

SOSRC is one of three Essex Rape Crisis Centres, open to survivors and their families and carers living in **Southend-on-Sea, Castle Point** and **Rochford**.

We accept **self-referrals** and referrals from **professionals**, as long as the individual have given their **full consent**.

CONTACT US

Office: 01702 667 590

Referrals: 0300 003 7777

Email: info@sosrc.org.uk

Free 24/7 Rape & Sexual Abuse Support Line:
0808 500 2222

www.sosrc.org.uk
@southendrapecrisis



**RAPE
CRISIS**
England & Wales

synergy
ESSEX

get help with sexual violence
**CA
RA**

sericc
Rape and Sexual Abuse
Specialist Service
SOS RAPE CRISIS

Partnership of Rape and Sexual Abuse Specialist Services

Southend on Sea Rape Crisis is a registered
Charitable Incorporated Organisation (CIO): 1194207

Support for Survivors of Sexual Violence

SOSRC

Southend - Castle Point - Rochford

About SOSRC

SOSRC is an organisation dedicated to supporting all survivors of all forms of sexual violence, whether it is recent or non-recent.

The support we offer is **free**, **specialist** and **trauma informed**.

Our priority is to provide a **safe** and **confidential** space to survivors and their families/carers.

What is Sexual Violence?

Sexual violence is any **unwanted sexual activity** or sexual behaviour that happened **without consent**.

This includes rape, sexual assault, child sexual abuse, online grooming, sexual harassment, and more.

If you have experienced any form of sexual violence, no matter how long ago, it was not your fault and you did not deserve this.

What is Consent?

The legal definition of consent is when someone **agrees to sexual activity by choice** and that they have the **freedom and capacity** to make that choice.

Freedom means they have not been forced, manipulated, threatened or pressured into sexual activity. Capacity means you are not drunk, asleep, unconscious or drugged.

Advocacy

Our team of accredited **Independent Sexual Violence Advocates (ISVAs)** and **Children Independent Sexual Violence Advocates (CHISVAs)** work alongside survivors and their families/carers to provide emotional and practical support through the criminal justice process.

The support is **independent, non judgemental** and open to those who have reported their abuse to the police, or those who are thinking of doing so.

Our Services

Counselling

We offer **specialist, professional sexual violence counselling** to survivors of sexual violence, as well as their family/carers. The sessions are person centred and can be held face to face, online or via telephone.

Our counselling is **one to one**, and is offered to **adults** and **young people**.

For **under 11's**, we provide specialist **play therapy** in our designated playroom.

Group Work & Prevention

At SOSRC we have a **young peoples wellbeing group** (for 12-18 year olds), offering different activities including arts and crafts, activism, book club and trips.

We also work with schools, community organisations and agencies in **raising awareness** and working to prevent sexual violence.