



## How to make contact with GRACE

### Main Office: 0191 222 0272

Use this number to contact us for information or to make a referral for counselling. You can make a referral yourself or you may ask someone to contact us on your behalf.

This number is usually answered between 10am and 4pm Monday to Friday. There is also a facility to leave a message if your call cannot be taken.

### Support Line: 0800 035 2794

Use this number to access telephone support. The support line is available between 6pm and 8.30pm on Tuesday and Thursday evenings.

Outside the support line hours, there is a facility to leave a message and someone can call you back.

### Website and Email

For up to date information on **GRACE**, how to contact and more go to: [www.tynesidercc.org.uk/grace.htm](http://www.tynesidercc.org.uk/grace.htm)

For general enquiries about **GRACE** and all of Tyneside Rape Crisis Centre's services contact: [enquiries@tynesidercc.org.uk](mailto:enquiries@tynesidercc.org.uk)

This leaflet is also available in:

- Large print
- Easy to read
- Bengali, Cantonese, Polish, Portuguese, and Urdu

## TRCC's Supporters Scheme

TRCC recognises and values the support offered by members of the public and professionals it meets throughout it's work.

Through the Supporters' Scheme you can formally support the work of **GRACE** and **TRCC**. Benefits of the Supporters Scheme include:

- Regular newsletter
- Exclusive Supporter's Discussion Programme and Events
- Up to date information about training and latest publications

Supported by the Equality and Human Rights Commission



## Tyneside Rape Crisis Centre

Charity No. 508177

[www.tynesidercc.org.uk](http://www.tynesidercc.org.uk)



# GRACE



Northumberland Sexual Violence Project

## General Information Leaflet

A free and confidential service for women aged 16 and over who have experienced adult rape / sexual assault or child sexual abuse

### Contact Details

**Main Office:** 0191 222 0272

**Support Line:** 0800 035 2794

**Fax:** 0191 261 0983

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

**Email:** [enquiries@tynesidercc.org.uk](mailto:enquiries@tynesidercc.org.uk)

**T Y N E S I D E**  
**RAPE CRISIS CENTRE**  
Sexual Assault Counselling  
& Information Service



## Who we are

**GRACE** offers free counselling, support and information to women aged 16 and over who live, work or study in Northumberland.

The service is available to women who have been raped, or experienced any form of sexual violence either from a stranger or someone they know, including a member of the family, at any time in their lives.

Our understanding of sexual assault is that the woman is never to blame and that sexual violence is not justified under any circumstances.

We work within a woman-centred approach, recognising that each woman's individual perception and feelings around her experience are different.

The fully qualified counsellors at **GRACE** are person-centred, offering a non-directive and non-judgemental approach within their practice. They will support each woman at her own pace to enable her to draw on her own inner resources for healing and recovery.

**GRACE** is an outreach service offered by Tyneside Rape Crisis Centre (TRCC) which is a woman only organisation.

We are all women with training and experience in supporting women who have experienced sexual violence.

We are a registered charity, which has been providing a service since 1978, and is independent from the Police and Social Services.



## What we offer

- Face to face counselling at a choice of locations throughout Northumberland
- Telephone support line
- Specialist information about relevant issues
- Details of local groups and agencies who may be able to offer advice, help and additional support
- Help in accessing information about Police, court and medical procedures as well as accessing support regarding Criminal Injuries Compensation Board



## Common Feelings experienced by Women Survivors

If you are a woman survivor, the rape or abuse may have happened recently or a long time ago, or it could still be happening.

You may be thinking about what has happened, you could possibly be having nightmares, flashbacks, experiencing difficulties in relationships, feeling depressed or guilty, or generally feeling bad about yourself.

All women react differently.

You might have many painful and confusing feelings and may want to come for counselling or urgent practical information.

It is your choice whether to access support and you can decide when the time is right for you.