

## Useful contacts

Contraception & Sexual Health Appointments:  
01522 539 145

Lincolnshire Police: 999 (101 for non  
emergencies)

Crimestoppers: 0800 555111

Rape Crisis: 0808 802 9999

Domestic Abuse Services

West Lincs: 01427 616 219 [www.wlwa.org](http://www.wlwa.org)

East Lindsey: 01507 609 830

Boston & South Holland: 01205 318 600

National Domestic Abuse: 0808 2000 247

Victim Support: 0845 3030 900

Samaritans: 08457 909090

Childline: 0800 1111

NSPCC: 0808 800 5000

Lincolnshire Children's Services:  
01522 672 111

Adult Safeguarding: 01522 782 155

National Stalking Helpline: 0808 802 0300

Forced Marriage Unit: 0207 008 0151

Emergency Duty Team: 01522 782 333

Broken Rainbow UK: 0300 999 5428

Men's Advice Line: 0808 801 0327



The Police and Crime Commissioner  
for Lincolnshire

**T: 01522 535251 / 521347**

**E: [info@springlodge.org.uk](mailto:info@springlodge.org.uk)**

**[www.springlodge.org](http://www.springlodge.org)**

Independent Sexual  
Violence Advisor:  
support for survivors of  
sexual assault & abuse



## Independent sexual violence advisors are here to help you

Independent sexual violence advisors (ISVAs) are highly skilled and trained to work with survivors of rape, sexual assault and sexual abuse.

ISVAs can help you understand and navigate the legal system for sexual crimes and put you in touch with specialist police officers that deal with these issues.

ISVAs provide practical and emotional support.

Meeting or talking over the phone with an ISVA may help you to be heard and understand more about what options are available to you.

The service is free and open to anyone over the age of 18 years.

## It is not your fault

No matter what you wore, where you were, or whom you were with, IT IS NOT YOUR FAULT.

You always have the right to say, NO.

## The ISVA can:

- Support you if you decide to report a rape, sexual assault, or sexual abuse to the police, whether it happened recently or in the past.
- Discuss the criminal and civil options with you, including giving any intelligence to the police anonymously.
- Support you further in a police investigation you may already be involved in
- Support you in attending a sexual health clinic to be screened for sexually transmitted infections or to get contraception.
- Provide referrals or signposting to other specialist support services you may benefit from.
- Help with any safety planning or protection you may need for you or others, including children.
- Assist in other matters of concern such as housing, benefits, etc.

## In particular, the ISVA will:

- Listen to what YOU want.
- Work to find the best solution for you.
- Support you in making your own choices.
- Explain things to you.
- Help you to act for yourself.
- Treat you fairly irrespective of age, gender, race, disability, religion and belief, sexual orientation or gender reassignment.

**Please get in touch to make any tentative or initial enquiry:**

**Tel: 01522 535251 / 521347**

**Email: [info@springlodge.org](mailto:info@springlodge.org)**

**[www.springlodge.org](http://www.springlodge.org)**