

Useful contacts

Samaritans 24hr Helpline
116 123 or email jo@samaritans.org

Victim Support
0808 1689 111

Sexual Health Clinics
Swindon: 01793 604 038 Wiltshire: 01722 425 120

NHS Sexual Health
0300 123 7123 Under 18s: 0300 123 2930

Survivors UK: Male rape and sexual abuse
020 3598 3898

Mankind
01823 334 244

Emergency Adult and Child Social Care
Swindon: 01793 463 555 Wiltshire: 0300 456 0100

Avon and Wiltshire NHS Mental Health Partnership Trust
01380 731 335

Lift Psychology
01793 836 836

The Swindon Mental Health Intensive Team (with the ability to signpost to other areas)
01793 836 820

Women's Aid
01793 610 610

Turning Point
0345 603 6993

Non-emergency NHS
111

Nelson's Trust Sexworker Outreach Project
01793 495 812

LGBT Switchboard
0300 330 0630

Contact us

Phone
0300 3732715

Email
swspoc@firstlight.org.uk

First Light ISVA Service
The Gables Road
Shrivenham Road
South Marston
Swindon
Wiltshire
SN3 4RB

Can I provide feedback?

All First Light clients can provide feedback using the swspoc@firstlight.org.uk email which is regularly reviewed to help inform and improve our service. Alternatively, you can call **0300 3732715** and request to speak with the ISVA Manager. Throughout your work with your ISVA and once your support concludes you will be given opportunities to feedback on the service you are receiving / have received.

We also host a regular forum with male clients to help improve the service we are providing and give a voice to male survivors.

First Light

First Light is a charity that supports people affected by domestic abuse or sexual violence.

If you would like to support First Light by making a donation, volunteering or fundraising, please go to firstlight.org.uk/get-involved or email

hello@firstlight.org.uk

firstlight.org.uk

 [@FirstLightSW](https://twitter.com/FirstLightSW)

 [FirstLightSW](https://www.facebook.com/FirstLightSW)

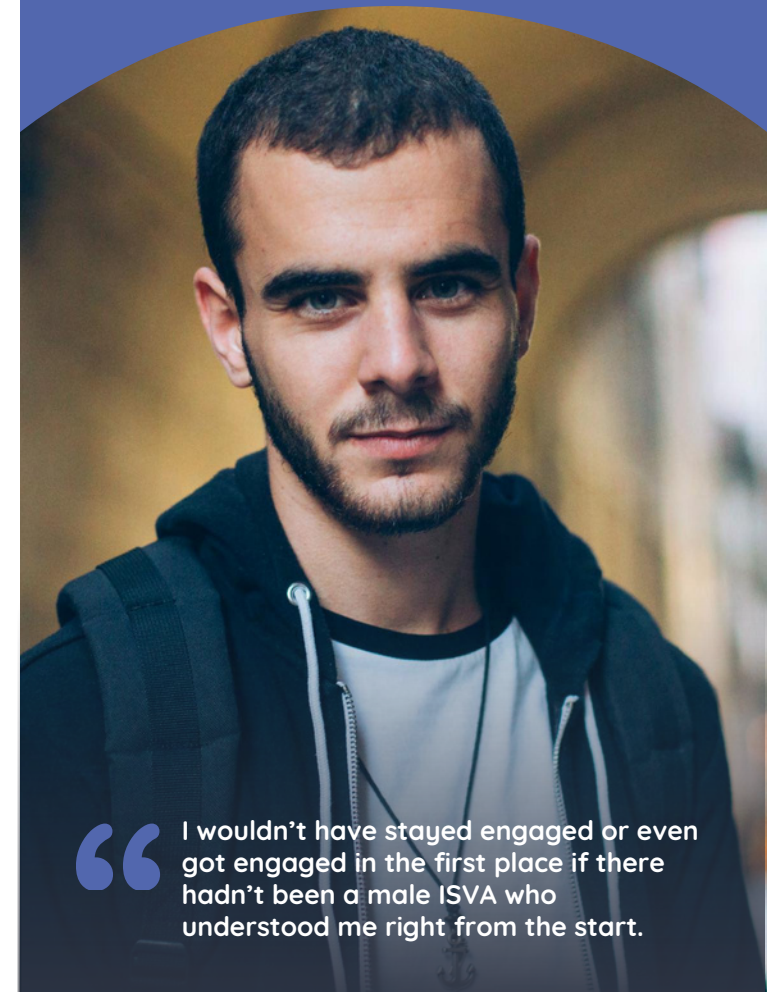
First Light is the trading name of First Light South West Ltd.
Company number: 3440794 Charity registration number: 1090457
Registered address: The Business Centre, 2 Cattedown Road, Plymouth PL4 0EG



**FIRST
LIGHT**
Domestic Abuse and Sexual
Violence Support for All

Independent Sexual
Violence Advisors (ISVA)
Service
0300 3732715

Independent help for ALL men affected by rape or sexual assault



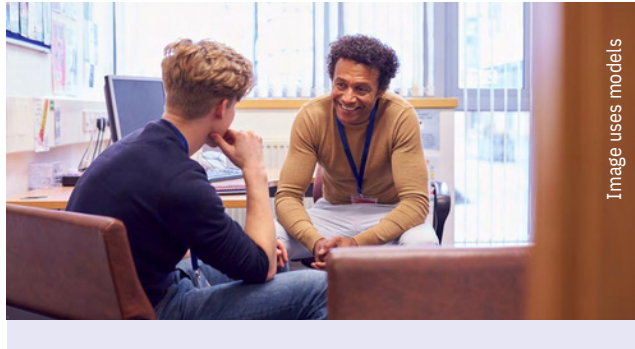
I wouldn't have stayed engaged or even got engaged in the first place if there hadn't been a male ISVA who understood me right from the start.

How we can help you

An Independent Sexual Violence Advisor (ISVA) can provide independent support and advice for men who have been affected by recent or historic rape or sexual assault.

If you have not reported to the police, an ISVA can guide you through your options, according to your needs.

Your advisor can work with other agencies within the criminal justice system and community on your behalf and work with you to develop a support plan that reflects your individual circumstances and needs.



All First Light ISVAs are trained to support male survivors of sexual abuse. They can help you with the following:



Needs and risks assessments



Signposting to male specific services



Referrals to male specific services



Assistance with reporting to police

What should I expect?

? What will be my first contact with my ISVA?

All males referred into First Light will be contacted within 48 hours* and will always be given the opportunity to choose the gender of their ISVA.

? What will happen at my first meeting with my ISVA?

During your initial conversation a client agreement will be completed alongside a risk and needs assessment to be able to provide you with bespoke support. At this stage your advisor will agree the method and frequency of support in a way that suits you. From this meeting onwards your ISVA can liaise with the police for updates and information regarding the investigation.

? Do I have to report to the Police?

If you are over 18 and you are undecided about reporting an incident to the police, your advisor can meet with you and discuss the options available to you. If you decide to report, your ISVA will guide you through the reporting process. If you decide not to report, your advisor will look at your needs with you and either signpost or refer you to appropriate agencies.

? What happens next if I do report to the police?

Once you have reported to the police a formal investigation will be conducted into your complaint. Your ISVA can support and advise you as to how your evidence is given to the police. On completion of the investigation, your case will be reviewed to determine if it can go to court. If the suspect in your case is charged and the case presented for trial, your advisor can plan for you to attend a pre-trial court visit. Your ISVA can address any relevant concerns which you may have about attending court and will support you on the day.

*48 hours subject to Monday – Friday staff working hours.

Kai's story

Kai was referred into the ISVA service and requested a Male ISVA after suffering Child Sexual Abuse by close family members. He had never disclosed to anyone in almost 40 years.

Initially, Kai had been unsure about engaging in the criminal justice process, but had decided he would do to support other family members in the same case.

The supporting Male ISVA helped Kai to engage with the investigation, process years of pent up frustration and anger, and speak openly about the emotional impact of the abuse and the damage it had caused to his life in the years that had passed. With the help of his Male ISVA, Kai also managed to engage more successfully with the police conducting the investigation, and had the potential legal processes explained to him in order to better understand what was currently happening. Kai was also referred to external support services, specifically for male sexual abuse, which helped him process his anger, guilt and shame, which he now recognises are not his burden to carry.



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If I'd known about you beforehand, I probably would have had the strength to report years before I did.

In part due to his Male ISVA support, Kai has felt able to safely resume his passion for performing live music, and has found a good, supportive group of friends, who he was able to disclose his past to confidently. His confidence has grown, his anger has decreased, and he is able to continue with daily life in a way that he wasn't able to prior to Male ISVA support.