

# 2022 – 2023 Annual Report



## Who We Are

Survivors' Network is the Rape Crisis Centre for Sussex.



### We are compassionate

We hear, we listen, and we believe survivors. We take care of ourselves so that we can support others. We set boundaries and we uphold them too, while always striving to understand the needs and perspectives of our communities.



### We are empowering

We create space for all voices to be heard. We lift each other up and believe that we're all leaders. We understand the importance of communication and feel confident to challenge and to ask questions. We're transparent and take ownership of our decisions, even the difficult ones.



### We are collaborative

We're stronger together, so we work with others to build valuable relationships. Many of us are survivors ourselves and survivor voices are woven into everything we do. We're constantly learning, understanding our own privileges and seek to dismantle bias and discrimination both within and outside our organisation.



### We are brave

We seek out new ideas and speak up for our beliefs. With the courage to try new ways of doing things, we learn and unlearn as we go. Our feminist leadership empowers us to be creative and innovative, celebrating our successes and learning from our mistakes.

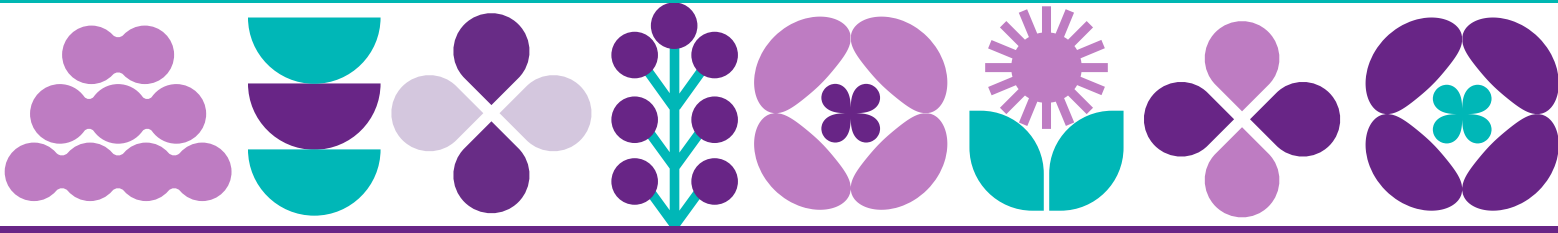
## Vision

Uniting to confront sexual violence, abuse and harassment so that no one has to face the impacts alone.

## Mission

- **Delivering accessible, survivor-centred services across Sussex**
- Empowering our communities to stand up against sexual violence, abuse and harassment through education, training and campaigning
- **Demonstrating and advocating for intersectional feminist leadership.**

# Here is a snapshot of our work in 2022–23:



## Referrals and demand



**1,770**

referrals across  
our services  
+3.75% from 2021-22



**3,163**

clients supported  
+71.25% from 2021-22



**117 referrals**  
from male clients

60 from  
Transgender clients

**96 from non-binary clients**



**49%**

of referrals from  
Brighton & Hove

51% of referrals from  
East & west Sussex

*“You treated  
me with  
dignity and  
respect and  
made me feel  
safe.”  
ISVA Client*

## Welcome Team

This year, we started offering **Short-Term Advocacy Sessions** to adult clients with an initial focus on Brighton and Hove and East Sussex.



**1,551**

adult  
referrals



**219**

referrals of children  
and young people



**693**

Initial  
referrals



**25**

Short-term advocacy  
sessions



Survivors'  
Network

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Supporting survivors of sexual violence, abuse and harassment across Sussex.

*“I feel more equipped with tricks I can use in my day-to-day life to feel safer and more powerful, especially in situations where I feel unsure or doubt my abilities. I also feel more confident in myself and proud of where I am now.”*  
*Groupwork Client*

## Helpline & email support



**284**

**Contacts to this service**



**1,800**

**Hours of volunteering**  
 worth £36,000



**18**

**Volunteers**  
 operating our helpline and facilitating our groupwork



## Groupwork

We have continued to deliver our peer support groups with the introduction of both a Young Survivors and Over 50's group, as well as our “It’s My Journey” online group, self-care groups and Trauma Sensitive Mindfulness

## Adult Counselling

**In November 2022, we took the difficult decision to close the adult therapy waiting list, due to the high numbers of clients waiting for support.**



**220**

**New referrals**  
 From April 22 - Nov 22



**106**

**Initial Assessments**



**50/50**

**Online to in-person sessions**

**106**

**Clients started therapy**

**1,728**

**Therapeutic sessions delivered**

**22**

**Clients accessed online groups**  
 Only available to those on the therapy waiting list.

**13**

**We now have Sessional therapists**



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# Children and Young People's Service

*"[Therapy] gave me a safe space to talk through how I felt and help me understand how and why these things were effecting me and how to get through them in a safe way for me."*

*Therapy Client*



**432**  
Children &  
Young people  
supported



**15,211**  
Miles  
travelled by  
our CYP team



**1,000+**  
Students attended  
training sessions  
delivered by the  
CYP team.

# Adult Independent Sexual Violence Advisors (ISVA)



**1548**  
clients  
supported



**462**  
referrals

# Business Development Team

**£114,211**  
fundraising  
income raised

£74,391 was unrestricted  
and £39,830 was restricted



**3,813**

People attended  
training sessions  
delivered by our  
team.



**Survivors'  
Network**

Registered charity no.1144878  
Ltd. Company no. 07780363

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Sussex. Supporting survivors of sexual  
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