

There's No Excuse for Rape or Sexual Abuse

Abuse thrives on secrecy. Often bribes or threats are used to maintain compliance. Speaking out and acknowledging what has happened to you is a very important part of healing.

Rape and sexual abuse can happen to anyone regardless of their age, gender, race, religion, culture or social status.

You are not alone

1 in 4 women will experience **domestic abuse** in their lifetime...

85,000 women are raped and **400,000** women are sexually assaulted every year in England and Wales

Remember you have a right to be safe and to choose what happens to you.

How to Refer to the ISVA

Referrals can be made through Newport Women's Aid, or Cyfannol Women's Aid. You can self refer, or be referred by an agency.

Your ISVA at Cyfannol Women's Aid is Nichola Williams

Mobile 0797 063 8595

Email
nichola.williams@torfaenwomensaid.org.uk



Together we are stronger

The Chrysalis Centre, 3 Town Bridge Buildings
Park Road, Pontypool, Torfaen, NP4 6JE
Open Monday-Friday 9am-5pm

Telephone: 01495 742052 (24 hours)

Web: www.torfaenwomensaid.org.uk

Email: info@torfaenwomensaid.org.uk

All Wales Domestic Abuse & Sexual Violence Helpline:

0808 80 10 800



THERE'S NO EXCUSE FOR RAPE OR SEXUAL ABUSE

INDEPENDENT SEXUAL VIOLENCE ADVISOR (ISVA)

Cyfannol Women's Aid has an Independent Sexual Violence Advisor (ISVA). She is a victim focused advisor who works with women and girls over the age of 13 who have been victims of rape, sexual violence or childhood sexual abuse at anytime in their life.



CYMORTH | FENYWOD
CYFANNOL
WOMEN'S AID

HAVE YOU BEEN A VICTIM OF:

Rape

Sexual Assault

Intimate Partner Sexual Violence

Childhood Sexual Abuse

Organised/Ritual Sexual Abuse

Forced Marriage

Sexual Bullying

Female Genital Mutilation

Trafficking

Sexual Exploitation

Online Grooming and Sexual Exploitation

IF YES TO ANY OF THE ABOVE THEN THE ISVA CAN HELP!

The service is confidential, UNLESS there is significant risk to you or others, and telling someone would make a difference.

How the ISVA can Help

The support the ISVA provides will vary from case to case depending on your requirements. However she can:

- Help you decide if you wish to report to the police
- Give you information about the legal process and your rights
- Support you in all stages of the legal process if you have made a report to the police
- Support you when you give evidence at court
- Assist you with contacting the police and prosecution service
- Talk with you about your situation in a safe space
- Listen to you, find out what your needs are and assist you to gain support from other agencies
- Will work with you if you do not wish to report to the police

The ISVA can see you in your own home, at the Chrysalis Centre, or at another suitable venue.

Some Helpful Numbers

In an emergency always call the Police on 999.

If you want to report an abuse that has already happened, or a suspicion of abuse, call the police on 101

NSPCC Helpline

0808 800 5000 (24 hours a day)

Text: 88858

MOSAC Helpline

0800 980 1958

Provides support for non-abusive parents and carers whose children have been sexually abused

Samaritans

08457 909090

Childline

0800 1111

National Self Harm Network

0800 622 6000

C.A.L.L. Helpline

Offers a confidential listening and support service for those concerned about their mental health

0800 132 731

or text Help to 81066