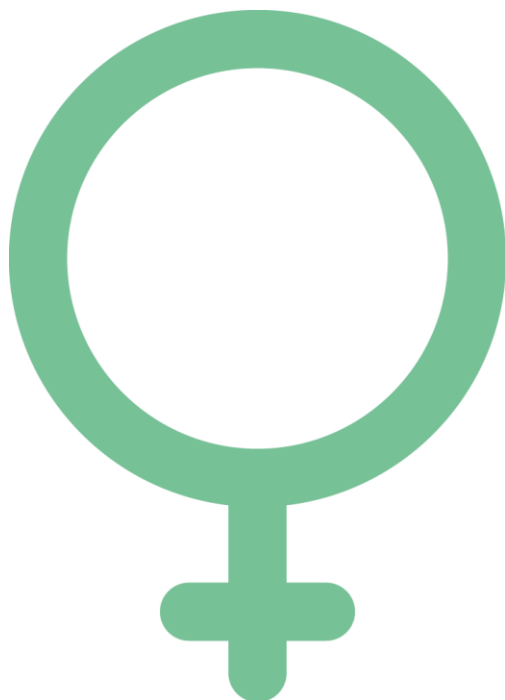


About our organisation



Who are we?

Rape Crisis Tyneside and Northumberland is a specialist organisation for women and girls who have experienced sexual violence.

We are a feminist organisation run by women for women and girls.

Our mission is to:

- 🌱 **Provide** women and girls with high quality specialist support.
- 🌱 **Change** society's understanding of the nature and impact of sexual violence.
- 🌱 **Demand** that the rights of women and girls who have experienced sexual violence are respected and their needs are met.
- 🌱 **End** sexual violence.

Who are our services for?

Our services are for women and girls aged 13 and over who live, work or study in Tyneside (Gateshead, Newcastle, North and South Tyneside) or Northumberland.

Our services are for women and girls who have been raped, or who have experienced any kind of sexual violence at any time in their lives. The sexual violence may have been carried out by a stranger or by someone you know – including a member of the family.

Whether the sexual violence happened a long time ago, recently or if it is still happening; we are here for you.

Over half of the women who use our services are adults who have experienced child sexual abuse.

Our services are for all women and girls; this includes those who identify as Lesbian, Bi, Trans and/or Queer and black and minority ethnic women and girls. We are also here for refugees and those seeking asylum, and disabled women and girls as well as those with additional learning needs.

We believe that survivors are never to blame for what has happened to them.

We can support women and girls to help them cope and recover from what has happened, whether they choose to report to the police or not. We also support women and girls to come to terms with the outcome of criminal justice procedures.

Our Services

All of our services are free and confidential.

Counselling

Our counsellors work in a person-centered way and can adapt to your individual needs. Our counsellors are professionally qualified and have training and experience in supporting women who have experienced sexual violence.

You can still come for counselling if you have reported to the police. We can work with you even before it goes to court, this is called pre-trial therapy.

We adhere to Rape Crisis National Service Standards and have British Association for Counselling and Psychotherapy (BACP) organisational accreditation. Our counsellors work within the BACP Ethical Framework.

Practical and Emotional Support

We believe that you should decide what the right kind of support is for you, which could be a combination of:

- 🌱 **Practical:** Helping you deal with any needs you identify, like housing, finances, work, education, accessing health etc.
- 🌱 **Emotional:** Supporting you to attend appointments, having someone to talk to, providing reassurance and encouragement.
- 🌱 **Advocacy:** Supporting you to access other organisations, and speaking on your behalf if you want us to. This could include supporting you to report to the police, attend court and apply for compensation.



Telephone Helpline

Our helpline is a confidential anonymous space to be listened to and supported.



You can also use our helpline to get information and refer into our other services.

Email Support

Some women do not like to use the telephone and prefer the anonymity of email. Our email support service provides brief practical and emotional support and specialist information.



Group Work

Our groups are for women who would like to meet other women who have experienced sexual violence in a safe, confidential and caring space.

“The group has allowed me to share things I have previously kept secret”.

Quote from group member

Specialist Information

We can provide information to people who have experienced sexual violence and their supporters.

Typically we provide information about where you can get support, what to do when a family member has experienced sexual violence and how to report to the police.

We can answer most questions straight away or we know where to go to get the information.

Our other activities

Awareness-Raising

We aim to raise awareness of sexual violence and related issues, our organisation and the services.

We are trying to make sure our message reaches as many people as possible, we do this through:

- Specialist training programme
- Briefings to other organisations
- Presentations to all kinds of groups formal, informal, social and professional



Activism Group

Our Activists are a group of women; who participate in activities that raise public consciousness around women's experiences of sexual violence and the need for specialist support.

Volunteering

We rely on volunteers to help us deliver our services. Our volunteers help with activism, campaigns and events. Women also volunteer with us to deliver direct services to women who have experienced sexual violence.

We provide an extensive, nationally recognised training programme to our volunteers.

What is sexual violence?

Sexual violence is the term used to describe any unwanted sexual attention.

Sexual violence can include childhood sexual abuse, rape and sexual assault. Sexual violence can be harassment including verbal and non-verbal e.g. via social media, email or text messages.

Sexual violence also includes organised and ritual abuse, exploitation through pornography or prostitution, female genital mutilation, forced marriage and honour based violence.

Key Facts: Rape and Sexual Violence in the UK

- Around 1 in 5 women and 1 in 37 men have experienced a sexual offence since the age of 16.
- Around 1 in 18 women and 1 in 200 men experience rape as an adult.
- On average, 85,000 women survive serious sexual offence every year.
- Around 1 in 5 girls and 1 in 10 boys experience some form of child sexual abuse and 72% do not tell anyone at the time of the abuse.
- 90% of people who have experienced sexual violence knew the perpetrator – 56% were assaulted by their current partner.
- The majority of sexual violence is unreported and many survivors tell no one about their experience.
- On average, less than 5% of reported sexual violence cases result in a conviction.

Where are we based?

Our services are provided in Tyneside through Tyneside Rape Crisis Centre (TRCC) which is based in Newcastle and provides outreach services in Gateshead, North Tyneside and South Tyneside.

In Northumberland we provide services through Grace Northumberland Rape Crisis which provides outreach services across the whole of Northumberland.

Our premises and outreach bases are discreet, confidential and safe. You can choose to access counselling in one of our women-only spaces if you prefer.

0191 222 0272
enquiries@rctn.org.uk

www.rctn.org.uk
www.tynesidercc.org.uk
www.gracenrc.org.uk

Helpline & Email Support

0800 035 2794 or emailsupport@rctn.org.uk
Tuesday, Wednesday & Thursday 6pm - 8.30pm and
Friday 11am – 2pm

Charity no: 1138149

Company no: 7285969

This leaflet is available in large print on request.

