



Survivors Group

for women who have experienced
sexual violence

Starts on Tuesday, 23rd of January 2024

Facilitators – Report and Support Advisers
(Anna Hayman and Andrea Waller)

Sheffield Hallam University

What is the Survivors' Group?

Having experienced sexual violence, you may struggle to make sense of your experiences, feel alone and that no-one understands what you are going through. This facilitated group will bring together women with shared experiences to support each other.

We hope to provide a safe space for you to explore and understand some of the impacts of what happened, to share tools to manage these impacts, and to start to heal with compassion for yourself and each other, along with an opportunity to share and support one another

Content

Over six consecutive weeks the facilitators will cover one topic per session, leaving space for questions and peer support at the end of each session.

We will talk about:

- Victim blaming and how to challenge self-blame
- Trauma and how it impacts the brain and nervous system
- Triggers, flashbacks and nightmares and how to cope with them
- Self-care after experiencing abuse



The details

A small group between 4 and 10 women

The group will be facilitated by the same 2 team members from the Student Wellbeing 'Report & Support team'.

The group starts on Tuesday, 23rd of January 2024, 10:30-12:00, and will run over 6 consecutive Tuesdays

The group will be held in a safe, neutral, confidential space in the Multi Faith Chaplaincy Area, Level 2 Owen Building, City Campus.

Is this for you?

If you are interested in joining the group, please email reportandsupport@shu.ac.uk

We will contact you on 1-2-1 basis in the beginning of January, to discuss your needs and run through a short suitability assessment with you. This is to ensure that the group is safe and appropriate for you and all participants.