

Get In Touch

If you're a victim of sexual violence you don't have to suffer in silence. Changing Lives can help. For more information, please get in touch.

Telephone: 0191 214 6645

Secure email: nidas.referral-isva@changinglives.cjsm.net

ISVA: beth.butler@changing-lives.org.uk

IDVA / ISVA: susan.southeran@changing-lives.org.uk

www.changing-lives.org.uk

Other useful numbers

Northumbria Police

REACH - Rape Examination Counselling and Help

Rape Crisis Tyneside and Northumberland

Helpline

101

0191 221 9222

0191 222 0272

0800 035 2794

In an emergency please call 999

CHANGING LIVES

Changing Lives is the operating name of The Cyrenians, registered charity number 500640, and registered company number 995799, in England.

CHANGING LIVES

Help for victims of sexual violence in Newcastle



@ChangingLives__



/ChangingLivesCharity

www.changing-lives.org.uk

About Us

Changing Lives is a national, registered charity which provides specialist support for thousands of vulnerable people and their families, every month.

We work with people living on life's edge, supporting them through unimaginable financial, personal and circumstantial difficulties. Our holistic approach helps people take the first steps towards a brighter future for themselves and their families.

How Sexual Violence Can Affect You

Sexual violence is any kind of unwanted sexual act; It can happen to anyone, at any time in their life.

The offender could be a stranger or could be someone you know and trust but please remember that you are not to blame for what has happened. If you've been raped, sexually assaulted or abused, there is no right or wrong way to react.

You may feel lots of emotions such as anger and fear, or you may feel numb and confused. You could have been injured or put at risk of pregnancy or sexually transmitted diseases. You do not have to experience this alone, there is support available to guide you through this difficult time.

What Are ISVAs?

Independent Sexual Violence Advisors (ISVAs) are there for you to provide practical and emotional support. ISVAs are specially trained to respond sensitively to the needs of people who have experienced sexual violence, and will support you at your pace.

Your ISVA is there to advocate for you and to make you aware of your options so you can make informed choices. They will not tell you what to do, but rather guide you to access the support you need.

Your ISVA will work with you to work out what kind of support (if any) you need. They will only give you the support you choose and will work with you for as long as you want.

What Your ISVA Can Do For You

Your ISVA can support you in the community or in your home, wherever you feel safest. We also offer telephone, text, and email support. This includes:

- Information and advice to help you make informed decisions about your future
- Assessing your needs and signposting to support services
- Helping you access external counselling or mental health services if necessary
- Supporting you with sexual health issues and GUM (genitourinary medicine) clinic appointments
- Helping you with housing concerns
- Providing information about other specialist services that you may require (e.g. drug and alcohol agencies)
- Making referrals to these agencies with your consent
- Accompanying you and supporting you during medical appointments, police interviews (if you decide to report) and housing assessments.

If You Decide To Report To The Police

If you decide to report the perpetrator to the police, your ISVA will:

- Keep you up-to-date with your case
- Explain legal jargon and processes
- Offer you a pre-court visit
- Explain ways in which the trial could be made easier for you
- Attend court with you
- Support you whatever the outcome

After the trial, your ISVA can guide you in applying for criminal injuries compensation.

Confidentiality

Any information you give will stay confidential to Changing Lives unless we feel that you or someone else is at risk of harm, or we are required by law to share it. In such cases we may have to disclose information to appropriate and relevant agencies.