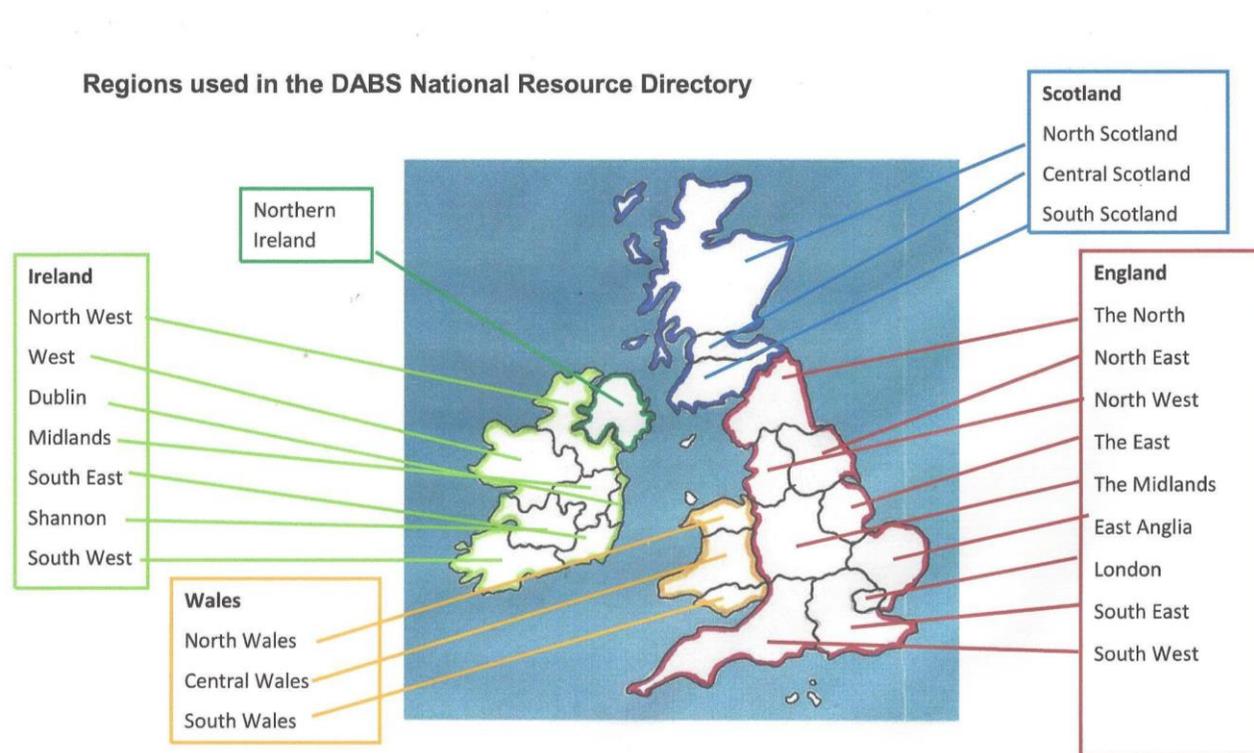
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## ● ● GENERAL GUIDELINES ● ●

**The issues to do with abuse and sexual violence:** (In this guidance, the terms 'counselling' and 'therapy' are interchangeable.)

**Looking at the issue of abuse and sexual violence is never easy. Even though we know it happens, most people would prefer not to think about it. If you were sexually abused yourself, you may be only too aware of this. You've probably already come across people who didn't want to know, didn't understand, or didn't believe your experiences. But things have changed. Nowadays it is possible to find people to talk to about it, and to find help and support to resolve its effects on you.**

People, both male and female, who have been victims of abuse, particularly during childhood, can lose all sense of self-worth. They may refuse to believe that anyone will love them no matter what they are told and however much others may value them. Some find it difficult to take care of themselves and often hate their own bodies.

The abused person may go for years, even their whole lives, without telling anyone about what happened to them. As a child, they may have been threatened with frightening consequences if they did speak out, and even now, as adults, they still believe they would only be condemned, accused of lying or rejected.

Others that were abused needed to suppress and block out the memories to survive. They are often left with painful feelings and unwanted behaviours that they can't explain, and for these, a particular life event, like having a child or losing a loved one, can spark a flashback from their past. Sometimes childhood abuse is discovered when the adult survivor seeks help for another seemingly unrelated problem.

The ways that a child develops to survive abuse can subsequently be destructive in their adult lives. Not feeling anything is one way of surviving abuse, but there comes a time when a person wants to feel and needs to experience their feelings - to feel joy, love, and anger - to live.

Acting and pretending that everything is fine, wearing a 'mask' of normality is another survival technique. This may work well as a child, but in later life it can become too much of a strain.

Many victims of sexual violence and childhood abuse will try everything else, and only when it is unavoidable, will they consider dealing with their mistreatment. It is a difficult and brave step. For people who already feel so isolated and mismatched in life, it's easy for them to give up; to think: 'Yes, but it won't be able to help me'.

***This is tragic because a great deal of help is available now.***

**EXTRACT FROM: 'Breaking Down the Wall of Silence' By Alice Miller**

We build high walls to screen ourselves from painful facts because we have never learned whether or how we can live with this knowledge. 'And, why should we?' some people might say. 'What's done is done. Why should we go over all that again?' The answer to that question is extremely complex. In this book, I will endeavor to show, by way of various examples, why the truth about our childhood is something we cannot, and should not, forgo, either as individuals or as a society.

One of the reasons is that behind the wall we erect to protect ourselves from the history of our childhood **still stands the neglected child we once were**, the child that was once abandoned and betrayed. It waits for us to summon the courage to hear its voice. It wants to be protected and understood, and it wants us to free it from its isolation, loneliness, and speechlessness. But this child who has waited so long for our attention not only has needs to be fulfilled. **It also has a gift for us**, a gift that we desperately need if we truly want to live, a gift that cannot be purchased and that the child in us alone can bestow. It is the gift of the truth, which can free us from the prison of destructive opinions and conventional lies. Ultimately, it is the gift of security, which our rediscovered integrity will give us. **The child only waits for us to be ready to approach it, and then, together, we will tear down the walls.**

Many people do not know this. They suffer from anguishing symptoms. They go to doctors who fend off the necessary knowledge just as they themselves do. They follow the advice that these doctors offer, subjecting themselves, for example, to completely unnecessary operations or other damaging treatments. Or they down sleeping pills to erase the dreams that could remind them of the child waiting behind the wall. But as long as we condemn it to silence, the child's only recourse is to express itself in another language - that of sleeplessness, depression, or physical symptoms. And against these reactions, drugs and tablets are of no help. They simply confuse the adult even more.

Many people are unaware of this, though some have long since sensed this truth and can nonetheless not help themselves. Some sense that to repress feelings of their childhood is to poison the very well-springs of life; they know that though repression may have been necessary for the child's survival - otherwise it might literally have died from the pain - maintaining repression in adult life inevitably has destructive consequences. But in the absence of any other alternative, they regard such consequences as a necessary evil. They don't know that it is indeed possible to resolve childhood repression safely and without danger, and learn to live with the truth. Not all at once. Not by recourse to violent interventions. But slowly, step by step, and with respect for their own system's defense mechanisms, recovery is possible.

I myself did not know this for many years, either. My training in and subsequent practice of psychoanalysis had made me blind to the possibility. But the success of my own experience of the slow integration of individual aspects of my childhood has made me want to pass on that information to all those who suffer because they are cut off from the roots of their own being.

Today we can be helped to correct our blindness, to resolve the consequences of old injuries, to access the truth and restore the crucial contact with the child in us so that we can regain those parts of our consciousness that were alienated from us for so long.

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### Support and Guidance:

#### **What Is Counselling?**

Counselling is an opportunity to talk about problems you're experiencing, with someone who listens and cares. It's based on a relationship of mutual trust and respect that develops between you and your counsellor, so that in time you feel you can talk about any issue and be heard and understand. A counsellor will seldom give direct advice or tell you what to do. The main aims of counselling are to help develop our own insight into problems, help us reassess and improve our coping skills, and to help us find our inner strengths and resources. The overall effect is that we should feel less alone and isolated, less confused and depressed as we begin to understand ourselves better. And less of a victim as we discover we do have choices and can take more control of our lives. Sessions vary in length and frequency depending on the need and how a counsellor works.

#### **Different Forms of Counselling**

**Telephone & On Line** - This can be one-off crisis counselling via a helpline or a regular appointment with your own already established counsellor according to the terms of your contract. Some organisations will be able to phone you back so you don't pay for the call. Free-phone helplines don't usually appear on your itemised phone bill but if this is a concern check it out with the organisation.

For safety reasons, we do not recommend telephone, email or internet counselling from the start, where abuse is concerned, because it is open to misuse, and counselling in this way lacks the personal dynamic which can be so effective. However, if these ways are the only ones available to you, or you do not feel ready for one-to-one or group work, they can be good. If this is your choice, thoroughly check out the service being offered. It should be based at a bona fide address where you could send mail if you need to or visit. Counsellors should belong to one or more of the larger counselling associations such as BACP or the UKCP.

**Face-to-face** - This is usually one-to-one, in the organisation or counsellor's own premises. A lot of organisations, such as rape crisis centres, offer face-to-face counselling free. Private Counsellors charge various amounts, usually from £25 to £60 or more per consultation depending on the area where they work, their experience and skill.

Some offer concessions or other ways to assist those on low disposable incomes.

**Group work** - This usually involves one or two counsellors working with a group of people. This can be offered by voluntary organisations free or may involve payment if provided privately. Sharing each other's experiences is usually an important part of the process; if facilitated and managed well.

**Outreach** - This is counselling or support given in the client's home, school, community centre, or any other premises away from the counsellor's usual main base or consulting rooms. This can be helpful for clients who have disabilities or other special needs.

**More about Costs and your Investment** - Organisations such as rape crisis centres offer face-to-face counselling usually free or for a small fee. Private counsellors usually charge, and their fees vary according to qualifications and experience. Some operate a sliding scale according to

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the income of their clients, or make arrangements to spread the costs over time. Do not reject private therapy because you are concerned about the cost. In many circumstances, they may offer their services free, and many counsellors offer a free introductory consultation. Access to counselling may occur via an Employee Assistance Programme, Occupational Health or your General Practitioner; the duration of counselling in these circumstances is often limited.

When it comes to choosing a particular model of therapy or counselling be wary of those who oversell their methods or make promises to cure quickly and painlessly. No counsellor can or should ever make such assertions in the fields of abuse and sexual violence. Some methods do work quicker than others but only if those methods suit the individual client.

If a counsellor claims to use methods that work quickly it is reasonable to expect them to offer it on a basis where you may delay payment until satisfied or secure a money back guarantee; after all, if you are expected to trust the counsellor it is only fair that the counsellor trusts you.

### What is the Best Counselling Style for Me?

***Independent studies of different counselling methods have mostly concluded that it is the quality of the relationship between client and counsellor that matters most.***

Lambert, M.J. (1992) 'Implications of Outcome Research for Psychotherapy Integration', in Norcross and Goldstein (1992), pp. 94-129.

Estimates that therapeutic change is around 40% due to client and extra-therapeutic variables, 30% due to relationship factors, 15% due to expectancy and hope factors, and 15% due to the techniques and models of individual approaches. See Hubble et al. (1999) for much more on common factors.

### Other Forms of Help

Some victims of abuse and sexual violence are able to access help for themselves by private study at home from books and other sources of information. This can be invaluable but is an unusual path to full and sustained recovery.

For those who choose to work this way it is wise to have some outside support. Some use the internet to access counselling or support through chat rooms but it is important to check out the validity of such services. Authentic organisations will have land line telephone numbers and addresses which can be validated together with codes of ethics and practice, complaints procedures and be able to provide details of their qualification criteria and insurance arrangements.

### What People Should Generally Expect from Counselling and Support Services

It is important that you talk to your counsellor about what your expectations and needs are. Just like any other relationship, the more you know and can communicate what you want and need, the better chance you will have of receiving it and speeding the process. No counsellor has a crystal ball, neither can they mind-read so they will not know your needs or what you are thinking without you telling them. It may be easier at first, to write down needs than to say them.

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You may be entering therapy for the first time and have no idea of what will happen other than you want to feel better than you currently do. It is very important that you express all your feelings, thoughts, hopes and fears at the start, and then throughout therapy to the best of your ability. Keeping your feelings about what is said to yourself is your right, but it is not very helpful in a counselling environment if you wish to make progress.

Good therapy is not something done **to** or **for** you; it is a living process within which you and the therapist play active parts. Therapy works best when it is an honest two-way process of communication, and you have an equal responsibility.

- It takes time to establish a trusting relationship with a therapist, so expect it to take a few sessions before you feel completely comfortable.
- It is important that you go at your own pace and don't overwhelm yourself. Do not try to rush things for a quick fix, or because you feel you owe it to your partner, or other oughts, shoulds and musts.

We all resist change, so do not be at all surprised if you are tempted to quit therapy just before some real changes or breakthroughs are about to happen. Being committed to therapy can change your life. Be prepared to feel some loss and fear because of this.

Therapy is very often hard work, and can be emotionally draining at times. After an intense therapy session expect to feel exhausted for a while. Counselling outcomes depend very much on your resolve to achieve resolution. Others around you may resist your changes and growth and they will usually need time to adapt to the new you.

- Sometimes, therapy can release emotions and memories that have been "locked in time" for many years, and sometimes after a therapy session you may feel like a child for a while, with a child's fears. It is not unusual when dealing with buried feelings and repressed memories, to actually feel that you are becoming worse than you were before you started.
- Sometimes therapy is short term, sometimes prolonged. Be prepared to take whatever time it takes to get the result you want. Becoming a healthier and balanced person can feel very unfamiliar and uncomfortable at first. This is normal and to be expected.
- Your therapist will not be perfect as a person and will make mistakes as all of us do. Hopefully he or she will acknowledge and take responsibility for those mistakes.
- You should expect your therapist to have good, strong, boundaries, to be ethical and to treat you with respect. The therapist should avoid a dual relationship while your therapy is in process and during your subsequent processing. This means generally that he or she is not there as a support between consultations unless that service is part of the contract. The therapist cannot be a close personal friend although one should expect friendliness and support.
- Dual relationships include suggestions regarding joint business ventures, provision of accommodation at the counsellor's home or doing work for them. If a counsellor ever flirts or suggests a sexual relationship with you, leave as soon as you can, do not return and consider reporting the therapist to their regulating body.

There are many therapeutic methods, models and styles, they can't all suit everybody. We are unique, have differences and find ourselves in different situations. If you feel that the therapeutic model or style used by your therapist is inappropriate for your needs, you should talk this

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through with your therapist and be prepared to change to a different style or a different person.

After therapy one will still encounter the wide range of emotions, from the heights of joy and happiness to the depths of sorrow and rage, that's life. Good counselling is not about avoiding unpleasant feelings or for that matter inducing and extending the pleasant emotions, but much more about how to use all feelings well. This ability results in a state of growing confidence and self-esteem, a being in touch with one's real self; whatever the prevailing circumstances.

As a result of therapy what you should feel is a growing sense of wholeness and peace, which on the one hand enables you to enjoy the good in life, while on the other hand helps you to resolve and settle the unpleasant experiences, problems and feelings much more quickly.

Many people believe that once therapy is complete their lives will progress smoothly; that is unreasonable. When you have changed, life will still be difficult at times. You will still be faced with problems, conflicts, loneliness and boredom, as well as achievement and success.

### **What Does Effective Counselling Feel Like?**

You cannot judge whether therapy is good by the way you feel in the moment. Some experience counselling as a haven they can't wait to get to. Others dread every session and have to force themselves to go. Counselling is not always comfortable.

Generally, you know you're with a good counsellor when you develop more and more skills to heal yourself, when you become able to recognise your own patterns and to feel and interpret your own emotions well.

### **Considerations When Choosing a Service if you are the Victim of Abuse and Sexual Violence**

Seeing someone who's experienced in dealing with childhood abuse and sexual abuse has obvious advantages, but may not be essential. On the other hand, some people want to know that their counsellor is a survivor of abuse to feel they could really understand, and many specialist counsellors are those who have recovered from their own experiences of abuse.

It may take time and some effort to find the right counsellor or group for you. Be willing to phone around and even to meet several people before you make a final decision. Most counsellors will talk to you on the phone, but it is often far better to visit the counsellor; in that way, you will get a better impression and also be able to assess the setting.

### **Memory Retrieval**

During counselling, it is likely that memories will surface as part of the natural processes and that is to be expected. Many clients want to tell their story, others may need to be heard in a safe environment, and this too is a normal direction that some victims wish to take.

On the other hand, no counsellor should, unless there are very exceptional circumstances, directly ask or prompt a client for memories, or to give additional details regarding their history.

Examples of memory retrieval work:

1. Being asked and/or being prompted to recall events and the details.
2. Being offered possible scenarios. Then possibly being asked if they are the same or similar.
3. Suggestions by the counsellor to invent scenarios so that they could work with them.

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Memory retrieval work is generally discredited for the following reasons:

1. Clients can feel under pressure to please the counsellor and invent material.
2. Memories recovered in this way are usually considered poor evidence in both criminal and civil proceedings; unless there is substantial corroboration.
3. It is highly likely that a defence lawyer could easily discredit such evidence, and any counsellor who claimed to have worked in this way. Research False Memory Syndrome if you wish.
4. The client is seldom convinced that their recall is accurate. This can lead to doubts about themselves and considerable emotional turmoil.
5. Memories of abuse recovered in these ways frequently cause shock and states of high emotional trauma, whereas memories that surface naturally are usually more easily accepted and resolved. This is nearly always accompanied by states of being vulnerable to further suggestion and control.
6. It can result in increased dependency on the counsellor, which could be considered as abuse. It is therefore generally regarded as an obstacle to healthy resolution, where the ethical goal should be towards autonomy.

Where memory retrieval work is employed with the victims, the only significant benefit seems to be to the perpetrators of those who did the harm, their legal defences; or to those wishing to form a state of dependency.

### Touch

Some forms of counselling and therapy include touching and/or holding, and if this is the case it will be an important issue for you to consider. Touch is very rare in one to one counselling for abuse because of the vulnerability of victims, but it can be a part of being in group work. Touch of any kind, even slight and accidental, can evoke strong emotions. Those feelings could be of comfort and be cathartic, or of discomfort and be damaging. On the other hand, not to touch in certain circumstances could feel like rejection.

Within the counselling profession there is a continuing debate regarding the use of and issues around touch, and a general principle within the guidelines of all bona fide healthcare professions is to 'first, do no harm' (*Primum non nocere*).

*First do no harm. One of the principal precepts that all healthcare students are taught, and is a fundamental principle throughout the world. Another way to state it is that, "given an existing problem, it may be better not to do something, or even to do nothing, than to risk causing more harm than good." It reminds the health care provider that they must consider the possible harm that any intervention might do. It is invoked when debating the use of an intervention that carries an obvious risk of harm but a less certain chance of benefit.*

For you, it may be wise to mention the issue of touch from the start.

Once again, your own instincts about what you want are an important source of guidance.

If the style of counselling offered includes touching you may wish to look elsewhere, or to be able to exclude touch.

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### **No counsellor or helper may insist on touch unless you agree.**

The final judge of whether a counsellor or group is right for you can only be yourself, and in the end, you must trust your own instincts and how you feel. Ask yourself if you would feel comfortable telling this person intimate details of your life, and will be able to be open and honest with them regarding your material? Do you feel safe with them, do you like their manner towards you and their attitude to your questions? Ask yourself if you feel that you can trust this person. The more open you can be, the more likely it is that you will gain from the counselling or group work.

### **Warning signs.**

The following site has useful information and a list of warning signs to help you identify when things may be going wrong between you, a therapist, group leaders or other helpers:

<http://www.goodtherapy.org/blog/warning-signs-of-bad-therapy/>

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### Useful Questions to Ask a Prospective Counsellor or Group Facilitator

(It may be easier to hand this list to the counsellor)

- Have you worked with victims of abuse and sexual violence?
- How long for?
- What kind of training have you had?
- What are your qualifications?
- What is the goal that you aim for with clients?
- How do you work with survivors and what are the techniques you use?
- Can you work if I have few or no clear memories?
- Do I have to talk about the details of the abuse/incident?
- Please tell me about the professional support and supervision that you have?
- What are your views on touch, holding and physical contact between yourself and clients?
- What degree of confidentiality do you offer?
- How much do you charge? Is there a sliding scale or are there other arrangements to assist with the cost? (Do not dismiss the possibility of private counselling – some offer free places or delayed payment)
- How long do you work with clients on average?
- Ask for all the terms and conditions ~ in writing.
- Ask for the details of the professional bodies to which they belong, insurance cover and check this out.

If you have issues to do with race, religion, sexual orientation, disability, alcoholism, eating disorders, or other specific problems, or some other aspect important to you, prepare some special questions that will help you determine the attitude and experience of the therapist or group leaders.

You may feel strongly that you want to work with a woman or with a man.

You may prefer to choose a counsellor of your race, economic background, sexual preference, religion, or someone who has experiences similar to yourself. If you have such preferences there may be specific organisations that only have counsellors of a certain gender, sexual orientation or religion that can help. Your own instincts about what you want are an important source of guidance.

Most organisations are made up of counsellors and helpers of all sorts of backgrounds, beliefs and sexual orientation. If specific attributes are important to you it is up to you to ask.

*It may be worth considering the value of working with a helper that challenges some of your preferences...*

## **Reflection**

Once you've contacted several counsellors compare the way you felt when you were talking with them:

- Which one seemed to understand you best?
- Was it easy for you to clarify what you said when you felt that you had not been understood?
- Were you able to be honest and direct?
- Did you feel that the therapist was focused on you?
- Did you get some useful feedback when explaining your needs?
- Did the therapist seem fairly flexible and at ease?
- Was the therapist open and clear about the boundaries and what is expected of you?

When you start work with a counsellor, you should continue to bear in mind the above points and feel understood and supported.

Additionally, throughout therapy:

- You should feel generally liked and respected.
- You should be treated as a unique individual.
- There should be evidence that the therapist is interested in you and your issues.
- Expressions of emotion and information given should be limited to what is helpful to you.
- You should experience clear and safe boundaries within which you can work.
- You and your therapist should refrain from contact outside the process.
- The therapist should be comfortable and listen to you respectfully if and when you ask questions about any aspect of the process and therapeutic relationship, or if you wish to be critical or to challenge anything.
- You should gain a growing sense of being able to rely on your own feelings and find your own solutions.
- You should generally feel empowered and as an equal with the therapist.

**Directory And Book Services (DABS) ~ Call or Text Helpline: 07854 653118**

## Directory And Book Services (DABS) ~ Call or Text Helpline: 07854 653118

**DABS Disclaimer:** Be aware that while the clear majority of counsellors work to the highest ethical standards, a few do not. At present, there is no ultimate and effective independent regulation of the counselling profession.

As things stand anyone can call themselves a counsellor/therapist, they do not have to be trained, there is no legal requirement for counsellors to be insured or to belong to a regulatory body. Ultimately one can be faced with having to take time consuming civil action for damages against an individual if things go wrong. Even here, if the counsellor has no assets it may not be a worthwhile pursuit.

Even if a counsellor does belong to a regulatory organisation and claims to be bound by their codes of ethics, faced with a complaint they can simply resign AND continue to practice. Some organisations specifically state that they exist to protect the counsellor. No counsellor can be 'struck off' as is the case with medical practitioners and therefore many who have behaved unethically continue to work quite lawfully.

It is wise to check that the counsellor you work with is insured. It is also wise to find out a little about any regulatory body that a counsellor belongs to. As a general rule, they should belong to a large bona fide well known and respected association that can deal with complaints properly. Some smaller associations do not have the resources to investigate complaints very well and others, as stated above, are formed to protect their members rather than the public. Until there is proper compulsory state regulation this remains the case.

**If you feel there is a problem:** If a counsellor ever wants to have a sexual relationship with you, get out right away and report the therapist to the appropriate licensing board.

If you don't feel respected, valued, or understood, or if your experience is being minimised or distorted, that's a sign that you're in bad therapy, or at least that there's a bad relationship between you and the counsellor. If you feel there is something wrong in the counselling relationship, or if you get upset or angry with your counsellor, talk about it in your session. Afterward, you should feel you've been heard and understood. However, if your counsellor discounts your feelings or responds defensively, then you're not getting the respect you need. Look elsewhere.

Confidentiality is of major importance in counselling. Your counsellor will not tell anyone what you have told him or her, except in exceptional circumstances and only after discussing it with you. These circumstances usually involve your safety or the safety of others and there are some circumstances where the law does not permit confidentiality. You are advised to check out a prospective counsellor's own code of practice and to discuss this with your prospective counsellor first if you have any concerns.

Main source: The Courage To Heal, Mandarin Paperbacks London 1990 © 1988 by Ellen Bass & Laura Davis

**The Clinic for Boundaries Studies:** The only organisation in the UK working around all aspects of professional boundaries and the prevention of boundary violations. The Clinic runs preventative, recovery and remedial services. The Clinic's specialist support services are designed to support members of the public who may have been harmed by professionals including counsellors & therapists.

0203 468 4194 ~ [www.professionalboundaries.org.uk](http://www.professionalboundaries.org.uk)

**DABS 'IN-HOUSE' COUNSELLING**

It has become apparent that some callers to the DABS Pathfinder Helpline are unable to access the counselling they need and as a response to this DABS offers its own 'In-House' counselling as an alternative.

1. A condensed course of therapy will be offered by the DABS Counsellor~ subject to their assessment with you.
2. This format is most suitable for victims and survivors of abuse and sexual violence.
3. Depending on the circumstances and assessment, it is usual to start with a short number of consecutive days to address the main issues~ then to follow up later with additional days and so on until the work is complete.
4. All DABS counsellors will be members of BACP or UKCP and will have met our terms and conditions.

**DABS CONTRACT CONDITIONS**

1. If at any point you consider that our counselling is not working or is unsuitable for you, the amounts you have paid will be refunded and you will be released from obligations to pay further sums.
2. The counsellor also has the right to cease their work with you at any point if they consider that therapy is not working successfully. Any fees paid up to that point will be refunded. The DABS counsellor will then support you as much as possible to find the further help you need.
3. You will receive a copy of the counsellors' personal contract details.
4. There is a minimum charge of £50 per hour

All fees can be spread over time by paying a minimum of £20 per month by Bank Standing Order or other agreed method.

In cases of very low disposable income lesser amounts can be negotiated.

Please contact DABS for further details on:

T: 07854 653118 ~ E: [dabs@btinternet.com](mailto:dabs@btinternet.com)

## **SEXUAL ASSAULT REFERRAL CENTRES (SARCS)**

SARCs are specialist 24/7 services for people who have been raped or sexually assaulted.

They aim to be one-stop services, providing medical care, counselling and forensic examinations following sexual assault/rape. In some locations they also provide general sexual health services. Facilities are free of charge and provided to women, men and young people. Some centres may be able to assist with child victims.

SARCs are mainly geared to assist in the immediate aftermath of an assault but even if the incident was not recent they may be able to point to other services such as Rape Crisis. SARCs are funded and run in partnership, usually between the NHS, police and the voluntary sector.

SARCs services are available even if victims do not wish to make a formal complaint to the police. Evidence can be gathered and the user can choose to have their forensic evidence samples stored. The intention is that service users will be in a position to take back some control of events and take time to decide whether or not to inform the police at a later stage.

In order to preserve any evidence, it is vital that help from the SARC is accessed as quickly as possible following the incident. For information and to book an appointment, phone the SARC nearest to you.

The Home Office were committed to having one SARC per police force by 2011. Should you need to access a SARC and there is none in your area, phone the next nearest to see if they can assist or contact your local Police and ask for details of their service provision.

See also:

**England & Wales: W: [www.rapecrisis.org.uk](http://www.rapecrisis.org.uk) ~ T: 0808 802 9999**

**Scotland: W: [www.rapecrisisscotland.org.uk](http://www.rapecrisisscotland.org.uk) ~ T: 0141 331 4180**

**Northern Ireland: W: [www.nidirect.gov.uk/rape-crisis-and-sexual-abuse-centre](http://www.nidirect.gov.uk/rape-crisis-and-sexual-abuse-centre) ~ T: 028 9032 9002**

**Ireland: W: [www.rcni.ie](http://www.rcni.ie) ~ T: 091 563676**

## **VICTIM SUPPORT**

Victim Support services are charity based organisations for victims and witnesses of crime. Specially trained volunteers deliver their services and although they work closely with the police and other parts of the criminal justice system, they are an independent charity.

Victim Support exists to help all victims and witnesses of crime right across the UK and Ireland.

Their services are free of charge and confidential.

They run a witness support service and Victim Support lines:

**England & Wales: W: [www.victimsupport.org](http://www.victimsupport.org) ~ T: 0845 30 30 900**

**Scotland: W: [www.victimsupportsco.org.uk](http://www.victimsupportsco.org.uk) ~ T: 0845 603 9213**

**Northern Ireland: W: [www.victimsupportni.co.uk](http://www.victimsupportni.co.uk) ~ T: 028 9024 4039**

**Ireland: W: [www.victimassistanceireland.com](http://www.victimassistanceireland.com) ~ T: 066 711 9830**

## DABS RESOURCE DIRECTORY LAYOUT & DESIGN

**REGION: Here E.g. NATIONAL~ Section Number here: 01**

**E.g. National UK**

Specific areas serving here. E.g. Serving: National UK and Ireland

<b>Clients:</b> Under this heading are the client groups served by the organisation	<b>Services:</b> Under this heading are the specific services offered by the organisation
<b>Description of service:</b> As a paragraph here...	

Other services, particularly in the private sector, may exist in your area that we are not aware of so it can be useful to pursue enquiries and search other directories, using the general guidelines. They are there to help you find help that is most suitable for you. See Pages 11 to 19.

- ▶ It is also a good idea to contact your local Sexual Abuse Referral Centre (SARC) and Victim Support to see what services and information they offer. See Pages 21 & 22.
- ▶ Even if the services of the organisations we have provided do not seem quite right it is always worth contacting them as they may be able to offer you more promising leads.
- ▶ As mentioned, DABS offers its own counselling which you may wish to consider. Ultimately it is an opportunity for those affected by abuse and sexual violence to do therapy with a guarantee that if it isn't helpful the fees will be refunded. Please see Page 20 and contact us for full details if you are interested.



**PHYSICAL & LEARNING DISABILITIES • REGION: National UK • Section: 01**

**Simon Stevens**

21 Stoney Stanton Road, Coventry, CV1 4FF

Serving: National (UK)

07825 149227

E: [simon@simonstevens.com](mailto:simon@simonstevens.com)

W: [www.simonstevens.com](http://www.simonstevens.com)

◀ If you have any difficulty with these contact details please inform DABS: [dabs@btinternet.com](mailto:dabs@btinternet.com) quoting: DR: DR: 503 ▶

**Clients:**

- Parents FM ●● Parents M ●
- Young People FM ●● Young People M ●

**Services:**

- Training ●
- Physical Disabilities ●● Learning Disabilities ●

**Description of service:** I am a leading independent dysability issues consultant, researcher, trainer, controversial inclusion activist, campaigner, and social change agent, based in Coventry (UK) with vast experience and expertise in a wide range of fields including dysability equality, independent living, health policy, social care, lifestyle advocacy, employing personal assistants and Secondlife. I have worked with many organisations of all types since 1990 nationally and internationally and I am also the founder of Wheelies, the world's first dysability themed virtual nightclub, and star of Channel 4's dysability prank show, I'm Spazticus as well as being a blogger for the Huffington Post. I also have cerebral palsy that affects my speech, balance, hand control and sense of humour (in a positive way).



**PHYSICAL & LEARNING DISABILITIES • REGION: National UK • Section: 01**

**RESPOND**

3rd Floor, 24-32 Stephenson Way, London, NW1 2HD

Serving: National (UK)

HL: 0808 808 0700 T: 020 7383 0700 F: 020 7387 1222  
E: [admin@respond.org.uk](mailto:admin@respond.org.uk)  
W: [www.respond.org.uk](http://www.respond.org.uk)  
◀ If you have any difficulty with these contact details please inform DABS: [dabs@btinternet.com](mailto:dabs@btinternet.com) quoting: DR: DR: 413 ▶

<b>Clients:</b> <ul style="list-style-type: none"><li>● Adults FM ●● Adults M ●</li><li>● Partners FM ●● Partners M ●</li><li>● Parents FM ●● Parents M ●</li><li>● Young People FM ●● Young People M ●</li><li>● Perpetrators FM ●● Perpetrators M ●</li></ul>	<b>Services:</b> <ul style="list-style-type: none"><li>● Helpline ●● Newsletter ●</li><li>● Training ●</li><li>● Physical Disabilities ●● Learning Disabilities ●</li><li>● Physical &amp; Emotional Abuse ●</li></ul>
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**Description of service:** Respond works with people (5+) with learning disabilities who have experienced significant trauma in their lives. We specialise in the effects of sexual abuse. We provide support, advise & training for families & professionals supporting people with learning disabilities who have experienced trauma. The helpline is open: Wed 2-5pm & Thurs 2.30-5.30pm. RESPOND NOW HAS AN ONLINE SHOP! HAVE A LOOK AT [www.respond.org.uk/shop](http://www.respond.org.uk/shop)



**PHYSICAL & LEARNING DISABILITIES • REGION: National UK • Section: 01**

**IRWIN MITCHELL LLP (Solicitors)**

40 Holborn Viaduct, London, EC1N 2PZ

Serving: National (UK)

T: 08000 23 22 33 F: 0207 404 0208

E: [tracey.storey@irwinmitchell.com](mailto:tracey.storey@irwinmitchell.com)

W: [www.irwinmitchell.com](http://www.irwinmitchell.com)

◀ If you have any difficulty with these contact details please inform DABS: [dabs@btinternet.com](mailto:dabs@btinternet.com) quoting: DR: DR: 234 ▶

**Clients:**

- Adults FM ●● Adults M ●
- Parents FM ●● Parents M ●
- Young People FM ●● Young People M ●
- Children FM ●● Children M ●

**Services:**

- Physical Disabilities ●● Learning Disabilities ●
- Physical & Emotional Abuse ●
- Domestic Violence ●
- Court & Legal Support for Victims & Witnesses ●

**Description of service:** A National Law Firm (with 17 offices throughout the UK) with specialist Lawyers dealing with childhood sexual and other abuse claims, representing children, young adult and adult survivors. We pursue civil claims against responsible organisations and perpetrators of abuse and criminal injuries claims. We provide advice and support on criminal prosecutions. Our commitment is to supporting our client, and to achieving justice – whether people find that sense of closure through financial compensation, through an apology or by holding the organisation who failed to protect them into account.



**PHYSICAL & LEARNING DISABILITIES • REGION: National UK • Section: 01**

**SACCS CARE LIMITED**

Mytton Mill, Montford Bridge, Shrewsbury, SY4 1HA

Serving: National (UK), Shropshire & Staffordshire

T: 08000 32 30 31 F: 01743 851060

E: [saccs@saccs.co.uk](mailto:saccs@saccs.co.uk)

W: [www.saccs.co.uk](http://www.saccs.co.uk)

◀ If you have any difficulty with these contact details please inform DABS: [dabs@btinternet.com](mailto:dabs@btinternet.com) quoting: DR: DR: 432 ▶

**Clients:**

- Young People FM ●● Young People M ●
- Children FM ●● Children M ●

**Services:**

- Training ●
- Physical Disabilities ●● Learning Disabilities ●
- Physical & Emotional Abuse ●
- Accommodation ●

**Description of service:** SACCS provides Recovery Treatment Programmes for children between the ages of 4-18 (4-12 on admission) who have been deeply traumatised by physical, emotional or sexual abuse at an early age. It is SACCS policy that a pre-admission assessment and impact assessment be undertaken for all children referred to SACCS which will determine the most appropriate home for the child. This service is free of charge. The SACCS referral process normally takes a maximum of three weeks. SACCS is unique in providing a fully integrated range of therapeutic support for traumatised children, including therapy, life story work and therapeutic parenting. This approach is underpinned by all practitioner staff completing a level 5 Foundation Degree in Residential Therapeutic Childcare as a basic minimum qualification.



**PHYSICAL & LEARNING DISABILITIES • REGION: National UK • Section: 01**

**LET YOUR LIGHT SHINE**

Shirley Warren Action Church, 107-117 Warren Crescent, Shirley Warren, Southampton, SO16 6AY

Serving: National (UK) & Hampshire

HL: 023 80529634 or 07484 319936 T: 023 80529634

E: [letyourlightshine@swac.org.uk](mailto:letyourlightshine@swac.org.uk)

◀ If you have any difficulty with these contact details please inform DABS: [dabs@btinternet.com](mailto:dabs@btinternet.com) quoting: DR: DR: 269 ▶

**Clients:**

- Adults FM ●● Adults M ●
- Partners FM ●● Partners M ●
- Parents FM ●● Parents M ●
- Young People FM ●● Young People M ●

**Services:**

- Helpline ●
- Training ●
- Physical Disabilities ●● Learning Disabilities ●
- Physical & Emotional Abuse ●
- Domestic Violence ●
- Court & Legal Support for Victims & Witnesses ●

**Description of service:** Let Your Light Shine was set up by a Baptist Minister who firmly believes that the church needs to make more of a stand on the issue of child sexual abuse. It is time for the church to rise up and address this issue and embrace the scores of adults who are suffering its effects in our communities. We offer training to help equip people to minister more effectively to survivors. We hold special services for survivors and those who are passionate in supporting and raising awareness of child sexual abuse. The Let Your Light Shine service is held on the Saturday closest to 2nd April (National Incest Awareness Day). Our aim is to raise awareness about issues regarding the sexual abuse of children, as well as providing survivors with a safe place to bring their struggles and successes to God. We also run a fortnightly support group. Call Angie or Jenny for further details.



**PHYSICAL & LEARNING DISABILITIES • REGION: National UK • Section: 01**

**DABS (Directory And Book Services)**

23 Wakefield Close, Colchester, Essex, CO1 2SD

Serving: National (UK) & Essex

HL: 07854 653118 T: 07854 653118

E: [dabs@btinternet.com](mailto:dabs@btinternet.com)

W: [www.dabs.uk.com](http://www.dabs.uk.com)

◀ If you have any difficulty with these contact details please inform DABS: [dabs@btinternet.com](mailto:dabs@btinternet.com) quoting: DR: DR: 131 ▶

**Clients:**

- Adults FM ●● Adults M ●
- Partners FM ●● Partners M ●
- Parents FM ●● Parents M ●
- Young People FM ●● Young People M ●
- Children FM ●● Children M ●
- Perpetrators FM ●● Perpetrators M ●

**Services:**

- Helpline ●
- Physical Disabilities ●● Learning Disabilities ●
- Physical & Emotional Abuse ●
- Domestic Violence ●

**Description of service:** Produces this National Resource Directory for all those concerned with abuse and sexual violence. It contains general information for victims and those supporting them together with details of over 500 specialist organisations and groups in the UK and Ireland.



**PHYSICAL & LEARNING DISABILITIES • REGION: National UK • Section: 01**

**DABS (Directory And Book Services)**

23 Wakefield Close, Colchester, Essex, CO1 2SD

Serving: National (UK) & Essex

HL: 07854 653118 T: 07854 653118

E: [dabs@btinternet.com](mailto:dabs@btinternet.com)

W: [www.dabs.uk.com](http://www.dabs.uk.com)

◀ If you have any difficulty with these contact details please inform DABS: [dabs@btinternet.com](mailto:dabs@btinternet.com) quoting: DR: DR: 130 ▶

**Clients:**

- Adults FM ●● Adults M ●
- Partners FM ●● Partners M ●
- Parents FM ●● Parents M ●
- Young People FM ●● Young People M ●
- Children FM ●● Children M ●
- Perpetrators FM ●● Perpetrators M ●

**Services:**

- Helpline ●
- Physical Disabilities ●● Learning Disabilities ●
- Physical & Emotional Abuse ●
- Domestic Violence ●

**Description of service:** Produces this National Resource Directory for all those concerned with abuse and sexual violence. It contains general information for victims and those supporting them together with details of over 500 specialist organisations and groups in the UK and Ireland.



PHYSICAL & LEARNING DISABILITIES • REGION: National UK • Section: 01

**BEVERLEY LEWIS HOUSE**

East Thames

Serving: National (UK)

T: 020 7473 2813 F: 020 7473 6168

◀ If you have any difficulty with these contact details please inform DABS: [dabs@btinternet.com](mailto:dabs@btinternet.com) quoting: DR: DR: 52 ▶

**Clients:**

- Adults FM •

**Services:**

- Physical Disabilities •• Learning Disabilities •
- Physical & Emotional Abuse •
- Domestic Violence •

**Description of service:** A specialist project for women with learning disabilities. Provide temporary, safe accommodation and a therapeutic environment for women who are at risk of abuse or who have been abused - whether physical, sexual or financial abuse, honour based violence, forced marriage or neglect. Also accessible for women who may have physical or sensory disabilities.



PHYSICAL & LEARNING DISABILITIES • REGION: National UK • Section: 01

**LEEDS ANIMATION WORKSHOP**

45 Bayswater Row, Leeds, LS8 5LF

Serving: National (UK)

T: 0113 248 4997 F: 0113 248 4997

E: [info@leedsanimation.org.uk](mailto:info@leedsanimation.org.uk)

W: [www.leedsanimation.org.uk](http://www.leedsanimation.org.uk)

◀ If you have any difficulty with these contact details please inform DABS: [dabs@btinternet.com](mailto:dabs@btinternet.com) quoting: DR: DR: 264 ▶

**Clients:**

- Adults FM ●● Adults M ●
- Partners FM ●● Partners M ●
- Parents FM ●● Parents M ●
- Young People FM ●● Young People M ●
- Children FM ●● Children M ●

**Services:**

- Physical Disabilities ●● Learning Disabilities ●

**Description of service:** A not-for-profit organisation providing short animated DVDs on social and family issues, including parenting, bereavement, prisoners families, stepfamilies, domestic violence, sexual abuse of children, etc. Plus new DVDs designed for people with learning disabilities about saving energy, making relationships, and accessing healthcare.



**PHYSICAL & LEARNING DISABILITIES • REGION: England North West • Section: 03**

**Preston Domestic Violence Services (PDVS)**

10-12 Oakham Court, Preston, PR1 3XP

Serving: Preston

HL: 01772 201601 T: 01772 201601

E: [enquiries@pdvs.org.uk](mailto:enquiries@pdvs.org.uk)

W: [www.pdvs.org.uk](http://www.pdvs.org.uk)

◀ If you have any difficulty with these contact details please inform DABS: [dabs@btinternet.com](mailto:dabs@btinternet.com) quoting: DR: DR: 368 ▶

<b>Clients:</b> <ul style="list-style-type: none"><li>• Adults FM ●● Adults M ●</li></ul>	<b>Services:</b> <ul style="list-style-type: none"><li>• Helpline ●</li><li>• Training ●</li><li>• Physical Disabilities ●● Learning Disabilities ●</li><li>• Physical &amp; Emotional Abuse ●</li><li>• Domestic Violence ●</li></ul>
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**Description of service:** The HOPE Centre is a safe place to come for advice, support and activities for women who are experiencing domestic violence and abuse. You can drop in for advice or come for a specific activity or appointment. We can support you if English is not your first language. The Outreach Service is for any victim of domestic violence. You can still be in a relationship with your abuser or may have left the relationship. We offer a non-judgmental approach with one to one emotional and practical support. You can meet us just the once, or more if required. The support you will receive will be flexible and designed by you and your support worker to meet your needs. The project aims to transform the futures of people of all ages (over 15) who have issues in their lives that are getting in the way of them finding employment or participating in training or education. It will focus on participants with mental or physical health difficulties, who are homeless, have disabilities or may be full-time carers.



**PHYSICAL & LEARNING DISABILITIES • REGION: England North West • Section: 03**

**SWACA**

166 Knowsley Road, Bootle, Liverpool L20 4NR

Serving: Sefton

T: 0151 922 8606

E: [help@swaca.com](mailto:help@swaca.com)

W: [www.swaca.com](http://www.swaca.com)

◀ If you have any difficulty with these contact details please inform DABS: [dabs@btinternet.com](mailto:dabs@btinternet.com) quoting: DR: DR: 557 ▶

**Clients:**

- Adults FM •
- Young People FM •• Young People M •
- Children FM •• Children M •

**Services:**

- Physical Disabilities •• Learning Disabilities •
- Physical & Emotional Abuse •
- Domestic Violence •• Accommodation •

**Description of service:** SWACA's dedicated team help women, young people and children survive the impact of Domestic Violence and Abuse by giving free practical and emotional support. Our services are offered regardless of Age, Disability, Sexuality, Race or Religion. Our support can be given by phone, in person, in school, in the workplace, in Children's Centres or in our Centre.



**PHYSICAL & LEARNING DISABILITIES • REGION: England North East • Section: 03**

**Victim Support South Yorkshire**

Hackenthorpe Lodge, 126 Occupation Lane, S12 4PQ

Serving: South Yorkshire

HL: 08081689111 T: 0300 303 1976

E: [Humbersouthyorks.vs@victimsupport.org.uk](mailto:Humbersouthyorks.vs@victimsupport.org.uk)

W: [www.victimsupport.org.uk](http://www.victimsupport.org.uk)

◀ If you have any difficulty with these contact details please inform DABS: [dabs@btinternet.com](mailto:dabs@btinternet.com) quoting: DR: DR: 622 ▶

<b>Clients:</b> <ul style="list-style-type: none"><li>● Adults FM ●● Adults M ●</li><li>● Parents FM ●● Parents M ●</li><li>● Young People FM ●● Young People M ●</li><li>● Children FM ●● Children M ●</li></ul>	<b>Services:</b> <ul style="list-style-type: none"><li>● Helpline ●</li><li>● Physical Disabilities ●● Learning Disabilities ●</li><li>● Physical &amp; Emotional Abuse ●</li><li>● Court &amp; Legal Support for Victims &amp; Witnesses ●</li></ul>
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**Description of service:** We provide support services for anyone who has been a victim or witness of crime or who is vulnerable to crime in South Yorkshire. This includes a community service providing support to people in their own homes where possible. We can also provide awareness raising and presentations. Our lines are open: Mon-Fri 9am-8pm, Saturday 9-1. You can also contact us via live chat from 9am to 5pm Monday to Friday or via email on [humbersouthyorks.vs@victimsupport.org.uk](mailto:humbersouthyorks.vs@victimsupport.org.uk).



**PHYSICAL & LEARNING DISABILITIES • REGION: England North East • Section: 03**

**HELEN BRITTON HOUSE**

See Directory Contents for Page on Sexual Assault Referral Centres

Serving: Cleveland

T: 01642 516888 F: 01642 516193

W: [www.helenbrittonhouse.co.uk](http://www.helenbrittonhouse.co.uk)

◀ If you have any difficulty with these contact details please inform DABS: [dabs@btinternet.com](mailto:dabs@btinternet.com) quoting: DR: DR: 211 ▶

<b>Clients:</b> <ul style="list-style-type: none"><li>● Adults FM ●● Adults M ●</li><li>● Partners FM ●● Partners M ●</li><li>● Parents FM ●● Parents M ●</li><li>● Young People FM ●● Young People M ●</li><li>● Children FM ●● Children M ●</li></ul>	<b>Services:</b> <ul style="list-style-type: none"><li>● Training ●</li><li>● Physical Disabilities ●● Learning Disabilities ●</li><li>● Physical &amp; Emotional Abuse ●</li></ul>
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**Description of service:** A Sexual Assault Referral Centre offering support and crisis intervention to people who've experienced sexual assault and rape. Options include: Storage of forensic evidence without police involvement, Anonymous intelligence sharing, Sexual health referral and support, General emotional and practical support. Forensic medical examinations are available, whether or not the incident is reported, or the support workers can take early evidence. Also provide advocacy via ISVAs, and access to counselling.



**PHYSICAL & LEARNING DISABILITIES • REGION: England North East • Section: 03**

**CHANGING LIVES**

2-5 Princes Street, Doncaster, DN1 3NJ

Serving: South Yorkshire

T: 01302 309800  
E: [central.office@changing-lives.org.uk](mailto:central.office@changing-lives.org.uk)  
W: [www.doncastercvs.org.uk](http://www.doncastercvs.org.uk)  
◀ If you have any difficulty with these contact details please inform DABS: [dabs@btinternet.com](mailto:dabs@btinternet.com) quoting: DR: DR: 81 ▶

<b>Clients:</b> <ul style="list-style-type: none"><li>• Adults FM •</li><li>• Partners FM •</li><li>• Parents FM •</li><li>• Young People FM •</li><li>• Children FM •</li><li>• Perpetrators FM •</li></ul>	<b>Services:</b> <ul style="list-style-type: none"><li>• Training •• Training Independently Accredited •</li><li>• Physical Disabilities •• Learning Disabilities •</li><li>• Physical &amp; Emotional Abuse •</li><li>• Domestic Violence •</li></ul>
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**Description of service:** The Centre is open Mon-Fri 9am-3pm. We run various projects working with ethnic minority women; offenders & women at risk of offending; a Mental Health Project offering counselling. We also run courses on anxiety management, assertiveness, etc and support with education and training. We have Creche facilities. A confidential listening & support service is also available. Information Advice and Guidance appointments available.



**PHYSICAL & LEARNING DISABILITIES • REGION: England North West • Section: 03**

**SafeNet**

Serving: Lancashire

HL: 07866 510 728 T: 07866 510 728

E: [contact@safenet.org.uk](mailto:contact@safenet.org.uk)

W: [safenet.org.uk](http://safenet.org.uk)

◀ If you have any difficulty with these contact details please inform DABS: [dabs@btinternet.com](mailto:dabs@btinternet.com) quoting: DR: DR: 443 ▶

**Clients:**

- Adults FM ●● Adults M ●
- Young People FM ●● Young People M ●
- Children FM ●● Children M ●

**Services:**

- Helpline ●
- Physical Disabilities ●● Learning Disabilities ●
- Physical & Emotional Abuse ●
- Domestic Violence ●● Accommodation ●

**Description of service:** SafeNet has been keeping women and children safe from domestic abuse since the early 1970's. Over the years we have extended our services to all survivors and developed specialist support for ethnic minority communities, children and young people, those with complex health needs, LGBT and male survivors. At SafeNet we are proud to deliver fully inclusive and accessible services. SafeNet PROTECTS victims and survivors of domestic violence and abuse through the PROVISION of safe refuge and support services, and PROMOTES the PREVENTION of further harm through various initiatives including work to build safe and healthy relationships and promote equality. If you are at risk of domestic abuse, and need a safe place to stay, we can help. Talk to us in confidence, or text us on 07866 510 728 – 7 days per week, 24 hour safe refuge line. Email: [contact@safenet.org.uk](mailto:contact@safenet.org.uk) – 8am to 11pm daily.



**PHYSICAL & LEARNING DISABILITIES • REGION: England North West • Section: 04**

**RELEASE into VICTORY**

Preston / Lancashire / Northwest

Serving: Lancashire

T: 07597 998169  
E: [ginahelp-info@rivlancs.org.uk](mailto:ginahelp-info@rivlancs.org.uk) or E: [ginahelp-info@rivlancs.org.uk](mailto:ginahelp-info@rivlancs.org.uk)  
W: [www.rivlancs.org.uk](http://www.rivlancs.org.uk)  
◀ If you have any difficulty with these contact details please inform DABS: [dabs@btinternet.com](mailto:dabs@btinternet.com) quoting: DR: DR: 408 ▶

<b>Clients:</b> <ul style="list-style-type: none"><li>• Adults FM ●● Adults M ●</li></ul>	<b>Services:</b> <ul style="list-style-type: none"><li>• Training ●</li><li>• Physical Disabilities ●● Learning Disabilities ●</li></ul>
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**Description of service:** We provide 1:1 non-counselling & peer group support, where survivors and those affected by CSA can speak out freely with others, who are able to relate to and empathise with the trauma they have experienced; where the discussion of difficult topics around issues associated with CSA is encouraged and accepted as the norm. This service can be accessed through our outreach service at various venues across Central Lancashire. We work in collaborative partnerships, with relevant services to provide opportunities for positive emotional health & wellbeing outcomes for those affected by CSA, and promote positive public awareness and transparency around issues and concerns associated with CSA.



**PHYSICAL & LEARNING DISABILITIES • REGION: England North West • Section: 04**

**TRUST HOUSE LANCASHIRE**

Trust House Lancashire  
PO Box 1355  
Preston ~ PR2 0UE

Serving: Lancashire

HL: 01772 200187 T: 01772 825288

E: [office@trustouselancs.org](mailto:office@trustouselancs.org)

W: [www.trustouselancs.org](http://www.trustouselancs.org)

◀ If you have any difficulty with these contact details please inform DABS: [dabs@btinternet.com](mailto:dabs@btinternet.com) quoting: DR: DR: 616 ▶

**Clients:**

- Adults FM ●● Adults M ●
- Partners FM ●● Partners M ●
- Parents FM ●● Parents M ●
- Young People FM ●● Young People M ●
- Children FM ●● Children M ●

**Services:**

- Helpline ●
- Training ●
- Physical Disabilities ●● Learning Disabilities ●
- Physical & Emotional Abuse ●
- Domestic Violence ●
- Court & Legal Support for Victims & Witnesses ●

**Description of service:** A safe space where survivors of all forms of rape and sexual abuse can access a range of services to help them cope and recover from the impact of abuse, regain confidence and self-esteem and be empowered to reclaim their lives. Our services are independent, confidential and free for anyone who has been affected by rape or sexual abuse whether recently or in the past. We offer 1. Specialist counselling and therapy provided by qualified staff, or student counsellors in the final stages of qualification. All counsellors and therapists complete a comprehensive in-house training programme. 2. Independent Sexual Violence Advisors (ISVA's) provide advocacy, and practical and emotional support for those who are going through a criminal justice process. 3. Parent Peer Support Group, Creative Wellbeing Group and a Women's Running Group. 4. A confidential Support Line for anyone affected by rape and sexual abuse offering emotional support, information and referral to counselling and support services.



**PHYSICAL & LEARNING DISABILITIES • REGION: England North West • Section: 04**

**RASA LIVERPOOL (Rape and Sexual Abuse Centre)**

RASA Merseyside  
Stella Nova,  
2 -3Washington Parade,  
Bootle,  
Liverpool,  
Merseyside,  
L20 4TZ

Serving: Merseyside

HL: 0151 666 1392 T: 0151 558 1801 F: 0151 558 0048

E: [referrals@rasamerseyside.org](mailto:referrals@rasamerseyside.org)

W: [www.rasamerseyside.org](http://www.rasamerseyside.org)

◀ If you have any difficulty with these contact details please inform DABS: [dabs@btinternet.com](mailto:dabs@btinternet.com) quoting: DR: DR: 396 ▶

**Clients:**

- Adults FM ●● Adults M ●
- Partners FM ●● Partners M ●
- Parents FM ●● Parents M ●
- Young People FM ●● Young People M ●
- Children FM ●● Children M ●

**Services:**

- Helpline ●● Newsletter ●
- Training ●
- Physical Disabilities ●● Learning Disabilities ●
- Physical & Emotional Abuse ●
- Domestic Violence ●
- Court & Legal Support for Victims & Witnesses ●

**Description of service:** RASA is here for anyone who has been sexually abused or raped, or who has been affected by sexual violence at any time in their lives. We have experience in working with adults who have been sexually abused as children. We offer emotional support, counselling, advocacy and other services to help survivors in ways that work for them. We will also work with non-offending family and friends of survivors.



**PHYSICAL & LEARNING DISABILITIES • REGION: England North West • Section: 04**

**RASA SEFTON (Rape and Sexual Abuse Centre)**

c/o Sefton Women and Childrens Aid, 166 Knowsley Road, Bootle, L20 4NR

Serving: Merseyside

HL: 0151 6661392 T: 07760764421

E: Via Website

W: [www.rasamerseyside.org](http://www.rasamerseyside.org)

◀ If you have any difficulty with these contact details please inform DABS: [dabs@btinternet.com](mailto:dabs@btinternet.com) quoting: DR: DR: 398 ▶

**Clients:**

- Adults FM ●● Adults M ●
- Partners FM ●● Partners M ●
- Parents FM ●● Parents M ●
- Young People FM ●● Young People M ●
- Children FM ●● Children M ●

**Services:**

- Helpline ●● Newsletter ●
- Training ●
- Physical Disabilities ●● Learning Disabilities ●
- Physical & Emotional Abuse ●
- Domestic Violence ●

**Description of service:** RASA provide essential crisis and therapeutic support to survivors (11+) of rape and sexual abuse. RASA Sefton offer support to women, men, young people and children. Face to face counselling and one-off sessions available. Support with police, court, clinics etc. All messages are responded to promptly and support appointments are usually within a couple of days. The helpline is open Mon 7pm-9pm, Tues 7pm-9pm, Wed 2pm-5pm and Sun 3pm-5pm.



**PHYSICAL & LEARNING DISABILITIES • REGION: England North West • Section: 04**

**RELEASE**

c/o Chorley Women's Centre, 55 Clifford Street, Chorley, PR7 1SE

Serving: Lancashire

T: 01257 267776  
W: [www.releasecounselling.org](http://www.releasecounselling.org)  
◀ If you have any difficulty with these contact details please inform DABS: [dabs@btinternet.com](mailto:dabs@btinternet.com) quoting: DR: DR: 407 ▶

<b>Clients:</b> <ul style="list-style-type: none"><li>• Adults FM •• Adults M •</li><li>• Partners FM •• Partners M •</li><li>• Parents FM •• Parents M •</li></ul>	<b>Services:</b> <ul style="list-style-type: none"><li>• Physical Disabilities •• Learning Disabilities •</li><li>• Physical &amp; Emotional Abuse •</li></ul>
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**Description of service:** Face-to-face counselling for survivors of rape, sexual assault or sexual abuse. Leave a message and your number on the answer phone and someone will call you back. (This is no longer a helpline).



**PHYSICAL & LEARNING DISABILITIES • REGION: England North West • Section: 04**

**STEPS TO FREEDOM**

Walton, Liverpool

Serving: Merseyside

T: 07803 059337  
E: [steps2freedom@hotmail.co.uk](mailto:steps2freedom@hotmail.co.uk)  
W: [www.steps2freedom.org.uk](http://www.steps2freedom.org.uk)  
◀ If you have any difficulty with these contact details please inform DABS: [dabs@btinternet.com](mailto:dabs@btinternet.com) quoting: DR: DR: 527 ▶

<b>Clients:</b> <ul style="list-style-type: none"><li>• Adults FM •</li><li>• Partners FM •</li><li>• Parents FM •</li></ul>	<b>Services:</b> <ul style="list-style-type: none"><li>• Training •</li><li>• Physical Disabilities •• Learning Disabilities •</li><li>• Physical &amp; Emotional Abuse •</li><li>• Domestic Violence •</li><li>• Court &amp; Legal Support for Victims &amp; Witnesses •</li></ul>
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**Description of service:** Steps to Freedom offer help & support to adult survivors of childhood sexual abuse. They offer the 21 Step Recovery Programme which is a 48 week self-help programme, facilitated by qualified professionals who are themselves survivors of childhood abuse. They also offer one-to-one counselling, volunteer opportunities and abuse awareness training. Their motto is "Empowerment through Enablement".



**PHYSICAL & LEARNING DISABILITIES • REGION: England North West • Section: 04**

**RASA MERSEYSIDE (Rape and Sexual Abuse Centre)**

P.O. Box 35, Birkenhead, CH42 4RX

Serving: Merseyside

HL: 0151 666 1392 T: 0151 650 0155 F: 0151 666 1392

E: [rasa@rasamerseyside.org](mailto:rasa@rasamerseyside.org)

W: [www.rasamerseyside.org](http://www.rasamerseyside.org)

◀ If you have any difficulty with these contact details please inform DABS: [dabs@btinternet.com](mailto:dabs@btinternet.com) quoting: DR: DR: 397 ▶

**Clients:**

- Adults FM ●● Adults M ●
- Partners FM ●● Partners M ●
- Parents FM ●● Parents M ●
- Young People FM ●● Young People M ●
- Children FM ●● Children M ●

**Services:**

- Helpline ●● Newsletter ●
- Training ●
- Physical Disabilities ●● Learning Disabilities ●
- Domestic Violence ●
- Court & Legal Support for Victims & Witnesses ●

**Description of service:** RASA provides services in Liverpool , Sefton, Birkenhead and Hoylake. RASA provides essential therapeutic support to survivors of rape and sexual abuse. We work with women, men and children. We are able to provide a female only space in our Birkenhead Centre. We also have a dedicated children's service in our North Mersey office based in Bootle. RASA provides a full ISVA (independent sexual violence advisor) service. The ISVA provides support through the criminal justice system. RASA runs support groups. RASA provides training to professionals and parents in order to raise awareness of the signs of child abuse. RASA works closely with statutory and voluntary agencies to ensure that the survivor receives the full, holistic and appropriate care for their identified need. RASA North Merseyside 0151 558 1801 - RASA Birkenhead 650 0155 - West Wirral: 0151 6332151



**PHYSICAL & LEARNING DISABILITIES • REGION: England Midlands • Section: 05**

**SARAC (SEXUAL & DOMESTIC ABUSE & RAPE ADVICE CENTRE)**

P.O. Box 3, Burton upon Trent, DE14 1ZT

Serving: Staffordshire & Derbyshire

HL: 01283 517185 T: 01283 535110

E: [staff@sarac.org.uk](mailto:staff@sarac.org.uk)

W: [www.sarac.org.uk](http://www.sarac.org.uk)

◀ If you have any difficulty with these contact details please inform DABS: [dabs@btinternet.com](mailto:dabs@btinternet.com) quoting: DR: DR: 454 ▶

**Clients:**

- Adults FM ●● Adults M ●
- Partners FM ●● Partners M ●
- Parents FM ●● Parents M ●
- Young People FM ●● Young People M ●
- Children FM ●● Children M ●

**Services:**

- Helpline ●
- Training ●
- Physical Disabilities ●● Learning Disabilities ●
- Physical & Emotional Abuse ●
- Domestic Violence ●
- Court & Legal Support for Victims & Witnesses ●

**Description of service:** A support service for people aged 11 and over who are affected by rape, sexual and/or domestic abuse and sexual exploitation. One-to-one counselling, helpline, reiki and group sessions. Training for other agencies.



**PHYSICAL & LEARNING DISABILITIES • REGION: England Midlands • Section: 05**

**RAPE AND SEXUAL VIOLENCE PROJECT (RSVP)**

P.O. Box 9558, Birmingham, B4 7QE

Serving: Birmingham and Solihull

HL: 0121 643 4136 T: 0121 643 0301 F: 0121 643 2973

E: [info@rsvporg.co.uk](mailto:info@rsvporg.co.uk)

W: [www.rsvporg.co.uk](http://www.rsvporg.co.uk)

◀ If you have any difficulty with these contact details please inform DABS: [dabs@btinternet.com](mailto:dabs@btinternet.com) quoting: DR: DR: 384 ▶

**Clients:**

- Adults FM ●● Adults M ●
- Partners FM ●● Partners M ●
- Parents FM ●● Parents M ●
- Young People FM ●● Young People M ●
- Children FM ●● Children M ●

**Services:**

- Helpline ●● Newsletter ●
- Training ●
- Physical Disabilities ●● Learning Disabilities ●
- Physical & Emotional Abuse ●
- Court & Legal Support for Victims & Witnesses ●

**Description of service:** We offer a wide range of services to both survivors and the people supporting you. Our services are confidential and include: Counselling, specialist sexual abuse counselling to survivors and their supporters; Adult Advocacy and Child Advocacy, providing advice and practical support to adults and children who have, or are considering reporting to the police; Telephone Helpline service, offering support and information; Visual Evidence for Victims, photographing injuries (or criminal damage) caused as a result of crime; Social Groups, where survivors can socialise safely; written Self-help information; Specialised one-to-one and group support for asylum seekers and refugees; Coffee Mornings, where survivors can learn coping strategies.



**PHYSICAL & LEARNING DISABILITIES • REGION: England Midlands • Section: 05**

**SACCS CARE LIMITED**

Mytton Mill, Montford Bridge, Shrewsbury, SY4 1HA

Serving: National (UK), Shropshire & Staffordshire

T: 08000 32 30 31 F: 01743 851060  
E: [saccs@saccs.co.uk](mailto:saccs@saccs.co.uk)  
W: [www.saccs.co.uk](http://www.saccs.co.uk)  
◀ If you have any difficulty with these contact details please inform DABS: [dabs@btinternet.com](mailto:dabs@btinternet.com) quoting: DR: DR: 431 ▶

<b>Clients:</b> <ul style="list-style-type: none"><li>● Young People FM ●● Young People M ●</li><li>● Children FM ●● Children M ●</li></ul>	<b>Services:</b> <ul style="list-style-type: none"><li>● Training ●</li><li>● Physical Disabilities ●● Learning Disabilities ●</li><li>● Physical &amp; Emotional Abuse ●</li><li>● Accommodation ●</li></ul>
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**Description of service:** SACCS provides Recovery Treatment Programmes for children between the ages of 4-18 (4-12 on admission) who have been deeply traumatised by physical, emotional or sexual abuse at an early age. It is SACCS policy that a pre-admission assessment and impact assessment be undertaken for all children referred to SACCS which will determine the most appropriate home for the child. This service is free of charge. The SACCS referral process normally takes a maximum of three weeks. SACCS is unique in providing a fully integrated range of therapeutic support for traumatised children, including therapy, life story work and therapeutic parenting. This approach is underpinned by all practitioner staff completing a level 5 Foundation Degree in Residential Therapeutic Childcare as a basic minimum qualification.



**PHYSICAL & LEARNING DISABILITIES • REGION: England East Anglia • Section: 05**

**Safer Places**

Safer Places, PO Box 2489, Harlow Essex

Serving: West Essex, mid Essex, east Hertfordshire and Southend

HL: 03301 025811 T: 03301 025811

E: [info@saferplaces.co.uk](mailto:info@saferplaces.co.uk)

W: [www.saferplaces.co.uk](http://www.saferplaces.co.uk)

◀ If you have any difficulty with these contact details please inform DABS: [dabs@btinternet.com](mailto:dabs@btinternet.com) quoting: DR: DR: 444 ▶

**Clients:**

- Adults FM ●● Adults M ●
- Young People FM ●● Young People M ●
- Children FM ●● Children M ●

**Services:**

- Helpline ●
- Training ●
- Physical Disabilities ●● Learning Disabilities ●
- Physical & Emotional Abuse ●
- Domestic Violence ●● Accommodation ●
- Court & Legal Support for Victims & Witnesses ●

**Description of service:** We provide support to people living in their own homes or in one of our refuges. We also offer legal advice, specialist programmes for people who have experienced Domestic Abuse, counselling, individual and group support, support with accessing housing and benefits and a wide range of activities for adults and young people. We also offer excellent training and employability within a safe and nurturing environment where learners can develop new skills, gain qualifications and get the support and help they need to be able to go on to further education or employment.



**PHYSICAL & LEARNING DISABILITIES • REGION: England Midlands • Section: 05**

**SARAC (SEXUAL & DOMESTIC ABUSE & RAPE ADVICE CENTRE)**

P.O. Box 3, Burton upon Trent, DE14 1ZT

Serving: Staffordshire & Derbyshire

HL: 01283 517185 T: 01283 535110

E: [staff@sarac.org.uk](mailto:staff@sarac.org.uk)

W: [www.sarac.org.uk](http://www.sarac.org.uk)

◀ If you have any difficulty with these contact details please inform DABS: [dabs@btinternet.com](mailto:dabs@btinternet.com) quoting: DR: DR: 455 ▶

**Clients:**

- Adults FM ●● Adults M ●
- Partners FM ●● Partners M ●
- Parents FM ●● Parents M ●
- Young People FM ●● Young People M ●
- Children FM ●● Children M ●

**Services:**

- Helpline ●
- Training ●
- Physical Disabilities ●● Learning Disabilities ●
- Physical & Emotional Abuse ●
- Domestic Violence ●
- Court & Legal Support for Victims & Witnesses ●

**Description of service:** A support service for people aged 11 and over who are affected by rape, sexual and/or domestic abuse and sexual exploitation. One-to-one counselling, helpline, reiki and group sessions. Training for other agencies.



**PHYSICAL & LEARNING DISABILITIES • REGION: England East • Section: 06**

**THE TOPAZ CENTRE**

P.O. Box No. 9262, Nottingham North, NG5 0DW

Serving: Nottinghamshire and Bassetlaw

HL: 0845 600 1588 T: 0115 844 5024

E: [support@topazcentre.org.uk](mailto:support@topazcentre.org.uk)

W: [www.topazcentre.org.uk](http://www.topazcentre.org.uk)

◀ If you have any difficulty with these contact details please inform DABS: [dabs@btinternet.com](mailto:dabs@btinternet.com) quoting: DR: DR: 601 ▶

**Clients:**

- Adults FM ●● Adults M ●
- Young People FM ●● Young People M ●
- Children FM ●● Children M ●

**Services:**

- Helpline ●
- Physical Disabilities ●● Learning Disabilities ●
- Physical & Emotional Abuse ●
- Domestic Violence ●

**Description of service:** The Topaz Centre provides multi-agency support to survivors (13+) of rape and sexual assault in Nottinghamshire and Bassetlaw. The centre offers a 24hr helpline to access help & advice, a Crisis Worker who will support the client during the initial stages, telephone support and face-to-face support sessions, referral to counselling and sexual health services, forensic medical examinations, all of which are available with or without reporting to the Police.



**PHYSICAL & LEARNING DISABILITIES • REGION: England East Anglia • Section: 07**

**PETERBOROUGH RAPE CRISIS**

Oasis@Rivergate Centre, Viersen Platz, Peterborough, PE1 1SE

Serving: Cambridgeshire

HL: 01733 225937

E: peterboroughrapecrisis@nhs.net

W: www.peterboroughrapecrisis.co.uk

◀ If you have any difficulty with these contact details please inform DABS: [dabs@btinternet.com](mailto:dabs@btinternet.com) quoting: DR: DR: 362 ▶

**Clients:**

- Adults FM •
- Partners FM •
- Parents FM •
- Young People FM •
- Children FM •

**Services:**

- Helpline •• Newsletter •
- Training •
- Physical Disabilities •• Learning Disabilities •
- Physical & Emotional Abuse •
- Court & Legal Support for Victims & Witnesses •

**Description of service:** We offer the following services to women & girls (13+) who have been raped, sexually abused or assaulted: Telephone helpline; Individual telephone support; Face-to-face support; Support in court; Support in medical matters; Support in going to the police if desired; Details of other agencies who could help with welfare rights, compensation, housing, pregnancy & sexual health issues. The helpline is open: Wed 7-9pm & Sat 10am-12noon. Our training course is accredited with The Open College of Learning ~ Please contact us for details.



**PHYSICAL & LEARNING DISABILITIES • REGION: England East Anglia • Section: 07**

**EQUAL LIVES - Information, Advice & Advocacy Service**

Unit 15, Manor Farm Barns, Framingham Pigot, Norwich, NR14 7PZ

Serving: Norfolk & Suffolk

T: 01508 491210 F: 01508 491216

E: [info@equallives.org.uk](mailto:info@equallives.org.uk)

W: [www.equallives.org.uk](http://www.equallives.org.uk)

◀ If you have any difficulty with these contact details please inform DABS: [dabs@btinternet.com](mailto:dabs@btinternet.com) quoting: DR: DR: 166 ▶

**Clients:**

- Adults FM ●● Adults M ●
- Partners FM ●● Partners M ●
- Parents FM ●● Parents M ●
- Young People FM ●● Young People M ●
- Perpetrators FM ●● Perpetrators M ●

**Services:**

- Physical Disabilities ●● Learning Disabilities ●
- Physical & Emotional Abuse ●
- Domestic Violence ●
- Court & Legal Support for Victims & Witnesses ●

**Description of service:** Offers an independent information, advice and advocacy service for disabled people, people with mental health problems and/or a learning disability. This is a free service for clients. The office is open: Mon- Fri 8.30am -4.30pm. We accept self-referrals, as well as referrals from professionals, carers and partners. Please note we don't specialise in supporting anyone who has been abused specifically; our clients who have come to us for other reasons may just be in that category.



**PHYSICAL & LEARNING DISABILITIES • REGION: England East Anglia • Section: 07**

**EQUAL LIVES - Information, Advice & Advocacy Service**

Unit 15, Manor Farm Barns, Framingham Pigot, Norwich, NR14 7PZ

Serving: Norfolk & Suffolk

T: 01508 491210 F: 01508 491216

E: [info@equallives.org.uk](mailto:info@equallives.org.uk)

W: [www.equallives.org.uk](http://www.equallives.org.uk)

◀ If you have any difficulty with these contact details please inform DABS: [dabs@btinternet.com](mailto:dabs@btinternet.com) quoting: DR: DR: 167 ▶

**Clients:**

- Adults FM ●● Adults M ●
- Partners FM ●● Partners M ●
- Parents FM ●● Parents M ●
- Young People FM ●● Young People M ●
- Perpetrators FM ●● Perpetrators M ●

**Services:**

- Training ●
- Physical Disabilities ●● Learning Disabilities ●
- Physical & Emotional Abuse ●
- Domestic Violence ●
- Court & Legal Support for Victims & Witnesses ●

**Description of service:** Offers an independent information, advice and advocacy service for disabled people, people with mental health problems and/or a learning disability. This is a free service for clients. The office is open: Mon-Thurs 9am-5pm and Fri 9am-4.30pm. We accept self-referrals, as well as referrals from professionals, carers and partners.



**PHYSICAL & LEARNING DISABILITIES • REGION: England East Anglia • Section: 07**

**SUFFOLK RAPE CRISIS (SRC)**

Admirals House, 13 Tower Street, IPSWICH, Suffolk, IP1 3BE

Serving: Suffolk

HL: 0800 0850 520 T: 01473 231200

E: [srchelp@srchelp.org.uk](mailto:srchelp@srchelp.org.uk)

W: [www.suffolkrapecrisis.org.uk](http://www.suffolkrapecrisis.org.uk)

◀ If you have any difficulty with these contact details please inform DABS: [dabs@btinternet.com](mailto:dabs@btinternet.com) quoting: DR: DR: 535 ▶

**Clients:**

- Adults FM •
- Partners FM •• Partners M •
- Parents FM •• Parents M •
- Young People FM •

**Services:**

- Helpline •
- Training •
- Physical Disabilities •• Learning Disabilities •
- Domestic Violence •

**Description of service:** Suffolk Rape Crisis provides a FREE confidential face-to-face counselling service and telephone helpline for women and girls in Suffolk who have experienced any form of sexual violence whether recently or in the past. We also support women and girls from 'report to court' and actively work in our community to raise awareness of the issues and lobby for change. Helpline open Tue & Thur evening 7 – 9pm.



**PHYSICAL & LEARNING DISABILITIES • REGION: England Midlands • Section: 07**

**Safer Places**

Safer Places, PO Box 2489, Harlow Essex

Serving: West Essex, mid Essex, east Hertfordshire and Southend

HL: 03301 025811 T: 03301 025811

E: [info@saferplaces.co.uk](mailto:info@saferplaces.co.uk)

W: [www.saferplaces.co.uk](http://www.saferplaces.co.uk)

◀ If you have any difficulty with these contact details please inform DABS: [dabs@btinternet.com](mailto:dabs@btinternet.com) quoting: DR: DR: 445 ▶

**Clients:**

- Adults FM ●● Adults M ●
- Young People FM ●● Young People M ●
- Children FM ●● Children M ●

**Services:**

- Helpline ●
- Training ●
- Physical Disabilities ●● Learning Disabilities ●
- Physical & Emotional Abuse ●
- Domestic Violence ●● Accommodation ●
- Court & Legal Support for Victims & Witnesses ●

**Description of service:** We provide support to people living in their own homes or in one of our refuges. We also offer legal advice, specialist programmes for people who have experienced Domestic Abuse, counselling, individual and group support, support with accessing housing and benefits and a wide range of activities for adults and young people. We also offer excellent training and employability within a safe and nurturing environment where learners can develop new skills, gain qualifications and get the support and help they need to be able to go on to further education or employment.



**PHYSICAL & LEARNING DISABILITIES • REGION: England London • Section: 08**

**RESPOND, NW**

3rd Floor, 24-32 Stephenson Way, London, NW1 2HD

Serving: London

HL: 0808 808 0700 T: 020 7383 0700 F: 020 7387 1222  
E: [admin@respond.org.uk](mailto:admin@respond.org.uk)  
W: [www.respond.org.uk](http://www.respond.org.uk)  
◀ If you have any difficulty with these contact details please inform DABS: [dabs@btinternet.com](mailto:dabs@btinternet.com) quoting: DR: DR: 415 ▶

<b>Clients:</b> <ul style="list-style-type: none"><li>• Adults FM ●● Adults M ●</li><li>• Partners FM ●● Partners M ●</li><li>• Young People FM ●● Young People M ●</li><li>• Perpetrators FM ●● Perpetrators M ●</li></ul>	<b>Services:</b> <ul style="list-style-type: none"><li>• Helpline ●</li><li>• Training ●</li><li>• Physical Disabilities ●● Learning Disabilities ●</li></ul>
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**Description of service:** Respond works with people (5+) with learning disabilities who have experienced significant trauma in their lives. We specialise in the effects of sexual abuse. We provide support, advise & training for families & professionals supporting people with learning disabilities who have experienced trauma. The helpline is open: Wed 2-5pm & Thurs 2.30-5.30pm.



PHYSICAL & LEARNING DISABILITIES • REGION: England London • Section: 08

**HAVEN - WHITECHAPEL**

See Directory Contents for Page on Sexual Assault Referral Centres

Serving: London

T: 020 7247 4787 F: 0207 247 5802

W: [www.thehavens.org.uk](http://www.thehavens.org.uk)

◀ If you have any difficulty with these contact details please inform DABS: [dabs@btinternet.com](mailto:dabs@btinternet.com) quoting: DR: DR: 208 ▶

**Clients:**

- Adults FM ●● Adults M ●
- Young People FM ●● Young People M ●
- Children FM ●● Children M ●

**Services:**

- Training ●
- Physical Disabilities ●● Learning Disabilities ●

**Description of service:** The Havens are Sexual Assault Referral Centres, where specially trained, experienced professionals can give you medical help and advice, counselling and practical & emotional support for up to 1 year post sexual assault. You do not have to report the assault to the police to get help, and we can help you decide what to do next. We can offer you support and help to recover. We see male & female clients of all ages. All services are free of charge.



**PHYSICAL & LEARNING DISABILITIES • REGION: England London • Section: 08**

**Hestia**

Hestia Housing & Support, 1st & 2nd Floor, Maya House  
134-138 Borough High Street, London SE1 1LB

Serving: London

HL: (0)20 7378 3100 T: (0)20 7378 3100 F: (0)20 7407 5781  
E: [info@hestia.org](mailto:info@hestia.org)  
W: [www.hestia.org](http://www.hestia.org)  
◀ If you have any difficulty with these contact details please inform DABS: [dabs@btinternet.com](mailto:dabs@btinternet.com) quoting: DR: DR: 215 ▶

<b>Clients:</b> <ul style="list-style-type: none"><li>● Adults FM ●● Adults M ●</li><li>● Partners FM ●● Partners M ●</li><li>● Parents FM ●● Parents M ●</li><li>● Young People FM ●● Young People M ●</li><li>● Children FM ●● Children M ●</li><li>● Perpetrators FM ●● Perpetrators M ●</li></ul>	<b>Services:</b> <ul style="list-style-type: none"><li>● Helpline ●● Newsletter ●</li><li>● Physical Disabilities ●● Learning Disabilities ●</li><li>● Physical &amp; Emotional Abuse ●</li><li>● Domestic Violence ●● Accommodation ●</li></ul>
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**Description of service:** We help people find a permanent home, manage their finances, take care of their health, and access work, training or education, as well as providing emotional and practical support to help people succeed in their daily lives. All of our services are built around the needs of our service users, ensuring that the individuals and families that we work with have control over the support they receive. We believe in empowering adults and children to have a voice in the choices that benefit them, their families and their local communities; to enable them to change their lives for the better, fulfil their aspirations and live the most independent, healthy and enriching lives possible.



**PHYSICAL & LEARNING DISABILITIES • REGION: England London • Section: 08**

**FOUNDATION FOR THE DEVELOPING PERSON (FDP)**

376 Hale End Road, Highams Park, London, E4 9PB

Serving: London, I travel to give training wherever I am invited

T: 020 8531 9760 F: 020 8531 9760

E: [jan@janhawkins.co.uk](mailto:jan@janhawkins.co.uk)

W: [www.janhawkins.co.uk](http://www.janhawkins.co.uk)

◀ If you have any difficulty with these contact details please inform DABS: [dabs@btinternet.com](mailto:dabs@btinternet.com) quoting: DR: DR: 187 ▶

**Clients:**

- Adults FM ●● Adults M ●
- Partners FM ●● Partners M ●
- Parents FM ●● Parents M ●
- Young People FM ●● Young People M ●

**Services:**

- Training ●
- Physical Disabilities ●● Learning Disabilities ●
- Physical & Emotional Abuse ●
- Domestic Violence ●
- Court & Legal Support for Victims & Witnesses ●

**Description of service:** Training for professionals supporting survivors of childhood abuse (16+) - (physical, sexual, emotional and neglect). Trainings in a rolling program of study days, bespoke training for organisations. Experienced with providing consultation to the media in their preparation of programs on the subject of abuse, and therapy to contributors to such programs. Referral to other experienced practitioners. BSL (British Sign Language) Stage 2+. Private practice: individual, couple and group therapy.



**PHYSICAL & LEARNING DISABILITIES • REGION: England South East • Section: 09**

**FAMILY MATTERS**

13 Wrotham Road, Gravesend, DA11 0PA

Serving: Kent

HL: 01474 537392 T: 01474 536661 F: 01474 546636

E: [admin@familymattersuk.org](mailto:admin@familymattersuk.org)

W: [www.familymattersuk.org](http://www.familymattersuk.org)

◀ If you have any difficulty with these contact details please inform DABS: [dabs@btinternet.com](mailto:dabs@btinternet.com) quoting: DR: DR: 175 ▶

**Clients:**

- Adults FM ●● Adults M ●
- Partners FM ●● Partners M ●
- Parents FM ●● Parents M ●
- Young People FM ●● Young People M ●
- Children FM ●● Children M ●

**Services:**

- Helpline ●● Newsletter ●
- Training ●
- Physical Disabilities ●● Learning Disabilities ●
- Physical & Emotional Abuse ●

**Description of service:** A Gravesend based charity offering therapy and a helpline to survivors of childhood sexual abuse, rape or other sexual assault, of age 4+. Service covers S.E. London boroughs of Bexley, Lewisham, Greenwich, Bromley, and all boroughs Mid & NW Kent to Ashford. Service also available for non-abusing family members. The helpline is open most office opening times.



**PHYSICAL & LEARNING DISABILITIES • REGION: England South East • Section: 09**

**RASASC (Rape and Sexual Abuse Support Centre)**

P.O. Box 1009, Guildford, GU1 9EE

Serving: Surrey

HL: 01483 546400 T: 01483 452900

E: [team@rasasc-guildford.org](mailto:team@rasasc-guildford.org)

W: [www.rasasc-guildford.org](http://www.rasasc-guildford.org)

◀ If you have any difficulty with these contact details please inform DABS: [dabs@btinternet.com](mailto:dabs@btinternet.com) quoting: DR: DR: 399 ▶

**Clients:**

- Adults FM ●● Adults M ●
- Partners FM ●● Partners M ●
- Parents FM ●● Parents M ●
- Young People FM ●● Young People M ●
- Children FM ●● Children M ●

**Services:**

- Helpline ●● Newsletter ●
- Training ●
- Physical Disabilities ●● Learning Disabilities ●
- Physical & Emotional Abuse ●
- Court & Legal Support for Victims & Witnesses ●

**Description of service:** Counselling and helplines. Face-to-face counselling for men & women (13+) in Guildford, with limited disabled access: Mon-Fri daytime + Mon, Wed & Fri eves 6-9pm. Self-help groups for survivors. Support to court counselling and family support counselling also available for those supporting the survivor. ISVA service available (Independent Sexual Violence Advisor) 07412222249. The helpline, operated by women for men & women, is open: Sun-Fri 7.30pm-9.30pm. Talks, presentations and training available, contact office for more details.



**PHYSICAL & LEARNING DISABILITIES • REGION: England South East • Section: 09**

**TREETOPS CENTRE**

Northern Road, Cosham, Portsmouth, PO6 3EP

Serving: Hampshire & Isle of Wight

T: 02392 210352  
E: admin.treetops@solent.nhs.uk  
W: www.treetopscentre.co.uk  
◀ If you have any difficulty with these contact details please inform DABS: [dabs@btinternet.com](mailto:dabs@btinternet.com) quoting: DR: DR: 615 ▶

<b>Clients:</b> <ul style="list-style-type: none"><li>• Adults FM ●● Adults M ●</li><li>• Young People FM ●● Young People M ●</li><li>• Children FM ●● Children M ●</li></ul>	<b>Services:</b> <ul style="list-style-type: none"><li>• Training ●</li><li>• Physical Disabilities ●● Learning Disabilities ●</li><li>• Physical &amp; Emotional Abuse ●</li><li>• Domestic Violence ●</li><li>• Court &amp; Legal Support for Victims &amp; Witnesses ●</li></ul>
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**Description of service:** The Treetops Centre has been created to provide a service to anyone in Hampshire or the Isle of Wight who has been raped or sexually assaulted. Services are available to women & men. We can offer support & services whether or not the police are involved. All our services are confidential and you will be able to make choices about what happens next.



**PHYSICAL & LEARNING DISABILITIES • REGION: England South East • Section: 09**

**SOUTHAMPTON RAPE CRISIS & SEXUAL ABUSE COUNSELLING SERVICE**

P.O. Box 1401, Southampton, SO18 9AD

Serving: Hampshire

HL: 02380 636313 T: 02380 636312

E: [info@sotonrc.org.uk](mailto:info@sotonrc.org.uk)

W: [www.southamptonrapecrisis.org.uk](http://www.southamptonrapecrisis.org.uk)

◀ If you have any difficulty with these contact details please inform DABS: [dabs@btinternet.com](mailto:dabs@btinternet.com) quoting: DR: DR: 517 ▶

**Clients:**

- Adults FM ●● Adults M ●
- Partners FM ●● Partners M ●
- Parents FM ●● Parents M ●
- Young People FM ●● Young People M ●
- Children FM ●● Children M ●

**Services:**

- Helpline ●
- Training ●
- Physical Disabilities ●● Learning Disabilities ●
- Court & Legal Support for Victims & Witnesses ●

**Description of service:** SRC is a Southampton-based charity within the aim to relieve the distress of individuals (12+) who have suffered rape or sexual abuse & to carry out prevention work through education. Providing information, advice, counselling, advocacy & criminal justice support services to women, men, families and young people as well as relevant third parties (Family, friends, partners or professionals). Services includes: (1) Helpline providing free, confidential advice, support & information - 023 8063 6313 (2) One to one therapy through our Adult or YP's Counselling Service. (3) ISVA (Independent Sexual Violence Advocate) support to individuals & their families in negotiating the criminal justice system. (4) Family Therapy for those who are struggling with the impact of sexual abuse/assault. (5) Therapeutic Groups for adults and YP. (6) STAR - Preventative work in schools, youth groups & colleges.



**PHYSICAL & LEARNING DISABILITIES • REGION: England South East • Section: 09**

**Reducing the Risk of Domestic Abuse**

Broadway House, Northbrook Street, Newbury, Berkshire, RG14 1BA

Serving: Berkshire, Buckinghamshire, Havering, Oxfordshire and Wokingham

H: 0800 731 0055/0808 2000 247 T: 0800 731 0055

E: [info@reducingtherisk.org.uk](mailto:info@reducingtherisk.org.uk) E: [oxfordshiredomestic@a2dominion.co.uk](mailto:oxfordshiredomestic@a2dominion.co.uk)

W: [www.reducingtherisk.org.uk](http://www.reducingtherisk.org.uk)

◀ If you have any difficulty with these contact details please inform DABS: [dabs@btinternet.com](mailto:dabs@btinternet.com) quoting: DR: DR: 402 ▶

**Clients:**

- Adults FM ●● Adults M ●
- Young People FM ●● Young People M ●
- Children FM ●● Children M ●
- Perpetrators FM ●● Perpetrators M ●

**Services:**

- Helpline ●
- Training ●
- Physical Disabilities ●● Learning Disabilities ●
- Physical & Emotional Abuse ●
- Domestic Violence ●● Accommodation ●
- Court & Legal Support for Victims & Witnesses ●

**Description of service:** The West Berkshire Domestic Abuse Service provides the following services for women and men who are experiencing domestic abuse: Refuge placements. Outreach one to one support (women and men). Independent Domestic Violence Advisor (IDVA) and Young Persons IDVA (works with high risk victims of both genders. This service is now available for all young people who experience abuse). Group work (Freedom Programme/Recovery Toolkit). A programme of support for survivors of domestic abuse.



**PHYSICAL & LEARNING DISABILITIES • REGION: England South East • Section: 09**

**BCHA**

St Swithuns House, 21 Christchurch Road, Bournemouth, BH1 3NS

Serving: Bournemouth, Poole and Dorset

T: 01202 410 500/01202 547755  
E: enquiries@bcha.org.uk  
W: www.bcha.org.uk  
◀ If you have any difficulty with these contact details please inform DABS: [dabs@btinternet.com](mailto:dabs@btinternet.com) quoting: DR: DR: 47 ▶

<b>Clients:</b> <ul style="list-style-type: none"><li>• Adults FM ●● Adults M ●</li><li>• Young People FM ●● Young People M ●</li><li>• Children FM ●● Children M ●</li></ul>	<b>Services:</b> <ul style="list-style-type: none"><li>• Training ●</li><li>• Physical Disabilities ●● Learning Disabilities ●</li><li>• Physical &amp; Emotional Abuse ●</li><li>• Domestic Violence ●● Accommodation ●</li><li>• Court &amp; Legal Support for Victims &amp; Witnesses ●</li></ul>
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**Description of service:** At BCHA we work hard to help victims of domestic abuse and human trafficking escape and recover from the traumatic situations they have experienced, and to help them stay safe.

When working with victims of abuse, we recognise the importance of not only offering a place of safety, but also the vital support people need to overcome the emotional trauma and begin the slow process of rebuilding confidence and self-esteem. We also offer assistance with practical issues such as benefits and dealing with other agencies.

BCHA runs a number of services for people who need support to stay safe. These services include: Support for victims of trafficking, Support in the community for victims of domestic abuse, Safe houses and refuges.



**PHYSICAL & LEARNING DISABILITIES • REGION: England South East • Section: 09**

**BASINGSTOKE RAPE & SEXUAL ABUSE CRISIS CENTRE**

The Orchard, White Hart Lane, Basingstoke, RG21 4AF

Serving: Hampshire

HL: 01256 423890 T: 01256 423810

E: [admin@brasacc.com](mailto:admin@brasacc.com)

W: [www.brasacc.com](http://www.brasacc.com)

◀ If you have any difficulty with these contact details please inform DABS: [dabs@btinternet.com](mailto:dabs@btinternet.com) quoting: DR: DR: 43 ▶

**Clients:**

- Adults FM ●● Adults M ●
- Partners FM ●● Partners M ●
- Parents FM ●● Parents M ●
- Young People FM ●● Young People M ●

**Services:**

- Helpline ●● Newsletter ●
- Training ●
- Physical Disabilities ●● Learning Disabilities ●
- Physical & Emotional Abuse ●
- Domestic Violence ●
- Court & Legal Support for Victims & Witnesses ●

**Description of service:** We provide telephone support and face-to-face counselling to anyone over the age of 16 who has suffered any sort of rape, sexual abuse or assault, however at any time in their lives. We will also support partners, relatives and friends. The office is open: Mon - Fri 9.30am – 5pm. The crisis helpline is open: Mon-Thurs 7 - 9pm, with a 24hour answer phone service. We also offer a monthly support group to those clients on our waiting list.



**PHYSICAL & LEARNING DISABILITIES • REGION: England South East • Section: 09**

**AAAC Counselling**

Administration Office

Serving: Hastings, Rother and Bexhill

T: 01424 775187 F: 01424 772448

E: dc.aaac@gmail.com

W: www.aaaccounselling.co.uk

◀ If you have any difficulty with these contact details please inform DABS: [dabs@btinternet.com](mailto:dabs@btinternet.com) quoting: DR: DR: 3 ▶

**Clients:**

- Adults FM ●● Adults M ●
- Partners FM ●● Partners M ●
- Parents FM ●● Parents M ●

**Services:**

- Physical Disabilities ●● Learning Disabilities ●
- Physical & Emotional Abuse ●
- Domestic Violence ●
- Court & Legal Support for Victims & Witnesses ●

**Description of service:** Short term counselling (6-12 weeks) for adults (18+) who were abused as children or who have experienced trauma. This includes secondary survivors (parents, siblings, other family members). Referrals need to come in writing from a health professional, eg. Your GP. We now also accept referrals by email. Mobile: 07804 411315. Serves the areas of Hastings, Rother AND Bexhill. Self-referrals are accepted on a private fee paying basis.



**PHYSICAL & LEARNING DISABILITIES • REGION: England South East • Section: 09**

**LET YOUR LIGHT SHINE**

Shirley Warren Action Church, 107-117 Warren Crescent, Shirley Warren, Southampton, SO16 6AY

Serving: National (UK) & Hampshire

HL: 023 80529634 or 07484 319936 T: 023 80529634

E: [letyourlightshine@swac.org.uk](mailto:letyourlightshine@swac.org.uk)

◀ If you have any difficulty with these contact details please inform DABS: [dabs@btinternet.com](mailto:dabs@btinternet.com) quoting: DR: DR: 268 ▶

**Clients:**

- Adults FM ●● Adults M ●
- Partners FM ●● Partners M ●
- Parents FM ●● Parents M ●
- Young People FM ●● Young People M ●

**Services:**

- Helpline ●
- Training ●
- Physical Disabilities ●● Learning Disabilities ●
- Physical & Emotional Abuse ●
- Domestic Violence ●
- Court & Legal Support for Victims & Witnesses ●

**Description of service:** Let Your Light Shine was set up by a Baptist Minister who firmly believes that the church needs to make more of a stand on the issue of child sexual abuse. It is time for the church to rise up and address this issue and embrace the scores of adults who are suffering its effects in our communities. We offer training to help equip people to minister more effectively to survivors. We hold special services for survivors and those who are passionate in supporting and raising awareness of child sexual abuse. The Let Your Light Shine service is held on the Saturday closest to 2nd April (National Incest Awareness Day). Our aim is to raise awareness about issues regarding the sexual abuse of children, as well as providing survivors with a safe place to bring their struggles and successes to God. We also run a fortnightly support group. Call Angie or Jenny for further details.



**PHYSICAL & LEARNING DISABILITIES • REGION: England South East • Section: 09**

**TREETOPS CENTRE**

Northern Road, Cosham, Portsmouth, PO6 3EP

Serving: Hampshire & Isle of Wight

T: 02392 210352  
E: admin.treetops@solent.nhs.uk  
W: www.treetopscentre.co.uk  
◀ If you have any difficulty with these contact details please inform DABS: [dabs@btinternet.com](mailto:dabs@btinternet.com) quoting: DR: DR: 614 ▶

<b>Clients:</b> <ul style="list-style-type: none"><li>• Adults FM ●● Adults M ●</li><li>• Young People FM ●● Young People M ●</li><li>• Children FM ●● Children M ●</li></ul>	<b>Services:</b> <ul style="list-style-type: none"><li>• Training ●</li><li>• Physical Disabilities ●● Learning Disabilities ●</li><li>• Physical &amp; Emotional Abuse ●</li><li>• Domestic Violence ●</li><li>• Court &amp; Legal Support for Victims &amp; Witnesses ●</li></ul>
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**Description of service:** The Treetops Centre has been created to provide a service to anyone in Hampshire or the Isle of Wight who has been raped or sexually assaulted. Services are available to women & men. We can offer support & services whether or not the police are involved. All our services are confidential and you will be able to make choices about what happens next.



**PHYSICAL & LEARNING DISABILITIES • REGION: England South East • Section: 09**

**BASINGSTOKE RAPE & SEXUAL ABUSE CRISIS CENTRE**

The Orchard, White Hart Lane, Basingstoke, RG21 4AF

Serving: Hampshire

HL: 01256 423890 T: 01256 423810

E: [admin@brasacc.org.uk](mailto:admin@brasacc.org.uk)

W: [www.brasacc.com](http://www.brasacc.com)

◀ If you have any difficulty with these contact details please inform DABS: [dabs@btinternet.com](mailto:dabs@btinternet.com) quoting: DR: DR: 42 ▶

**Clients:**

- Adults FM ●● Adults M ●
- Partners FM ●● Partners M ●
- Parents FM ●● Parents M ●
- Young People FM ●● Young People M ●

**Services:**

- Helpline ●● Newsletter ●
- Training ●
- Physical Disabilities ●● Learning Disabilities ●
- Physical & Emotional Abuse ●
- Domestic Violence ●
- Court & Legal Support for Victims & Witnesses ●

**Description of service:** We provide telephone support and face-to-face counselling to anyone over the age of 16 who has suffered any sort of rape, sexual abuse or assault, however at any time in their lives. We will also support partners, relatives and friends. The office is open: Mon - Fri 9.30am – 5pm. The helpline is open: Mon-Thurs 7 - 9pm, with a 24hour answer phone service. We also offer a monthly support group to those clients on our waiting list.



**PHYSICAL & LEARNING DISABILITIES • REGION: England South West • Section: 10**

**SOMERSET AND AVON RAPE AND SEXUAL ABUSE SUPPORT (SARSAS)**

Bristol

Serving: Bristol, Somerset, BANES & South Gloucestershire and N Somerset

HL: Women and Girls – 0808 801 0456 ~ Men and Boys – 0808 801 0464 T: 0117 929 9556  
E: [info@sarsas.org.uk](mailto:info@sarsas.org.uk)  
W: [www.sarsas.org.uk](http://www.sarsas.org.uk)  
◀ If you have any difficulty with these contact details please inform DABS: [dabs@btinternet.com](mailto:dabs@btinternet.com) quoting: DR: DR: 508 ▶

<b>Clients:</b> <ul style="list-style-type: none"><li>• Adults FM ●● Adults M ●</li><li>• Partners FM ●</li><li>• Parents FM ●</li><li>• Young People FM ●● Young People M ●</li><li>• Children FM ●● Children M ●</li></ul>	<b>Services:</b> <ul style="list-style-type: none"><li>• Helpline ●</li><li>• Training ●</li><li>• Physical Disabilities ●● Learning Disabilities ●</li><li>• Physical &amp; Emotional Abuse ●</li><li>• Court &amp; Legal Support for Victims &amp; Witnesses ●</li></ul>
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**Description of service:** A specialist support service for survivors in Bristol, Banes, Avon, North Somerset and South Gloucestershire who have experienced any form of rape or sexual violence at any point in their lives. We offer helpline services for women, girls, men and boys. Women and Girls Helpline – 0808 801 0456 - Opening times are Mon & Fri 11 - 2pm, Tues, Wed & Thurs 6pm-8:30pm. Men and Boys Helpline – 0808 801 0464 - Opening times are Mon 11 - 2pm and Tues 6pm-8:30pm. We offer face to face support, counselling and email support for women and men in Bristol and across the whole of Avon and Somerset. Our service is confidential and independent.



**PHYSICAL & LEARNING DISABILITIES • REGION: England South West • Section: 10**

**NEW SWINDON SANCTUARY SEXUAL ASSAULT REFERRAL CENTRE**

The Gables, Shrivenham Road, South Marston, Swindon, SN3 4BB

Serving: Wiltshire

HL: 0808 168 0024 T: 01793 507811 F: 01793 507843

W: [www.newswindonsanctuary.co.uk](http://www.newswindonsanctuary.co.uk)

◀ If you have any difficulty with these contact details please inform DABS: [dabs@btinternet.com](mailto:dabs@btinternet.com) quoting: DR: DR: 323 ▶

**Clients:**

- Adults FM ●● Adults M ●
- Parents FM ●● Parents M ●
- Young People FM ●● Young People M ●
- Children FM ●● Children M ●

**Services:**

- Helpline ●
- Physical Disabilities ●● Learning Disabilities ●
- Physical & Emotional Abuse ●

**Description of service:** Swindon Sanctuary is a Sexual Assault Referral Centre for Wiltshire. The services offered are for ALL victims of sexual assault, no matter what the gender, sexual orientation, or age of the victim. To arrange an appointment at The Sanctuary you can call our freephone helpline number if you don't wish police involvement, or you can telephone Wiltshire Police on 0845 408 7000.



**PHYSICAL & LEARNING DISABILITIES • REGION: England South West • Section: 10**

**Waves**

Waves Counselling Project, P.O. Box 80, Truro, TR1 1YZ

Serving: Cornwall

H: 01872 225 629 T: 01209 204 152  
E: wavescounsellingproject@live.co.uk  
W: www.cwrt.org.uk/waves

◀ If you have any difficulty with these contact details please inform DABS: [dabs@btinternet.com](mailto:dabs@btinternet.com) quoting: DR: DR: 627 ▶

<b>Clients:</b> <ul style="list-style-type: none"><li>• Adults FM ●● Adults M ●</li></ul>	<b>Services:</b> <ul style="list-style-type: none"><li>• Helpline ●</li><li>• Physical Disabilities ●● Learning Disabilities ●</li><li>• Physical &amp; Emotional Abuse ●</li><li>• Domestic Violence ●</li></ul>
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**Description of service:** Waves is a confidential counselling and outreach service provided by specialist trained counsellors. If you have experienced any form of domestic violence /abuse or family violence, this service may be for you. By providing therapy and individual support for people, this project aims to enable people to make positive changes in their lives. The waves project also aims to make its services available to anyone who does not usually have access to therapy; people on low incomes, young people, disabled people, women, men, lesbian, gay, bisexual, and transgender (LGBT). In addition, we work in partnership with the Cornwall Women's Refuge Trust (CWRT) and the

D.A.I.S.I project. (Domestic Abuse Intervention and Support Initiative).



**PHYSICAL & LEARNING DISABILITIES • REGION: England South West • Section: 10**

**CAMBORNE SHARE**

The Old Magistrate's Hall, Adelaide Street, Camborne, TR14 8HH

Serving: Cornwall

HL: 01209 711500 T: 01209 613782 F: 01209 613962  
E: camborneshare@cornwall.gov.uk  
W: www.youthcornwall.org.uk  
◀ If you have any difficulty with these contact details please inform DABS: [dabs@btinternet.com](mailto:dabs@btinternet.com) quoting: DR: DR: 69 ▶

<b>Clients:</b> <ul style="list-style-type: none"><li>• Adults FM ●● Adults M ●</li><li>• Partners FM ●● Partners M ●</li><li>• Young People FM ●● Young People M ●</li><li>• Children FM ●● Children M ●</li></ul>	<b>Services:</b> <ul style="list-style-type: none"><li>• Helpline ●</li><li>• Training ●</li><li>• Physical Disabilities ●● Learning Disabilities ●</li><li>• Physical &amp; Emotional Abuse ●</li><li>• Domestic Violence ●</li></ul>
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**Description of service:** Provide information, advice, counselling and mentoring for young people aged 13-25 years old. Open: Mon, Wed, Thurs & Fri 10am-4.30pm; Tues 12.30-6pm. Share also has offices in Bodmin, St Austell, Liskeard, Newquay, Truro and Penzance. Services for parents are available up to the age of 25. Share offer general advice and is not a specialist service. Share can signpost to specialist services.



**PHYSICAL & LEARNING DISABILITIES • REGION: Ireland National • Section: 12**

**RAPE CRISIS NETWORK IRELAND**

Carmichael Centre, North Brunswick Street, Dublin 7, Ireland

Serving: Ireland

HL: 1800 778888 T: 01 8656954  
E: info@rcni.ie or E: admin@rcni.ie  
W: www.rcni.ie & www.rapecrisishelp.ie  
◀ If you have any difficulty with these contact details please inform DABS: [dabs@btinternet.com](mailto:dabs@btinternet.com) quoting: DR: DR: 392 ▶

<b>Clients:</b> <ul style="list-style-type: none"><li>● Adults FM ●● Adults M ●</li><li>● Partners FM ●● Partners M ●</li><li>● Parents FM ●● Parents M ●</li><li>● Young People FM ●● Young People M ●</li></ul>	<b>Services:</b> <ul style="list-style-type: none"><li>● Helpline ●● Newsletter ●</li><li>● Training ●</li><li>● Physical Disabilities ●● Learning Disabilities ●</li><li>● Physical &amp; Emotional Abuse ●</li><li>● Court &amp; Legal Support for Victims &amp; Witnesses ●</li></ul>
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**Description of service:** Rape Crisis Network Ireland (RCNI) is an independent and specialist information and resource institute and advocacy body on rape and all forms of sexual violence. The RCNI role includes the development and coordination of national projects such as expert data collection, strategic services development, supporting Rape Crisis Centres (RCCs) to reach best practice standards, specialist court and Garda accompaniment training and support for the sexual violence services sector, using our expertise to influence progressive and appropriate national policy and social change, and supporting and facilitating multi-agency partnerships. We are also the representative, umbrella body for our member Rape Crisis Centres who provide free advice, counselling and support for survivors of sexual violence in Ireland. Please visit [www.rapecrisishelp.ie](http://www.rapecrisishelp.ie) to see the list of Rape Crisis Centres in Ireland and the services and support they can provide.



**PHYSICAL & LEARNING DISABILITIES • REGION: Ireland South East • Section: 18**

**WATERFORD RAPE & SEXUAL ABUSE CENTRE**

2a Waterside, Waterford

Serving: County Waterford

HL: 1800 296 296 T: 051 873362 F: 051 850717

E: [wrcc@indigo.ie](mailto:wrcc@indigo.ie)

W: [www.waterfordrsac.ie](http://www.waterfordrsac.ie)

◀ If you have any difficulty with these contact details please inform DABS: [dabs@btinternet.com](mailto:dabs@btinternet.com) quoting: DR: DR: 623 ▶

**Clients:**

- Adults FM ●● Adults M ●
- Partners FM ●● Partners M ●
- Parents FM ●● Parents M ●
- Young People FM ●● Young People M ●

**Services:**

- Helpline ●
- Physical Disabilities ●● Learning Disabilities ●

**Description of service:** One-to-one counselling and telephone support for men and women (14+) who have experienced rape, sexual assault or child sexual abuse, either recently or in the past. Also provide information and an outreach service. The office is open: Mon-Fri 9.30am-5.30pm. Text / Minicom: 0872233730



**PHYSICAL & LEARNING DISABILITIES • REGION: Scotland National • Section: 20**

**EIGHTEEN AND UNDER**

1 Victoria Road, Dundee, DD1 1EL

Serving: Scotland

HL: 0800 731 40 80 T: 01382 206222

E: lormac1053@aol.com

W: [www.violenceispreventable.org.uk](http://www.violenceispreventable.org.uk)

◀ If you have any difficulty with these contact details please inform DABS: [dabs@btinternet.com](mailto:dabs@btinternet.com) quoting: DR: DR: 159 ▶

**Clients:**

- Parents FM ●● Parents M ●
- Young People FM ●● Young People M ●
- Children FM ●● Children M ●

**Services:**

- Helpline ●● Newsletter ●
- Training ●
- Physical Disabilities ●● Learning Disabilities ●
- Physical & Emotional Abuse ●
- Domestic Violence ●

**Description of service:** Confidential support for young survivors of abuse. You can make contact by phone, email, or via the website. Also run the Violence is Preventable project amongst young people and vulnerable adults, aimed at preventing abuse and violence in the world. Open: Mon-Fri 9am-5pm.



**PHYSICAL & LEARNING DISABILITIES • REGION: Scotland North • Section: 21**

**CHILDREN 1st - MORAY RIGHTS, ADVOCACY AND MEDIATION**

Highfield House Annexe, Northfield Terrace, Elgin, IV30 1NE

Serving: Moray

T: 01343 564170 F: 01343 564171  
E: moray@children1st.org.uk  
W: www.children1st.org.uk  
◀ If you have any difficulty with these contact details please inform DABS: [dabs@btinternet.com](mailto:dabs@btinternet.com) quoting: DR: DR: 103 ▶

<b>Clients:</b> <ul style="list-style-type: none"><li>● Young People FM ●● Young People M ●</li><li>● Children FM ●● Children M ●</li></ul>	<b>Services:</b> <ul style="list-style-type: none"><li>● Newsletter ●</li><li>● Physical Disabilities ●● Learning Disabilities ●</li><li>● Physical &amp; Emotional Abuse ●</li></ul>
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**Description of service:** Works to promote and uphold the rights of young people in need, particularly those who are living away from home in foster or residential care in the Moray area. We provide an independent service, offering children & young people (up to age 18) information & advice, and help to ensure their voices are heard by providing advocacy. With our partners in Educational Services, we also help ensure young people in need are offered appropriate educational opportunities.



**PHYSICAL & LEARNING DISABILITIES • REGION: Scotland North • Section: 21**

**EIGHTEEN AND UNDER**

1 Victoria Road, Dundee, DD1 1EL

Serving: Perthshire & Fife

HL: 0800 731 40 80 T: 01382 206222

E: lormac1053@aol.com

W: www.18u.org.uk

◀ If you have any difficulty with these contact details please inform DABS: [dabs@btinternet.com](mailto:dabs@btinternet.com) quoting: DR: DR: 160 ▶

**Clients:**

- Parents FM ●● Parents M ●
- Young People FM ●● Young People M ●
- Children FM ●● Children M ●

**Services:**

- Helpline ●● Newsletter ●
- Training ●
- Physical Disabilities ●● Learning Disabilities ●
- Physical & Emotional Abuse ●
- Domestic Violence ●

**Description of service:** Confidential support for young survivors of abuse. You can make contact by phone, email, or via the website. Also run the Violence is Preventable project amongst young people and vulnerable adults, aimed at preventing abuse and violence in the world. Open: Mon-Fri 9am-5pm.



**PHYSICAL & LEARNING DISABILITIES • REGION: Scotland Central • Section: 22**

**EDINBURGH WOMEN'S AID**

4 Cheyne Street, Edinburgh, EH4 1JB

Serving: City of Edinburgh

HL: 0131 315 8110 T: 0131 315 8111 F: 0131 343 2426

E: [info@edinwomensaid.co.uk](mailto:info@edinwomensaid.co.uk)

W: [www.edinwomensaid.co.uk](http://www.edinwomensaid.co.uk)

◀ If you have any difficulty with these contact details please inform DABS: [dabs@btinternet.com](mailto:dabs@btinternet.com) quoting: DR: DR: 158 ▶

**Clients:**

- Adults FM ●
- Partners FM ●
- Young People FM ●● Young People M ●
- Children FM ●● Children M ●

**Services:**

- Helpline ●
- Training ●
- Physical Disabilities ●● Learning Disabilities ●
- Physical & Emotional Abuse ●
- Domestic Violence ●● Accommodation ●
- Court & Legal Support for Victims & Witnesses ●

**Description of service:** Telephone and one-to-one advocacy, counselling, information and support and refuge accommodation for women and their children (0-18 if any) who have experienced and/or are at risk of abuse from a partner or ex-partner.



PHYSICAL & LEARNING DISABILITIES • REGION: Scotland Central • Section: 22

**LANARKSHIRE RAPE CRISIS CENTRE**

Hamilton

Serving: South & North Lanarkshire

HL: 01698 527003 T: 01698 527006

E: [info@lanrcc.org.uk](mailto:info@lanrcc.org.uk) (Business only) or E: [support@lanrcc.org.uk](mailto:support@lanrcc.org.uk) (Email support)

W: [www.lanrcc.org.uk](http://www.lanrcc.org.uk)

◀ If you have any difficulty with these contact details please inform DABS: [dabs@btinternet.com](mailto:dabs@btinternet.com) quoting: DR: DR: 261 ▶

**Clients:**

- Adults FM ●
- Partners FM ●● Partners M ●
- Parents FM ●● Parents M ●
- Young People FM ●
- Children FM ●

**Services:**

- Helpline ●● Newsletter ●
- Training ●
- Physical Disabilities ●● Learning Disabilities ●
- Physical & Emotional Abuse ●
- Domestic Violence ●
- Court & Legal Support for Victims & Witnesses ●

**Description of service:** Lanarkshire Rape Crisis Centre offers confidential emotional & practical support to women & girls over 12yrs, who have experienced or been affected by rape/sexual abuse at any time in their lives. We provide a telephone helpline, face-to-face support, and relevant information to help with recovery. Support is provided by a pool of trained staff & volunteers. The helpline is open: Mon & Wed 1-3.30pm; Tues & Thurs 6-8.30pm; Fri 10.30am-1pm. Minicom: 01698 527004. All services are available where rape / sexual abuse has been or is an issue at any time in the perso#s life.



**PHYSICAL & LEARNING DISABILITIES • REGION: Scotland South • Section: 23**

**LANARKSHIRE RAPE CRISIS CENTRE**

Hamilton

Serving: South & North Lanarkshire

HL: 01698 527003 T: 01698 527006

E: [info@lanrcc.org.uk](mailto:info@lanrcc.org.uk) (Business only) or E: [support@lanrcc.org.uk](mailto:support@lanrcc.org.uk) (Email support)

W: [www.lanrcc.org.uk](http://www.lanrcc.org.uk)

◀ If you have any difficulty with these contact details please inform DABS: [dabs@btinternet.com](mailto:dabs@btinternet.com) quoting: DR: DR: 260 ▶

**Clients:**

- Adults FM ●
- Partners FM ●● Partners M ●
- Parents FM ●● Parents M ●
- Young People FM ●
- Children FM ●

**Services:**

- Helpline ●● Newsletter ●
- Training ●
- Physical Disabilities ●● Learning Disabilities ●
- Physical & Emotional Abuse ●
- Domestic Violence ●
- Court & Legal Support for Victims & Witnesses ●

**Description of service:** Lanarkshire Rape Crisis Centre offers confidential emotional & practical support to women & girls over 12yrs, who have experienced or been affected by rape/sexual abuse at any time in their lives. We provide a telephone helpline, face-to-face support, and relevant information to help with recovery. Support is provided by a pool of trained staff & volunteers. The helpline is open: Mon & Wed 1-3.30pm; Tues & Thurs 6-8.30pm; Fri 10.30am-1pm. Minicom: 01698 527004. All services are available where rape / sexual abuse has been or is an issue.



**PHYSICAL & LEARNING DISABILITIES • REGION: Scotland South • Section: 23**

**RAPE COUNSELLING & RESOURCE CENTRE**

P.O. Box 23, Kilmarnock, KA1 1DP

Serving: Ayrshire

HL: 01563 541769 T: 01563 544686

E: [rcrc1@btconnect.com](mailto:rcrc1@btconnect.com)

W: [www.rapecounsellingandresourcecentre.co.uk](http://www.rapecounsellingandresourcecentre.co.uk)

◀ If you have any difficulty with these contact details please inform DABS: [dabs@btinternet.com](mailto:dabs@btinternet.com) quoting: DR: DR: 385 ▶

**Clients:**

- Adults FM ●● Adults M ●
- Partners FM ●● Partners M ●
- Parents FM ●● Parents M ●
- Young People FM ●● Young People M ●
- Children FM ●● Children M ●

**Services:**

- Helpline ●
- Training ●
- Physical Disabilities ●● Learning Disabilities ●
- Physical & Emotional Abuse ●
- Court & Legal Support for Victims & Witnesses ●

**Description of service:** Counselling and support to survivors (13+) of child sexual abuse and rape. Free and confidential. Face-to-face and telephone support. Support to partners and family members. Based in Kilmarnock. Office hours: Mon-Thurs 9am-5pm. 24hr answering service.



PHYSICAL & LEARNING DISABILITIES • REGION: Mid Wales • Section: 26

**RADNORSHIRE WOMEN'S AID**

P.O. Box 26, Llandrindod Wells, LD1 5AA

Serving: Powys

HL: 01597 824655 T: 01597 824655

E: [info@radnorwa.org.uk](mailto:info@radnorwa.org.uk)

◀ If you have any difficulty with these contact details please inform DABS: [dabs@btinternet.com](mailto:dabs@btinternet.com) quoting: DR: DR: 372 ▶

<b>Clients:</b> <ul style="list-style-type: none"><li>• Adults FM •</li><li>• Parents FM •</li><li>• Young People FM •• Young People M •</li><li>• Children FM •• Children M •</li></ul>	<b>Services:</b> <ul style="list-style-type: none"><li>• Helpline •</li><li>• Training •</li><li>• Physical Disabilities •• Learning Disabilities •</li><li>• Physical &amp; Emotional Abuse •</li><li>• %%Domestic Violence •• Accommodation •</li></ul>
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**Description of service:** We offer confidential support, information and refuge for women and their children escaping domestic abuse. We also offer outreach support to women and children living in the community, and a 24hr emergency on-call service.



**PHYSICAL & LEARNING DISABILITIES • REGION: Mid Wales • Section: 26**

**SEREN COUNSELLING PROJECT**

P.O. Box 87, Newcastle Emlyn, SA44 9AP

Serving: Ceredigion

HL: 01239 711772 T: 01239 711772 F: 01239 711210  
E: serenaberystwyth@hotmail.com  
W: www.seren-wales.org.uk  
◀ If you have any difficulty with these contact details please inform DABS: [dabs@btinternet.com](mailto:dabs@btinternet.com) quoting: DR: DR: 495 ▶

<b>Clients:</b> <ul style="list-style-type: none"><li>• Adults FM ●● Adults M ●</li></ul>	<b>Services:</b> <ul style="list-style-type: none"><li>• Helpline ●</li><li>• Training ●</li><li>• Physical Disabilities ●● Learning Disabilities ●</li><li>• Physical &amp; Emotional Abuse ●</li></ul>
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**Description of service:** SEREN is a voluntary organisation that has been operating since 1996. SEREN provides free one-to-one counselling in West Wales for male and female adults (17+) who were sexually abused as children and therapeutic workshops from time to time for those who have already undergone counselling. It also provides training to generic workers about issues faced by survivors of childhood sexual abuse.



**PHYSICAL & LEARNING DISABILITIES • REGION: Wales South • Section: 27**

**NEW PATHWAYS**

See Directory Contents for Page on Sexual Assault Referral Centres

Serving: Swansea

T: 01792 206885 F: 01792 202645

E: [swanseasarc@btconnect.com](mailto:swanseasarc@btconnect.com)

W: [www.newpathways.co.uk](http://www.newpathways.co.uk)

◀ If you have any difficulty with these contact details please inform DABS: [dabs@btinternet.com](mailto:dabs@btinternet.com) quoting: DR: DR: 321 ▶

**Clients:**

- Adults FM ●● Adults M ●
- Partners FM ●● Partners M ●
- Parents FM ●● Parents M ●
- Young People FM ●● Young People M ●
- Children FM ●● Children M ●

**Services:**

- Training ●
- Physical Disabilities ●● Learning Disabilities ●
- Physical & Emotional Abuse ●

**Description of service:** One of 4 SARCS (Sexual Assault Referral Centres) run by New Pathways providing ongoing support and counselling to anyone who has experienced rape or sexual abuse regardless of how long ago it happened whether by police or self-referral. We are a disability and wheelchair access friendly organisation.