

<p>What does PARCS offer?</p>	<p>PARCS ±ÉEä Εäò ΜένϞυUò?</p>
<p>Counselling and Psychotherapy</p>	<p>°ÉE±±ÉE½þ Ϟύ °ΈκÉEä´ΈäΥÉEΈκÉEò ΙÉEäϞύÉ{Éò ÈñυκUò</p>
<p>PARCS provides free counselling and psychotherapy to women and men, 18+, who have experienced sexual violation and who live within the Portsmouth area. A separate service is provided if you live outside of Portsmouth and/or are between 13-24 years old.</p>	<p>PARCS ±ÉEä °ÉEäκΈ °Έ°Έ°ÉEέòÉEä °ÉE°ΈκÉE ΜÉEϞύ°ÉEäòέòÉE 18+ ´Έ'ÉϞ =°ΈäϞύ κΈÉΡέäòέ ΙΈò °ΈÈ½þ±ÉE Ϟύ {ÉöϞύ'ÉE½þϞύ±ÉE<Ϟ Έ°ΈκÉE°ΈΈ °ÉE±±ÉE½þ Ϟύ °ΈκÉEä´ΈäΥÉEΈκÉEò ΙÉEäϞύÉ{Éò ÈñυκUò ΥÉEä {ÉEä}Äò°ÉϞ°ΈΈ=ΙΈ <±ÉEέòέ°ΈΈ κΈ°ÉEäκΈ°Έ ΜÉEϞύϞύ½äþòέ UòκΈÄ* ΙΈ{ÉE<È {ÉEä}Äò°ÉϞ°ΈΈ=ΙΈ ;ΈκñυΈ κΈÉE½þϞύ κΈ°Έò Ϟύ½þκΈö ;ΈΒέòÉEä Uò Ϟύ/´ΈΈ ΙΈ{ÉE<ÈέòÉEä =°ΈäϞύ 13 ñäυÈΈ 24 ´Έ'ÉϞ°Έ°ÉEέòÉEä Uò ;ΈκÉEä ΙΈ{ÉE<Èέòέ ±ÉEÈΜΈ κΈäM±Έä °Έä´ΈΈ Uò*</p>
<p>Counselling and support is available regardless of how long ago the violation(s) took place. Often people seek counselling many years after a sexually abusive experience; others seek support soon after the incident.</p>	<p>°ÉEäκΈ Ϟ ΈÉEä'ΈhÉEòÉEä ΡΈ]òκΈΈ ΥΈÈ½þ±ÉEä {ÉEκΈ ;ΈΒ ΙΈΈ{ÉEκΈ °ÉE±±ÉE½þ Ϟύ °Έ°Έ'ΙΈϞκΈ Èñυ<ϞκUò* ΈΈ°Έ: °ΈΈÈκΈ°Έ½þϞύ °ÉEäκΈ Ϟ ΈÉEä'ΈhΈ ;ΈΒέòÉEä Εäò°ÉEέ´ Έ'ÉϞ{ÉEυò °ÉE±±ÉE½þ È±ΈκΈ SÉE½þκUòκΈ: ΕòÉEä½þò ;ΈκÉEä ΡΈ]òκΈέòÉEä ΙΈöϞύκΙÉEä{ÉEυò °ÉE±±ÉE½þ Ϟύ °Έ°Έ'ΙΈϞκΈ JÉEäΥñυUòκΈÄ*</p>
<p>Both long and short term counselling is provided at PARCS and the length of any therapy will be determined on an individual basis.</p>	<p>PARCS ±ÉEä UòÉEä]òÉEä Ϟύ ±ÉE°ΈÉEä + ´ΈÈν°Έ°Έ°Έ °ÉE±±ÉE½þ ÈñυκUò Ϟύ °Έ°Έ ΈέòέϞύέòÉEä ΙÉEäϞύÉ{ÉòέòÉEä + ´ΈÈνΈ Í°ÉEäέò´ ΈÈΗò°ΈΈ È;ΈκñυΈ-È;ΈκñυΈ</p>

	½ÖþκÉ °ÉÇñÙÙó*
Counselling takes place at our confidential address in dedicated well-resourced counselling rooms.	°É± ±ÉÉ½þ Òú {ÉÒúÉ°Éη ΕΦεδÉä ½þÉΘÉÉä ΕδÉ°É ½þÉΘÉÉä ΜΕÉä{°É `äöΜΕÉκΕÉ°ÉÉ {ΕÚηΕΦ °ΕΠ°ΕένΕκΕ°ÉÖΗð {ÉÒúÉ°Éη ΕΦ ΕδΙÉ½þÙ°°É½ÖþκÙó*
PARCS is wheelchair accessible and has a hearing loop installed.	PARCS ±Éä `½þÒ±ÉΣÉä°ÉÒú °Éä´ÉÉ ÉñÙÉκÉ ΜένÇÙÙó Òú ι°É°É°ÉÉ ½äþ°ÉÉÒúRó ±ÉÚ{É ±ÉÉΜΕäΕδÉä Ùó*
Telephone help lines	ÿäö±ÉÖìðÉäκÉ ±ÉÉ<κÉ½þÙ
PARCS also provides out of hours telephone help lines on: Monday 1pm – 3pm Wednesday and Friday 7pm – 10pm	PARCS ±Éä +°É°ÉÉ ÿäö±ÉÖìðÉäκÉ ½äþ±{É±ÉÉ<κÉ °Éä´ÉÉ {ÉÈκÉ ÉñÙÉκÉ ΜένÇÙÙó: °ÉÉä°É´ÉÉÒú ÈñÙ=Ï°ÉÉä 1 - 3 πÉνÉä πÉÖνÉ´ÉÉÒú Òú η ΕÖÇð´ÉÉÒú ÒúÉίÉÖ 7 - 10 πÉνÉä
Women's Line: 023 9266 9511 Men's Line: 023 9266 9516	°ÉÉ½þ±ÉÉ½þÙΕδÉä ±ÉÉ<κÉ: 023 92669511 {ÉÖÙ°É½þÙΕδÉä ±ÉÉ<κÉ: 023 92669516
The volunteers who answer the helpline are able to give counselling and refer to the main service if required.	½äþ±{É±ÉÉ<κÉ°ÉÉ =κÉÒú ÈñÙκÉä °ÉÈñð½þÙ±Éä °É± ±ÉÉ½þ ÈñÙκÉ °ÉÇκÉä ÙóκÉ Òú +É´Éη°ÉΕδΙÉÉ {ÉÒäúΕδÉä ÿÉηþ+°ÉÉ °ÉäκÉ °Éì;É°É°ÉÏΜÉ °É°{ÉΕÇð ΜέκΕÖÇ½þÉä°ÉÏ*
Young People's Service	°ÉÖ´ÉÉ½þÙΕδÉä ±ÉÉÈΜÉ °Éì;É°É
PARCS has dedicated staff, who work with young people.	PARCS °ÉÉ °ÉÖ´ÉΕð- °ÉÖ´ÉίÉÖ½þÙΕδÉä ΕÖðÒúÉ πÉÖΖκÉä °É°Éì{ÉίÉ Εð°ÉÖ½þÙ ÙóκÉÏ*

<p>Young Persons' Counsellor</p> <p>PARCS has a dedicated counsellor for young people aged 13 – 24 years who have experienced any form of sexual violation. The Young Persons Counsellor works within Local Safeguarding Children Procedures.</p>	<p>°ÉÖ´ÉÉ½þ±ÉÉ<Q °É±±ÉÉ½þ</p> <p>PARCS °ÉÉ ΕÖðκÉε {ÉÉκÉ ΕΕδÉ°É°É±ÉÉä °ÉÉεκÉ η ΕÉä'ÉhÉΕδÉä Èη ΕΕδÉÉ® ÿÉΒΕδÉ 13 ηδδÉÉ 24 ´É'ÉQ =°Éä®ΥΕδÉ °ÉÖ´ÉÉ½þ®±ÉÉ<Q °É±±ÉÉ½þ ®ύ {É®ΥÉ°ÉηÉQ ÈηκÉä ½þÉ®ÉÉ °É±±ÉÉ½þΕδÉ®ύ½þÉ Εäð]δÉ- Εäð]δÉ½þÉ®ΥΕδÉä °É®Ε®ύΙÉhÉΕδÉ °ΙÉÉκÉÈ°É ÉÉΓδ°ÉÉ½þÉ +νÉ®κÉ ΕδÉ°É ΜÉΥQδκÉÄ*</p>
<p>Outreach Worker</p> <p>PARCS outreach programme works with young people in schools, colleges and youth centres to give them skills to prevent violation taking place. PARCS outreach service also works to educate parents, teachers, youth workers and statutory agencies who have the responsibility of young people.</p>	<p>κÉÉÄ Εδ°ÉÖ½þÉ½þÉ</p> <p>PARCS ΕδÉ κÉÉÄ Εδ°ÉÖ½þÉ °ΕΥδ±É. Εδ±ÉäνÉ ®ύ °ÉÖ´ÉΕδ Εäðκρ½þÉ°ÉÉ ΜÉΒ®ύ ΜένQυUδκÉ ®ύ =κÉÈ½þÉ±ÉÉ ι°É½þÉÄ °ÉÉεκÉ-η ΕÉä'ÉhÉΕδÉ ΡÉ]δκÉÉ½þÉ κÉ ½ÖðκÉ ÈηκÉΕδÉ ±ÉÉÉΜÉ ΕδÉ°É ΜένQυUδκÉÄ* PARCS ΕδÉä κÉÉÄ °Éä´ÉÉΕδÉ Εδ°ÉÖ½þÉ±ÉÉä +É°ÉÉ-κÉÖ´ÉÉ. Èη ΕΙÉΕδ. °ÉÖ´ÉÉ ΕδÉ°ÉQΕδΙÉÉQ ®ύ ΙÉÈ´ÉäνÉÉhÉΕδ ΒΥÉäκ°ÉÈ½þÉ±ÉÉ<Q Èη ΕÉΙÉΙÉ ΜÉκÉQΕδÉ ±ÉÉÉΜÉ {ÉκÉ <ΕδÉ°É ΜένQυUδκÉÄ νÉ°É±ÉÉä °ÉÖ´ÉÉ½þÉ®ΥΕδÉä ηδÉÉ°ÉΙ´É È±ÉΒΕδÉ UδκÉÄ*</p>
<p>Contact 023 9266 9519</p>	<p>°É°É{ÉΕQδ ΜένÉÖQ½þÉä°É 023 9266 9519</p>
<p>Hampshire counsellor</p> <p>Free counselling is provided to women and men aged 18+ who live in Gosport, Fareham and Havant. As with the Portsmouth Service, both long and short term counselling is available. However, there is a limit of 12 months</p>	<p>½äþ°É{Éη ΕÉ°É®ΥΕδÉ °É±±ÉÉ½þΕδÉ®ύ ÈÉκÉε°ÉÉ °É±±ÉÉ½þ. 18 ´É'ÉQ {ÉÖÈΜÉ°ÉΕäδΕδÉ ®ύ ΜΕÉä°É{ÉÉä]Qδ. ÿδδ®ύ½þ°É ®ύ ½þ´ÉÉκΙÉ°ÉÉ κÉ°κÉä °ÉÉ½þ±ÉÉ ®ύ {ÉÖ®ύ'É½þÉ®ΥΕδÉ ±ÉÉÉΜÉ</p>

<p>counselling.</p>	<p>1/2pëä* {éëä]âö°éç°éé=ιέ °éì;é°é °é®ú'1/2p κέε + ±{έ ®ú ηύòpρέç + ´έένέεδöä °é± ±έέ'1/2p = {έ±έπνέ Uò* ιέ®ú °é± ±έέ'1/2p 12 °έê'1/2pκέέεδöä + ´έένέ°é°°°έ °έòê°έίέ Uò*</p>
<p>Contact: 023 9266 9515</p>	<p>°é°{έέçð μέκέöç'1/2péä°éâ : 023 9266 9515</p>
<p>PARCS will not knowingly work with perpetrators of sexual violence.</p>	<p>PARCS ±έä νέέκέòκέöçέòεðκέ °έέèκέ ê'1/2p°έέ ®ú çέέä'έηέ = ç°έέ=κέä ®ú ι°έέ°έέ °έ'1/2pé°έέð '1/2öpκέä'1/2p Uεðέ °έίέ εðé°έ μέκέε Uòðκέ*</p>
<p>PARCS has a written Complaint Procedure and Equal Opportunities Statement.</p>	<p>PARCS εðä ê±έùίέ êçέεð°έίέεðä έέçð°έέ ®ú °έ°έκέ + ´έ°έ®úεðä εðίέκέ Uò*</p>

<p><u>Training</u></p>	<p><u>ιέε±έοΰέ</u></p>
<p>PARCS provides training to educate and inform individuals, agencies and statutory organisations about the effects of sexual violation and trauma on individuals and families. If you are interested in receiving training contact the number below.</p>	<p>PARCS ±έä´°έêηò®ύ {έê®ύ´έέ®ύ½þ½±έέ<φ´έέèκέ ηέέä´έηέ®ύ´έέηέê°έέò +έέέίέέòέ έ!έέ´έ½þ½υέòέä æέέ®äý´έέ´°έêηò½þ½. βνέäκ°έò½þ½ +έκέ´έèνέέêηέέò °έέέέ´°έê½þ½±έέ<φέηέέίέίέ ®ύ´έύέςέίέ μέκέφέòέ ±έέέμέ ιέε±έοΰέέòέä´έ´έ°ίέέ ê´έ±έέ=ñυò* ιέ{έέ<έ ιέε±έοΰέ {έέ=κέςέέ½þκέö½öþκυò!έκέä ιέ±έέηù<φβέòέ°έ´{έέφò κ´æέ®ύ½þ½´έέ°έ´{έέφò μέκέöφ½þέä°έâ*</p>
<p>PARCS is always happy to come and visit organisations and discuss, in small groups, the work that we do.</p>	<p>PARCS °έέ°ίέέê½þ½´έέ μέβ®ύ +έ)κέέäέòέ´έέòέäέ´έίέ°έ´έέ °έ-°έέêέέ°έ´έύ½þê°έίέ έöò®ύέέòέκέò μέκέφέòέ ±έέέμέ°έâνέè ιέ°έέ®ύ υò*</p>
<p>If you are interested contact: 023 9266 9513</p>	<p>ιέ{έέ<έ <συòέòέ½öþκέö½öþκυò !έκέä½óέêέ μέκέöφ½þέä°έâ : 023 9266 9513</p>
<p>or</p>	<p>´έέ</p>

<p>Email: admin@parcs.org.uk</p>	<p>☎️ Μένει ÖÇ 1/2 Þ°ÉÂ: admin@parcs.org.uk</p>
<p>Useful Contact Numbers</p>	<p>= {É°ÉÉäΜÉÖ]äö ± ΕÖ; òÉäκÉ κÉ°·αÉ®Ú 1/2 Þ°Û</p>
<p>Police (emergency 999)</p>	<p>{ÉÖÊ±É°É (+É{ÉÉΙΕΕðÉ±É 999)</p>
<p>023 9289 1524</p>	<p>023 9289 1524</p>
<p>(Domestic violence co-ordinator)</p>	<p>(ΡÉ®äú±ÉÚ Ë 1/2 Þ°ÉÉ °É°·Éκ´É°ÉΕδΙÉÉÇ)</p>
<p>G.U. Medicine Free and confidential sexual health service 023 9286 6796</p>	<p>ΥΕÖ °ÉÚ °·ÉäÊþ Ë°ÉκÉ ÊκÉ: ηÉÖ±Εð Β´É°É ΜΕÉä{°É °ÉÉðκÉ °·ÉÉ°É °Éä´ÉÉ 023 9286 6796</p>
<p>NSPCC 24 hour Helpline 0800 800 5000</p>	<p>NSPCC 24 ΡÉκ]äö 1/2 äÞ± {É±ÉÉ<ÇκÉ 0800 800 5000</p>
<p>Childline (24 hour) 0800 1111</p>	<p>ΣÉÉ<±b ÷ ±ÉÉ<κÉ (24 ΡÉκ]äö) 0800 1111</p>
<p>Samaritans (24 hour) 023 9269 1313</p>	<p>°ÉÉ°·ÉÉÊ®Ú]öκ°É (24 ΡÉκ]äö) 023 9269 1313</p>
<p>Domestic Violence Helpline (24 hour) 0808 2000 247</p>	<p>ΡÉ®äú±ÉÚ Ë 1/2 Þ°ÉÉ 1/2 äÞ± {É±ÉÉ<κÉ (24 ΡÉκ]äö) 0808 2000 247</p>
<p>Treetops (SARC) 023 9221 0352</p>	<p>]ÑöÖ]ö{°É (SARC) 023 9221 0352</p>
<p>PARCS PO Box 3 Portsmouth. 023 9266 9513 admin@parcs.org.uk</p> <p>Registered Charity Number 1079950 A company limited by Guarantee No.3643599</p>	<p>PARCS PO Box 3 Portsmouth. 023 9266 9513 admin@parcs.org.uk</p> <p>®ÚÊΝÉ°]öbÇ ÷ Σ°ÉÉÊ®Ú]öÖ κÉ°·αÉ®Ú 1079950</p>

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General	ο^οέένέέ^ούήέ