

**WE LISTEN
WE BELIEVE
WE SUPPORT**

**NOTTS
SVS
SERVICES**

**LISTEN
BELIEVE
SUPPORT**

If you're aged 15+ and have experienced rape, sexual violence or childhood sexual abuse
either recently or in the past then we are here to help you

About Notts SVS Services

We are not part of the police, NHS or any other public
service. We are a Registered Independent Charity that has
been supporting survivors of sexual violence for over 30
years in Nottingham and Nottinghamshire.

You are not alone

We are here to listen to you and
support you. We won't judge you
and most importantly we will
believe you

Nottinghamshire Sexual Violence Support Services

ANNUAL REPORT 2021-22

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NOTTINGHAMSHIRE SEXUAL VIOLENCE SUPPORT SERVICES

30 CHAUCER STREET, NOTTINGHAM, NG1 5LP

Office: 0115 947 0064 Helpline: 0115 941 0440

Email: admin@nottssvss.org.uk Web: www.nottssvss.org.uk

Welcome to the Annual Report for 2021-2022.

I became a member of the Board of Trustees in February 2022, not long before the end of the financial year this report is about. It is only right then, that I should let the rest of the report speak for itself. However, I will take this moment to very briefly let you know about some of the main happenings in this year.

Covid has continued to be a challenge for the sector and as has recruitment to support roles. This has been a challenge to us as has the growing waiting list for counselling and ongoing uncertainty about accommodation.

Despite these challenges, I am pleased that at a recent meeting the Head of Commissioning said that she viewed us as excellent service providers.

Achievements to note are that we:

- Continued to deliver services to our clients throughout covid
- Balanced the books, retaining a critical surplus despite financial pressures
- Met all our contractual commitments in terms of delivery
- Had an NHS Clinical Audit – which recognised our strength, made recommendations for us and our commissioners
- Continued to receive funding from main funder Office for the Police & Crime Commissioner and Notts University Trust. We welcomed a new Police and Crime Commissioner Caroline Henry, and would like to thank

the previous PCC Paddy Tipping for his support

- Took on the secondment of Mental Health Nurse from Notts Healthcare
- As part of the Consent Coalition (a partnership of 27 organisations, we are one of founders) successfully raised awareness of Consent by commissioning adverts on Nottingham buses & trams

The death of our chair, Anne Sylvester, came as a shock. She dedicated over 10 years of service to Notts SVSS, the last five in the capacity of chair and her loss was felt by all. We now have two Co-Chairs sharing the position, which helps to share the work, provide continuity of support and make succession planning easier. We have recruited new trustees to the board, started setting up sub-groups and are looking at ways to further increase the board's diversity.

Some of the focusses for Notts SVSS over the next financial year include:

- Developing ideas to bring down waiting list for counselling
- Maintaining and growing our hybrid nature of support, balancing remote working with in-person support.
- Prioritising service-user involvement.
- Looking at recruitment and how to manage this

In August 2022 our ISVA Service retained its Lime Culture accreditation and as this report went to press, we also achieved the Male Quality Standard for ASA Hub and Therapy Services. This was one of our requirements that we

needed to achieve as part of our Police & Crime Commissioner ASA Hub & Therapy Service Contract.

I would like to thank all our employees –counsellors, helpline, ISVAs, PSARC services and back-office staff including those working in admin, data, engagement, campaigns and media. I am aware of how hard you have worked support survivors and embedding the new ASA contract, while at the same time managing the personal impact of the pandemic.

Thank you to our Auditors, Trustees, including Susanna Atassi Wagner who stood in a Chair until a replacement could be found, our CEO Novlet Holness and the Senior Management Team.

I would also thank our funders with special thanks to Nicola Wade Head Commissioner from the Nottinghamshire Office of Police and Crime Commissioner. Thank you also to Jane Lewis and Louise Graham of the Crime & Drugs Partnership, who used to be our main funder and are still providing essential support to our service and Violence Against Women and Girls strategy.

I am grateful for your dedication to survivors and our service and look forward to working with you all.

Lastly and most importantly I would like to thank our clients for the trust you put in us to support you through an intensely personal and traumatic time in your lives. We are forever in awe of your bravery and strength.

Shane Morgan

Co-Chair
Notts SVSS.

MESSAGE FROM THE CHIEF EXECUTIVE OFFICER

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This time last year, I was writing the forward to the Annual Report, still very much under the shadow of Covid-19. While the future looked more hopeful it was still a difficult time to continuously navigate through, both as individuals and as an organisation.

We know the impact that additional social issues can have on survivors of sexual violence. In the height of the pandemic, we saw people's ability to do the things that keep them safe and well were prevented. For those whose home was not a safe place, they were put at more risk. While it seems that the issue of covid has subsided, other issues have taken over such as a crisis in mental health, war and more recently the cost-of-living crisis. The impact on survivors of sexual violence is significant.

Throughout 2021-2022 and against an uneasy social background, we have continued to provide our vital service to survivors of sexual violence. We have continued to embed the new Asa Hub and Therapy Service making the helpline/hub and counselling/therapies available seven days a week including weekday evenings. Compared to last year, our helpline has seen a 69.5% increase in referrals asking for support.

It is perhaps not surprising then that we have seen an increase in waiting times across many of our services. With the support of our commissioners, we have put in extra steps to mitigate some of this, employing locum counsellors for example. The specialist mental health nurse seconded to our service has also worked with survivors to help keep them well while on the waiting list, improving outcomes for recovery. The Asa Hub and Therapy Services staff have worked extremely hard to expand the service, and support survivors and

their families.

Our Independent Sexual Violence Adviser (ISVA) Service and Survivor's Support Service have continued to be in demand. With many survivors experiencing adjournments in their court cases, due to the impact of covid on the criminal justice system, our ISVA team have worked hard to keep survivors engaged with a process that can often seem protracted at the best of times. It is a credit to the tenacity of our staff and the strength of clients that all survivors supported by our ISVAs have remained engaged with the court process during this time.

The East Midlands Children and Young People Sexual Assault Service (EMCYPSAS) the Crisis Support Worker team have been very busy supporting examinations and managing the 24/7 helpline. The Therapeutic Support Worker continue to complete assessments within 7 days and support appointments offered within a month of assessment. Nottingham University Hospital Trust built a much-needed Video Recording Suite at the Queens Medical Centre EMCYPSAS suite. This along with covid, created a challenging working environment for staff, the staff continued with their commitment and determination in supporting survivors and their families during this time.

I must also mention our team of back-office staff who work on administration, campaigns, data, office logistics, management, engagement, human resources and so on. They are often unseen but are essential and vital to the success of our services.

During this last year we have found that some of the systems introduced at the start of covid are now here to stay. Whilst we now offer in-person, face-to

-face support, we have found that many survivors do prefer to receive their support online. By offering hybrid support options, we enable survivors to take more control and direction in their recovery.

While the bulk of our work is in supporting survivors, it would be remiss of us to do so without also creating meaningful change. The statistics are stark: 70,330* rapes were reported to police in the year ending March 2022, but we know that this is just a fraction of the number experienced. 5 in 6 women who are raped don't report to the police and the same is true for 4 in 5 men.* While we continue campaigning both as an organisation and joined up with the Consent Coalition we remain proud members of Rape Crisis England and Wales. It is vital that we use our voice, with others to help disable the myths and assumptions that allow sexual violence to happen.

While sexual violence is regarded as a gender-based crime and we know that the majority of perpetrators are men*, we have not lost sight of how these statistics make it incredibly hard for males to step forward and get support. This year staff have undergone *Working with Male Victims / Survivors of Sexual Abuse* training provided by Survivors Manchester. This has been done as part of our wider work towards achieving the Male Quality Standards mark for our Asa Hub and Therapy Service in the next financial year.

We know that some areas of the country have very little provision, we are very fortunate in Nottingham/shire to have commissioning bodies who are aware of the needs of survivors of sexual violence and the committed funding that is required to meet these. I would sincerely like to thank our all our commissioners, stakeholders, funders and donors as they continue to support and fund our services. Your continued understanding of the issues

faced by survivors and provision of three-years or more funding enable us to develop and provide the best services to survivors of sexual violence.

I would like to thank our Board of Trustees who voluntarily and thoughtfully devote time and energy to support the service and my role as Chief Executive Officer. I would especially like to recognise the late Anne Sylvester, who was a trustee with us for ten years and our chair for five of those. She was a formidable woman, a person with inner strength, self-assuredness and good humour and was a steadying hand in the pandemic. She died in January 2022 and her passing was a shock to us all.

My thanks go to all staff, frontline and back office. Many of you have continued to support survivors whilst navigating the last two years; others became employed by us during the pandemic. Your dedication, professionalism, adaptability and ability to support each other as well as survivors, even at a distance has been second to none.

At the heart of all our work though are the survivors. They drive everything we do and we will always do our best to support them to regain power and control of their lives.

Novlet Holness

Chief Executive Officer

*Statistics taken from Rape Crisis England and Wales: <https://rapecrisis.org.uk/get-informed/statistics-sexual-violence/>

- Notts SVSS continued to be commissioned by The Police and Crime Commissioner for Nottinghamshire to deliver ASA SVA Hub and Specialist Therapy for adults in Nottinghamshire. The funding secured has enabled Notts SVSS to continue with the provision of all our hub and therapy services raising our profile.
 - Notts SVSS have continued to be subcontracted by Nottingham University Hospitals NHS Trust to provide 24/7 hub and crisis support services at the East Midlands Children and Young People's Sexual Assault Service.
 - Notts SVSS have continued to deliver an Independent Sexual Violence Advisor (ISVA) Service and Survivors Support Service (for adult survivors of institutional Childhood Sexual Abuse) as commissioned by The Police and Crime Commissioner for Nottinghamshire.
 - Notts SVSS have been working with a full-time Mental Health Nurse seconded to us via Nottinghamshire NHS Trust. This person has worked to embed ethical and holistic mental health care that is risk managed & signposted to the appropriate services.
 - In 2020, due to the Covid-19 pandemic, the measures implemented by UK Government and in line with Notts SVSS health & safety protocols and Government guidelines, all Notts SVSS services and staff moved to operating remotely from home. This meant that face-to-face client appointments and all meetings were carried out via telephone or online/video to ensure as little disruption to service user support needs as practicably possible.
- and delivery. This has included developing operating procedures in line with Government, Public Health England and BACP guidelines and legislation, reorganising working spaces and building use, the installation of extra equipment and setting up of 'Living with Covid-19' protocols. This work has enabled us to offer a safe return to face-to-face, in-person appointments with clients.
- Throughout the challenges of the Covid-19 pandemic, Notts SVSS have continued to achieve successful outcomes for clients and receive excellent feedback across all our services.
 - Notts SVSS have developed a Survivor's Charter in consultation with survivors and staff. This sets out how we work, what survivors can expect and how to get in touch with feedback or make a complaint.
 - Networking with partners has resulted in improved awareness and referral pathways and has strengthened joint working activity with other agencies, including probation and prison services and organisations working with the homeless and vulnerably housed.
 - Notts SVSS continues to be heavily involved with the development of campaigns and messaging around consent through our partnership work with the Consent Coalition. We host the Consent Coalition website and work we have been involved with this year includes the development and promotion of the A-Z of Consent and the Safe Spaces Pledge.

Over the past year we have worked towards a hybrid system of work

Where surviving sexual violence can involve managing anxiety, depression, suicidal thoughts, PTSD as well as feelings of insecurity in employment, family, relationships and home, Covid-19 added a whole other layer of trauma and difficulty to this. In 2020, wider support, activities, groups and distractions disappeared overnight. Courts closed. For those where sexual violence had been a feature of their relationship, staying at home was re-traumatising. For some people the abuse they were experiencing became worse.

In the space of a week, our in-person service went fully online. The fact that we were able to transfer services online so quickly in a way that was safe and confidential for clients is no accident. It was backed up by a set of robust counselling and support policies, a recent digital transformation of our service, support from our commissioners and the can-do attitude of our entire staff team.

From April 2021-March 2022, we have continued to move through the covid pandemic. The general trajectory has been a lessening of restrictions as more people were able to access the vaccine and treatments became more effective.

For survivors though, this time has still been difficult. Where people have been re-traumatised, dealing with that trauma and lack of control again has been difficult. For those who need support, seeing everyone else go back to 'normal' has been hard. It is no surprise that this year we have continued to see increased referrals to our service.

As we reflect now we can see more on the impact covid had on our service. Where moving to online support provision was largely a response to covid, many survivors now prefer to receive support this way. While we have returned to offering in-person, face-to-face support, online support will continue to be an option. This hybrid offer makes the service more responsive to a survivor's needs and more accessible where travel or time to get to appointments might be prohibitive.

As we have moved through the pandemic, we have seen other issues begin to surface. Recruitment of staff is now a struggle for many organisations working in the health and social care sector. One of the benefits to working in a hybrid system is that for certain roles we can now recruit staff from a wider geographical base.

We are fortunate to have good working relationships with our commissioners, who understand that to ensure the best for survivors involves long-term funding. Our finances remain stable. While the wider societal backdrop is concerning, we are confident that with supportive trustees, dedicated and experienced staff and our flexible way of operating, we will continue to meet the needs of survivors as we move away from the pandemic.

Notts SVS Services originally started as a self-help group run by women who were angry at the incidents of rape within the county, the way female victims were treated and the images and myths that were attached to rape. The group ran on insecure funding and the determination of women involved becoming the charity Nottinghamshire Rape Crisis Centre.

Today Notts SVSS is a specialist service providing support to all survivors (aged 18+) of sexual violence and abuse living in Nottingham/shire. We can support people whether the abuse occurred recently or in the past. We are open 7 days a week, including weekday evenings and our services are free-of-charge. This means that we are able to support survivors in a way that they need and at a time that is right for them. Our services include:

- Helpline/Hub
- Drop-in
- Counselling
- Therapeutic Support (including Cognitive Behavioural Therapy and Eye Movement Desensitisation Reprocessing)
- ISVA Service (Support through the criminal justice system)
- Support for Survivors of Institutional Child Sexual Abuse

We are able to offer survivors their choice of a male or female counsellor and we are unique in that we offer support to women in our women-only space.

Our counsellors and support workers are highly trained professionals from varied backgrounds in terms of gender, ethnicity, age and personal experience. Our services are available to survivors of all genders and we are aware of the additional challenges faced by those who are LGBTQ+ or who are Black, Asian, from an ethnic minority, or are asylum seekers or Refugees.

We are a member of Rape Crisis England and Wales, and have completed the National Service Standards a 'benchmark for excellence' for organisations working in this area. Our ISVA Service is Lime Culture accredited and we are working towards the Male Quality Standards accreditation for our helpline and counselling services.

“

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Some people contact the helpline for information and advice and to arrange for referral into our services. Other callers become 'regular callers' who can call the helpline for up to two 30-minute support sessions a week.

We believe you

Sexual violence often impacts many areas of a person's life, including emotional wellbeing, housing, relationships and their ability to work or learn. Survivors can also experience other complex issues such as PTSD and feelings of being suicidal.

With so many rape myths and assumptions prevalent in society, survivors are often worried that they won't be believed or that the assault was their fault. It is not uncommon to find that people have delayed seeking support for over two years following an assault.

People contacting us will be listened to, believed and supported in a way that is non-judgemental and affirming of them and their needs.

Taking a referral

When people ask for a referral into the service, a referral form is completed, which helps to identify the caller's needs and desired outcome. It can also help us to put in place any additional urgent support, referrals into other services and check for any safeguarding concerns. Survivors often contact us with a variety of needs.

Our helpline also processes all the online and email referrals into the service. Digital referrals have been a popular way for survivors to make their first contact with us. They allow survivors to disclose their initial background, concerns and needs, smoothing the way into a first telephone conversation.

Developing language support

Other this year we have been developing our offer to clients for whom English is not their first language. Hub staff have completed training on how to use language line and a new operating procedure has been put into place.

Initial letters regarding appointments have been translated into additional languages, while we use online translation programmes

for further written communication. With new policies being developed around the use of in-person interpreters, we are looking to increase our offer to these clients in the next year.

Drop in

A key feature of the hub is the Drop-In service. This feature was started a little over a year ago as part of the Asa contract and how it is used has developed during this time. While the helpline is able to give emotional support, the Drop-In gives an opportunity to book an hour with a therapist or support worker to help alleviate a crisis situation.

Working on the helpline.

Demand continues to grow on our services and as the main route into these, the hub has been extremely busy. We have continued to recruit staff, many of these being taken on whilst working remotely.

The hub team have remained motivated and connected, using secure online rooms to 'talk to each other' a feature that has remained in place as our hybrid in person/online service has developed.



5522
helpline calls



8
members of
staff



709
Emails asking
for support



69.5%
increase in
referrals

Case Study - Helpline

Maria is a 38-year-old female who first contacted the support line when her counselling stopped due to in the corona virus pandemic. Maria had been in counselling for a short time and was working through being brought up in a dysfunctional family which included childhood sexual abuse.

For many years Maria has experienced depression and anxiety and is currently receiving primary care mental health support. She is a single mother to a young adult male with his own mental health issues. She has often felt alone, with no one to talk about the challenges this brings.

Maria hides her engagement with Notts SVSS from her son; she is often so focussed on supporting him, she feels she needs to be 'strong' and shouldn't divulge that she also needs help. She also feels uncomfortable sharing with him that she is accessing support due to being a survivor of sexual abuse.

Our seven day a week, morning and evening access has allowed Maria to call whenever it was convenient for her and she felt the family were not around to hear. Our regular caller contract provided some much needed routine and structure to her life. We continued to support her through the pandemic, until her face to face counselling resumed.

In the past few months, Maria's son's mental health declined and there is currently a period of time where he is unable to leave the house. This means that Maria is unable to attend her counselling sessions. Maria requested using the helpline during this period until she is able to attend her sessions again without her son being aware.

This is a good example of the flexibility the helpline can offer clients and the support it can provide whilst clients are awaiting counselling or feeling they have nowhere else to turn to. The helpline will also listen to more than the presenting sexual violence incident(s), allowing clients to discuss whatever is causing them pain at that time. Whilst clients accessing counselling do not usually receive helpline support, exceptions can be made to mitigate risk for clients where there is a lack of family support or a notable change to their circumstances.

Identifying details have been changed

“

Thank you for telephoning me, giving me your time and patience. It is much appreciated
(helpline client)

Thank you for speaking to me, I don't think you realise just how much this is a weight off my mind
(helpline client)

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Our counselling and therapy service is staffed by a qualified, skilled and experienced team. The service is open seven days a week, to include weekday evenings and weekends from 10am – 1pm. It is one of the most busy and in-demand services we provide.

The service offers a range of therapies, including short, medium and long-term counselling, email support, drop-in appointments (through the helpline), cognitive behavioural therapy (CBT), eye-movement desensitisation reprogramming (EMDR) and group therapy.

We can also provide short-term support for family members, partners, spouses and carers of survivors, helping them to balance their own feelings while they support the person close to them.

The service has been designed to meet survivor's needs. This includes accessible rooms, online and/or in-person support, access to interpreters and flexible support options. Staff are either BACP or

UKCP accredited and we regularly check that the service is safe, ethical and meeting client's needs.

Challenges and how we meet them

While the waiting list had reduced to 6 months at the beginning of the year, waiting times are now at 14 months. This is due to continued high demand on our service and the number of clients in need of long-term counselling.

Recruiting into therapy roles remains challenging, which is something which has been experienced throughout the health and social care sector. While we often recruit locally, the post-covid, hybrid nature of our service has enabled us to recruit locum therapists from further away to provide some of our online therapy. We also use Drop-in therapy sessions, email and telephone calls to support clients on the waiting list.

The secondment of a mental health nurse from the NHS has been useful for providing a holistic service to clients needing additional mental health support

and/or referral into NHS Mental Health Services.

Despite the challenges around our waiting list, we have continued to receive good feedback, particularly from those receiving long-term therapy and availability of support outside core hours.

Hopes / plans for the coming year

We will continue to recruit in the coming year, including to Lead Therapist roles who can support staff in their work.

Clients in the Pre-Trial Therapy process will be prioritised from the waiting list in line with the full resumption of jury trials. We will follow the new Criminal Justice System Pre-Trial Therapy protocols once they are published.

“

CORE 10 is used as a session by session monitoring tool with questions covering anxiety, depression, trauma, physical problems, functioning and risk to self. The measure has six high intensity and four low intensity questions to obtain a weekly reflection of well being.

”



894

people in service



235

people received counselling



31%

of clients aged 25-34



20

counsellors (2 male)



863

Assessments booked in the year



8355

counselling hours resourced



100%

Rated good/ excellent

Case Study - Counselling

Emily, a female in her early 20s, referred herself to our counselling service at the end of 2020, disclosing longstanding sexual abuse during her early teens. Long term person-centred therapy began at the end of 2021, 20 counselling sessions were completed. Emily shared the impact of the sexual abuse; anxiety, flashbacks, low self-esteem, blame, shame, and an inability to be intimate with her current partner. CORE-10s were used to track how her week had been and the progression made throughout the therapeutic process.

At the beginning of our work a main focus was working on Emily's emotional regulation, developing grounding techniques and safety statements to help her through flashbacks and her anxiety. Once Emily had developed healthy coping strategies we moved to exploring her view of happiness, and were able to identify that Emily felt that she had lost her sense of self and struggled to recognise her identity.

When therapy began, her happiness and interests were enmeshed in her current partner and she struggled when she had days without him. Through exploration of her own interests, the client began to develop her own identity; attending exercise classes which when we first started therapy felt impossible for her. Once she identified her own interests she was able to enjoy alone time and by the end of therapy she felt this alone time was invaluable to her mental health and she enjoyed having the space to reflect and utilise self-care.

From this, work around intimacy began. This firstly involved psychoeducation around the impact of sexual trauma and how sexual contact although now consensual, can lead to flashbacks and conflicting bodily responses after experiencing sexual abuse. Through our work Emily began to be more open with her partner about how the sexual abuse had impacted her, and her partner was open and responsive to what she needed.

The client continued to use the sessions to explore what was coming up for her regarding intimacy and once explored in sessions she would then speak to her partner about what she needed to help her in their relationship. This work involved us exploring her need to prioritise others over herself, this led to

consideration of how her upbringing had impacted her view of herself and that she had learnt through her childhood that her needs were not a priority. This involved exploration of her attachment style and how this has influenced all relationships since her childhood and led to the development of a critical voice, which left her feeling undeserving of happiness and that any achievements lacked validity.

We began to work on developing a more compassionate voice, recognising her strengths and achievements. This enabled her to start to identify what she wanted and needed and to be able to recognise she is as important as the people in her life. This led to her finding her own voice within her family system, her friendships and her relationships; particularly when being intimate.

Throughout our sessions her confidence grew, and she was able to say near the end of our work together that she was proud of herself which was a huge step for her. Emily began applying for new jobs, she began to enjoy being intimate with her partner, the flashbacks and anxiety considerably reduced and when they did occur she had healthy tools to cope with them which meant they did not significantly impact her life any more. When finishing our work together Emily could identify all the hard work she had put into her progress and she looked forward to the next part of her journey with this new found insight and the tools to help her through. She was very grateful for the support she received throughout her time at our service.

They ended the sessions feeling proud for the visible improvement in their moods & the improved control over their emotions, through being better able to convey some of their more personal experiences without getting swept up in their emotions.

Identifying details have been changed

EMAIL SUPPORT

Our email support service is available for people who prefer to communicate in writing or would struggle with face-to-face or telephone support for whatever reason. We maintain both GDPR and confidentiality processes, ensuring our clients details are treated confidentially and with the same protection we offer to all our clients.

Online support can ensure privacy for the client as they can engage whilst at home for example. Additionally, individuals may be more comfortable in writing / typing their emotions rather than talking face to face. The email service is client driven, so they can choose when to engage; the information they wish to share and the pace of their therapy; this allows time for reflection and for the client to feel more in control.

BEYOND SURVIVAL GROUP SUPPORT

Beyond Survival is an eight week course run for survivors aged 18 and over following an experience of sexual violence or abuse. This group can be accessed following one-to-one therapy and has proven to be an effective tool in enhancing resilience and recovery for clients who have attended. During the pandemic our therapeutic group has operated online, with support packs being sent out by post.

Survivors are given an opportunity to work towards goals of self-acceptance, building trust in others and making plans for the future. Together we have looked at themes including, managing anger, boundaries, creating feelings of safety, and moving forwards into the future.

“

*I couldn't have wished for a more professional and supportive group it's just a shame the sessions have to come to an end. Your counsellor is a credit to your service. Thank you”
(male group therapy client)*

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Mental Health Support

Our Mental Health Nurse Specialist is a valuable member of our team. Seconded in post via Nottinghamshire Healthcare NHS Trust, she has helped to embed ethical and holistic mental healthcare within the structure of our service. This means that we have a strong, risk managed referral pathway into services where this is needed.

Our mental health nurse specialist has been involved with risk management and safeguarding. She helps to risk assess new referrals into the service, helping survivors manage their mental health including whilst on the waiting list for counselling. She also works hard to establish connections and smoother pathways between services. Her work helps to reduce decline in mental health to then improve outcomes for recovery.

Whilst our mental health nurse specialist has worked remotely due to the pandemic, she has still been able to undertake meaningful work with clients who benefit from social interaction due to their mental health issues. She has also built strong relationships with staff, enabling them to feel more confident when working with people who have complex mental health presentations.

“

Thank you for all of your support. I'm not sure what I would have done without you whilst waiting for counselling. I don't know If I would have survived.

(client on the specialist mental health support received)

It has been wonderful to feel heard, seen and supported. I have felt safe in my counselling relationship and never felt hurried.

(female counselling client)

”

Case study - Specialist Mental Health Nurse (SMHN)

Background

The client experienced child sexual abuse aged 8 whilst in a hospital setting. The abuse was not uncovered until the survivor underwent a course of hypnotherapy for her emotional wellbeing and alcohol addictions.

Her father was alcohol dependant but continued to be functioning and believes this is why she normalises the quantities of alcohol she consumes. She had a good relationship with her mother. Although she is married they live very separate lives. They have two teenagers.

Current circumstances

Self-referral to Notts SVSS after having an emotional/mental deterioration where she was consuming large quantities of alcohol, she had stopped taking prescribed anti-depressants and was self-harming regularly. She had been to her GP who had signposted her to a wellbeing service but did not think that they were very supportive.

At Assessment Panel it was decided the client would be accepted on to the waiting list for person-centred long-term therapy. In the meantime she would be offered a mental health consultation with the SMHN to determine any underlying health needs/vulnerabilities that could be addressed or signposted to appropriate services.

Outcome:

Following completion of mental health and risk assessment a care plan was drawn up. The client would check in via email if required to share thoughts and feelings with the understanding that she would not get immediate response (crisis service not provided). Monthly phone contact to be provided, this will look to address alcohol dependency versus efficacy of antidepressants and education around this. Mental health stabilisation. Anxiety management with the use of DBT/CBT techniques. Mindfulness practices to help with self-awareness, self-esteem and general wellbeing.

Moving Forward

Three planned phone sessions have taken place, these have so far looked at psychoeducation regarding alcohol use versus impact on mental health & anti-depressant use. One new mindfulness practice shared & used within each session. Last session started to introduce DBT techniques into the work we are looking to undertake.

The client is very anxious to work with external agencies and fears people within her social circle will become aware of her vulnerabilities and at present will only complete work with the SMHN. The aim is for her to agree to work with a specialist alcohol service to gain specialist support in that area.

Already the client has acknowledged the impact her sessions with the SMHN have had, she is having reduced suicidal ideation as she is able to use techniques used to distract and work through the negative thoughts. She identifies hope for the future, she no longer feels alone and ashamed regarding her sexual abuse and trauma as a child. She is feeling positive about starting therapy (remains on waiting list).

The relationship with her children is improving as she is becoming more conscious of the effect her drinking and mood was having on them. We have done some education around the impact of childhood trauma, when children witness parents who have addictions and she feels this has been beneficial. She is hoping to have discussions with her children about this which she says she would never have done previously as would have feared causing distress.

Identifying details have been changed

Therapeutic Support Service

The Therapeutic Support Service offers therapy and information to young people between the ages of 14 and 17 who live within the Nottingham area. Referrals come to us directly from the East Midlands Children and Young People Sexual Assault Service (EMCYPSAS). The service is provided by two part-time Therapeutic Support Workers with additional support provided by a male counsellor based in the adult counselling service team.

We offer up to 10 one-to-one sessions for each young person referred to the service, although this can be reviewed to include additional sessions if appropriate. As part of this work we liaise with schools, social services, families, and GPs to support the young people through safeguarding needs, and to deliver appointments.

Many young people have benefited from our hybrid approach to delivering support: online video calls, telephone support, text, and school visits which helped to overcome barriers to accessing support services. We have been able to offer all young people their choice of male or female therapist.

“

At first I was very unsure what to expect from my sessions and how I would be able to talk about my past. From taking the first step of contacting up to my final session has been a massive break through, I have been able to explain from the early abuse up to my current relationship
(adult female counselling client)

Although I know I will still suffer low periods, the self care tools I have been practicing are helping immensely to keep myself on track.
(adult female counselling client)

”

Our Independent Sexual Violence Advisors (ISVAs) play a vital role in supporting survivors of sexual violence with reporting to the Police and accessing the Criminal Justice System (CJS).

The ISVA Team

The ISVA team consists of an ISVA/SSS Contract Lead (part-time), ISVA manager, Senior ISVA, 9 full time ISVAs, 2 part-time ISVA's and 2 part-time administrators. All the ISVAs are fully trained and accredited and the service has renewed its accreditation with Lime Culture.

What an ISVA does

The role of an ISVA is very dynamic; we have one foot in the criminal justice system and one foot in the holistic system, and during the pandemic this has been evermore the case. The support offered includes criminal justice support. On the day of the trial ISVAs motivate, support and re-assure the client, and when possible we sit in the witness stand with them. We

offer support post-trial and to those clients whose cases have not progressed to court.

Our ISVAs provide assistance with safeguarding, housing, employment and education, finance, health, mental health, and emotional wellbeing. We have strong, respected links with Police, CPS, DWP, Witness Services and other statutory and voluntary organisations. We hold and attend many meetings with partnership agencies to ensure clients are receiving appropriate support to meet their needs.

Challenges and how we met them

The effect of the pandemic on survivors going through the criminal justice system has been significant. 59 court cases were adjourned this year, with Covid 19 backlogs and Court staffing issues having an effect. The impact of these delays has been extremely detrimental to survivors and their emotional wellbeing. The ISVA team continues to manage the emotional wellbeing of survivors and work hard to keep the

survivor engaged with the Criminal Justice Process. We also work with other agencies to highlight the impact of these adjournments and to advocate for change.

The mental health of survivors continues to be one of our biggest challenges. There are several cases whereby the sexual violence element of support plays a very small part in the support some survivors require. We often find we are concentrating more on their mental and social needs. Some survivors have complex mental health needs which requires a lot of ISVA time.

The team has close links with the Adult Specialist Mental Health Nurse and this has made a significant difference to how the cases are managed and impact on the ISVAs themselves.

Despite these huge challenges all survivors supported by our ISVAs have remained engaged with the court process.



398
people supported



5242
advocacy hours



59
Court cases adjourned



Zero
survivors disengaged during covid



multi-award winning service



100%
Rated good/excellent



Future plans for the service

The ISVA service continues to be in high demand and this is increasing due to the number of survivors seeking support and reporting to the Police. In the coming months we plan to implement 4 specialist ISVAs, each ISVA will specialise in offering support to BAMER, LGBTQ+, Elderly and Disabled survivors.

We will be resuming co-location at our local Police stations and we will also be co-located at the new Sexual Assault Referral Centre (SARC). This will be in addition to the county outreach work we have in place.

“

Being an ISVA is an extremely rewarding role. Having the skills and continued training to support survivors through some of their darkest times is an honour. The role does however it does come with various challenges, but with the right partnership working and internal support we are often able to help individuals see the light at the end of the tunnel.

”

Case Study—ISVA

The survivor is an 18-year-old female. She is a survivor of rape and lives with her family where she has a volatile relationship with her mother. She has an apprenticeship and works full time but struggles to maintain this due to poor mental health. The client disclosed that she self-harms on a regular basis.

Early on, our ISVA completed a Support and Safety assessment with the client and a support plan was put in place. Referrals were made for further support with self-harm and the client is on the waiting list for counselling with Notts SVSS and has been engaging with the mental health nurse. The ISVA has offered to support with employer but the client has declined this support so far. The survivor engages in monthly support sessions with ISVA and also receives text support as and when necessary.

During the time the ISVA has been supporting the client, the Crown Prosecution Service (CPS) have authorised charges of rape and assault by penetration. The ISVA remains in contact with the officer in the case for updates, client is also happy receiving updates and is happy with the police support. Discussion and information shared around special measures, support at court and the criminal justice process going forward.

Client did not feel supported by her mother following the charges, she suggested the perpetrator's life would be ruined if he went to prison. Support provided by ISVA in order to help client deal with these comments made, including empowerment to challenge myths that the client is somehow responsible for this. Client would like to have an honest conversation with her mother about her reaction but doesn't believe this is the right time. ISVA will support client to have this conversation.

Client has expressed that working with Notts SVSS is helping her understand and feel supported through the criminal justice process. She is also looking forward to engaging with the mental health nurse and counselling services to help improve her mental health.

This case has highlighted the importance of working closely with the police and other professionals, internally and externally. It is beneficial for the client for supportive agencies to have close working relationships in order to ensure the client is fully supported where needed.

Identifying details have been changed.

Our Survivors' Support Service offers specialist support to anyone aged 18 and above, living in Nottingham/shire, who is a survivor of recent or non-recent institutional child sexual abuse.

The service was set up in response to the number of people coming forward saying that an institutional organisation had failed to protect them from child sexual abuse. We also support those people who have been sexually abused as a child and told a person in authority, for example a police officer, social worker or a teacher, who then ignored the report or did not act upon it properly.

There were a total of 30 survivors supported by this service from April 2021 – March 2022. Survivors in this service tend to require support for longer periods of time, predominantly due to mental health complexities.

What we do

We support survivors to enable them to exercise greater choice and control in all aspects of their lives. We help survivors experience improved health and wellbeing by gaining appropriate access to health and other services and help them develop coping strategies to better manage their mental health, emotional wellbeing and any substance misuse.

Our support workers work within a multi-agency setting, providing a tailored response to meet the survivor's needs. This can include information provision, support with options exploration and accessing other partner agencies, such as housing, immigration, welfare benefits, education and emotional and physical wellbeing.

The service continues to hold strong working links with the Police, Crown Prosecution Service (CPS), DWP and Nottingham CSA Group. We work closely with the local Clinical Commissioning Group to enable survivors to access a Personal Health Budget.

Challenges and how we overcome them

The main challenge facing survivors of institutional child sexual abuse is the impact on their mental health. Survivors require access to longer term support and more robust therapeutic support.

There can also be a distrust of services and so the support worker, while making referrals, will also advocate for the survivor and support them to access the services they need.

There is no waiting list and this service continues to receive excellent feedback.

“

I am a relatively newly qualified ISVA, my experience of working in the service has been very positive, the support from my immediate Manager and senior ISVA as well as other ISVAs has been amazing

”



30

survivors supported



732

advocacy hours



work closely
with other
organisations



100%

Rated good/
excellent

EAST MIDLANDS CHILDREN AND YOUNG PEOPLE'S SEXUAL ASSAULT SERVICE (EMCYPAS)

21

Notts SVS Services is sub-contracted by Nottingham University Hospitals Trust (NUH) to work collaboratively with a broad range of health and voluntary sector organisations across the East Midlands to deliver the East Midlands Children and Young Peoples Sexual Assault Services. Notts SVSS manage the crisis workers working in the centre.

Overview of Service

The EMCYPAS is a paediatric sexual assault referral centre that supports children and young people aged 17 and under or until 24 if the young person has severe learning difficulties.

We cover the whole of the East Midlands from Lincolnshire, Derbyshire, Nottinghamshire, Leicestershire and Northamptonshire. There is a hub in Northamptonshire called Serenity. The main point of contact for our service is our 24/7 helpline that is managed by our Crisis Support Worker team.

We are able to offer forensic examinations (incidents occurring within the forensic window) acute non-forensic examinations (incidents occurring less than 22 days ago) and non-recent examinations which are all other examinations post 22 days of the last incident.

We are able to refer on following these examinations and also by referrer requests for sexual health screening, therapeutic support, Children's ISVA (CHISVA) support and/or family support.

The EMCYPAS team is made up of clinical trained staff and a team of six crisis support workers, two senior crisis support workers, eight paediatricians/

forensic medical clinicians, one quality and service manager, two specialist nurses and four safeguarding admin workers.

Crisis Support Workers

The Crisis Support Workers manage the 24hr telephone helpline and work alongside the Safeguarding Nurses and Clinicians to provide expert information and advice to those accessing the centre.

Crisis Support Workers provide support calls for children and young people and their families and carers who may be extremely traumatised, in crisis or suicidal. They will arrange the necessary appointments to facilitate forensic medical examinations and will help to arrange ongoing support for the children and young people after attending the centre, including safeguarding referrals where needed.

Challenges

The main challenge for our services has been the COVID-19 pandemic and adjusting our ways of working to ensure that all services have been able to be delivered successfully during this time within the hospital setting. This increased the time taken to complete examinations and post examination cleaning of the suite. Extra time was taken on the helpline to check covid status of people attending the suite and staff were not always able to work due to being covid positive.

We worked through these challenges by adjusting our model of working. We worked together as a team, offered flexibility to cover shifts and maintained our high standards of service delivery.

Successes

We continue to be a small but dedicated and motivated team that continues to work and manage a 24/7 helpline and service to support children and young people who have been sexually assaulted.

A new Video Recording Interview Suite has been built next to the forensic suite that enables our children and young people to give their account to the police in a friendly and safe environment. This has been used a number of times and the feedback received has been positive.

Hopes for the future

We are looking to change our current police non-acute referral forms to support the police to make referrals into the service while on night shifts.

To work with NUH to change the layout of the suite to accommodate our forensic examinations to meet accreditation standards.

To support NUH and gain the voices of children and young people in the re-design of the EMCYPSAS website to make this more children and young people friendly.

To work alongside NUH in the development of a training program to raise awareness of the EMCYPSAS with other services.

“

*The respect and understanding of
our situation was so well dealt
with and we can't thank you
enough*
(EMCYPSAS client)

*Huge thanks to you for your
support it has all made such a
difference to the whole process
and I can't thank everyone
enough really*
(Notts SVSS adult ISVA client)

*The trauma of the abuse and trial
is no longer the focus of my life
and all consuming. That in itself
absolutely staggers me and I am
so grateful*
(Notts SVSS female counselling client)

”

Engaging with others, including survivors, organisations, the general public are key to helping us ensure that people know about our services and feel able to contact us if they need support. A specific focus has been on those people under-represented as service users, to help us understand barriers to getting support and how they might be overcome.

This year our Engagement Manager has been busy building networks with partners, raising awareness and improving pathways between services. This has included organisations working with the homeless and vulnerably housed, Muslim women's organisations and the probation service.

She has also been at key meetings, including the Severe and Multiple Disadvantage Partnership, raising awareness on the impact of abuse and how organisations can recognise unmet need.

Survivor's Charter

Our Survivor's Charter was created in consultation with survivors and staff, to help people know more about how we work, what survivors can expect and how to get in touch with feedback or make a complaint.

Working with feedback around the content and look of the Charter, the services of a graphic designer and our web-developer were brought in to create an engaging format that was easy to use.

You said - We did

Our services are commissioned to meet needs identified by survivors. We want survivors to know that they continue to be at the centre of our service. We created our 'You Said - We did' webpage to show how feedback has been used to change or develop our service.

Feedback and Complaints

Our online feedback form was updated to be more accessible. It also reassures people that any feedback *whether good or bad* will not negatively affect the service received or their place on the waiting list. Our Complaints Policy was similarly updated.



Campaigns

2021—2022 saw us moving through the pandemic, with people having access to a vaccine and this took us away from the very covid-focussed campaign and communications work we had done in the previous year.

However, we became aware that as things opened up it would take a while before everyone felt safe and comfortable in public places. We spend some time raising awareness on this and led a mini-campaign called ‘ask - don’t assume’ around hugging and our helpline were ready to offer support with setting boundaries for those that needed it.

Response to Spiking

In the Autumn, we became aware of reports of spiking taking place in venues in the night-time economy across several UK cities. Whilst this has been a longstanding issue, the fact that spiking via injection was also being reported raised awareness on this issue. Part of our response to this was to put out information about where people could go to for support if they suspected they had been spiked and to highlight the nature of the crime. We then went on to work collaboratively with local MP Nadia Whittome, local university students unions and other organisations to discuss the issues more widely, feeding into the joint response back to a call for evidence on this. We also submitted our own independent response.

Victims’ Bill

We collaborated with other organisations working under the Rape Crisis England and Wales umbrella to put together a response to the Victim’s Bill. Our ISVA and SSS Manager also put in a response.

“

It has been absolutely amazing. I could not have asked for a better person to work with. My counsellor has been very understanding & listened so well. It has helped me no end. I am so happy that I have done this even when times have been challenging. I do not think I would have coped as I have done recently without these sessions.

(male counselling client)

”

Notts SVSS are active members of Nottingham's Sexual Violence Action Network (SVAN). This is a group of 20 organisations (including Nottingham City Council, local universities and Nottinghamshire Police) working together to reduce sexual violence and to improve the outcomes of those who have experienced an assault whether or not they choose to report.

The SVAN sits behind the Consent Coalition the public-facing arm of the network. Notts SVSS have been at the core of much of the work undertaken by this group and hosts the website where many of the resources are housed. Work we have been involved with this year has included:

- Being central to the drafting and development of the A-Z of Consent (which was launched in July 2021) hosting the website and resources for this campaign.
- Working with Best Bar None and Nottingham BID to develop the Safe Space Pledge and resources, to help women feel safe on nights out in Nottingham.
- Providing feedback on the design of the Tram and Buses which were wrapped in Consent Coalition branding to help raise awareness of the campaign.

The Consent Coalition has gone on to receive wide acclaim up and down the country for its resources, social media messaging and shareable content.

We are proud to be part of this great initiative and to host such a positive and preventative piece of work on our website.



Embedding of the Asa Hub and Therapy Service

At the start of April 2022, Notts SVSS was starting the second quarter of running the ASA Hub, which had been commissioned to us around November 2021.

During this year we have embedded the new service, ensuring that key performance indicators are met. These include:

- Over 800 survivors supported with therapy per annum (1118 referred, 894 people in service end of Quarter 4)
- 100% of survivors to be offered a choice of gender of support worker/therapist (100% achieved)
- 80% of survivors who have a planned exit from the service to report improved outcomes (85% achieved)
- 95% of self-referrals have attempted contact within one working day (98% achieved)
- 95% of other referrals have had attempted contact within 2 working days (99% achieved)
- 95% of referrals to have been offered a risk and needs assessment within one working week (100% achieved)

Returning to in-person support

Over the last six months we have started to offer in-person support. This has been done in line with Covid-19 guidance and in consultation with service users. Whilst many survivors do prefer to access our counselling online, a

hybrid service will ensure we meet the needs of everyone who contacts us.

Increasing access to our services

We have spent a lot of time this year focussing on changes we can make to increase the reach and accessibility of our service to those who are less likely to ask for support.

We have started working towards achieving the male quality standards accreditation for the Asa Hub and Counselling Services. As part of this work most staff have undergone *Working with Male Victims / Survivors of Sexual Abuse* training provided by Survivors Manchester.

We have also run survey aimed at males, LGBT and BAME people asking their opinion on what will help them access the service and the type of messaging and information needed to help them access a service such as ours.

We have been working on increasing our visibility to those for whom English is not their first language. This has included the collecting of culturally sensitive images, translation of phrases that can be used in social media posts and updating our translated guide, before translating it into ten different languages.

We will be continuing this inclusion work in the coming year.

ISVA Reaccreditation

Our ISVA Service will be looking to retain its accreditation with Lime Culture which is up for renewal by August 2022. We have already starting working towards this.

Male Quality Standards Accreditation

We will be continuing our work to ensure that we are among the first rape crisis affiliated centres to also achieve Male Quality Standards accreditation. This will help to ensure that our services are seen by males as being able to provide a service that is aware of their needs.

Increasing Awareness with Hard to Reach Groups

We are looking to further increase awareness of our service with those who are typically thought of as 'hard to reach.' We are hoping that as well as raising awareness of our service, we can also facilitate mutual learning so that we can tailor our service and offer both online and in our literature.

Development of Posters

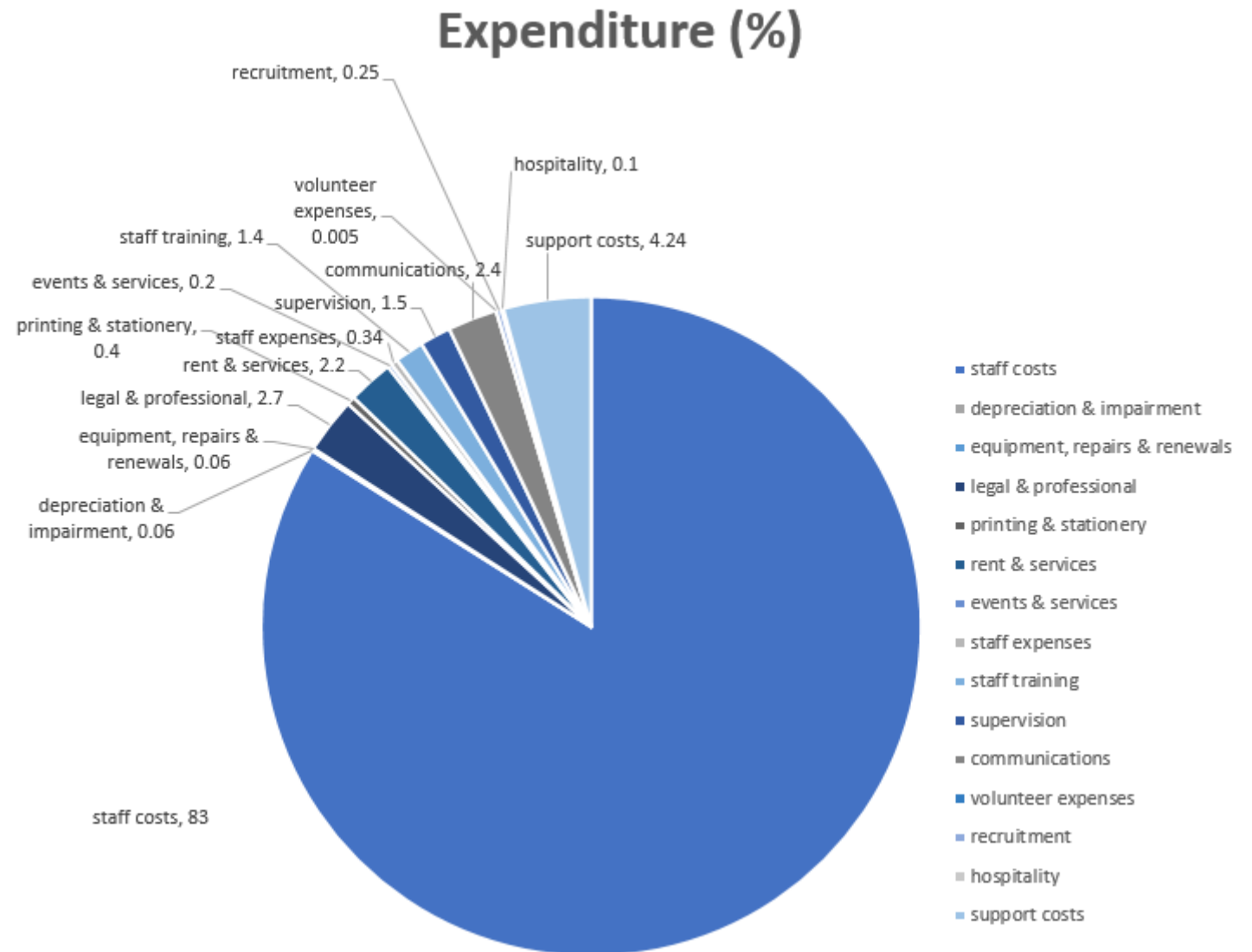
We have been working on a series of posters, which have been developed in response to feedback from survivors, staff and research. These are being designed to be gentle in their messaging, which we hope this will enable organisations and groups to display them on their premises.

Despite the challenges post pandemic Notts SVSS' financial position at the end of the 2021 - 2022 financial year was stable.

The organisation's expenditure remained within the budget. The charity operates in an environment that is financially uncertain, the main risk is securing funding to continue with the level of activities we currently offer. However we are estimating an increase in the funding received next year.

The lease on the main premises is due to expire in 2022, which poses a risk for the organisation. However whilst NSVSS are in negotiations with other tenants and the Nottingham City Council, the lease will be set on a rolling-over basis for the period of negotiations until the new lease is agreed. Additionally, the healthy level of reserves would mitigate any relevant risks.

No funds were in deficit. Total income for this year was £1,960,060, making it a 14.5% income increase in comparison with the previous financial year.



87%

female clients

12%

male clients

16

trans clients

24

non-binary clients

18%

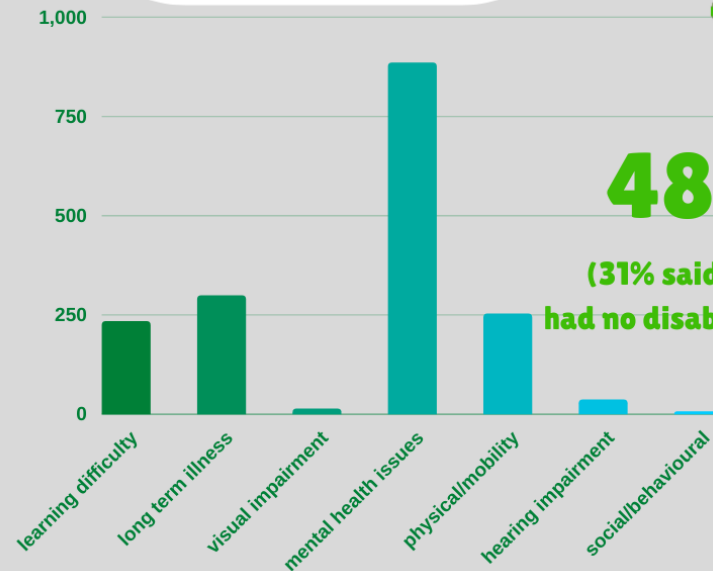
(28% city)
(9% county)

of clients have a **BAME** heritage

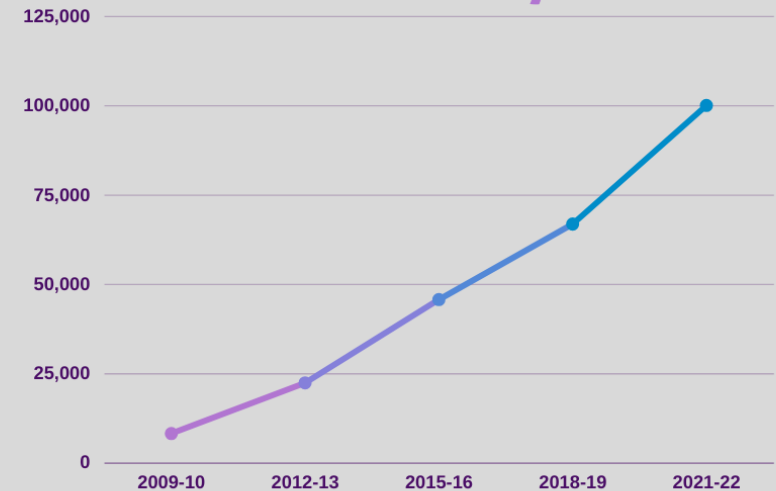


48%

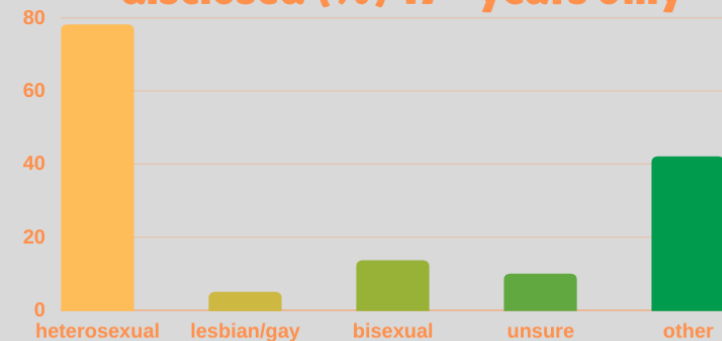
of clients disclosed they had a disability
(31% said they had no disability)



contact over the years



sexual orientation where disclosed (%) 17+ years only



presenting incidents

621

child sexual abuse

857

rape

576

sexual violence

28

other

16

not disclosed

586

misused drugs or
alcohol as a result

117

had homeless or
accommodation issues

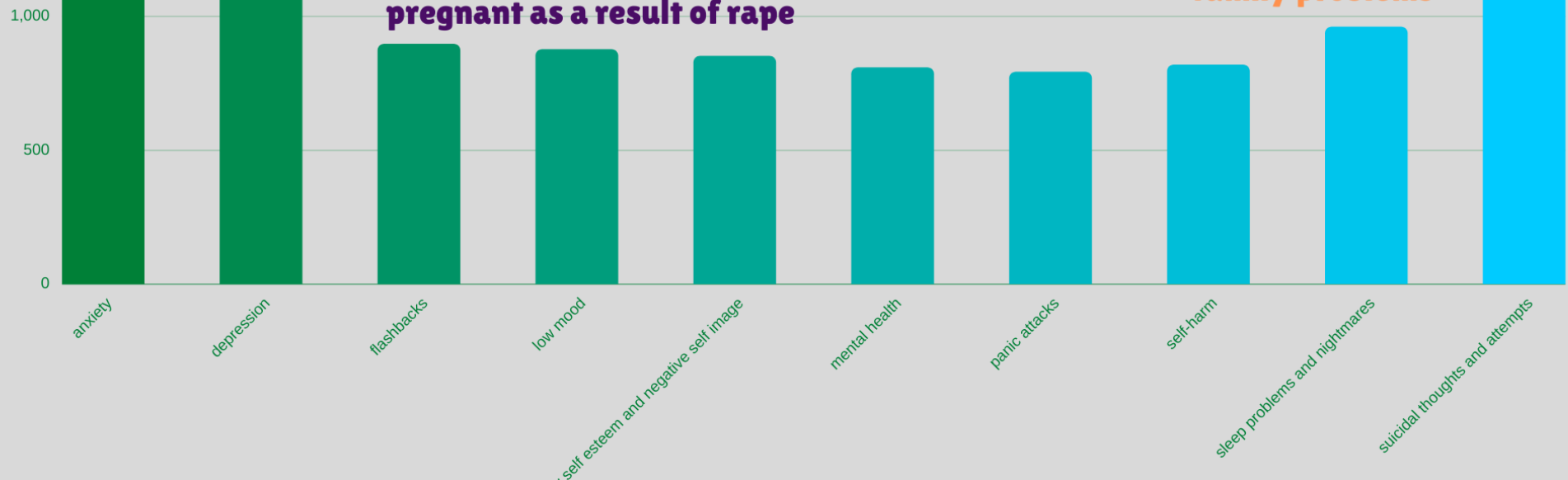
incident impact – 10 most reported incidents

86

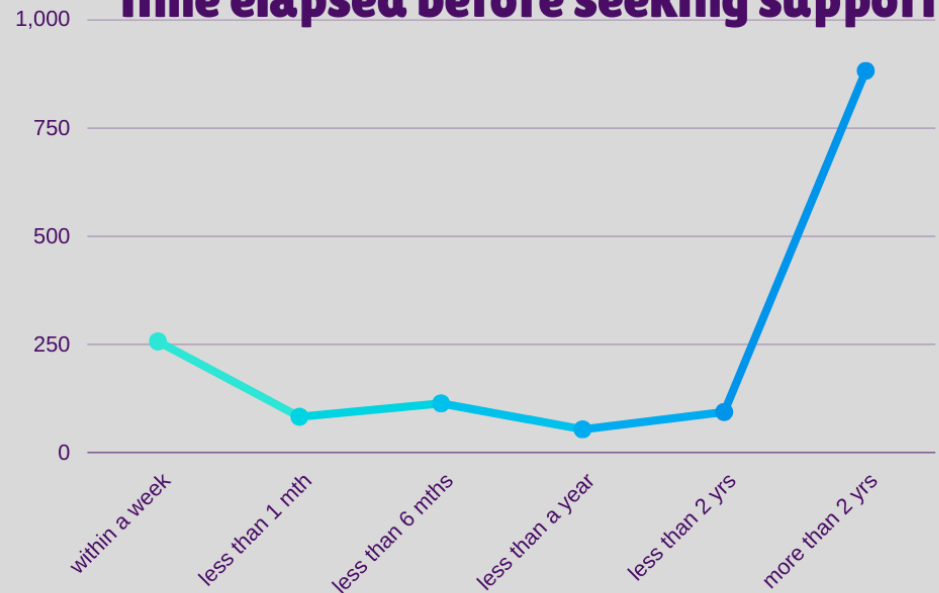
pregnant as a result of rape

782

had relationship or
family problems



time elapsed before seeking support



Aims

- To offer a range of free, confidential, client-focused counselling, support and advocacy services to survivors, aged 13+, of sexual abuse, sexual violence and rape, whether this has occurred recently or in the past.
- To raise awareness through the media and education and training of issues around rape and sexual abuse.

Objectives

- To provide the ASA Hub and Therapy Services for Adult Survivors of Sexual Violence
- To provide the Independent Sexual Violence Advisor Service
- To provide the Survivors Support Service
- To provide services to East Midlands Children and Young Peoples Sexual Assault Services
- To provide resources and information for statutory and voluntary organisations and the public
- To provide talks and training sessions in a variety of settings, e.g. Hospitals, Schools and the Police
- To deliver quality assured, performance managed, equitable services to the population served by each contract
- To secure funding to fulfil the aims and objectives of the organisation and fund new areas of development

Our Commitment to Supporting Survivors

All our policies, procedures and guidelines have been implemented with the intention of providing an ethical and supportive environment to our service users. As part of that commitment we are a member of the British Association of Counselling and Psychotherapy (BACP).

Customer Care and Complaints

We take all complaints seriously and are committed to enabling survivors to become more empowered. All staff must adhere to our Code of Ethics. The organisation is recognised by the British Association of Counselling and Psychotherapy (BACP) and we work to BACP criteria. If you are not happy about the standard of service received or about the way in which you have been treated, by a paid or unpaid worker(s), you have the right to make a complaint. This is particularly important if you feel that your treatment is a result of discrimination linked to disability, sexuality, race, etc. We will keep a record of all complaints. The Board of Trustees will be informed of all complaints and we aim to resolve any problems quickly and informally. A copy of the complaints procedure can be found on our website or obtained on request.

Notts SVS Services acknowledges and opposes all forms of sexual violence and abuse regardless of whether the violence is from known or unknown perpetrators. This can be any act of physical, psychological and emotional violation inflicted on a person without consent and includes rape and rape in marriage, sexual violence and childhood abuse, abuse which took place in institutions, forced marriage, honour based violence including female genital mutilation, trafficking and sexual exploitation, ritual abuse and sexual harassment, and forcing or manipulating someone to witness or participate in any sexual acts without their consent.

The purpose of Notts SVS Services is to provide a free, confidential and non-judgemental support service run for survivors (aged 13+) who have experienced any form of sexual violence at any time in their lives. We offer a range of counselling, advocacy and support services and can also support those who are also going through police and court procedures or who are survivors of historical institutional child sexual abuse.

We are aware of the many needs that can affect survivors facing multiple, intersecting oppressions. Our services for women are provided in a woman-only space.

Our core values are:

- To support and uphold the survivor's voice and experiences through free, confidential and non-judgmental support and to actively encourage survivors to participate in the further development of centre as a whole.
- To empower survivors by using appropriate person-centred counselling and support, enabling survivors to explore their experiences in a safe non-judgemental environment.
- To work in non-discriminatory way, by supporting survivors, regardless of their age, gender, ethnicity, sexuality, education or socio-economic background, religion or beliefs, health, ability or disability and challenging discriminatory practice in other organisations and wider society.
- To acknowledge diversity and to work on a basis of inclusivity, thus drawing on a range of ethnic, social and economic backgrounds and experiences and making the centre stronger as a whole.
- To uphold one-another's human rights.
- To be pro-choice in our support, by enabling and empowering survivors to make their own decisions with regards to their sexual health, reproductive rights and the right to safe abortion, in a safe, non-judgemental environment.
- To promote social change through active campaigning, raising awareness and challenging misconceptions around issues of women's rights and empowerment, rape, sexual violence and abuse.
- To promote Substantive Equality by examining the root causes of inequality and challenging these through direct campaigning and leading by example and expectation

While Notts SVS Services recognizes and fully supports male survivors, we also acknowledge that, as 85% of rape and sexual assaults are against women, a gender-specific response is required. Our *Vision Statement* for women.

Vision Statement

Women's rights are human rights. This was confirmed in the Beijing Declaration and the Beijing Platform for Action (BPfA) 1995, which the UK signed up to. Any violence against women breaches their human rights and is therefore a cause and consequence of perceived gender inequality.

Nottinghamshire Sexual Violence Support Services (Notts SVSS) runs services for women by women, in a safe, women-only space. We work hard to ensure women:

- Have the freedom to take control of their own lives and to make their own choices.
- Are always treated from a basis of equality, without discrimination, where their diversity is supported and celebrated.
- Receive services and support which empower them to achieve their full potential.
- Are always treated with dignity and respect.

Notts SVS Services believe these rights are basic human rights available to all women, regardless of race, faith, sexual orientation, education, age, ability or disability and continuously campaigns to uphold women's rights and respect for women and to end gender-based violence.

Our vision for wider society is one where, operating from a basis of dignity and respect, women are empowered to freely determine their own future, without fear, discrimination or attack.

HOW YOU CAN SUPPORT US

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Donations towards our work are always welcome; cheques should be made payable to Nottinghamshire Sexual Violence Support Services and sent to us at 30 Chaucer St, Nottingham NG1 5LP. We are a registered charity, number 1103071.

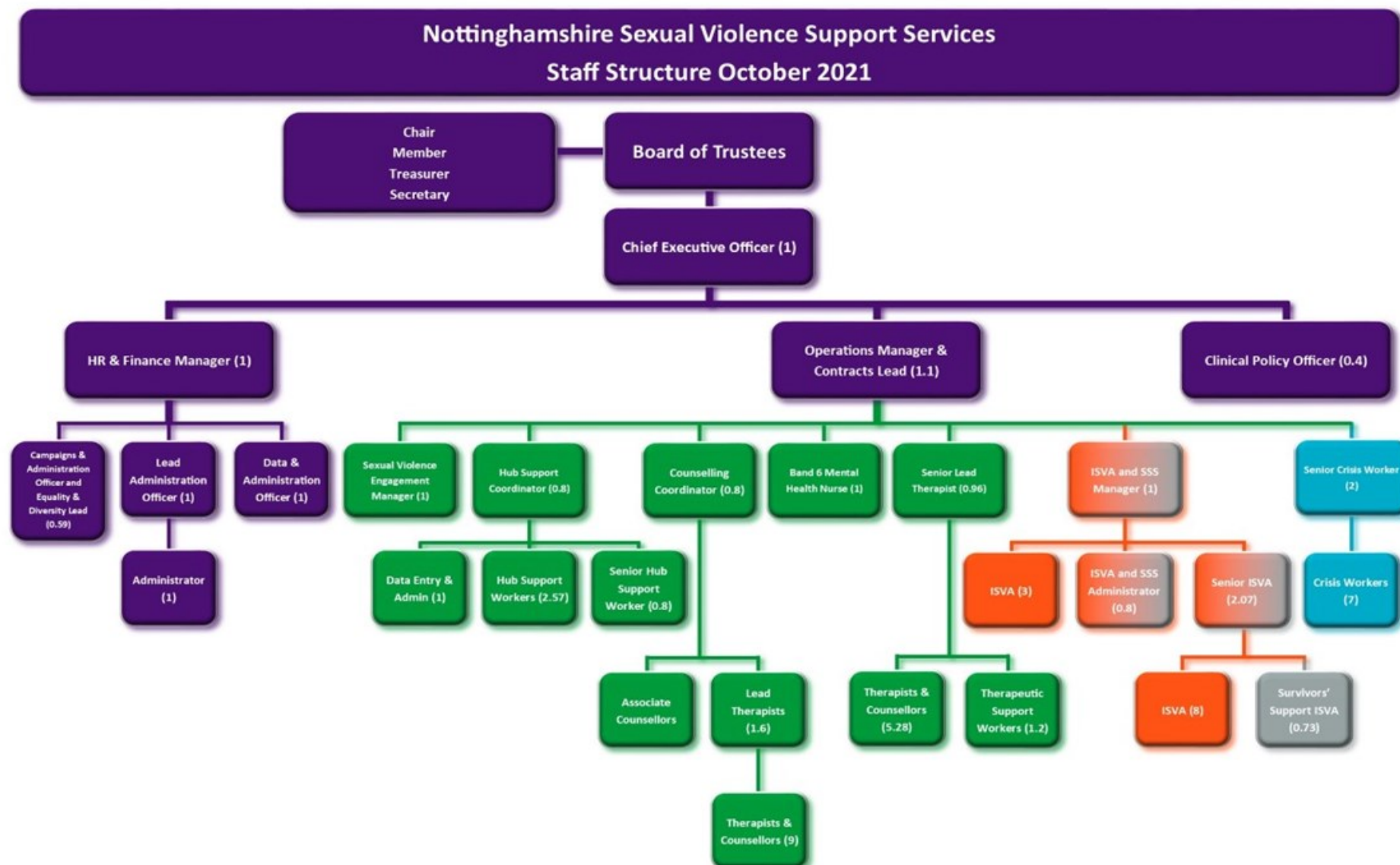
If you are a UK taxpayer you can complete a Gift Aid declaration, which enables us to claim back tax. For details please contact us at the above-mentioned address. Alternatively, if you would like to join the Board of Trustees, contact us on 0115 947 0064 and we will be pleased to discuss how to become involved.

ACKNOWLEDGEMENTS

We would like to thank the following for their generous support:

All Friends of Notts SVS Services
Barclays Bank
Community Accounting Plus Ltd
East Midlands Children's and Young People's Sexual Assault Service
Equation
Lime Culture
Ministry of Justice
Nottingham City Council Crime and Drug Partnership
Nottingham City Council Communities of Identity Fund
NHS Bassetlaw Clinical Commissioning Group
NHS Nottingham City and Nottinghamshire Clinical Commissioning Groups
Nottingham Council for Voluntary Service

Nottingham University Hospital's NHS Trust
Nottingham Women's Centre
Nottinghamshire County Council
Nottinghamshire County Council Social Services Grant Aid
Office of the Nottinghamshire Police and Crime Commissioner
Rape Crisis England and Wales
Rushcliffe Council for Voluntary Service
Shake Social
Smellie Savage
38 Degrees



Board of Trustees

CHAIR: Anne Sylvester*
SECRETARY/ACTING CHAIR: Susanna Atassi Wagner
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* Anne Sylvester died in January 2022.

Chief Executive Officer

Novlet Holness

We employ a team of dedicated and experienced staff, have received various awards and been recognised for our work with survivors of sexual violence.

Registered Charity: 1103071

Company Limited by Guarantee: 4823994

“

*It makes such a difference to be
listened to*

”