

# SPECIALIST THERAPEUTIC SUPPORT FOR SURVIVORS OF SEXUAL VIOLENCE IN LINCOLNSHIRE

Delivering One-to-One Trauma Informed  
Therapeutic Services, and Counselling

**LINCOLNSHIRE  
RAPE CRISIS**



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# FOR PROFESSIONALS

**Lincolnshire Rape Crisis has been delivering specialist therapeutic services across Lincolnshire since 2013, supporting adults and children as a trusted sector expert.**

This is an established, high-quality service, providing consistent, specialist therapeutic support for survivors of sexual violence across the county.

Our service is funded by the Ministry of Justice (MoJ) and accredited by Rape Crisis England & Wales (RCEW), ensuring delivery to nationally recognised standards of safety, quality and survivor-centred practice.

## **Trusted. Accredited. Trauma-Informed.**

Our role is to provide specialist therapeutic expertise while strengthening partnership working and improving outcomes for survivors.

**We work collaboratively with a wide range of partners to ensure a coordinated, trauma-informed response for survivors.**

### **This includes:**

- **Statutory agencies, including safeguarding teams and social care**
- **Lincolnshire Police**
- **CAMHS and wider mental health services**
- **Probation services**
- **Education settings, including schools and colleges**
- **Victim support services and wider third sector organisations**

### **We actively contribute to:**

- **Team Around the Family (TAF) approaches**
- **Safeguarding processes and multi-agency risk management**
- **Information sharing to support safe, effective care planning**
- **Joined-up pathways from crisis through to long-term recovery**

# WHAT THIS MEANS FOR SURVIVORS IN LINCOLNSHIRE

## Our therapeutic services offer:

- A safe, confidential and non-judgemental space
- Specialist trauma-informed counselling
- A range of creative and alternative therapeutic interventions, providing flexible, innovative pathways to support recovery and emotional wellbeing
- Support to process the impact of sexual violence
- Development of coping strategies and emotional resilience
- Support paced around individual needs and readiness
- Consistent, longer-term support for recovery

We recognise that recovery looks different for everyone, and we work alongside survivors at their pace, respecting choice, control and autonomy.



# DEDICATED, INCLUSIVE SPACES

We provide specialist environments tailored to different needs, **including:**

**A Children and Young People's Centre**

**The Mr & Mx Centre**

Supporting men and gender-diverse survivors

**A Women's Centre**

Exclusively for women

**County Wide Hubs**

Supporting the delivery of our service across Lincolnshire

These spaces are designed to ensure survivors feel safe, understood and supported in environments that reflect their identity and experiences.

## Our Approach

- Trauma-informed, meaningful, and empowering
- Delivered by qualified, experienced therapists
- Grounded in safety, trust and collaboration
- Structured, ethical and professionally boundaried
- Focused on long-term recovery and wellbeing
- Committed to equitable, accessible services for minoritised survivors, with culturally responsive support that recognises diverse identities, experiences and barriers to access
- Underpinned by robust safeguarding, with all staff enhanced DBS checked and vetted to appropriate levels, with regular review processes in place to support the safest delivery possible

# INCLUSIVE AND ACCESSIBLE SUPPORT

Our diverse, multilingual team enables culturally responsive therapeutic support, improving access and engagement for:

- Minoritised and underrepresented communities
- The LGBTQ+ community
- Individuals affected by Honour-Based Abuse (HBA)
- Military personnel and veterans
- Neurodivergent adults and disabled people

Trusted. Specialist. Trauma-informed therapeutic support for survivors across Lincolnshire.

How to access

[lincolnshirerapecrisis.org.uk](https://lincolnshirerapecrisis.org.uk)

A stylized illustration of five women's profiles in profile, facing right. The women have diverse features and colors: one with red hair in a bun, one with a blue headscarf, one with black hair, one with long black hair, and one with short black hair and a hoop earring. They are set against a yellow background.

We are committed to reducing barriers and ensuring equitable access to specialist therapy.

# DELIVERING EXCEPTIONAL SURVIVOR SERVICES IN LINCOLNSHIRE

We are proud to be working with the Office of the Police and Crime Commissioner for Lincolnshire to deliver trusted, specialist support for survivors of sexual violence.

**Independent Sexual Violence Adviser (ISVA) services for adults, children and families in Lincolnshire**

The ADULT ISVA service is now commissioned by the OPCC Lincolnshire



Lincolnshire  
POLICE & CRIME  
COMMISSIONER  
SAFER TOGETHER

# ISVA support for adult victims of sexual violence in Lincolnshire

**From April 2026, Lincolnshire Rape Crisis will be commissioned to deliver the Lincolnshire Adults ISVA Service – an expansion of our already successful ISVA provision across the county.**

This enhanced service provides independent, specialist advocacy for adults (18+) affected by sexual violence.

Our ISVAs are fully independent from the police, ensuring survivors receive impartial, confidential support alongside the criminal justice process.

Working towards Lime Culture-accreditation and an achieving Rape Crisis England & Wales accredited provider, we deliver services to nationally recognised standards of quality, safety, governance and survivor-centred practice.



the ADULT ISVA service is now commissioned by the OPCC Lincolnshire

# A new era of independent sexual violence advocacy

**For professionals, police officers and staff working with survivors this means access to a trusted specialist partner who can help to:**

- ✓ Improve victim and witness engagement
- ✓ Support stronger victim/survivor communication and trust
- ✓ Help set realistic expectations from the outset
- ✓ Support navigation of the CPS process
- ✓ Enhance safeguarding and risk management
- ✓ Reduce disengagement and attrition
- ✓ Deliver regular ISVA drop-in sessions in police stations across the county
- ✓ Support effective, timely and appropriate referrals
- ✓ Provide consistent, trauma-informed support alongside investigations
- ✓ Strengthen partnership working and coordinated case progression



## Working in Partnership with Lincolnshire Police

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We are committed to strong, professional collaboration with Lincolnshire Police to support a coordinated, victim-centred response to sexual violence. We are committed to supporting Lincolnshire Police in their work to address sexually violent crime, ensuring victims receive high-quality advocacy alongside policing activity.

**Independent. Professional.  
Trauma-informed advocacy —  
working in partnership to support  
victims across Lincolnshire.**

# INCLUSIVE AND SPECIALIST SUPPORT

We offer a diverse, multilingual ISVA service, with team members who collectively speak multiple languages, helping us improve access, build trust and deliver more culturally responsive support.

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- Minoritised and underrepresented communities
- The LGBTQ+ community
- Individuals affected by Honour-Based Abuse (HBA)
- Military personnel and veterans
- Neurodivergent adults and disabled people

How to refer

[lincolnshirerapecrisis.org.uk](https://lincolnshirerapecrisis.org.uk)

# **SUPPORT FOR PEOPLE PRESENTING IN CRISIS AT THE SEXUAL ASSAULT REFERRAL CENTRE (SARC)**

**We are proud to provide specialist crisis counselling for victims of sexual violence in Lincolnshire, expanding the support available at the earliest point of need and strengthening the response for people presenting in crisis.**

Working in partnership with SARC specialists and PHL, this service provides timely, compassionate and professional emotional support alongside forensic and medical care, helping to ensure clear pathways, strong safeguarding and continuity from crisis through to recovery.



# Crisis counselling support for victims of sexual violence in Lincolnshire

**From April 2026, Lincolnshire Rape Crisis will deliver specialist SARC Crisis Counselling, providing immediate, trauma-informed emotional support to adults following sexual violence.**

This represents an expansion of our established specialist provision, strengthening the support available at the earliest point of need.

Our service complements SARC pathways, ensuring people presenting in crisis receive timely, compassionate and professional emotional support alongside forensic and medical care.

As a Rape Crisis England & Wales accredited provider, we deliver services to nationally recognised standards of quality, safety and survivor-centred practice.

# A new era of specialist SARC crisis counselling

**We work collaboratively with SARC specialists; PHL, to ensure a coordinated, responsive, and survivor-centred approach.**

## Our partnership model supports:

- ✓ Immediate access to crisis counselling for people presenting at the SARC in crisis
- ✓ Clear communication and defined professional roles
- ✓ Seamless integration with forensic and medical care
- ✓ Consistent support from crisis through to recovery
- ✓ Strengthened multi-agency safeguarding and support pathways

# WHAT THIS MEANS FOR SURVIVORS IN LINCOLNSHIRE

Referrals come directly from people presenting in crisis at the SARC, enabling responsive access to specialist emotional support when it is needed most.



## Our SARC Crisis Counselling service offers:

- Immediate emotional stabilisation at the point of crisis
- Support to feel safe, heard and believed
- Reduced distress following SARC attendance
- Help to understand options following trauma
- Support for informed decision-making
- Improved continuity of care and onward support

# INCLUSIVE AND ACCESSIBLE SUPPORT

Our diverse, multilingual team enables culturally responsive crisis support, improving access and engagement for:

- Minoritised and underrepresented communities
- The LGBTQ+ community
- Individuals affected by Honour-Based Abuse (HBA)
- Military personnel and veterans
- Neurodivergent adults and disabled people

How to access

[lincolnshirerapecrisis.org.uk](https://lincolnshirerapecrisis.org.uk)

## Our Approach

We provide calm, expert support at a critical point, helping people navigate the immediate impact of sexual violence in a safe and supportive environment.

- Trauma-informed, empowering, compassionate and non-judgemental
- Focused on safety, emotional processing and stabilisation
- Delivered by experienced specialist practitioners and sector experts
- Structured, professional and clearly boundaried
- Seamless onward referral into longer-term support

Immediate. Compassionate. Empowering. Trauma-informed crisis counselling for people presenting in crisis at the SARC.

# 24/7 SUPPORT FOR SURVIVORS OF SEXUAL VIOLENCE

## Round-the-Clock Specialist Support

We are proud to deliver the Rape Crisis England & Wales 24/7 National Support Line and live chat, ensuring survivors can access support any time, day or night – 365 days a year.

This national service provides free, confidential and trauma-informed support for anyone affected by sexual violence, wherever they are in their journey.

National.  
Accredited.  
Accessible.  
Always Here.

## What This Means for Survivors

You don't have to wait. You don't have to cope alone at times other services are closed.

- ✓ Immediate access to specialist support, 24 hours a day
- ✓ A safe, confidential and non-judgemental space
- ✓ Support whether or not you have reported to the police
- ✓ The ability to choose how you access support – by phone or live chat
- ✓ Emotional support, information and signposting
- ✓ Support at your pace, in a way that feels right for you

## What This Means for Professionals

The 24/7 National Support Line and live chat provides a reliable, accessible referral pathway for professionals supporting survivors.

- ✓ Immediate support outside of working hours
- ✓ A consistent, national offer of specialist support
- ✓ Safe signposting for individuals in crisis
- ✓ Additional support alongside local services
- ✓ Increased accessibility for those unable to engage in traditional services

### Access Support

0808 500 2222

Live chat available online

[rapecrisis.org.uk](https://rapecrisis.org.uk)

Available 24 hours a day, 365 days a year

Proud partner of the Rape Crisis England & Wales  
24/7 National Support Line & Live Chat



## Our Approach

As part of a national network, we ensure every contact is handled with care, professionalism and understanding.

- Trauma-informed and survivor-led
- Confidential, compassionate and non-judgemental
- Delivered by trained, specialist support workers
- Grounded in safety, choice and empowerment
- Responsive and accessible at any time of day or night

**Always here.**  
**Always listening.**  
**Always on your terms.**

# CONTACT US

Office Telephone:  
**01522 716320**

For referrals:  
**[lincolnshirerapecrisis.org.uk](http://lincolnshirerapecrisis.org.uk)**

For information on Counselling/Support:  
**[support@lincolnshirerapecrisis.org.uk](mailto:support@lincolnshirerapecrisis.org.uk)**

For information on ISVA  
**[ISVA@lincolnshirerapecrisis.org.uk](mailto:ISVA@lincolnshirerapecrisis.org.uk)**

For administration and media enquiries:  
**[info@lincolnshirerapecrisis.org.uk](mailto:info@lincolnshirerapecrisis.org.uk)**

National Support Line Call free on:  
**0808 500 2222**

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RAPE CRISIS**

