

confidentiality

What you tell us remains confidential within our support team. We will not tell anyone you are being supported. We will not give anyone any information about you, unless you want us to.

There are some circumstances, however, when we are required by law to share information with other agencies. A support worker will always discuss this with you first.

Please feel free to talk about our confidentiality policy with support workers.

further information

We have a range of free information leaflets and packs for survivors, their supporters and agencies. Please call us on **0131 556 9437** to request copies and we will send them out to you in an unmarked envelope.

Information leaflets and packs available:

- Information about our support service
- Information and support pack for women
- Information for family, friends and partners
- Information about complementary therapy
- Information about rape and sexual assault
- Information about group support
- Information for survivors of childhood sexual abuse
- Information for survivors of ritual abuse
- Information about flashbacks
- Information about self-harm
- Information about panic attacks
- Legal information booklet: reporting to the police and going to court

useful contacts

Edinburgh Women's Rape and Sexual Abuse Centre
0131 556 9437

Edinburgh Crisis Centre
24-hour helpline for adults who have used mental health services
0808 801 0414

Edinburgh Women's Aid
0131 315 8110

GUM Clinic
0131 536 2104

Lothian and Borders Police
0131 311 31 31

Rape and Abuse Line
0808 800 0123

Rape Crisis Scotland Helpline
Freephone open daily: 6pm-12 midnight
08088 01 03 02

www.rapecrisisscotland.org.uk

Samaritans
0131 221 9999

**The Amethyst Team
(Family Protection Unit)**
0131 316 6600

All our leaflets are available in larger print. If you would like copies please contact us on 0131 556 9437.

We are committed to providing a high quality support service. For this reason, from time to time, our helpline is monitored internally for training purposes.



edinburgh women's rape and sexual abuse centre
support, advice and advocacy for women and girls

**information about
group support
helpline: 0131 556 9437**

**administration, outreach
& training: 0131 557 6737
minicom: 0131 557 6757
fax: 0131 558 1612**

**support@ewrasac.org.uk
info@ewrasac.org.uk**

**c/o P.O. Box 120
Brunswick Road
Edinburgh, EH7 5WX**

Registered Charity Ref. SC 006208

Registered as a limited company by guarantee No. 297142.
Registered Company Address: Edinburgh Women's Rape and Sexual Abuse Centre, c/o Quartermile One, 15 Lauriston Place, Edinburgh, EH3 9EP

group support

What is group support?

Group support is an opportunity to both give and receive support. Women can share their feelings with other women and suggest ideas based on what has worked for them. There is also the space to talk about what has happened to you, if you feel able to and want to.

How can a group help?

- Sharing experiences with other survivors in a non-judgemental and supportive environment can be helpful to women. Women often tell us that they are able to share things with the group they don't feel able to talk about with other people.
- Sexual abuse can be very isolating for women, and being in a group can lessen this feeling of isolation.
- Women can explore their feelings together, in a safe and supportive space.

What will happen at the group?

Group members decide how they use the time and what they want to talk about. Each session varies, but usually includes some discussion and some simple 'safe' exercises, such as drawing or writing. There will be no pressure to take part in anything you do not feel comfortable or safe with.

Who will be at the group?

- Our groups are for female survivors of any kind of sexual violence. This includes rape, sexual assault and childhood sexual abuse.
- Groups are made up of between 5 and 10 women and are facilitated by 2 or 3 female support workers. This will depend on the size of the group.
- The role of the facilitators is to ensure that any woman who feels able to speak is provided with an opportunity to do so, and also to see that all women feel safe.

Do I have to talk about what happened to me?

No. There is no pressure to say anything you don't want to. You can use the group to say as much or as little as you want.

How do I know the group will be confidential?

At the first session, all members of the group will draw up 'ground rules', which will include confidentiality. This is also an opportunity to raise any worries you have. Facilitators will support you to ask for the ground rules that you need in order to feel safe. The ground rules can be added to at any point.

What if I need to take a break?

We make a room available for group members who want to take some time out. This can be alone or with a facilitator, depending on what you want.

How long will the group last?

- Groups run for a total of 12 weeks.
- Each session lasts about 2 hours, and we try to run groups during both the afternoon and the evening.

How do I join a group?

If you would like to join one of our groups, or you would like further information, you can contact us on 0131 556 9437.

When the next group is due to start you will be invited in for an individual face to face session. This will be with one of the workers who will be facilitating the group, in the same room as the group will take place. This is an opportunity for you to ask questions about the group and talk through anything that may be worrying you. If it would be helpful for you, you are welcome to bring a female friend, family member or support worker to this session.

I still feel very nervous about attending the first session

Women often tell us that coming to that first group meeting can be one of the hardest things they do. Our workers want to support you in any way we can. If you still feel worried or are unsure if the group is right for you, we can also offer you the opportunity to:

- Talk through your concerns on our helpline.
- Look at some of the exercises that will be offered to the group.

If there is anything else that you feel you need in order to attend the group, we will do our best to support you.