

## CONTACT US

For counselling in **Cambridge, Huntingdon**  
and **Ely**:

Website: [www.cambridgerapecrisis.co.uk](http://www.cambridgerapecrisis.co.uk)

Email: [contact@cambridgerapecrisis.co.uk](mailto:contact@cambridgerapecrisis.co.uk)

Office Telephone: 01223 313551

For counselling in **Peterborough** and **Wisbech**:

Website: [www.peterboroughrapecrisis.co.uk](http://www.peterboroughrapecrisis.co.uk)

Email: [peterboroughrapecrisis@nhs.net](mailto:peterboroughrapecrisis@nhs.net)

Office telephone: 01733 317899

**Please contact us if you would like the  
information in this leaflet in another  
language, or in large print or Braille.**

## FUNDING

This service has been made possible with  
funding from:



Cambridge Rape Crisis Centre

Box R

12 Mill Road

Cambridge

CB1 2AD

Office: 01223 313551

[www.cambridgerapecrisis.co.uk](http://www.cambridgerapecrisis.co.uk)

Registered charity number 286098

Peterborough Rape Crisis Care Group

Oasis@Rivergate

Viersen Platz

Peterborough

PE1 1SE

Office: 01733 317899

[www.peterboroughrapecrisis.co.uk](http://www.peterboroughrapecrisis.co.uk)

Registered charity number 287748

Cambridge Rape Crisis Centre and Peterborough  
Rape Crisis Care Group are members of Rape Crisis  
England and Wales and adhere to Rape Crisis  
National Service Standards.



Peterborough Rape Crisis  
Care Group

## Counselling Service

**A free and confidential woman-  
centred counselling service for  
women and young women in  
Cambridgeshire who are survivors  
of rape, child sexual abuse  
and sexual violence**

**We listen and believe**

## WHO WE ARE

Cambridge Rape Crisis Centre started in 1982.

We provide safe, non-judgmental support services to female survivors of rape, child sexual abuse and sexual violence where you can talk freely and confidentially.

All our counsellors are women who have been trained to support survivors who have experienced any form of rape or sexual abuse. The abuse may have happened recently or many years in the past, when you were an adult or a child, and could have involved a relative, someone known to you or a stranger. The counsellor will let you work at your own pace and tell her as much or as little as you feel comfortable with.

Peterborough Rape Crisis Care Group (PRCCG) was established in 1983 in response to a need amongst women for a safe, non judgemental support service. The sexual violence may have occurred recently or many years in the past and could have involved a stranger, relative or someone known to you.

Our volunteers come from a wide variety of backgrounds and all have been trained to help women survivors who have suffered any form of sexual abuse.

## THE COUNSELLING SERVICE

We have a new face to face counselling service for women and young women whose lives are affected by rape and sexual abuse.

We are able to offer counselling in Cambridge, Peterborough, Huntingdon, Wisbech and Ely.

## OUR WAY OF WORKING

We believe that all women and girls deserve to live free from the experience, impact and fear of sexual violence.

We believe that rape and abuse is never a woman's fault and all women who have survived rape and sexual abuse deserve to be supported and listened to without being judged.

We believe that each woman's experience is different and that women are experts in their own healing.

We believe that women and girls affected by sexual violence deserve to regain a sense of control over their lives.

## WHAT WILL HAPPEN NEXT

Counselling in Cambridge, Huntingdon and Ely is provided by counsellors from Cambridge Rape Crisis Centre. We can offer you up to 20 sessions with a qualified and experienced female counsellor. Counselling is free, and we can also cover any travel costs such as bus fares or childcare costs to make sure that you are able to get to your sessions. We have a waiting list for counselling, and when you get in touch with us we will be able to tell you what our current waiting times are. While you are waiting, you can use other support services such as the helpline and email support service if you would like to.

Counselling in Peterborough and Wisbech is provided by Peterborough Rape Crisis Care Group. We can offer you up to 20 sessions from a fully qualified and experienced female counsellor. This service is free and in some circumstances we may be able to cover any travel costs. On referral you will offered a one-off assessment to ascertain your needs and ensure our services are most appropriate. After this you will be placed on our waiting list but will be offered alternative support mechanism such as drop-ins, helpline and email support.