Jasmine House Leicester Rape Crisis
P.O. Box 10158, Business Line 0116 255 5962 Help-line 0116 255 8852

Guide To Volunteering

INTRODUCTION

At Jasmine House, we recruit female volunteers to help us provide support for women who have been raped, sexually assaulted or abused recently or in the past.

Rape, Sexual Assault and Abuse affects any woman, across all ages, cultures and backgrounds. We aim to offer women support, which is sensitive to their particular needs.

TRAINING

Training prepares you to support women either on the telephone, or face-to face in support or counselling sessions. Our training is free to volunteers and will consist of around six sessions where you will learn the skills required to be an active volunteer with Jasmine House. After a qualifying period, our volunteers will receive a certificate of training.

The training will cover the following areas:

- Myths and facts of rape and sexual assault
- Long and Short term effects
- Child abuse
- Equal opportunities
- Confidentiality
- Boundaries
- Support and supervision

This is a highly specialised area of work and it involves a high level of commitment.

TELEPHONE HELPLINE

You will have the opportunity to take calls from women in crisis who need immediate support. You may also have the opportunity to support women on a regular basis.
Our helpline is open Tues – Fri 10am-4pm and Wed evening 6pm-9pm

FACE TO FACE COUNSELLING

If you hold a counselling certificate and are studying for your diploma, you may apply to become a volunteer counsellor with your own case load. We work to BACP ethical guidelines and it is a requirement that you have regular clinical supervision according to the number of clients you are seeing. It is also a requirement that you have line management and attend our in house supervision.

SUPPORT SESSIONS
After successful training, volunteers can take part in support sessions. This is not counselling but informal sessions, usually over a coffee. In support, volunteers can meet clients weekly, listen to their feelings, offer a sympathetic ear as well as practical advice and support them whilst they wait for counselling.

POLICE CHECKS
All volunteers will receive a free CRB check.

LOCATION
We are based in a safe and secure city centre location. Although we are not fully wheelchair accessible, we do have level access at the back door of the building, a downstairs counselling room, downstairs toilet and kitchen. Jasmine House is a no smoking building.

EQUAL OPPORTUNITIES
Jasmine House aims to provide a non-judgmental service regardless of race, religion, disability, sexuality, age or background

We are funded by Leicester City, Leicestershire County and Rutland Councils