

East London Rape Crisis  
Information & Support Line:  
t: 0800 160 1036  
e: [rapecrisis@niaendingviolence.org.uk](mailto:rapecrisis@niaendingviolence.org.uk)  
🐦 @ELRC\_nia

**nia** has been delivering services for women, girls and children who have experienced sexual and domestic violence since 1975.

The organisation has three main aims

- to provide services for women, girls and children who have experienced men's violence
- to contribute to ending male violence against women and girls
- to inform and influence policy and public awareness

**nia** is run for women and children by women, providing services developed in consultation with women who have experienced men's violence, and from a proudly feminist perspective.



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[niaendingviolence.org.uk](http://niaendingviolence.org.uk)

🐦 @nia\_endingVAWG

Donate to support our work [justgiving.com/niaproject](http://justgiving.com/niaproject)

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Registered Charity Number 1037072  
Registered Company Number 02673624

# East London Rape Crisis



# The East London Rape Crisis service works with women and girls who have experienced any form of sexual violence at any time in their lives.

Sexual violence includes:

Rape; childhood sexual abuse; sexual harassment; female genital mutilation; prostitution; being forced to watch pornography or other sexual acts; having sexual photos or videos made of you that you didn't want to be made, or shared with people you didn't want to see them; sexual exploitation; being trafficked (moved from one place to another) for sexual purposes and sexual violence in groups and gangs.

We are independent from the police and other statutory services. Our services are free and confidential. Any limits to confidentiality will be explained at first contact. We offer support to women and girls who live or work in: Barking & Dagenham, Hackney, City, Havering, Newham, Redbridge, Tower Hamlets and Waltham Forest.

## Advocacy Services

**Our Independent Sexual Violence Advocates (ISVAs) work alongside women and girls aged 13+ to provide one-to-one emotional and practical support; this might include:**

- help to understand and access their rights
- information about criminal justice and legal frameworks to enable them to make informed decisions
- support through the criminal justice process
- assistance with accessing housing/housing advice
- help to coordinate a range of agencies when things feel overwhelming.

Our ISVA service is woman-led and the above list is not exhaustive.

**Our Young Women and Girls Advocates support young women and girls aged 11–18 in Newham, Tower Hamlets, Waltham Forest and Barking and Dagenham**

Available to young women and girls in Newham & Tower Hamlets, Waltham Forest and Barking Dagenham.

The YWA service is a young- woman centred project and the support provided will vary dependent on the young woman's needs/wishes.

The Young Women's Advocate may

- provide a voice for the young woman in dealing with the police and social services.
- support with school/college
- provide advocacy and education on a range of issues
- support to access meaningful activities

## Information & Support Line

**Open to women and girls aged 13 years+, their friends and family, and professionals**

The Information & Support Line is open six days a week; support is provided by phone and email.

**Support provided includes:**

- Emotional support as a one-off or on an ongoing basis
- Information about victim/survivor rights
- Referral/access to other ELRC services
- Help to access a range of other support services

Individuals do not have to give any personal details to access this service – if wishing to remain anonymous please call us initially rather than emailing us.

## Counselling & Therapeutic Support

**Women and girls, 13 years+**

Counselling is an opportunity for women and girls to begin to recover from the consequences of sexual violence. Every woman is different and so everyone's counselling experience is unique to them.

Counselling will take place in a confidential and quiet location once a week for 50 minutes, for as long as needed, up to one year.

There are different types of therapeutic support available depending on whether or not the woman or girl is involved in the criminal justice system.

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