

Group-Based Support

Where women do not feel ready for individual counseling, or if it is not for them, they can access group-based support, including a confidence-building group and a therapy group.

Groups are facilitated by a counsellor and are an opportunity for women to gain support from other women.

Holistic Therapies

Our holistic service is provided by a team of qualified volunteer Body Therapists.

Body therapies include relaxation techniques, reflexology, aromatherapy, and head massage. If you feel you would benefit from body therapies, please discuss this with your Counsellor or Advocate.

Donations

Solace Women's Aid is a registered charity (no: 1082450) and depends on grant and individual support to run our services. All contributions are very welcome and will be used to provide additional essential support to women and children. We are registered for Gift Aid and welcome all donations. To donate please contact 0207 428 7656

If you are in immediate danger please call the police:

999

East London Rape Crisis

Tel: 0207 683 1210 Email: info@niaproject.info

Website: www.niaproject.info

West London Rape Crisis

Tel: 0207 610 4678 Email: info@wgn.co.uk

Website: www.wgn.org.uk

South London Rape Crisis

Tel: 0208 683 3311 Email: info@rasasc.org.uk

Website: www.rasasc.org.uk

Havens

Free, confidential medical and emotional support for men and women who have experienced sexual assault within the last twelve months.

Haven Camberwell: 0203 299 1599

Haven Paddington: 0203 312 1101

Haven Whitechapel: 0207 247 4787

Rights of Women

Free, confidential legal advice for women. For information and advice on issues relating to sexual violence, call 0207 251 8887 Mondays 11am-1pm and Tuesdays 10am-12pm

FORWARD

Support and information for women and girls affected by female genital mutilation call 0208 960 4000

24-hour Domestic Violence Helpline

For access to emergency accommodation
Freephone: 0808 2000 247

Solace Women's Aid Advice Line

Freephone: 0808 802 5565

Solace Women's Aid

Unit 5-7 Blenheim Court, 62 Brewery Rd N7 9NY

Tel: 020 7619 1350 Fax: 020 7619 1351

Registered in England and Wales (3376716). Charity Number 1082450



**solace
women's
aid**

Working to end violence towards women and children



North London Rape Crisis

Phone us: 020 7619 1369

Or email: rapecrisis@solacewomensaid.org

www.solacewomensaid.org

North London Rape Crisis

North London Rape Crisis works with women over the age of 14 who have experienced any form of sexual violence at any time in their life. This can include child sexual abuse, rape, sexual assault, sexual exploitation, prostitution and female genital mutilation. We work with women to empower them to live a life free from sexual violence and make the choices that are right for them.

We are here to help you, whatever happened and whenever it occurred. Our trained staff will support you according to your individual needs and at your own pace.

You can access each service individually or a support worker (advocate) will discuss the support we can offer you. This includes individual and group counselling, advocacy, and a range of other therapies including relaxation techniques, head massage and aromatherapy.

All services are free and are available to women who live, work or study in Islington, Camden, Westminster, Haringey, Kensington and Chelsea, Barnet and Enfield, whether they have reported the incident to the police or not.

All services are confidential unless there are concerns about the risk of significant harm to an adult or child.

What is Sexual Violence?

Rape is never a woman's fault and sexual abuse is never a child's fault. All sexual violence is an abuse of power and trust and is a violation of a woman or a child's human rights.

If you have experienced sexual violence, you may be feeling angry, scared, ashamed, embarrassed, guilty or numb. Or you may be overwhelmed by a whole range of emotions and reactions. Whatever you feel and however you react is entirely normal – everyone reacts to sexual violence differently and there is no 'right' way to respond, feel or behave.

Counselling

One-to-one counselling takes place weekly in a safe and confidential space. It should be your decision to attend counselling – it is a personal journey and should always be a matter of personal choice.

The counsellor will not tell you what to do and you will never be forced to talk about anything you are not ready to.

All Counsellors are trained and accredited, with considerable experience in working with women who have experienced sexual violence.

Support and Advice

Advocates provide emotional and practical support and can assist in gaining access to safe and appropriate accommodation, legal advice, immigration advice, welfare benefits, medical assistance and specialist services such as drug and alcohol or mental health support.

They can support you if you choose to report the abuse, including through the police and courts. However, reporting sexual violence is a very personal choice and the Advocates will never force you to report or judge you if you choose not to. They can also accompany you to one of the London Havens, where you can receive specialist medical care and assistance.

You can access Advocacy support whether or not you are seeing a Rape Crisis Counsellor.