



Do you  
need to talk  
to someone  
about

**rape or  
sexual  
abuse?**

sericc

*Run for women, by women*

**SERICC** opened in 1984 and covers the areas of Thurrock, Basildon and Brentwood. As a voluntary organisation and a registered charity, the organisation is confidential and independent from social services, the police and other official agencies.

SERICC provides a service to women and girls over 13 years old who have been raped, sexually assaulted, experienced child sexual abuse, sexual harassment or who have experienced any form of sexually violence or attempted sexual assault at any time in their lives.

You can ring SERICC if something is happening in your life now or if you are having difficulties about something that has happened in the past. You can also phone if you are worried about your child, someone else in your family, or someone you know.

If you ring us we can offer telephone counselling and 'one to one' counselling, emotional support and practical information. We will not tell you what to do or judge your actions.

SERICC seeks to work in ways that demonstrate equality, respect and care and our aim is to be an organisation which is accepting of difference (age, disability, race, faith, sexuality and class) and to be non-judgmental. We work to provide information and resources that can be used by all women to help themselves.

### ***What is counselling?***

Counselling provides a space to help you gain a clearer understanding of yourself and your situation. Counselling may help you find your own answers to the problems you may be experiencing as a result of sexual violence.

SERICC's counsellors will never force you to talk about anything you are not ready to. At your appointments the counsellor can answer any questions you have about counselling or other support needs. You and your counsellor will review whether you feel the counselling is meeting your needs on a regular basis.

## **How to make an appointment/referral**

Referring agencies should be aware that some women and girls may require support in contacting SERICC and may not have the confidence to make first contact or may not know what to expect.

Referring agencies need to complete a referral form that can be downloaded from our website [www.sericc.org.uk](http://www.sericc.org.uk); or you can request the form to be faxed or emailed to you.

The form must be sent to SERICC before the referral can be accepted - this will enable SERICC to make contact as quickly as possible.

SERICC also accept self referrals which means you can contact us directly to arrange an appointment.

## **Services**

We offer:

- Experienced sexual violence counsellors who are all women;
- Counselling sessions in a comfortable environment;
- Free crisis, short term or long term 'one to one' and telephone counselling;
- Emotional support and advocacy;
- Appointments with the same counsellor.

## Telephone helpline:

For some women and girls using the telephone helpline is the first step to talking about what has happened in their lives. We will offer information and support to callers who are supporting a partner, a friend, a family member or a work colleague who has experienced sexual violence. We will also signpost individuals to appropriate support agencies if they/you are not living in our area or are male victims of sexual violence.

The telephone counselling line is open for 9 hours per week, so it can be busy. If you have difficulty getting through then please keep trying or leave a message on the answer phone and a counsellor will phone you back.

## 'One to one' counselling:

Our service is for women who live or work in Thurrock, Basildon, Billericay, Wickford and Brentwood areas. Counselling sessions can be arranged by calling the helpline number **01375 380609**. Counselling at SERICC can be short or long term as requested, from Monday to Saturday and is by appointment only (childcare can be provided on request for 'one to one' counselling sessions).

SERICC is based in Grays, Thurrock and alternate premises can sometimes be used in Basildon and Brentwood if travelling to SERICC is difficult. SERICC is located on the first floor and as such is not fully accessible; however we can arrange counselling appointments in a fully accessible venue in Grays if needed.

## Advocacy and Support

SERICC can also help women with accessing additional support services and information; for example the police, medical professionals, court procedures, social services, or housing etc.

### Our support also includes:

- Support for mothers whose children have experienced sexual abuse.
- Sexual health information e.g. sexually transmitted infections, abortion, pregnancy, HIV/AIDS.
- Support when attending appointments for sexual health checks.
- Support for you and your family through a court case.

### Additional SERICC work:

- Offering support and information to family members, friends and carers.
- Signposting men and boys to appropriate services for male victims of sexual violence;
- Representing women's issues on national and local statutory and governmental committees;
- Campaigning and raising awareness of women's sexual violence issues;
- Presentations, displays and information provision at events in the community;
- Maintaining links with agencies who have similar aims locally, nationally and internationally;
- A sexual violence consultation service to local, national & international agencies;
- Active involvement in innovative rape and sexual violence projects including education and awareness raising amongst young people;

- Collation of sexual violence statistical information to be used locally and nationally to inform the development and improvement of women centred service provision;
- Providing multi agency training;
- Book loan service – A library of books and resources;
- Website containing information about our service and links to other information and organisations [www.sericc.org.uk](http://www.sericc.org.uk)

**SERICC Service has received an independent Quality Mark to recognise that SERICC fulfils a number of quality indicators and competencies.**

**These include:**

- Anonymous service user telephone and 'one to one' feedback questionnaires
- Confidentiality Policy
- Complaints Procedure
- Diversity and Equal Opportunities Policy
- Independent clinical counsellor supervision
- Health and Safety Policy
- Adheres to the guidelines and is an organisational member of British Association for Counselling and Psychotherapy (**BACP**).

**Staff Qualifications include:**

- Experienced, qualified staff;
- SERICC organisational training;
- BA(Hons) in Women's Studies;
- BSc(Hons) in Psychology;
- Diplomas in the Professional study of Counselling;
- Interpersonal Skills Diploma;
- Individual and Relationship Counselling Diploma;

- Certificates in Professional Study of Counselling;
- Certificate in counselling and therapeutic intervention for women overcoming experiences of violence;
- Certificate in Facilitating Sexual and Domestic Violence Survivors;
- Post Professional Award in Counselling;
- Certificate in First Line Management.

### **SERICC's counselling is funded with contributions from:**

- South West Essex Primary Care Trust.
- Thurrock Council (Well Being Directorate, Children, Education & Families, Supporting People, Sure Start).
- Home Office.
- Rape Crisis England & Wales.
- Individual donations, fundraising and specific project funding.

**COUNSELLING TELEPHONE LINE  
IS OPEN ON:**

Wednesday 10 am – 12 pm

Thursdays 12 noon – 4 pm

Saturdays 10 am – 1 pm

‘One to one’ counselling by  
appointment only

**Tel: 01375 380609**

**Fax: 01375 387053**

Registered Charity No. 287762

**SOUTH ESSEX  
RAPE & INCEST  
CRISIS CENTRE**

**[www.sericc.org.uk](http://www.sericc.org.uk)**