



Our Wellbeing Groups are a supportive haven for adult survivors of sexual violence

To make a referral, or for advice and information, you can visit us online, email, or call on

0330 363 0063

www.rapecentre.org.uk
groups@rapecentre.org.uk

 @RapeSupport

 @RapeSupport

 @rasasc_cm



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Wellbeing Groups for Survivors

Social groups and peer support available both in person and online.



Rape and Sexual Abuse Support Centre

for adults, children and young people in Cheshire and Merseyside


RASASC Wellbeing Groups provide a supportive haven for adult survivors of sexual violence.

Social Groups

We recognise that some people will want to access a different type of support to our Therapy and ISVA services so we have put in place a range of social activities covering different subjects and locations across our catchment area. The activities are informal and you can dip in and out depending on what you feel like.

- Weekly Walking Group – A chance to meet with others and get out into the fresh air.
- Creative Space – An opportunity to be creative with writing, arts & crafts with others.
- Gardening – A space for anyone with an interest in gardening, all experiences welcome.
- Wellbeing events – A variety of events that will have a focus on self-care and information from key speakers around mental health and general wellbeing

The groups and activities are not therapy groups but an opportunity to join with others in a relaxing and supportive environment.



Our groups place a strong emphasis on recovery, healing and social inclusion.

Peer Support: Online Support Group and Face to Face Coffee & Chat Support Group

Our peer support groups have been designed to provide a safe space for adult survivors of rape, sexual exploitation and sexual abuse as a child or in adult life to come together to talk, listen, share and learn from one another in a confidential setting.

Peer support groups are designed to be supportive and are usually no more than 6 to 8 people per group. We really understand how difficult it can be to join in a group situation, even despite wishing to, as it can be a little nerve wrecking.

Peer support is not about sharing intimate details of any abuse you have experienced, you will not be asked to share any of your story or the details about that in this setting.

Peer support is there to talk about the impacts you may experience as a result of abuse and anything else you may wish to bring. The activities and support groups are aiming to achieve a supportive space by and everyone who attends is asked to follow a set of guidelines that promote confidentiality and inclusivity.

Peer support is about making connections in your community, being part of something on a regular basis that feels supportive by nature and may build your confidence and self-esteem as you get to build rapport with others and share and learn from one another.