



Sexual Assault & Abuse Support Service

Aylesbury Vale & Milton Keynes

Working in partnership with national and local government, Police and Crime Commissioners, the NHS, and the voluntary sector

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Aylesbury Vale and Milton Keynes Sexual Assault and Abuse Support Service (AVMKSASS) exists to provide support and information to survivors of sexual assault and abuse.

Around 20% of women and 4% of men in the UK have experienced some type of sexual assault since the age of 16. Last year alone, more than 500 people in Buckinghamshire were referred to us.

We help our service users manage the emotional effects of traumatic experiences, address practical difficulties that stop them living a full life, and connect with other survivors in a safe and nurturing space.

In this booklet you can find out more about our background and the types of support we offer to survivors. We look forward to working with you.

Carol Older, CEO

Our Mission

Everyone affected by sexual assault and abuse can access support to live fulfilling lives

ABOUT US

Aylesbury Vale and Milton Keynes Sexual Assault and Abuse Support Service (AVMKAASS) is a women-led Charitable Incorporated Organisation serving those in Buckinghamshire and Milton Keynes whose lives have been affected by rape, sexual assault and abuse. We have been providing specialist advice, support, and counselling to individuals in our community since 1995 (previously under the name of Aylesbury Vale Rape Crisis).

Our free services are available to all, regardless of gender, religion, ethnicity, sexuality, or socioeconomic background, and are provided by specially trained staff and volunteers.

We aim to meet the highest standards of service delivery, and are the only organisation in Buckinghamshire and Milton Keynes that is a member of and meets the national services standards of both Rape Crisis England and Wales and The Survivors Trust. We are also accredited by Lime Culture.

Our therapeutic services adhere to the ethical framework of the British Association for Counselling and Psychotherapy.



PARTNERING WITH US

We partner with a range of organisations across Buckinghamshire and Milton Keynes to deliver high-quality services to survivors of recent or past sexual assault and abuse.

With our partners, we address crucial issues, identify gaps in support, and explore and deliver solutions that make a measurable difference to the lives of survivors. We seek to raise awareness locally and nationally to create lasting change on key issues affecting survivors' mental and physical health and their ability to live a full life.

Some of our partnerships include:

- Developing solutions that benefit survivors of sexual abuse who have learning disabilities with **Talkback**.
- Providing support for male survivors of domestic and sexual violence with **Buckinghamshire Council**.
- Creating bespoke training for professionals working with children and young people with **Youth Concern Aylesbury**.
- Supporting children and young people in Milton Keynes with **SAFE! (Support for Young People Affected by Crime)**.
- Delivering and managing a joint counselling service with **MK Act**.



GENERAL SERVICES

Helpline

Listening and emotional support for survivors, family members, partners, and friends, as well as for professionals working with survivors.

Information, Advice & Guidance

Service users enter our services through an initial Information, Advice and Guidance (IAG) session, during which they can explore their concerns, difficulties and needs and be referred to the most appropriate support within or outside our agency.

Advocacy

Our Advocates provide practical support for service users facing issues related to housing, finance, work, education, health, etc.

Independent Sexual Violence Advocate (ISVA) Service

Specialist support for service users who have reported or are considering reporting to the police, and throughout the criminal justice process.

Male Independent Domestic Violence Advocate (IDVA) Service

Specialist support for men or those who identify as male who have experienced harm from intimate partners, ex-partners, or family members, to help them stay safe and rebuild their lives.

Telephone Support

Monthly or fortnightly emotional support, reassurance and encouragement to service users as a standalone service or while they are waiting to access other services.

Thrive2gether Peer Support Group

A safe space for survivors to socialise with and support each other. The group is facilitated by a staff member or volunteer but members decide what they'd like to talk about.

THERAPEUTIC SERVICES



As an organisational member of the British Association for Counselling and Psychotherapy, we abide by their Ethical Framework for all of our therapeutic services.

Stabilisation Intervention Programme

A 6-week programme for service users needing stabilisation, providing information about and strategies to manage the effects of trauma.

One-to-One Counselling

Up to 24 sessions with a specialist counsellor who has completed rigorous training in working with survivors of sexual assault, abuse, and trauma.

Pretrial Therapy

Counselling for those who have reported to the police and whose case may go to court. This type of counselling is designed to provide emotional support without influencing the evidence that may be given in court. Service users can receive up to 24 sessions.

Group Therapy

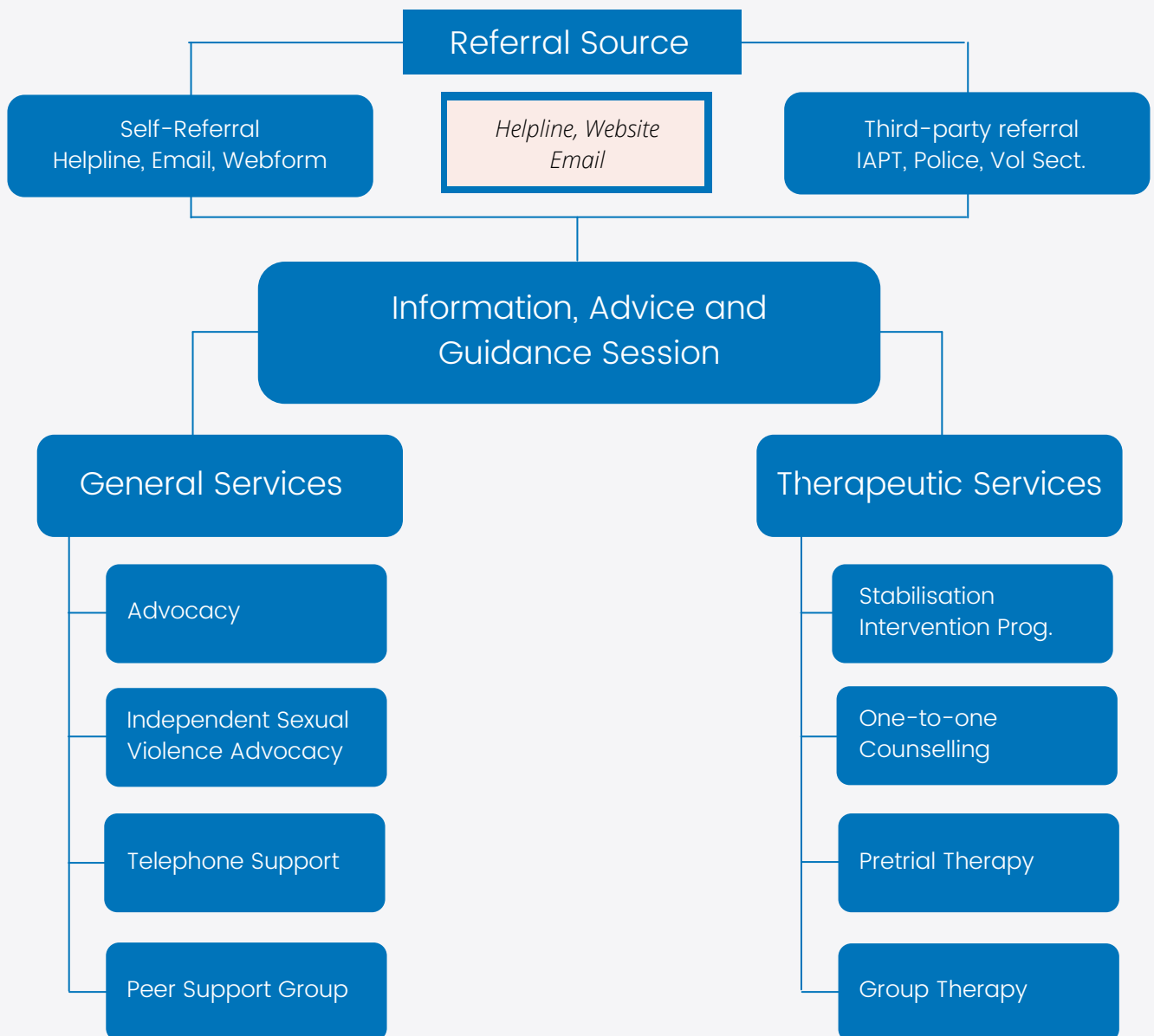
An 8-week programme, offered three times a year. Service users meet in groups of around 8 people and work together to gain a better understanding of themselves and their responses, in order to live more fulfilling lives. The 2-hour sessions are facilitated by qualified therapists who have additional training in trauma, the impact of sexual violence, and working with groups.

Support After Sexual Harm (SASH)

Specialist counselling and support for children and young people aged 5-18, delivered in partnership with SAFE! in Milton Keynes.

Referral Pathway

Adult Service Users

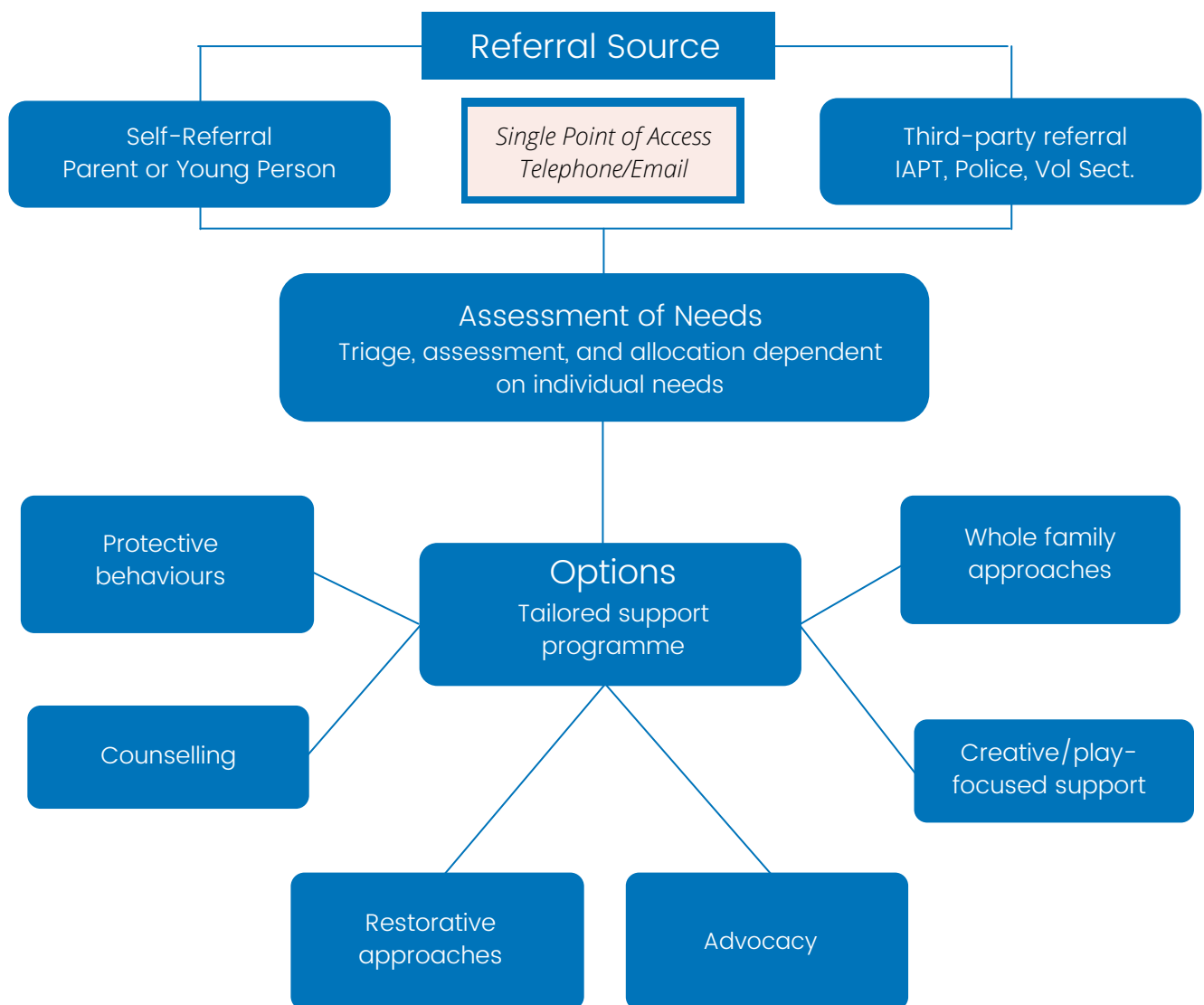


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Referral Pathway

Service Users under 18



Commissioner: NHS
 Lead Partner: AVMKSAASS
 Key Partner: SAFE! Support for Young People Affected by Crime
 Steering Group: representatives from partnership, commissioners, and stakeholders
 Helpline: 07546 561186 | www.sashmk.org.uk



Service User Feedback



"This is an outstanding opportunity for people who have suffered trauma in any way to work through their issues in a safe and supportive environment without the prohibitive cost [of] private counselling."



"I have been overwhelmed with the changes in myself... Having learned and accepted so much about my life experiences, I am ready to embrace new ones. I will be forever grateful to this service."



"The emotional guidance and support I received is invaluable. I really do thank you for the help and support I have received. I never thought I'd fully open up to anyone."

Our Funders and Partners



In their own words...

"At Talkback we work with vulnerable people and we need partners who are specialists in their field, and are caring, professional and person-focused. This helps the people we encounter move forward in their lives. We are privileged to have AVMKSAASS as a partner." **Jeremy Hay, CEO, Talkback**

"Not only are the SAASS team professional and kind, because they are specialists in support for sexual violence, we know that our clients are in good hands. We're delighted to partner with them." **Sue Burke, CEO, MK-Act**

"As organisations we share a common vision to create spaces for positive change for anyone who has experienced sexual harm and it has been a pleasure working together in development of this exciting new venture. Carol and her team have been generous with their knowledge, sharing expertise and insight to support us in our joint work." **Chloe Purcell, CEO, Safe! Support for Young People Affected by Crime**

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