



HORIZON

Grymuso Goroewyr | Empowering Survivors
Trais Rhywiol | of Sexual Violence

**Gwent-wide
specialist
sexual violence
support services**

Supporting anyone who has been affected by:

Sexual Bullying

Sexual Assault

Intimate Partner Sexual Violence

Rape

Childhood Sexual Abuse

Female Genital Mutilation

Online Grooming

Organised/Ritual Sexual Abuse

Forced Marriage

Trafficking

Sexual Exploitation

Revenge Porn

Financial Exploitation

This can happen to anyone, regardless of their age, gender, race, religion, culture or social status.

Speaking out and acknowledging what has happened is an important part of healing.

Our Support Services

Independent Sexual Violence Advisors (ISVA)

Our Independent Sexual Violence Advisors and support team listen and provide personalised support to men, women and children based on their individual needs. Our ISVA service is available to all survivors, whether they choose to report or not, offering:

Emotional and practical support:

Listening to survivors and responding to their needs, someone to talk to in a safe space, providing help with practical matters and support to access other agencies, as appropriate.

Support through the legal process:

Providing information about the legal process and rights; those who decide to make a report to the police will be supported by their ISVA in all stages of the legal process.

Sexual Violence Counselling

Specialist counselling is available for women, men and children aged 9+ who are currently experiencing, or have in the past experienced, sexual abuse.

Our counselling service can help bring about effective change, improving wellbeing and self-esteem, developing coping mechanisms and reducing harmful behaviours. The aim is to provide freedom from the damaging effects of sexual abuse, supporting survivors to move on and regain control of their lives.

Sexual and Financial Exploitation Team

A specialist project for adults and young people currently experiencing, or at risk of, sexual or financial exploitation. Providing support, information, advice and advocacy on a range of practical and emotional issues, based on individual needs and circumstances.

Our Group Support Services

The Sexual Violence Recovery Toolkit

A 12-week programme that helps survivors, who are in a position to take part in a group, come to terms with their experiences and develop positive lifestyle and coping strategies.

Peer Support Group

Our peer support groups bring together people with shared experiences to support each other, offering useful information on coping with the trauma of sexual violence and abuse and introducing ideas and approaches that others have found helpful.

Groups are facilitated by trained peer support volunteers and predominantly run online, but please get in touch to find out what options are available at present.

Creative Therapies

We offer a range of creative therapies, including art therapy and equine therapy, as part of our commitment to providing holistic support.

Art therapy is delivered on a group basis, with participants meeting for weekly sessions (online or in-person) over the course of each programme.

New group-based support options are being developed all the time. Please contact us, visit horizonsvs.org.uk or follow us on Facebook or Instagram for latest details.

Our Specialisms

Adult Survivors of Childhood Sexual Abuse

For 80% of the people we work with, their abuse started in childhood. We understand the barriers individuals face when disclosing such traumatic events.

Intimate Partner Sexual Violence

We have been supporting victims/survivors of intimate partner sexual violence for 40 years. We recognise that all abuse thrives on secrecy and that threats and bribes are often used to maintain compliance.

Support for Family and Friends

The after effects of sexual violence can be felt by not just the survivor but by their partner, family members and friends. We offer support and promote understanding of the impact of sexual violence and abuse.

Sexual and Financial Exploitation

We aim to provide options as to how our support services look by asking, listening and responding to the concerns and needs of people at risk of, or experiencing, sexual and financial exploitation.

Awareness Raising

We can offer sexual violence awareness sessions and we're always open to working with organisations to increase their knowledge and understanding.



Survivor-centred Services

Horizon values equality, diversity and inclusion. Our services are open to all genders, ages, disabilities, ethnicities or races, religions or beliefs, and sexual identities. Our goal is to offer and develop inclusive services for all to access.

We work closely with survivors to address barriers and ensure support is available to everyone how and when they need it. We offer:

Online Support

For people who may not be in a position to attend face-to-face counselling or support sessions, online and telephone support is available.

No Time Limits on Support

Support is available for as long as survivors need it and the option is always left open for individuals to access or return to support at a point that suits them.

Safe Emergency Accommodation

When survivors feel at risk or unsafe, we can offer safe emergency accommodation.

Outreach

For those already engaged with other services, our outreach worker can arrange to visit wherever is most comfortable.

Accessing Support

Support is available across Gwent. For information about accessing support in your area, please contact us.

Referrals

Our Horizon services are confidential and free and we receive referrals from across Gwent. Individuals can contact us directly to access support or be referred by another agency. When you get in touch with us, we will discuss your needs to establish which service(s) you would like to access.

Get in Touch

We welcome enquiries about our services and the support we can provide, so please feel free to contact us for further information.

Helpful Contacts

Live Fear Free Helpline

0808 80 10 800

NAPAC

0808 801 0331

Support line for adult survivors of child abuse
(Mon-Fri)

NSPCC Helpline

0808 800 5000

Text: 88858

MOSAC Helpline

0800 980 1958

Support for non-abusing parents
and carers of sexually abused children

C.A.L.L. (Community Advice & Listening Line): Mental Health Helpline for Wales

0800 132737

or text 'help' to 81066

Samaritans

116 123

Childline

0800 1111

LGBT+ Cymru Helpline

0800 917 9996 (Monday 7pm-9pm)

National Self Harm Network (online forum)

<http://www.nshn.co.uk>



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A project by



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