

## Introduction to SurvivorsUK

0:00

Hi everyone at LSE. Nice to meet you all virtually. My name's Claire Beare and I'm the IVSA Manager at Survivors UK and Survivors UK is a Pan London charity. We support boys from the age of 13 upwards, men and non binary people who have suffered any form of sexual violence or sexual abuse at any point in their life. The reason why I'm here today is to give you a slight overview of the services that we provide at Survivors UK, but also to let you know

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now Survivors UK and LSE are going to work together in providing support for staff and students around your campus.

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There are predominantly 4 main services of Survivors UK. The first one I'm going to talk to you about is the IVSA service. Being the IVSA manager, I've chosen that one first.

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Now an IVSA is an independent sexual violence adviser and our role is to predominantly support around the criminal justice process,

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so we can give up to three months of support for anyone who is thinking about or considering reporting to the police. There are going to be lots of questions that someone needs to know and they want to ask and the IVSA is our best place to be able to answer those questions and provide practical and emotional support.

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If you have already reported to the police, then we can continue that support. We can do things such as getting regular updates from the police and other practical support such as signposting,

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helping you complete any necessary forms; whether that's for housing, whether that's for certain types of benefits, help writing CVs or supporting letters... There's lots of things that an IVSA can do. If it looks like you might get to court then an IVSA's role is to support you all the way through court too.

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One of the main aspects of that is also providing lots of emotional support to clients. So we provide regular check-ins just to find out how you're doing, to answer any questions you've got, and just generally have a catch up and see how you're doing.

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The other service that we have is counselling and all of our counselling is 1 to 1. And we do provide long term and short term therapy, and we have different types of therapy services for you. You will have an assessment, if that's what you'd like. To have some therapy from us, you will have an assessment and that way they can determine the best type of therapy for you.

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We also have a huge range of group work sessions. They are all online, so they are accessible to anybody across the country who wishes to access those. Because they're online, it makes it easier for people to attend. I'm not going to sit here and go through every single group that we have because it's extensive, but we do have things such as children and young people's groups, a BAMH group, so black, asian and mixed heritage group. We have an Allies group,

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for friends, partners and family members who have had a loved one disclose sexual abuse and they can seek support from each other in that group. We have a creative writing group. There are many and details you can find are on our website, which I'll give you in a moment. Then last but not least, we have a helpline. Our helpline is a web chat SMS based service. So it's not a phone line. We can't

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accept calls from anyone, but when you do use our web chat or our SMS based service, you will get through to a human. It's not an automated service. They are our emotional support workers and they have been trained in trauma-based responses. So you will get through to one of those lovely people and they will be able to chat with you. Now that's open for 45 minutes every day, so someone could come at 45 minutes every day and use that service

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to chat. And it's open from 12 lunchtime until 8:00 PM, seven days a week apart from bank holidays.

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So that's a brief overview of the four strands of Survivors UK. But like I said before, all of the details for what we have, blogs, general information can all be found on our website at [www.survivorsuk.org](http://www.survivorsuk.org).

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So a little bit about why I'm going to be linking in with you guys at LSE. I'm going to be doing some drop-in services at the start of the new term around September, October time

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and also some booked services. So that's going to be on your website soon and staff are going to pop that on there for you to be able to access how to book and also dates and times of the drop in services that are available. Staff and students can access my support. Now that could be that you just want to grab a tea or coffee and come in and have a chat about your experiences or about experiences that you've heard of from other people, to ask me questions

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and generally find out a bit more, maybe about Survivors UK. I'm also there to be able to offer advice around disclosures or if something has happened to you or somebody close to you and you're not sure what to do about it, then of course please come and see me. So you'll see me hovering around the campus. Please come and say hello. I'd really love to meet you all and to be able to offer my support where possible.

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If in the meantime you can't wait and you'd like to contact me, then please use the e-mail ISVA. So that's I, S for Sugar, V for Victor, A for alpha; [ISVA@survivorsuk.org](mailto:ISVA@survivorsuk.org). That mailbox is run by me and I will be able to pick up your e-mail and respond to you ASAP.

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I really look forward to meeting you all. I see you in a few months and please keep an eye out on the website and look out for the dates and times of the book services and drop-ins.

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Take care. Good to see you. Bye, bye.