

[WE ARE
SURVIVORS.]

GUIDE TO SERVICES



NO male survivor left behind



COMMUNITY ACTIVITIES

We Are Survivors has always believed that healing can happen in any environment, not just in the counselling room. We understand that we should come to you to offer our services. There are many barriers that people face in accessing support services, whether they be physical, psychological or cultural. Therefore, it is our belief that we not only have to ensure accessibility to our building, but also that we go out into different communities and deliver our services.

WANT TO KNOW MORE?

Join our newsletter mailing list, or give us a call on 0161 236 2182.

You can also email us at:
community@wearesurvivors.org.uk

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DROP-IN

Whether you are at the beginning of your healing journey and want to see what we have on offer, or are already involved in accessing our support services, our Drop-In gives you the opportunity to grab a cuppa and take the weight off your shoulders. This is your safe space, and if you want to talk to any member of our team, someone is always on hand. Opened as a response to the wishes of male survivors; this space is relaxed, and populated by friendly faces who all just want to support one another.

The Drop-In takes place every Monday at our offices between 2pm – 6pm.

GROUP SUPPORT: THE SAFE ROOM

The Safe Room is a support group for adult male survivors of sexual abuse, rape, and sexual exploitation. Being together in a communal safe space can help right the wrongs of the past, as this counters the space of sexual violence, loneliness and isolation. The group is 'semi-closed', which means new members only join the group every third session. This helps to develop safety between attendees. We appreciate that the frequent appearance of new group members can be a cause for anxiety in this space. Nonetheless, it's perfectly normal to feel anxious about attending! Starting anything new is often anxiety inducing, but experience tells us that this eases with time.

If you are interested in joining The Safe Room, please call 0161 236 2182 or drop us an email at:
support@wearesurvivors.org.uk

ISVA SUPPORT

The criminal justice process can leave individuals with a sense that they are not in control. It is the aim of the **We Are Survivors** ISVA (Independent Sexual Violence Advisor) service to ensure that you are aware of your options and that your voice is heard throughout the criminal justice process. Our ISVA team is independent from the Police and Criminal Justice System, whilst remaining impartial and unbiased. Regardless of whether you're considering reporting to the police or are going through the criminal justice process, we will offer a tailored support service designed to help and inform you every step of the way. We always try to offer you a choice of male or female ISVA, and late evening appointments are available on Tuesdays and Thursdays. All ISVA's have undertaken accredited training and are formally recognised by Greater Manchester Police and the Crown Prosecution Service.

If you want to make a referral to the ISVA service, please telephone 0161 236 2182 or email isva@wearesurvivors.org.uk

OUT SPOKEN WE ARE SURVIVORS.

Since 2012, **We Are Survivors** has provided various support services within the prison estate, from a prison client Safe Room facilitated monthly and weekly, to art therapy groups and 1:1 trauma-informed therapy, similar to our offer in the community. Our **OUT Spoken Talking Therapy Service** has been developed to support serving prisoners across the North West, providing a safe space to address often difficult issues and past trauma. We aim to help individuals better understand the impact of 'unprocessed trauma', maladaptive coping mechanisms, and other connections to their offending behaviour, all towards supporting the rehabilitative culture.

1:1 THERAPY

We believe that being in contact with people who understand the issues that male survivors face can really help an individual move forward in life. Therapy is a space that needs to be safe, so the beginning is often about you and your therapist getting to know each other; don't be surprised if conversation turns to TV, football, life in general... even the weather! Then after you feel more connected to your therapist, having built up some trust, and become used to the surroundings, then you are more likely to feel able to share the more difficult things. This takes place in your own time. You are always in the driving seat.

All of our therapists are qualified and are members of the BACP (British Association of Counselling & Psychotherapy).



The service, commissioned by NHS England and supported by HMPPS, is available across the North West Prison estate.

For further information, please contact outspoken@wearesurvivors.org.uk or spoken@wearesurvivors.cjsm.net (secure email) or call 0161 236 2182 or email: support@wearesurvivors.org.uk

#WeAreSurvivors

GET IN TOUCH

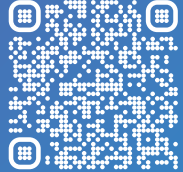
MAIN OFFICE

Unit 9 Brewery Yard,
Deva City Office Park,
Trinity Way, Salford, M3 7BB

Office: 0161 236 2182

E-mail: isva@wearesurvivors.org.uk

24/7 Rape & Sexual Abuse Helpline: 0808 500 2222



OUR OPENING TIMES

Mon/Wed/Fri: 9.00am - 6.00pm

Tuesday: 9.00am - 8.00pm

Thursday: 9.00am - 8.30pm



@ThisIsSurvivors

wearesurvivors.org.uk

WANT TO MAKE A REFERRAL?

To ensure that we are working efficiently and meeting the needs of all our service users, we have now introduced a simple referral process. Anyone can refer into our organisation on our website. You can also make a referral by scanning the QR code.



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