

Extract from the 2005 Edition of the Southwark Mind Services Directory

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Visit the fully searchable online version of this directory at
<http://www.southwarkmind.org.uk/searchframe.html>
where you can search by Category, by Keyword and by Postcode

To add details of your project to our database for inclusion in any
future updates phone or email us and ask for a questionnaire form.

Compiled and produced by Alex Clark



CHAPTER 18: SERVICES FOR SURVIVORS OF SEXUAL ABUSE

The aftermath of sexual abuse can be devastating but help is available. Emotions such as fear, secrecy, shame and feelings of powerlessness are often associated with sexual abuse. Listed below are details of organisations that can help male and female survivors deal with both the immediate aftermath and more long-term issues related to sexual abuse. All of these projects offer an understanding and highly confidential service.

Family Matters

Address1: 13 Wrotham Road
Town/City: Gravesend
Postcode: DA11 0PA

Phone: Helpline: 01474 537392
Other Numbers: Admin: 01474 536661
Email: admin@familymatters.force9.co.uk

Description: Telephone helpline, counselling and support services for children aged 8 and above, adolescents and adults who have been victims of sexual abuse. Services also available for non-abusing family members.

Special Interest Activities: Services in Southwark, Greenwich, Bromley, other South East London areas.

Additional Info: Services in South East London and Kent area

Opening Hours: If no answer leave message on Helpline number, will call you back if nobody immediately available

Travel: Meetings held at various locations

Referral: Open access

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MOSAC

Address1: 141 Greenwich High Road
Town/City: London
Postcode: SE10 8JA

Phone: Helpline: 0800 980 1958 / 0208 293 9990
Other Numbers: Admin: 0208 293 8582

Description: Voluntary organisation supporting all non abusing parents and carers whose children have been sexually abused. National telephone helpline, information and advice and counselling services to help the parent or carer support the child following the discovery of sexual abuse. Phone for further details.

Opening Hours: Helpline: Weekdays 10am-9pm

Travel: BR: Greenwich

Referral: Open access

NAPAC Information Line

Address1: 42 Curtain Road
Town/City: London
Postcode: EC2A 3NH

Phone: Info line: 0800 085 3330
Other Numbers: Admin: 0208 313 9460
Email: peter@napac.org.uk
Website: <http://www.napac.org.uk>

Description: Free confidential info line offering information and support for adults who were emotionally, physically, sexually abused in childhood. At the time of writing the helpline is operating a limited service with flexible hours, if you get no answer write or try their website for further details.

Special Interest Activities: Write to the office for an info pack containing details of relevant local service

Additional Info: See their website for a list of regionally organised support groups at http://www.napac.org.uk/support/help_groups/index.html

Opening Hours: Flexible. Answerphone message if nobody available.

Referral: Open access

One in Four - Catford

Address1: 219 Bromley Road

Address2: Bellingham

Town/City: London

Postcode: SE6 2PG

Phone: 0208 697 2112

Other Numbers: Fax: 0208 967 6843

Email: admin@oneinfour.org.uk

Website: <http://www.oneinfour.org.uk>

Description: Support and counselling services for adult survivors of sexual abuse. Telephone helpline, 1 to 1 counselling, advocacy services, group therapy, Women Only therapy group etc. Training courses for professionals. This project run by and for people who have experienced sexual abuse.

Special Interest Activities: Healing Drop-In offering Complementary Therapies Wednesdays 3-7pm. Phone to check availability.

Additional Info: No disabled access to offices, disabled people can be seen at alternative location by arrangement

Opening Hours: Office: Mon-Fri 9am-1:30pm and 2-5pm, Helpline: Thurs 5pm-9pm and Sat 12noon-4pm

Travel: BR: Bellingham / Buses: 54, 136, 199, 208

Referral: Open access

Criteria/Catchment: Anybody who has experienced sexual abuse

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Rape and Sexual Abuse Support Centre

Address1: PO Box 383
Town/City: Croydon
Postcode: CR9 2AW

Phone: Helpline: 08451 221331
Other Numbers: Admin: 0208 683 3311
Email: rasasc@hotmail.com
Website: <http://www.rasasc.org.uk>

Description: Helpline support for female survivors of rape or childhood sexual abuse. Face to face counselling services by appointment, advocacy services including accompanying clients to appointments with doctors, police, and court appearances etc. Can refer to other organisations as required. Phone for further details.

Opening Hours: Helpline: Mon-Fri 12noon-2:30pm and 7pm-9:30pm, Weekends and bank holidays 2:30-5pm, open 365 days a year

Travel: BR: East or West Croydon, Thornton Heath, Selhurst / Buses: 50, 75, 157, 468

Referral: Self or Professional in H/L and F/F services. F/F requires detailed assessment prior to allocation of a counsellor.

Criteria/Catchment: Face to face counselling services available for women aged over 14 in Croydon, Sutton, Mitcham, Bromley, Lambeth, Southwark and Lewisham (inside Southern part of M25)

Disabled Access - ramps, wide doorways, disabled toilet

Respond

Address1: 3rd floor, 24-32 Stephenson Way
Town/City: London
Postcode: NW1 2HD

Phone: Helpline: 0808 808 07020
Other Numbers: Admin: 0207 383 0700
Email: admin@respond.org.uk
Website: <http://www.respond.org.uk>

Description: Counselling and psychotherapy, individually and in groups, for people with learning difficulties who are either victims or perpetrators of sexual abuse and other trauma. Risk assessments, investigative services, children, parents and elders projects, training and consultation services. Helpline Mon-Fri 1:30pm - 5pm for children, adults and elders with learning difficulties and their carers on abuse, bereavement, bullying, relationships, sexuality issues etc. Also training and support services for people working with them. Phone or see their website for further details.

Special Interest Activities: Helpline Mon-Fri 1:30pm - 5pm

Additional Info: Training and consultation services for professionals and organisations working with people who have a learning disability on sexuality and relationship issues etc

Opening Hours: Helpline: Mon-Fri 1:30pm - 5pm Office: Mon, Tues, Thurs 1:30pm-5pm, Wed, Fri 1:30pm-4pm

Travel: Tube: Euston

Referral: Self or any other source

Criteria/Catchment: For people with a learning disability and their carers

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Sexual Abuse Survivors Association

Address1: c/o Peckham Settlement
Address2: Goldsmiths Rd
Town/City: London
Postcode: SE15 5TF

Phone: 0207 639 1823
Email: info@sasa.org.uk
Website: <http://www.sasa.org.uk>

Description: Dedicated to the prevention and recovery from childhood sexual abuse for both sexes. Info service, self-help groups and workshops for survivors and professionals, mentoring, awareness training, parenting support etc.

Special Interest Activities: Wednesday drop-in sessions, Youth services

Additional Info: Can see people in the community by arrangement

Opening Hours: Flexi-time. Message service if nobody immediately available.

Travel: BR: Peckham Rye / Buses: Any bus to Peckham Bus Garage

Referral: Open access

Survivors UK

Address1: 2 Leathermarket Street
Town/City: London
Postcode: SW1 3HN

Phone: Helpline: Tues and Thurs 7pm-10pm 0845 122 1201
Other Numbers: Admin: 0207 357 6222
Email: info@survivorsuk.org.uk
Website: <http://www.survivorsuk.org.uk>

Description: Help, advice, counselling and support for male survivors of sexual violence. Individual counselling and facilitated support groups held in central London.

Special Interest Activities: Training programmes for professionals

Opening Hours: Phone during office hours, Helpline Tues and Thurs evenings only

Referral: Self or any other source

Criteria/Catchment: Men aged 16 plus

The Haven - Camberwell

Address1: 13-14 Caldecot Road

Address2: Camberwell

Town/City: London

Postcode: SE5 9RS

Phone: Office hours: 0207 346 1599

Other Numbers: After hours and weekends: 0207 737 4000
and ask for the Haven duty team

Website: <http://www.kings.nhs.co.uk>

Description: The Haven offers a place of safety and support for men, women and children who have been sexually assaulted. Staffed by specially trained experienced professionals with doctors on hand. All enquiries are strictly confidential.

Special Interest Activities: Medical care including checks for sexually transmitted infections. Short term counselling.

Additional Info: Also see Havens at Whitechapel and Paddington

Opening Hours: Mon-Fri 9am-5pm. After hours phone Kings switchboard on 0207 737 4000 and ask for the Haven duty team

Travel: BR: Denmark Hill / Buses: 12, 40, 68, 176, 185, 468

Referral: Self referrals accepted. Phone for appointment.

Criteria/Catchment: Anyone living in South East London who has been sexually assaulted

Disabled Access - ramps, wide doorways, disabled toilet

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The Haven - Paddington

Address1: St Mary's Hospital

Address2: Praed Street

Town/City: London

Postcode: W2 1NY

Phone: Office hours: 0207 886 1101

Other Numbers: After hours and weekends: 0207 886 6666

Description: Specialist services for anybody who has been sexually assaulted. Comprehensive treatment and on-going support programme, advice, counselling and follow-up services with specially trained doctors and nurses. Aim to provide a one-stop service for victims of rape and sexual assault. Phone for further details.

Additional Info: Also see Havens at Camberwell and Whitechapel

Opening Hours: Mon-Fri 9am-5pm, after hours on 0207 886 6666

Travel: BR, Tube and Bus: Paddington

Referral: Open access

The Haven - Whitechapel

Address1: Royal London Hospital

Address2: 9 Brady Street

Town/City: London

Postcode: E1 5NG

Phone: 0207 247 4787 at any time

Description: Specialist services for anybody who has been sexually assaulted. Comprehensive treatment and on-going support programme, advice, counselling and follow-up services with specially trained doctors and nurses. Aim to provide a one-stop service for victims of rape and sexual assault. Phone for further details.

Additional Info: Also see Havens at Camberwell and Paddington

Opening Hours: Mon-Fri 8am-6pm, after hours service on main number

Travel: Tube: Whitechapel

Referral: Open access

Women's Counselling Service

Address1: PO Box 315
Town/City: Hounslow
Postcode: TW3 4DN

Phone: Helpline: Monday evenings 6:30-9pm 0845 123 2324
At other times phone Refuge on 0808 2000 247

Other Numbers: Admin: 0845 123 2325

Email: info@www.womenscounselling.org

Website: <http://www.womenscounselling.org>

Description: Women only counselling service providing a telephone helpline and specialist counselling services for women who have experienced rape or any form of physical or emotional abuse. Some free or subsidised sessions available depending on circumstances. Also training and support services for professionals on related issues. Phone for further details.

Additional Info: Some free or subsidised sessions available depending on circumstances

Opening Hours: Office: Mon, Tues, Thurs 10am-6pm Helpline: Monday evenings 6:30-9pm 0845 123 2324

Travel: Telephone helpline only

Referral: Open access

Criteria/Catchment: Women only

Women Only sessions/services

Disabled Access - ramps, wide doorways, disabled toilet

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