



Northamptonshire Rape Crisis has been supporting local survivors and their families for over 30 years. We are a small independent charity providing face to face counselling, group support, telephone helpline and practical help with the criminal justice process including reporting to the police and attending court.

We support anyone affected by sexual abuse, rape or sexual assault at any time and regardless of whether an offence was reported.

We are members of Rape Crisis England & Wales and work to their quality standards, meaning that you can be confident in the professional support received.

All services are provided free of charge and we work with women, men and children aged 13+ from our centre in Northampton and from GP surgeries around the County. Access to our services can be by referral from your GP or another professional or via self-referral.

We have a team of professional volunteer counsellors in addition to specialist team members providing a full range of services. Whilst government and local funding continues to reduce, demand for our services continues to grow and we desperately need to find new sources of funding so that we can continue to help people through the trauma they have experienced.

This is our first year as a charity partner for the Northampton Half Marathon and we are so grateful to all of the local people who have already signed up to run on our behalf. Each counselling session we provide costs £25 and every pound of sponsorship money raised makes a huge difference to the lives of local survivors.

To sign up to race for Northamptonshire Rape Crisis please click [HERE](#)