



“empowering women to move forward with their lives”

Support for women experiencing domestic and sexual abuse

To speak to someone about any of our specialist support services, please call: **0203 260 7772**
Referrals can be made to julie@hercentre.org

Our support is free and confidential support available at our YMCA site or at Lewisham or Plumstead Police Station.

ONE STOP SHOP

One-to-one weekly advice drop-in for women who have experienced abuse. Advisors are from Her Centre, Housing 4 Women and solicitor Adelle Banks at Huddell & Partners.

One-Stop Shop every **Friday 10am to 12pm**

at YMCA Thames Gateway, Antelope Road SE18 5PQ



SUPPORT FOR RAPE & SEXUAL ABUSE

*If you have been sexually assaulted, remember:
It was not your fault.
You are not alone.
You deserve support.
You have rights.*

Our Independent Sexual Violence Advocate (ISVA) works one-to-one with women who have experienced a wide range of sexual abuse, including: rape or attempted rape, sexual assault, any non-consensual sexual contact.

Our ISVA provides emotional support, advocacy and advice in the form of:

- Safety planning
- Support and accompaniment to court, medical exams, housing and benefit interviews
- Assistance accessing civil remedies (including non-molestation orders)
- Risk assessment
- Empowerment strategies to make informed choices
- Emergency housing advice
- Time to talk

SUPPORT FOR DOMESTIC ABUSE & VIOLENCE

Our team of Independent Domestic Violence Advocates (IDVAs) work one-to-one with women of all ages experiencing all types of domestic violence and abuse, and offer:

- Safety planning
- Emotional support
- Practical help and information
- Risk assessment
- Advice on family legal issues, assistance with accessing civil remedies and referral to solicitors
- Support attending County, Magistrates and Crown Court
- Empowerment strategies to make informed choices

*Is it normal if he... Acts jealous & possessive over me?
Humiliates me? Demands sex when I don't really want it?*

*Do I have to... Try not to upset him? Be shouted & sworn at?
Be threatened? Let him control my money?*

Should I tolerate... Being physically hurt? Him controlling what I wear or who I see? Being locked in the house? Him harming the pets? My children being hurt?

NO. It's not your fault.
We are here to help.

COUNSELLING

Our Counsellor offers therapeutic support to women who have experienced domestic and/or sexual abuse in childhood or as an adult.

As well as working one-to-one, she runs weekly therapeutic and motivational groups. She also offers an NVR parenting course to support mothers with children who are displaying problematic behaviours as a result of living with domestic abuse.

SUPPORT FOR YOUNG WOMEN

Specifically for young women (aged 13 to 19 years) we have the service for **Greenwich & Bexley** residents designated Young Person's Violence Advisor (YPVA) who offers one-to-one IDVA support for any young woman experiencing relationship abuse, sexual violence or sexual exploitation.

Other agencies that can help:

Rape Crisis: 0808 802 9999
National Domestic Violence
24hr Helpline: 0808 2000 247
The Havens (Sexual Assault
Referral Centres): 0203 299 1599
Sapphire Unit (Police rape
reporting): 0207 230 3733
Woolwich Community Safety
Unit: 0208 284 3417/9559



3-year accreditation by caada