



Oxfordshire Sexual
Abuse & Rape
Crisis Centre

Information for potential consent workshop volunteers

Who we are

OSARCC is a feminist organisation comprised of self-identifying women of all ages and backgrounds. We are committed to supporting women and girls who have experienced all forms of sexual violence, including rape, sexual abuse, and harassment. We were formed in 1979 and have been providing support in Oxfordshire for over 39 years.

What we do

We offer a number of free and confidential services to women and girls who are dealing with the impact of recent and/or historic sexual violence:

- ❖ A telephone support service
- ❖ An email support service
- ❖ A text support service (from Sep 2018)
- ❖ A face-to-face counselling service
- ❖ A face-to-face support group
- ❖ An advocacy service providing practical support and advice, especially around the criminal justice system
- ❖ Emotional and practical support for girls and young women aged 14-18

"You gave me time to speak and I could let off some of my anger. I would talk all day if I could, it felt so comfortable. I wasn't judged, I felt empowered. I was believed."

OSARCC helpline caller

Our phone, email and text support services are open not only to survivors, but also to those supporting them e.g. professionals, partners, families and friends.

We also work within our local community, and as part of a larger movement committed to ending sexual violence:

- ❖ Providing consent workshops and other preventative work in local schools
- ❖ Acting as a signposting service for other agencies, counsellors, medical practitioners, legal services etc.
- ❖ Providing information and training on sexual violence to other professionals and organisations
- ❖ Sitting on local working groups concerned with sexual violence, including the Thames Valley Sexual Violence Prevention Group
- ❖ Campaigning to end violence against women and girls

All of OSARCC's work is united by our core values of belief, empowerment, being non-judgemental and non-directive, confidentiality, challenging discrimination, and being a women-centred organisation.

01865 725 311
P.O. Box 20, Oxford OX2 6GB
recruitment@osarcc.org.uk



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What is the SEE Project?

The Support Empower Educate (SEE) Project is a Big Lottery funded project which aims to provide holistic support to young women and girls aged 14-18 who have experienced sexual violence. As part of our outreach work, we're looking for volunteers to co-deliver consent workshops in secondary schools throughout Oxfordshire.

Who can volunteer?

No previous experience is required to be a volunteer with OSARCC as full training is provided. We are looking for women who are committed to OSARCC's vision of a world free from sexual violence, and who identify with our core values. We also look for potential volunteers to be good communicators, empathetic, and self-aware about their own support needs.

OSARCC operates a policy of equal opportunities and welcomes applications to volunteer from women from all walks of life. We can currently only accept applications from people who self-define as women and who are aged 18+.

What's involved in volunteering?

First of all, you'll need to attend OSARCC's volunteer training programme (more information on this below). After that, we ask volunteers to commit to co-delivering at least one consent workshop a month. We also ask you to get involved with training and mentoring future volunteers, and to be able to commit to at least one year of volunteering.

Volunteers will have access to a clinical supervisor as a source of emotional support. We also ask all volunteers to attend the organisation-wide annual general meetings in which policy issues are discussed and aims are set for the forthcoming year.

What can we offer you?

- ❖ Comprehensive specialist training in the Violence Against Women & Girls sector
- ❖ A supportive environment in which to develop new and transferable skills
- ❖ Challenging and rewarding experiences
- ❖ Ongoing support from our SEE Project Coordinator
- ❖ Access to an experienced clinical supervisor
- ❖ References after six months of volunteering
- ❖ A new community of like-minded women!

There are also opportunities to get involved in many other aspects of OSARCC's work and we are keen to help volunteers expand their skills by offering other opportunities on an ad hoc basis. These may include activities such as delivering training, outreach work in the community, fundraising activities and administrative support.

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How do I become involved?

We know that joining an organisation like OSARCC can be a big step due to the sometimes challenging nature of the work we do, so our volunteer selection process is designed to give both you and us an opportunity to reflect on whether this kind of volunteering is right for you.

First, we ask that you complete an application form by **29th September**, subject to which we invite you to a selection day (either morning or afternoon) on **6th October** which will involve a mixture of group activities and an interview. This is an opportunity for us to get to know you and for you to ask more questions about the organisation. After the selection session, if we feel you are suitable for the role, we will invite you onto our volunteer training programme.

The training programme

OSARCC's volunteer training is designed to build your skills and confidence in working with young people in a way which is in line with OSARCC's ethos.

You will learn about:

- ❖ The broad spectrum of violence against women and girls
- ❖ The effects of sexual violence on physical and mental health
- ❖ The criminal justice system and reporting sexual offences
- ❖ Safeguarding children and vulnerable adults

You will develop skills for:

- ❖ Working with young people
- ❖ Responding to disclosures
- ❖ Challenging discrimination
- ❖ Taking care of yourself

The training dates for Autumn 2018 (subject to minor change) are on the following page.

"Insightful, challenging, and life-changing – an incredibly thorough training programme from an exceptional group of women, I can't believe how lucky I have been to be part of it."

Trainee volunteer



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Saturday 13 th October, 10am-4.30pm	Introduction to OSARCC
Saturday 20 th October, 10am-4.30pm	Violence against women & girls
Saturday 27 th October, 10am-4.30pm	Safeguarding children & vulnerable adults
Saturday 3 rd November, 10am-4.30pm	Effects of sexual violence
Saturday 10 th November, 10am-4.30pm	Law and reporting
Saturday 17 th November, 10am-5pm	Delivering consent workshops

After training

Completion of the training programme is the first step towards becoming a volunteer. At the end of training, trainees attend a short informal evaluation in which they are asked to demonstrate their understanding of OSARCC's key principles and policies, and where any additional support or training needed is agreed upon.

There is a probation period of six months following training. If OSARCC has any concerns at any point during the training programme or probationary period we may ask you to cease volunteering with us. This may be for your own benefit or to ensure that the standards and principles OSARCC adheres to are maintained.

Ongoing support is provided throughout training, and the rest of your time with OSARCC.

Contact us

For an informal discussion about volunteering, or to ask any questions, please call Celeste (SEE Project Coordinator) on 01865 725311 or email cstevens@osarcc.org.uk

You can also find more information about OSARCC on our website. www.osarcc.org.uk

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