

## Find a service that is right for you

### SPECIALIST SEXUAL VIOLENCE SERVICES

#### Oxfordshire Sexual Abuse and Rape Crisis Centre (OSARCC)

01865 725311  
www.osarcc.org.uk

#### Rape Crisis (Wycombe, Chiltern and South Bucks)

01494 46 22 22  
www.wycomberapecrisis.org.uk

#### Aylesbury Vale and Milton Keynes Sexual Assault and Abuse Support Service

01296 392 468  
www.avmksaass.org.uk

#### Trust House Reading (Offers a safe place for those affected by rape and sexual abuse)

0118 958 4033  
www.trusthousereading.org

#### Refuge, Thames Valley Independent Sexual Violence Advisory Service

0300 1234 143  
www.refugesexualviolenceservice.org.uk  
Translation services available through these services.

### ADDITIONAL SERVICES

**Galop** - Support to survivors of sexual abuse, domestic abuse and hate crime from the LGBT+ community.  
Advice line - 020 7704 2040  
National domestic abuse line  
0800 999 5428  
www.galop.org.uk

**Karma Nirvana**  
Forced marriage / honour based abuse  
National helpline 0800 599 9247  
www.karmanirvana.org.uk

#### Not sure which service is best for you?

You can contact Victims First **0300 1234 148** and they will help you to find the service that is right for you. There are other support services that can help tackle abuse and support victims.

#### Supporting someone else?

All services are able to provide help and support to those who are supporting a survivor of sexual abuse.

### DOMESTIC ABUSE SERVICES

All provide BAMER support

#### Oxfordshire Domestic Abuse Services (ODAS)

A2Dominion - Domestic abuse, BAMER outreach and honour based abuse  
0800 731 0055

#### West Berkshire Domestic Abuse Services

A2Dominion  
0800 731 0055

#### MK Act - Domestic abuse

support, Milton Keynes  
0344 375 4307  
www.mkact.com

#### Hestia - Domestic abuse

support, Slough  
01753 477 352  
www.hestia.org

#### Berkshire Women's Aid

Domestic abuse support, Reading, Wokingham and Bracknell  
0118 950 4003  
www.berkshirewomensaid.org.uk

#### Aylesbury Women's Aid

Domestic abuse support, Aylesbury  
01296 437777  
www.aylesburywomensaid.org.uk

#### Wycombe Women's Aid

Domestic abuse support, Wycombe  
01494 461367  
www.wycombewomensaid.org.uk

#### The DASH Charity

Domestic abuse support, Windsor, Maidenhead, South Bucks and Slough  
01753 549865  
www.thedashcharity.org.uk

#### 24-hour National Domestic Abuse helpline for women and children suffering abuse

0808 2000 247  
www.refuge.org.uk

Black, Asian, Minority Ethnic and Refugee (BAMER)



This leaflet was created as part of New Bridges, a collaborative project between Oxford Against Cutting and Sunrise Multicultural Project.

**Oxford Against Cutting**  
Training and information on FGM and honour-based abuse  
oxfordagainstcutting.org

**Sunrise Multicultural Project**  
Support groups for families from minority ethnic groups in Banbury  
01295 701728  
www.sunrisemulticultural.org.uk

Funded by Thames Valley BAMER Project

We are here to help everyone

**FREE & CONFIDENTIAL SUPPORT** for any woman or girl who has experienced sexual violence.

Services that understand that all survivors have different needs and some needs may relate to your culture or identity.





### What is sexual violence?

Sexual violence is any unwanted sexual contact or behaviour from another person.

There are many forms of sexual violence, including:

- Unwanted sex
- Sexual assault or abuse, including rape
- Rape within marriage
- Childhood sexual abuse
- Female genital mutilation
- Honour-based violence
- Forced marriage

Everyone's experiences are different – specialist sexual abuse services are here to listen and support you, no matter what your experience may be.

### How services work

The specialist sexual violence services listed opposite can provide:

- A **translation service**
- **Confidential** support
- Services **free of charge**
- **Female** support workers
- Support by **phone, email or face to face**
- Many also offer you a **choice** – to be supported by someone from a black, Asian or minority ethnic group or a different community - whichever you prefer.

### Services can offer:

- A safe space
- Emotional and practical support
- Help with reporting
- Support through the criminal justice system
- Counselling
- Independent Sexual Violence Advisors
- Support groups
- Support with medical appointments
- Support with form filling



### It's okay to ask questions

You won't cause offence by calling to ask **who** will support you, and which **community** they belong to.

### Values

All services promise to:

- **Listen** to you
- **Believe** you
- **Not judge** you
- **Support your choices**, whatever they may be.

### Confidentiality

Your support worker won't tell anyone what you have shared without your permission. This means that your family, friends and community don't have to know that you have contacted a service. You can ask questions about where your information is written down and where it is stored. It's your right to know!