



Survivors'  
Network

IMPACT

REPORT

2023-2024

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# INTRODUCTION

**Welcome to the Survivors' Network Annual Impact Report. As Sussex's Rape Crisis Centre, our goal is to empower and support survivors of sexual violence, working towards a future where everyone is free from fear, harm, and oppression.**

This report reflects on the challenges, successes, and learnings from the past year, highlighting the resilience of survivors and the vital contributions of our community, staff, and volunteers.

In the past year, we have continued to see an unprecedented demand for our services. Once again record numbers of individuals reached out to us for support, and we were privileged to work alongside survivors across Sussex, providing advocacy, counselling, and peer support.

These numbers are a stark reminder of the prevalence of sexual violence in our society and the importance of accessible, survivor-centred services.

Our work is not just about responding to crisis; it's about fostering change. Through education, community outreach, and campaigning, we've amplified the voices of survivors, raised awareness of gender-based violence, and advocated for systemic reform.

This year, we embraced new ways of working to address the cost of living crisis and environmental challenges, while strengthening our commitment to the survivors who rely on our services.

None of this would be possible without our incredible supporters, funders, and partners.

**Together, we are building a more just and compassionate future.  
Thank you for standing with us.**



# OUR STORY SO FAR

## OUR MISSION

At Survivors' Network, our mission is grounded in the belief that every survivor deserves compassionate, accessible support and that communities must play an active role in ending sexual violence.

This year, we focused on three key areas:

- **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.

These mission points guide us in creating meaningful impact, challenging injustice, and building a safer, more equitable future for all.

## OUR VISION

Our vision is for us to unite to confront sexual violence, abuse and harassment so that no one has to face the impacts alone.

We listen to and believe survivors of sexual violence, and aim to provide both physical and emotional environments of safety and care.

# 1 IN 4

## WOMEN EXPERIENCE SEXUAL VIOLENCE OVER THEIR LIFETIME

Statistics from the office of national Statistics 2023



# OUR CORE VALUES

We are guided by our core values in everything we do, from our interactions with survivors to how we treat and respect our staff. These values are firmly embedded in our practices, providing a powerful framework for strategic and emotional decision-making at all levels.

## 1

### **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.

## 2

### **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.

## 3

### **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.

## 4

### **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.

# 2023-2024

## REFERRALS & DEMAND

**Year after year, we have watched and responded to the growing demand for our services, reassuring us that more survivors are seeking support.**

Increasing media coverage of sexual violence and abuse raises awareness in society. As a result, more people are seeking support from our services, accessing our training and resources.

The cost-of-living crisis, the long-term consequences of the pandemic, and over a decade of austerity—resulting in a reduction in the number and variety of available services—have contributed to a rise in both the number of people needing our assistance and the complexity of their needs. While the increasing demands and complexities present internal challenges, we remain committed to being responsive.

We received an total of 1,763 referrals, with 65% originating from professionals.

While 40% of our referrals come from residents of Brighton and Hove, our reach is expanding significantly into East and West Sussex, reflecting our growing presence and enhanced services in these regions.

Our referrals encompass clients of all ages, but we have identified a need to better serve individuals aged 50 and older, who have been under-represented in our client base.

To address this, we are proactively implementing targeted initiatives, such as a dedicated peer support group, to enhance accessibility for this important demographic.

1763

Referrals received over the reporting period

65%

Referrals received through professional referrals

40%

Referrals from Brighton & Hove and 60% from Sussex.

# WHO ARE WE SUPPORTING?

Survivors we have supported over 2023 - 2024

We continue to support individuals accessing our service through various methods, including peer support, counselling, Independent Sexual Violence Advisor (ISVA) advocacy, and psychoeducational groups.

2042

Survivors supported over the reporting period

1540

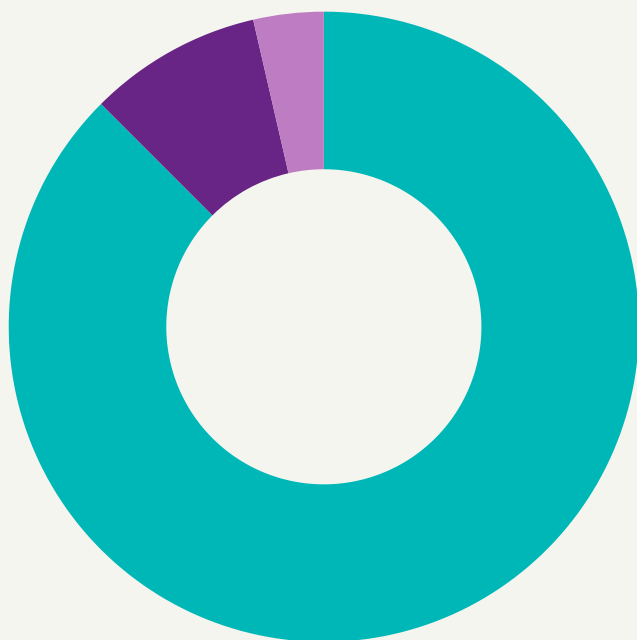
Adults using our services - 2023 -2024

286

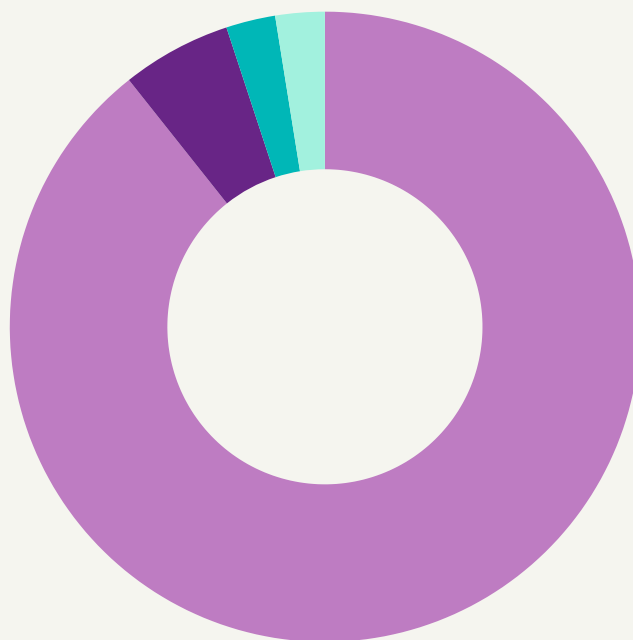
Children and young people using our service

## Survivor demographics 2023-2024

Women Men Transgender & Non-Binary



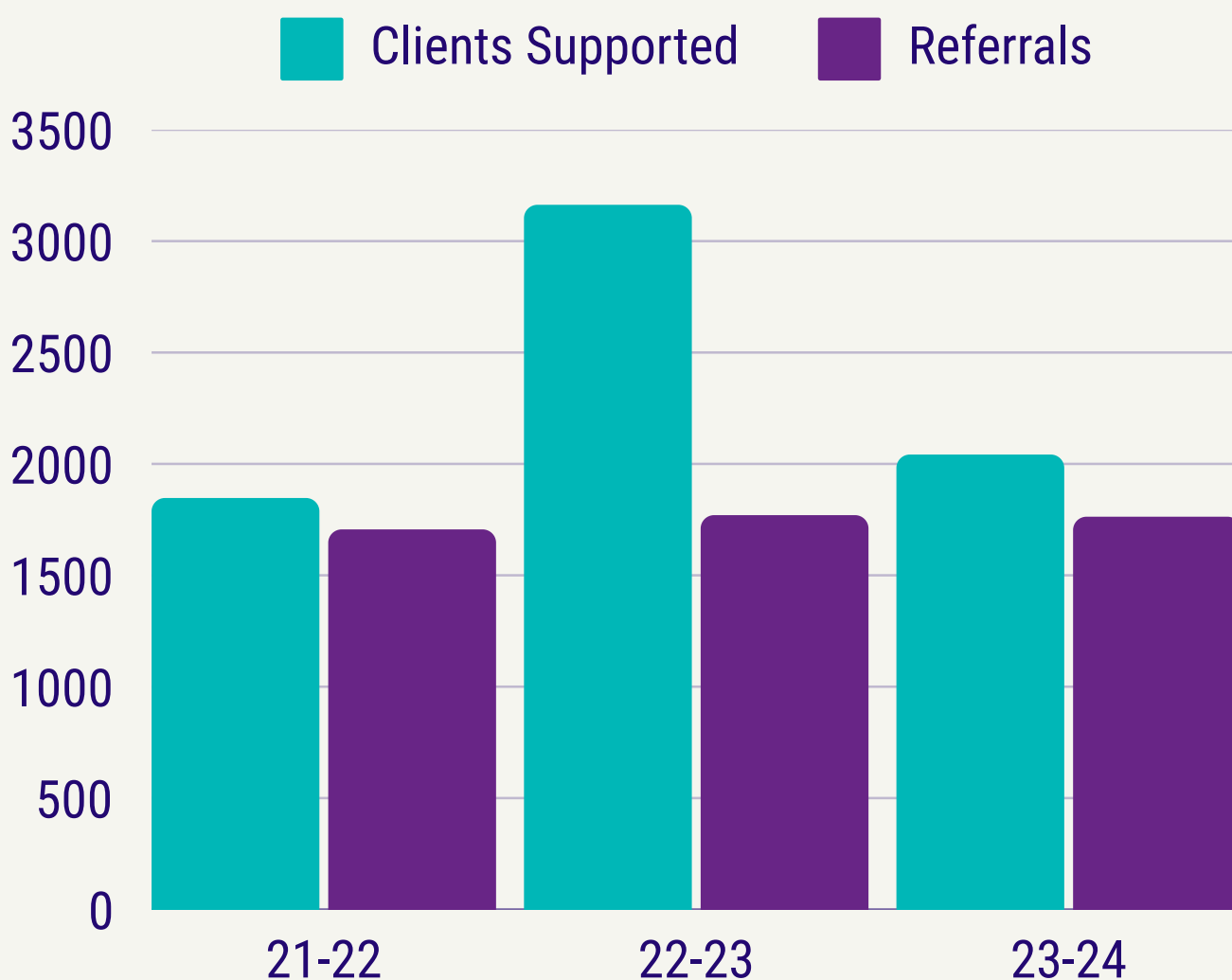
White Mixed / Multiple Ethnic Group  
Asian / Asian British  
Black / African / Caribbean / Black British



# YEAR ON YEAR

## WHAT'S THE PICTURE?

Data from previous years - comparisons and reflections.



Each year, Survivors' Network continues to meet the growing needs of the public by providing compassionate, survivor-centred services that adapt to the challenges survivors face. The increasing number of referrals we receive reflects a shift in societal attitudes, where cultures of silence around sexual violence are being challenged. Survivors are finding the courage to speak up and seek the support they deserve, and we are here to ensure they are believed, empowered, and never alone on their journey to healing.



# ADULT THERAPEUTIC SUPPORT

Although our therapy waiting list remains closed to new clients, our Adult Therapeutic team is diligently working to reduce waiting times and provide interim services for those awaiting counselling, including our self-compassion group. **By the end of March 2024, we had reduced our waiting list to 496 clients, down from 1,000 at the closure of new referrals in December 2022.**

We have implemented a quarterly mail-out for clients on the waiting list. In these updates, we provide information about current waiting times, share relevant resources, assess eligibility for other services available while they wait, and offer an opportunity for direct contact and feedback regarding our service.

105

New clients started counselling.

1,589

Therapeutic sessions were delivered in-person & online

21

Clients accessed our self-compassion group.

## ISVA SERVICE (INDEPENDENT SEXUAL VIOLENCE ADVISOR)

217

Survivor referrals made to the ISVA team 2023 -2024

40

Referrals made to our Specialist ISVA's

3 Weekly Peer Support Groups including a weekly group for all self-identifying women survivors, another for self-identifying women survivors who are 50 and over and one offering a space for gender-diverse and self-identifying women survivors.

5 New trained groupwork and helpline volunteers, supporting our weekly services.

1800

Hours of volunteering supporting our helpline and group work. This is equivalent to £39,000.

## VOLUNTEER SERVICES TEAM

# CHILDREN & YOUNG PEOPLE'S SERVICE

In 2023 -24 we have directly worked with **518** children and young people. This number does not include the parents, social workers, police officers, staff in schools and colleges, and parents, carers and peers of clients whom we also support.

## WELCOME TEAM

Our Welcome Team is the front door to our services with survivors often having their first contact with our incredible, compassionate Welcome Team workers.

1755

Supported referrals through the Welcome Team 23-24

679

Full assessments made by the Welcome Team.

£89,049

Income generated by the BDT team through training, fundraising, campaigns and events.

## BUSINESS DEVELOPMENT TEAM

## TRAINING & PARTNERSHIPS

2370

Participants of our online and in-person training including our Bespoke professional training, our Change The Culture training events and online webinars.

·We delivered training to 13 higher education establishments; with Brighton University adopting our Consent webinar for their students. **Across all training, 95% of participants said the session was 'good' or 'excellent'.**




£ 300,323

Received in donations over 23-24



# ADDITIONAL INFORMATION

 Registered charity no.1144878  
Ltd. Company no. 07780363

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## Survivors' Network

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Supporting survivors of sexual violence  
and abuse in Sussex.

To find out more about supporting our  
work via donation please visit our website  
or email [fiona@survivorsnetwork.org.uk](mailto:fiona@survivorsnetwork.org.uk)

**WE THANK YOU**  
FOR YOUR CONTINUED SUPPORT IN  
**OUR PROGRAMS**