

The Amina Scheme

Part of Eaves' Alice Project



Finding it hard to deal with rape or sexual abuse? Need to talk to someone who understands?

Amina volunteers understand how it feels to deal with rape and sexual abuse, because they've been there.

They're specially trained to:

- help you understand the way you're feeling
- talk about things that might help you cope
- support you at appointments or during court proceedings, where possible
- help you work towards personal goals that you will set yourself
- help you find services that will get you back on track

The Amina Scheme can offer you peer support in the form of regular one-to-one-meetings with an assigned volunteer, for a period of 10 weeks.

Amina volunteers will not judge or tell you what to do. They will draw on their own strengths, skills and experiences to support you through low level, friendly, confidential, emotional and practical support.

The Amina Scheme is part of Eaves. We are able to support women aged 18 and over, in any London borough.

For more information about the scheme, please call 0207 840 7959 or email amina@eavesforwomen.org.uk

