



Where to get support for a victim of sexual violence in Gloucestershire

Valid from 2026

First Light



Gloucestershire Rape
and Sexual Abuse Centre
here for you

GCS
GLOUCESTERSHIRE
COUNSELLING SERVICE



HopeHouse
Sexual Assault Referral Centre

let's
talkwell
BARNARD'S

What is sexual violence?

Sexual violence is any unwanted sexual act or behaviour that occurs without consent. It includes sexual assault, harassment and coercion and can include contact and non-contact sexual abuse.

Examples of Contact Sexual Abuse or Rape:

- Unwanted touching or groping
- Rape or attempted rape (placing of penis into your vagina, bottom or mouth without your consent)
- Sexual Assault (any unwanted touching in a sexual manner, including kissing, stroking, poking etc. or placement of any object or body part into your vagina or bottom without consent)
- Sexual abuse in childhood (any sexual activity that occurs when you are a child)
- Sexual abuse by someone in a position of power (such as requesting sex for a promotion, or a teacher developing an inappropriate relationship with a student)
- Sexual coercion or exploitation (using persuasive techniques or threats to make you engage in any type of sexual behaviour)
- Sexual violence in intimate relationships.

Examples of Non-Contact Sexual Abuse:

- Online grooming (building trust with the intention of exploiting a child)
- Threats to share sexual images
- Indecent exposure (showing of private body parts without consent)
- Voyeurism (watching other people when they are naked or undertaking sexual activity)
- Sexual harassment or unwanted sexual messages
- Coercion to watch pornography
- Invasive sexual questions
- Stalking
- Threats of sexual violence.

Support Available

The following is a list of agencies that a victim of sexual violence can choose to engage with, and you DO NOT have to report to the police in order to access their services.



Website: www.hopehouse.nhs.uk

24/7 Advice Line: 0300 421 8400

Email: hopehouse.sarc@ghc.nhs.uk

Hope House Sexual Assault Referral Centre (SARC) is a confidential service in Gloucestershire providing emotional and practical support, alongside medical care, to anyone who has experienced sexual assault or rape.

Support is tailored to individual needs, and clients can choose to access as much or as little of the service as they wish.

Referrals to Hope House SARC can be made through the Police or other professionals. Individuals can also contact the SARC directly to arrange an appointment without Police involvement. SARC additionally offer information and support to friends and family members.

If you or someone you know has experienced sexual assault or rape, please contact SARC on 0300 421 8400 via their 24/7 advice line. You must obtain consent first to refer on behalf of someone else.

If the assault has happened recently, it is important to get in touch as soon as possible. This may allow for the collection of DNA evidence and the documentation of injuries. You may also wish to speak with a Sexual Offences Examiner regarding medical care. If the assault occurred more than 10 days ago, you can still contact the 24/7 advice line. Professionals may be asked to complete a professional referral form where appropriate.

First Light



Website: www.firstlight.org.uk/our-services/gloucestershire-isva-service/

Phone number: 01452 222352

The ISVA service is open to everyone.

First Light and Barnardo's are a partnership working together to ensure that anyone affected by sexual abuse or violence can access the support they need.

Their service is here for all:

Children, adults, and people of all genders and ethnicities.

You will be believed, heard, and supported.

How can they help you?

The Independent Sexual Violence Advisor (ISVA) Service provides confidential, independent support to individuals who have experienced recent or historic sexual abuse or sexual violence and have reported the incident to the police.

The ISVA Service is independent from the police and other agencies.

It offers one-to-one practical and emotional support, but it is not a counselling service.

Your ISVA will liaise on your behalf with agencies across the criminal justice system and the wider community to develop a tailored support plan based on your individual needs and circumstances.

First Light and Barnardo's also support individuals who have not reported an incident but are considering their options. Their ISVAs will talk through your choices and help you understand how they may apply to your situation.

Support is available for all survivors, including those who have experienced non-contact sexual offences such as online abuse, indecent exposure, or voyeurism.

Whatever your experience, ISVAs are there to listen, support, and guide you.



Website: www.glosrasac.org

Phone Number: 01452 305421

GRASAC (Gloucestershire Rape and Sexual Abuse Centre) offers a safe, confidential and specialist service for people of any gender in Gloucestershire who have experienced sexual violence. They provide therapeutic, trauma-informed support for survivors at any point in their healing journey. Their services include 1-to-1 Specialist Sexual Violence Support, Trauma Stabilisation Work, Facilitated Group Programmes, Online Self-Help Guides and Training.



Website: www.gloscounselling.org.uk

Phone Number: 01453 766310

Email: info@gloscounselling.org.uk

In partnership with **Gloucestershire Counselling Service (GCS)**, they also offer access to Counselling and EMDR therapy. Their approach is compassionate, survivor-led and focused on safety and emotional wellbeing. GRASAC accept referrals via their website. Professionals can refer or signpost, and survivors can also self-refer, knowing that everyone will receive specialist, holistic support tailored to their individual needs.



Website: www.letstalkwell.org.uk

Phone Number: 01594 372777

Mobile Number: 07520 634063

Email: hello@letstalkwell.org.uk

Counselling and support for 9–25-year-olds

Counselling: Speak to counsellors on the phone, via text chat or directly via video or face-to-face at your school or college, or another suitable location near to where you live.

INTEr-ACT: A series of three live online sessions that can help you learn new ways of managing difficult thoughts and feelings and how to do more of what matters to you.

Talk Well Chat: Call or live-message their friendly, trained team members about anything that's troubling you.

First Step Session (FSS): A single, solution-focused session – an ideal choice if you are facing a specific issue and want some help working out what you want to be different or what to do next.

Let's Talk Well also offer support to parents and carers via group work and a parent and carer helpline.

Reporting an Assault

You can make a report by calling the emergency **999** number or the non emergency **101** numbers.

Visit the Gloucestershire Constabulary website.

www.gloucestershire.police.uk



Victims Code of Practice (VCOP)

All victims of crime, regardless of whether they have reported to the police or not, have a series of rights that are put forwards in the Victim Code of Practice.

Details can be found can be found here: <https://www.gov.uk/government/publications/the-code-of-practice-for-victims-of-crime/code-of-practice-for-victims-of-crime-in-england-and-wales-victims-code>

