

I BELIEVE YOU  
DO NOT BELIEVE YOU  
I BELIEVE YOU



ANNUAL REVIEW 2017-18

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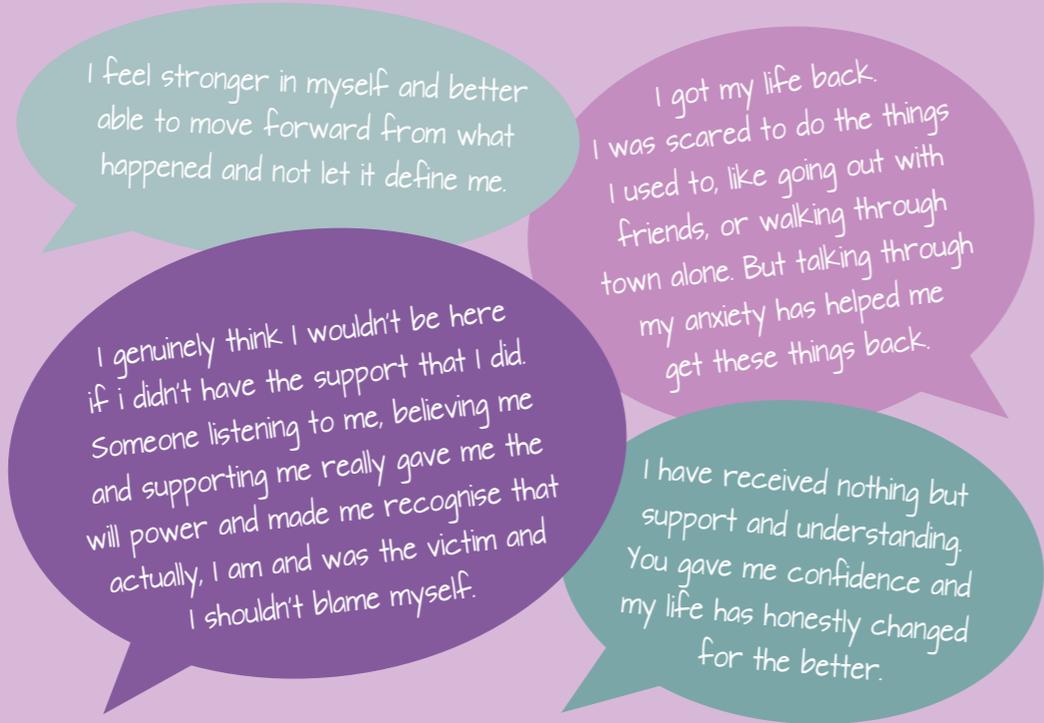
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Survivors' Network is proud to be a fully accredited member of Rape Crisis England and Wales and The Survivors Trust



Front cover image: © Pea Crabtree



**Survivors' Network's vision is of a world without sexual violence.**

**Our mission is to support and empower survivors of sexual violence and to work towards ending sexual violence in society.**

**The last year has been an incredibly busy and productive one for everyone at Survivors' Network, as we continue to expand and develop our services, reaching a record number of survivors through a wider range of programmes and in more locations than ever before.**

Referrals to our core services continue to rise, and with that, our waiting lists have also increased, but we have introduced a number of new support services, for example holding regular workshops and increasing the number of drop-ins offered. We are also developing more peer support groups, and are always looking at ways that we can continue to support as many people as possible.

This year, we launched our #OverToYou kitemark, a way for local businesses to show their commitment to a zero tolerance approach to sexual harassment in the workplace. We also hosted the Duke and Duchess of Sussex during their first visit to Brighton (see above right), as they shone a much-needed spotlight on the kind of services that we offer, and provided a voice for those who are often not heard.

Going forward, we will continue to seek funding, not only with an eye on expanding our existing team and services, but also as a way to start new projects and reach as many diverse parts of the community as possible. However, this is becoming

increasingly difficult as economic and political pressures continue to affect the funding that is available, not only to us but to the charitable sector as a whole.

The next twelve months present an exciting but also challenging period, and as ever none of this would be possible without our amazing, dedicated and talented team of staff, and our incredible, tireless and enthusiastic volunteers.

*Sharon Marks*

**Sharon Marks**  
Chair of Trustees

*J. Breslaw*

**Jay Breslaw**  
Director



# OUR VALUES

**At Survivors' Network, we view people accessing our services as survivors, rather than victims. This does not ignore an individual's experience of victimhood, but rather defines the basis upon which we begin all interactions with service users.**

## Activism

We will raise awareness of sexual violence, educate, challenge abuse, change behaviour and attitudes.

## Connection

We make connections at many different levels; with and between survivors, supporters, organisations and partnerships.

## Survivor Centred

We are committed to survivors being involved at every level of our organisation and the service we provide. Survivors' Network strives to create an accepting, listening, safe, non-judgemental environment which seeks to validate and understand the survivors' experiences.

## Feminism

We live in a patriarchal society and believe that sexual violence should be challenged from a feminist perspective. Because sexual violence is a gendered crime, we are a women-led organisation committed to offering women-only spaces and services. However, we recognise that sexual violence impacts on people of all genders in unique ways and work to build our services accordingly. We consider a trans inclusive feminism to be key to our values and central to our service. We consider the lack of services and funding for people of all genders to also be a feminist issue and look to build partnerships to address this.



## Empowerment

We believe that survivors are the expert of their own experience and discovery, and we strive to support them to make their own decisions about their lives. When people are empowered they find creative ways to resolve their own problems and contribute better to wider society.

## Commitment to Equality

We are committed to improving the accessibility of our services to reach all survivors, especially in relation to their legally protected characteristics (age, disability, ethnicity, gender identity, pregnancy or maternity, marriage/civil partnership status, religion or belief, sex, sexual orientation). Survivors' Network is committed to identifying, understanding and breaking down barriers to participation and increasing opportunities and access to all our services and/or seeking funding for new services where need is identified.



# OUR AIMS

- 1 Survivors are more in control of their lives
- 2 There is greater understanding of healthy relationships
- 3 People are more able to speak out about sexual violence
- 4 Survivors have better health and wellbeing
- 5 Survivors are more able to develop healthy relationships
- 6 Survivors are more aware of the options available and more able to access support
- 7 Survivors have a better experience of the Criminal Justice System
- 8 Supporters of Survivors are more able to provide support

# HOW CAN WE HELP?

## HELPLINE

The helpline is a confidential service which offers information and support to self-identifying women who have experienced sexual violence and/or abuse, as well as partners, supporters and professionals of any gender.

Wednesday 7-9pm  
Telephone: 01273 720110

224 people used the phone helpline, nearly double the number who used it the previous year.



## DROP-IN

The Drop-in offers support in a safe, welcoming, informal space where self-identified female survivors of sexual abuse or rape aged 16+ can meet, share coping strategies, draw on strength and support from other survivors and form friendships. Between 5 and 12 women attend each session.

We are now running fortnightly drop-in workshops on themes such as anger and self-care, and also a monthly daytime drop-in.

Running in Brighton and Eastbourne  
Email: [dropin@survivorsnetwork.org.uk](mailto:dropin@survivorsnetwork.org.uk)

191 women attended the Drop-in between April 2017 and March 2018.

## COUNSELLING

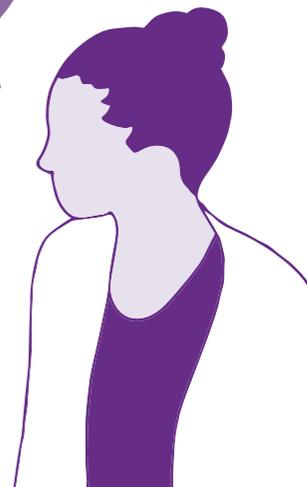
Counselling provides a safe space where survivors of sexual violence and abuse can talk freely and openly in a way that is not often possible with friends or family.

We offer one-to-one talking therapy for women and girls aged 14+ and young men aged 14-18.

Email: [counselling@survivorsnetwork.org.uk](mailto:counselling@survivorsnetwork.org.uk)

This year we received 336 referrals, carried out 106 assessments, 290 pre-trial therapy sessions, 51 support and self-care sessions. We also delivered 2,217 counselling sessions.\*

I wouldn't have been able to tell my loved ones if I didn't have the support I did.



## LINK SERVICE

11 survivors were matched with 8 specially trained volunteers for 12 weeks of support to achieve a goal. Some of the goals were learning meditation, taking up art and riding a bike. Women also experienced a decrease in isolation, developed self-confidence and improved their self-care.

\* An increase of 53% from the previous year.

## INDEPENDENT SEXUAL VIOLENCE ADVISOR (ISVA) SERVICE

The ISVA service offers information and practical support to any person who has had an unwanted sexual experience at any point in their life and has, or is considering, reporting to the police. Our ISVAs support people of all ages and our staff include a dedicated children's ISVA, young person's ISVA and an ISVA supporting people who have experienced church-based abuse.

Email: [referrals@survivorsnetwork.org.uk](mailto:referrals@survivorsnetwork.org.uk)



In 2017-2018 we supported 525 survivors aged 14 and over, and 60 children aged 0 – 13 and their families.

## TRAINING

We have delivered training on Pre-Trial Therapy, Vicarious Trauma, Supporting Survivors of Childhood Sexual Abuse and the Impact of Rape and Sexual Abuse to learners including Sussex Police, Brighton and Hove Council, and Sussex University.

We are also launching the #OverToYou Kitemark for local businesses to show their commitment to a zero-tolerance approach to sexual harassment in the workplace.

I'm now able to manage what I thought was unmanageable and I have strategies to cope.



## MONEY MATTERS

	Unrestricted Funds £	Restricted Funds £	Total 2018 £
<b>Income from:</b>			
Donations	7,928	–	7,928
<b>Charitable activities:</b>			
Service delivery	122,494	398,858	521,352
Fees	24,760	–	24,760
Room hire	–	–	–
Other trading activities	21	–	21
Investments	–	–	–
Other	47	–	47
<b>Total</b>	<b>155,250</b>	<b>398,858</b>	<b>554,108</b>
<b>Expenditure on:</b>			
Raising funds	5,000	–	5,000
Charitable activities	165,086	398,858	563,944
<b>Total</b>	<b>170,086</b>	<b>398,858</b>	<b>568,944</b>

### Breakdown of Charitable Activities Expenditure

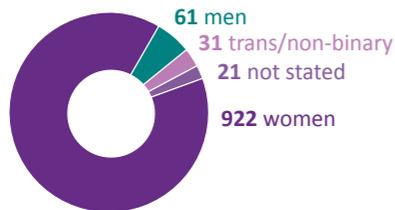


A full copy of our Financial Statements is available on our website.

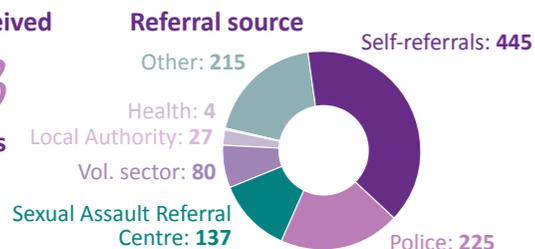
# OUR YEAR IN NUMBERS

In 2017-2018 we supported

1035 people



We received 1133 referrals



We delivered...

9104 ISVA sessions

2489 therapy sessions

775 workshop sessions

94% of clients felt supported to make their own choices within the service

72% of clients felt more in control of their lives after having been supported here

70% of clients have experienced better health and well-being

94% of clients would recommend the service to friends and family if they needed it

95% of clients felt listened to and believed at SN

97% felt that their needs were met effectively

85% felt better about themselves having experienced support here

93% report an improvement in their health and wellbeing as a result of therapeutic support

79% report being able to cope better with the aftermath of trauma

68% report feeling less alone as a result of therapeutic support

**THANK YOU** to all of you who supported survivors with Survivors' Network between April 2017 and March 2018. We couldn't do the work without the support of our fantastic, committed, dedicated volunteers, trustees and staff.

- Caroline
- Hannah
- Helen
- Alicia
- Ami
- Kathy
- Azmin
- Liv
- Caitlin
- Lucy
- Emma
- Em
- Michele
- Katie
- Maria
- Tania
- Suzanne
- Sarah
- Indi
- Cara
- Jay
- Trisha
- Rachael
- Annie
- Barbara
- Helen
- Val
- Agnes
- Alexa
- Alice
- Amanda
- Anett
- Becky
- Bridget
- Carina
- Charlotte
- Ciaran
- Sharon
- Claire
- Ella
- Fran
- Frankie
- Hannah
- Fabia
- Hayley
- Ilona
- Izzy
- Vicky
- Jane
- Aimee
- Jess
- Kalinda
- Kate
- Kimberley
- Lizzy
- Lynne
- Maria
- Mel
- Mia
- Nisha
- Patsy
- Rachel
- Rosie
- Ruth
- Sabah
- Sally
- Sandra
- Sara
- Susannah
- Teresa
- Ursula
- Vicki
- Suzanne

*You are all amazing!*

MANY THANKS TO ALL OUR FUNDERS

- East Sussex County Council
- Brighton and Hove City Council
- Brighton and Hove Clinical Commissioning Group
- BBC Children in Need
- Ministry of Justice
- Lloyds Bank Foundation
- Sussex Police and Crime Commissioner
- Centre for Expertise in Child Sexual Abuse
- Diocese of Chichester

If you're interested in volunteering with us to support survivors or to join our fundraising group, please contact [info@survivorsnetwork.org.uk](mailto:info@survivorsnetwork.org.uk). If you're interested in volunteering as a trustee contact Sharon on [trustees@survivorsnetwork.org.uk](mailto:trustees@survivorsnetwork.org.uk)

# I'D LIKE TO SUPPORT SURVIVORS' NETWORK

I would like to donate: £

Please make cheques payable to *Survivors' Network Ltd*

## MY DETAILS

Name:

Address:

Postcode:

Email:

Telephone:

## I'd like to make a regular donation to Survivors' Network by standing order:

Please speak to your bank, and give them our bank details:

**Survivors' Network Ltd – The Co-operative Bank**

**Account number: 65448225**

**Sort code: 08-92-99**

*giftaid it*

## I'd like Survivors' Network to claim Gift Aid on my donation:

Please treat as Gift Aid donations all qualifying gifts of money made  today  in the past 4 years  in the future (please tick all boxes you wish to apply). I confirm I have paid or will pay an amount of Income Tax and/or Capital Gains Tax for each tax year (6 April to 5 April) that is at least equal to the amount of tax that all the charities or Community Amateur Sports Clubs that I donate to will reclaim on my gifts for that tax year. I understand that other taxes such as VAT and Council Tax do not qualify. I understand the charity will reclaim 25p of tax on every £1 that I give on or after 6 April 2008.

Signature \_\_\_\_\_ Date \_\_\_\_\_

Your information will be kept confidential and secure in line with the General Data Protection Regulation.

Please return form to: Survivors' Network, 6a Pavilion Buildings, Brighton, BN1 1EE



## HELPLINE

**01273 720110**

(Wednesdays, 7 – 9pm)

## DROP-IN

**6a Pavilion Buildings  
Brighton, BN1 1EE**

**Café North, 5 North St,  
Eastbourne BN21 3HG**



**01273 203380**

**admin@survivorsnetwork.org.uk**

**www.survivorsnetwork.org.uk**

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 @survivorsnetwork

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