

## Alternate formats

### English

If you would like this information in another language or format please ask us.

### Polish

Jeżeli chcieliby Państwo uzyskać informacje w innym innym formacie, prosimy dać nam znać.

### Portuguese

Se deseja obter informação noutro idioma ou formato, diga-nos.

### Urdu

اگر آپ کو معلومات کسی دیگر زبان یا دیگر شکل میں درکار ہوں تو براۓ مہربانی ہم سے پوچھئے۔

☎ (01733) 758500

✉ NHS Peterborough, 2nd Floor, Town Hall,  
Peterborough, PE1 1FA.

Contact:



**Oasis**  
**Rivergate**  
**Viersen Platz**  
**Bourges Boulevard**  
**Peterborough**  
**PE1 1SE**



## If you would like to make a complaint

If you are unhappy with any area of our work please feel free to discuss this with a member of the team or Kay Elmy, Head of Service. If you don't want to speak to a member of staff, you can contact NHS Peterborough Patient Advice and Liaison Service (PALS) on 01733 776283. They can speak to staff for you and work with you to resolve your concern. If, after speaking to a member of staff or PALS, you feel your concern has not be satisfactorily resolved you can make a formal complaint if you wish.

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**Independent Sexual**  
**Violence Advisors**

## What is sexual violence?

Sexual violence includes serious sexual assault involving penetration of the body without consent. Other sexual assaults may include incidents of flashing, sexual threats or touching which causes fear, alarm or distress.

## What is an independent sexual violence advisor?

An independent sexual violence advisor offers confidential advice and support to both males and females who have been the victims of sexual violence.

They will help you come to terms with what has happened and explain the options available to you.

## What can I expect from the service?

### Your advisor will:

- Help you decide what help and support you need
- Provide information about the full range of options and services available
- Refer you for counselling
- Put you in touch with support groups
- Help to co-ordinate different agencies as appropriate, such as sexual health, mental health, substance misuse and housing
- Liaise with the police for regular case updates, if you choose to report the sexual assault

- Offer practical advice on the legal and criminal process.

### If you wish they can also go with you to the following:

- Sexual Assault and Referral Centre (SARC) at Rivergate
- Police, if you choose to report the sexual assault
- GUM (genitor-urinary medicine) clinic
- Solicitors
- Doctors
- Housing office.

*Your independent sexual violence advisor will only provide the support you choose.*

## Sexual violence - the facts

- 21 per cent of girls and 11 per cent of boys experience childhood sexual abuse
- 23 per cent of women and 3 per cent of men experience a sexual assault
- There is a myth that only strangers carry out sexual attacks. Many assaults are committed by someone the victim knows, including family, partner, spouse or close friends
- There are no excuses for sexual violence. Whoever the attacker is, the important thing to remember is that it's not your fault.