



Outreach@SRC

Outreach@SRC is a service for women and girls age 14 and over who are survivors of any form of sexual violence living in Suffolk. The service is delivered by Suffolk Rape Crisis, a specialist women-only service.

What can the service offer?

Outreach@SRC provides emotional and practical support to women and girls, delivered by a team of specialist women Outreach Workers. The support offered will be tailored to the needs you have identified with them. They will work alongside you to achieve your goal/s, whether small or large; led by you and for you. *Anything* that you need to allow you to feel more in control, lessen your load and move forward.

Outreach@SRC can offer an empowering space to work creatively and practically to:

- improve confidence & self-esteem
- reduce stress in various parts of your life and be able to feel in control of your choices.
- find support if you are feeling isolated or have social anxiety
- connect with voluntary and statutory services
- access counselling, support groups or alternative therapies
- access support with benefits, debt, housing issues, money problems or budgeting
- explore health, fitness, food plans, shopping or getting out and about
- get back into education or training
- attend appointments
- engage with the Criminal Justice System
- anything to make day to day life more manageable when you are not feeling it is

Outreach@SRC can also offer **advocacy** – being a voice for you as a survivor to ensure you can access your rights and the services you need.

Where do I see an Outreach Worker?

Outreach@SRC is a flexible and accessible service working across Suffolk that aims to support you where and when feels most comfortable. This can include libraries, coffee shops, your home or SRC premises in Ipswich and Bury St Edmunds. We can also offer online video or telephone support.

How do I refer?

Complete a referral form online by visiting www.srchelp.org.uk or you can call the office on 01473 2312200.