

# VOLUNTEER FOR AYLESBURY VALE RAPE CRISIS

Would you like to volunteer

for Aylesbury Vale Rape Crisis?

We welcome women and girls interested in volunteering who can offer us support with fundraising, telephone support, counselling, administration etc.

We offer volunteers specialist training and a chance to be a part of a great team working together to support survivors of sexual abuse.

If you are interested, please contact us for more information.

Telephone: 01296-392468

Email: [mail@avrc.org.uk](mailto:mail@avrc.org.uk)



As a charity we are always grateful for donations. If you want to help us financially please contact us or send your donation to our postal address.

You can also help us by joining the Vale Lottery to support our cause and be in with a chance of £20,000!  
Visit [valelottery.co.uk](http://valelottery.co.uk) to sign up now!

Enjoying online shopping? By signing up with [Easyfundraising.org.uk](http://Easyfundraising.org.uk) you can donate whilst visiting some of your favourite online shopping websites. It does not cost you anything extra and you can even save money with some of their great offers.

Aylesbury Vale Rape Crisis  
PO Box 1058  
Aylesbury, Bucks  
HP20 9JZ

 01296-392468

 [mail@avrc.org.uk](mailto:mail@avrc.org.uk)

Registered Charity 1051608



**AYLESBURY VALE RAPE CRISIS**  
(COVERING AYLESBURY VALE AND MILTON KEYNES)

**FREE AND CONFIDENTIAL SUPPORT**

 01296-392468

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Registered Charity 1051608

## ABOUT US

We are a charity run by women for women, offering free and confidential support to self-identifying women who have experienced any kind of sexual abuse, recently or in the past.

We also support partners, family members or friends to survivors of sexual abuse.

We are independent from Police, NHS and Social Services.

### HOW TO CONTACT US

If you are a woman or a girl over 16 years who has experienced sexual abuse and feel that you would like someone to talk to or if you have any questions, please contact us via telephone, email or by letter.

You can always leave us a message and we will get back to you as soon as possible!

## SERVICES WE OFFER

- \* **Counselling;** one to one support with a counsellor specially trained to support survivors of sexual abuse
- \* **ISVA support;** ISVA stands for Independent Sexual Violence Advisor and our ISVA is there to offer practical support as well as emotional support when dealing with the aftermath of sexual abuse. The ISVA can offer you information and support in regards to the Criminal Justice Process and support you to make informed decisions about the next action.
- \* **Telephone support;** specially trained advisors are on hand to offer you non-judgemental support and/or information
- \* **Email support;** specially trained advisors are on hand to offer you non-judgemental support and/or information

## HOW CAN WE HELP?

All staff and volunteers have training in supporting women who are survivors of any kind of sexual abuse and we can offer support where you set the pace. Whether if you want face to face, telephone or email support we are here to listen to you. We believe you.

### MYTHS

**Myth:** Women are most likely to get raped outside, after dark and by a stranger.

**Fact:** Only about 10% of rapes are committed by strangers.

In most cases it is committed by someone known to the survivor.

**Myth:** Women often lie about being raped because they regret having sex or out of spite or for attention.

**Fact:** Media focus on false rape allegation disproportionately portrays that lying about sexual abuse is common when in fact the opposite is true. False allegations are very rare. The vast majority of survivors choose not to report to the police.

**WE BELIEVE YOU!**