



# SOSRC

Southend, Castle Point & Rochford Rape Crisis

## ANNUAL REPORT

2022-23



**REFERENCE AND ADMINISTRATIVE DETAILS:**

**Registered Charity Number:** 1194207

**Registered Name:** SOS Rape Crisis

**Registered Office:** Clarence House, Clarence Road, Southend on Sea SS1 1AN

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**TRUSTEES:**

**Mali Dunkley**, Chair

**Maggi Howell**, Vice-Chair

**Ros Dunhill**, Treasurer

**Alison Smith**, Secretary

**Laura Martin**, Trustee

**Lesley Richardson**, Trustee

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**Director:**

**Cathryn Cardoza**

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**Auditors:**

**TBL Accountants** - 457 Southchurch Road, Southend on Sea, SS1 2PH

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**Bankers:**

**CAF Bank** - 25 Kings Hill Avenue, Kings Hill, West Malling, Kent ME19 4JQ

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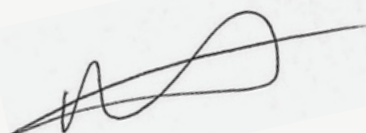
THANK YOU

# A WORD FROM THE CHAIR

SOSRC stands firm in its commitment to providing a comprehensive range of interventions and therapies for children, young people, and adults impacted by sexual violence, regardless of when it occurred. Our doors remain open to survivors, their supporters, and anyone affected by sexual violence, ensuring access to our specialised support services.

Despite persistent challenges posed by COVID-19 and subsequent lockdowns, our dedication to serving survivors has persevered. The ISVA service faced significant hurdles due to court case backlogs and staffing issues across the Criminal Justice System. However, our additional funding played a crucial role in ensuring uninterrupted support for both existing and new survivors accessing SOSRC during this period.

Recognising the growing need, we invested considerable time and resources into expanding our young people's service. The remarkable 113% increase in referrals for those aged 17 and under prompted us to enhance our service. We've increased the frequency of young person's groups and workshops, focusing on peer support, empowerment, resilience building, and boosting self-confidence. Thanks to funding support from The National Lottery Community Fund, we've been able to provide essential items like hygiene products, clothing, and food to support these young individuals amidst the ongoing cost of living crisis.



**MALI DUNKLEY**

CHAIR OF TRUSTEES

# ABOUT US

**SOSRC (Southend on Sea Rape Crisis)** has been established since 2011, supporting survivors of any form of sexual violence, sexual abuse or sexual assault that has occurred at any time in their lives.

**SOSRC** supports survivors and their relatives/supporters who live in Southend-on-Sea, **Castle Point** and **Rochford**.

**SOSRC** is an accredited member of National Rape Crisis England and Wales [www.rapecrisis.org.uk](http://www.rapecrisis.org.uk) . This means that the services we provide to survivors and relatives/supporters of survivors are to a quality assured standard

**SOSRC** works in partnership with **SERICC** and **CARA** (Centre for Action on Rape and Abuse) delivering specialist community-based services for victims and survivors forming the Synergy Essex Partnership



# THE VALUES WE UPHOLD ARE REFLECTED IN OUR WORK

**The service we provide** will be in response to what women and girls say they want or need, to enable and empower women to have greater control and choice in their lives.

**We are a pro-choice organisation** respecting a woman's right to make her own decisions about her life, her body, her sexuality, and her lifestyle

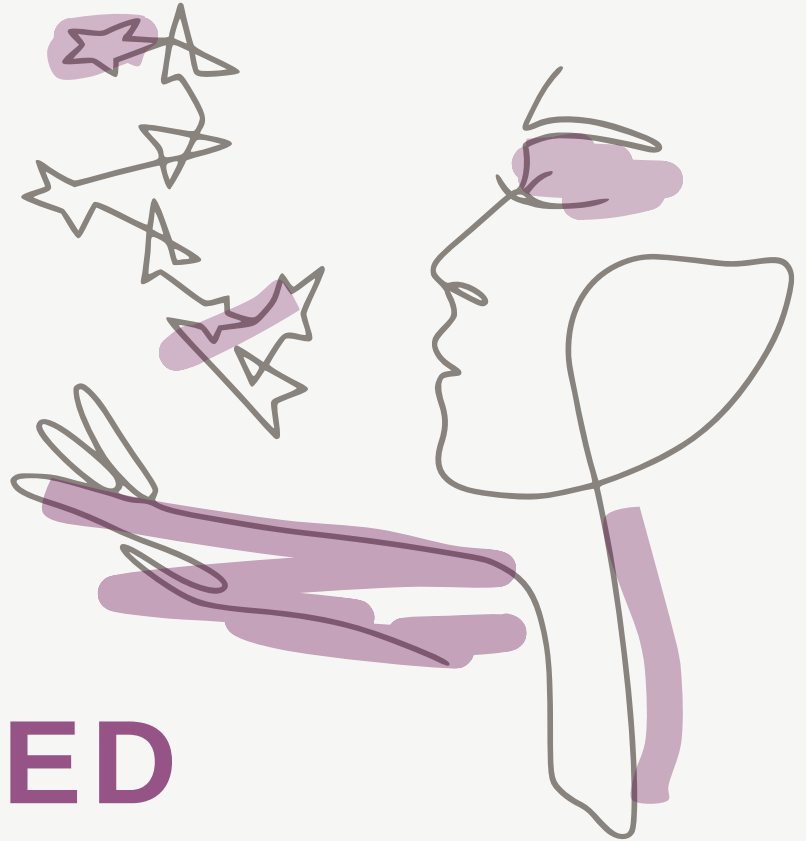
**We provide a free service** which is accessible to all. **We seek to work with all women** in ways that demonstrate quality, respect and care; to be an organisation that is accepting of difference (disability, race, sexuality, class, background, faith, lifestyle etc) and to be non-judgmental. We work to provide information resources that can be used by all women to help themselves.

**We are a pro woman organisation.** We respect women's relationships with men and recognise and support men's actions to redress society's oppression of women.

**We provide a free high-quality service** – effective management which values and supports its staff and volunteers enables us to provide a high-quality support service to women and girls in the local area. Through provision of information, support, and counselling by appropriately skilled staff in a safe and confidential environment we can help women to move forward and take control of their lives.



# OUR VALUES CONTINUED



Survivor's voice - we encourage a woman to speak about her experiences; we listen without judgement and believe her story. We take a survivor-led approach: we will not attempt to advise, direct, or persuade. Empowerment - we believe in empowering the survivor. She is the expert on what is the best way to deal with and move on from her experience. We will respect her choices and support her in her decisions.

A gender-specific response – our services are run by women for women in a safe, women-only space. We believe that this is the most appropriate and helpful environment for the women and girls we support. We have a dedicated space to support trans and male survivors as we recognise sexual violence happens to all genders, all cultures, (\*socio-economic) and comes from the same power structures.

Human rights – sexual violence infringes the human rights of women. We actively promote women's human rights through our women-centred empowerment approach which encourages and supports survivors in taking control of their lives. We acknowledge the diversity of our service users and support them on an equitable basis, providing advocacy support where necessary to promote their needs and rights.

Social change – We are responsive to local needs. We provide training and education and work in partnership with local agencies to raise awareness about sexual violence in our community.

# OUR VISION

A community free from sexual violence and its impacts

# OUR PURPOSE

We work to raise awareness, prevent, and reduce sexual violence through the provision of holistic, high quality emotional and practical support services.



# OUR STRATEGY

1

Providing women-centred support in a safe place for women and girls in our community.

2

Endeavour to effectively manage our waiting lists - address developing strategies to effectively manage the waiting list while still offering support.

3

Encourage resilience/prevention work on accessing statutory services.

4

Reach more women and girls who may experience barriers to accessing our support, including: Women who have not reported to the police Black British women, women from ethnic minority communities, older women who have survived but not ever disclosed non-recent abuse.

5

Challenging social "norms", victim-blaming/shaming and raising awareness in our communities of different kinds of sexual violence and abuse and its impacts on Survivors.

6

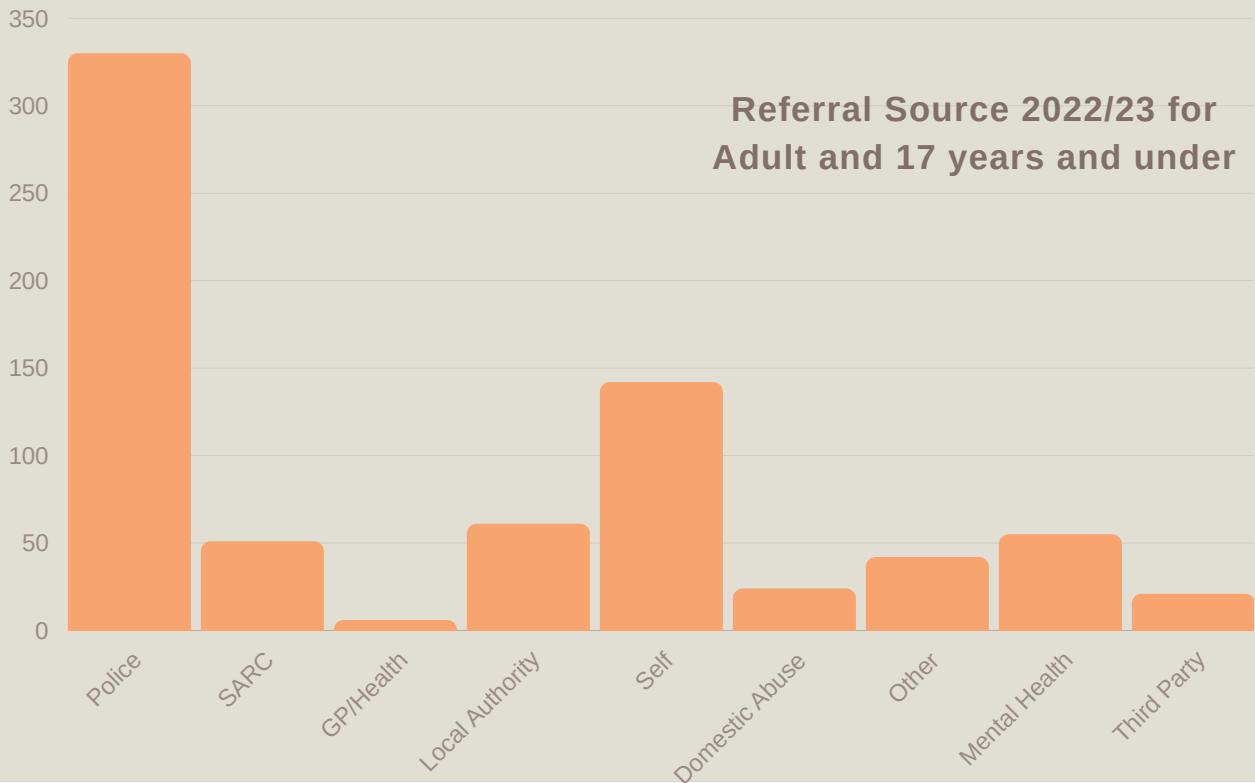
Ensuring SOS Rape Crisis services are financially positive.

7

Developing our responses to technologically enabled grooming and abuse.

8

Developing our Children and Young Person's Service to ensure empowerment groups (GTTF) and support for parents/carers are embedded within the SOS Rape Crisis service delivery.



## OUR SERVICES AND IMPACTS

**ISVA and Advocacy** - all our ISVAs and CHISVAs are accredited; meaning that they hold specialist qualifications in order for them to deliver this service to Survivors who have reported to the police, or who are considering reporting to the police. **ISVAs have worked** in partnership with Essex Police to ensure survivors in our communities have received appropriate support.



**327** Survivors accessed ISVA services this year



**1,012** ISVA/CHISVA face-to-face support sessions completed



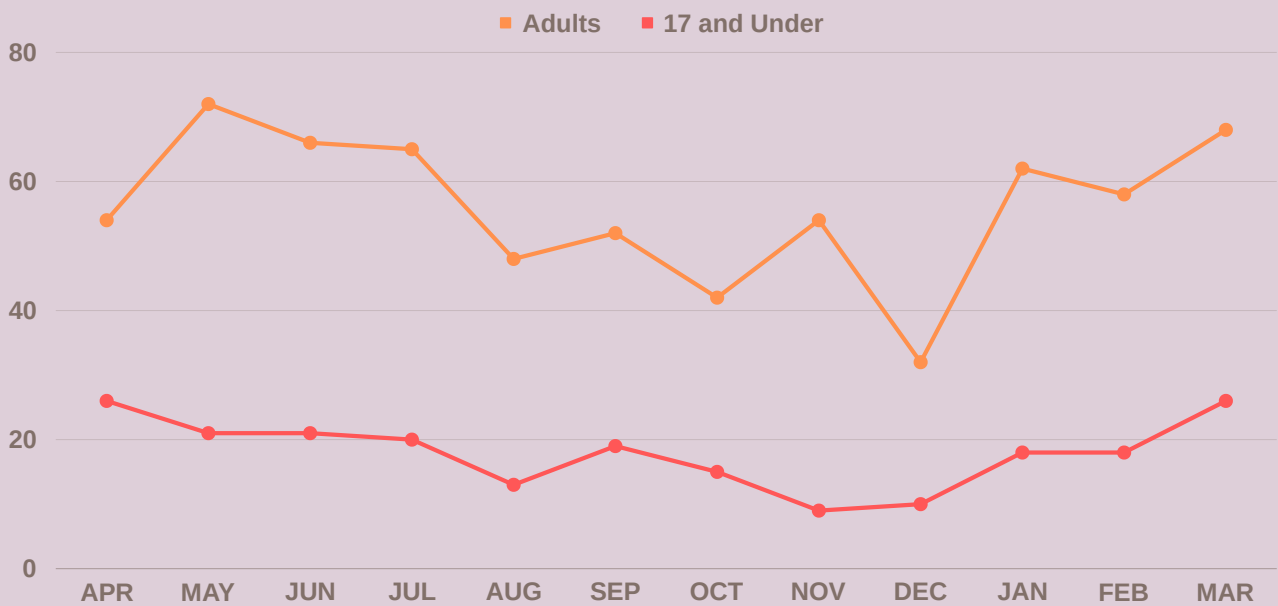
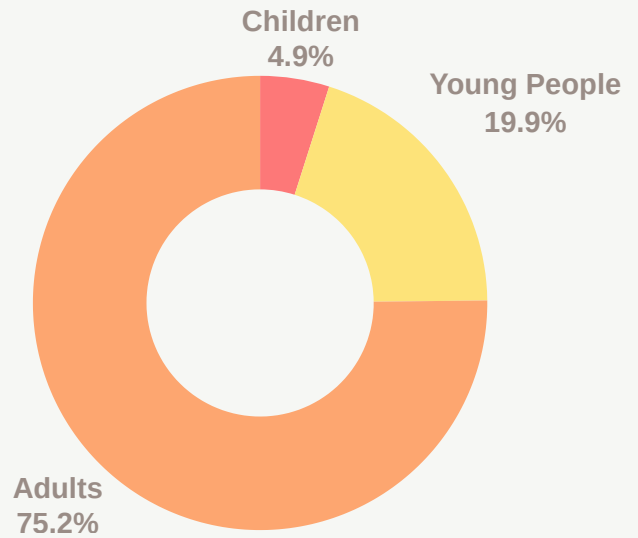
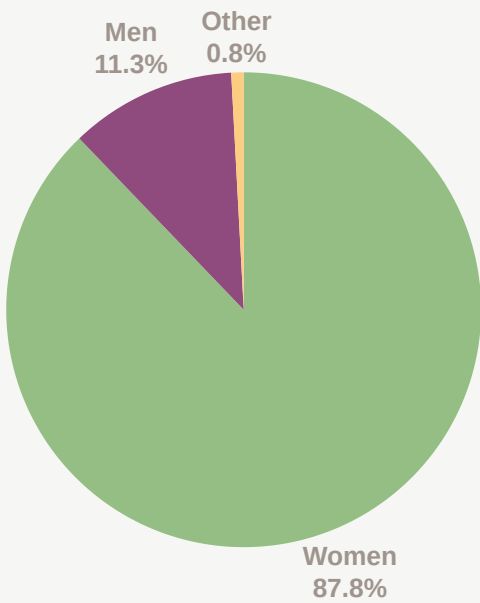
**36824** ISVA contacts were made this year including emails, phone calls and text messages



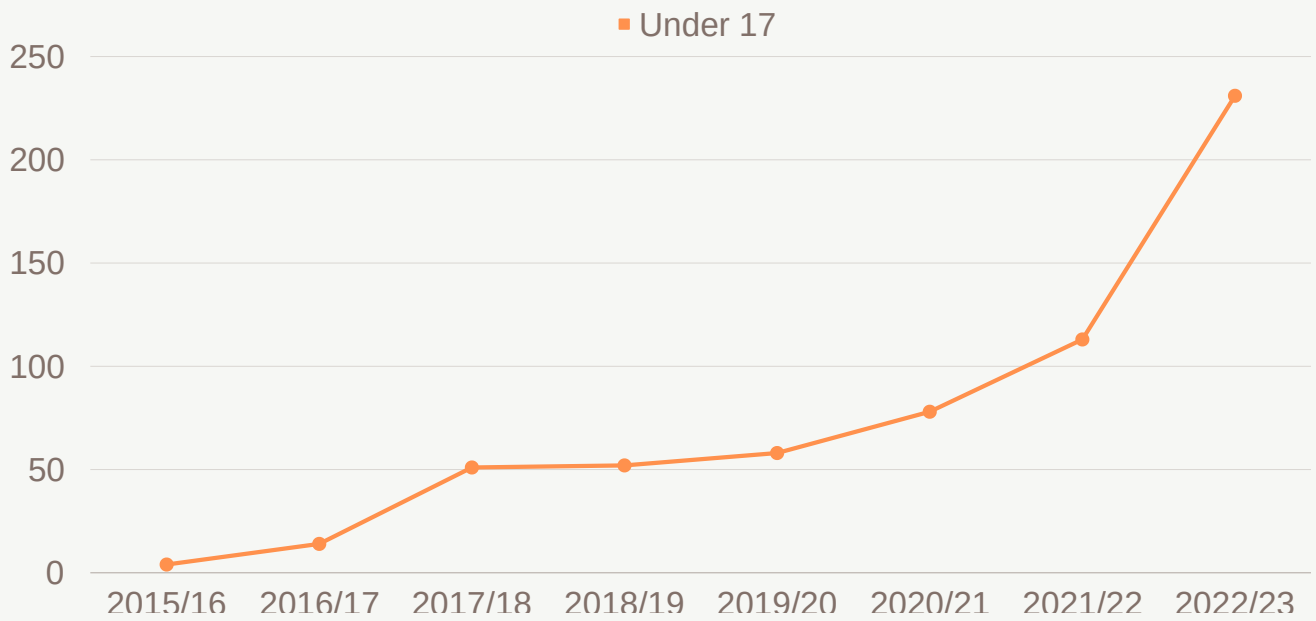
*"I am very grateful I engaged with the service as I think I was suffering with PTSD and the service gave me coping strategies to move on. I know that I wouldn't be in my current position without the support of the service."* **Adult Survivor, ISVA**

# SOSRC 2022/23 AT A GLANCE

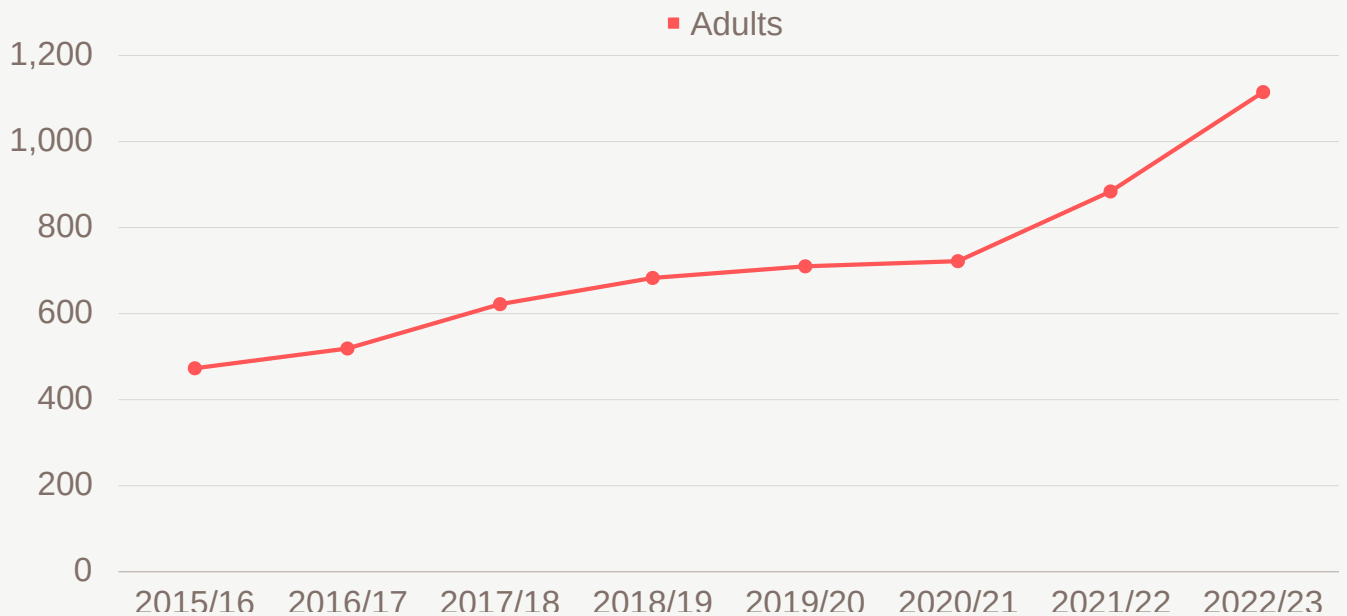
In 2022/23, we reached a total of **1068** individual, this includes 938 women and girls, 121 men and boys, and 9 individuals identifying as other. Breaking down the data further, 'children' refers to those 12 years old and under, 'young people' encompass those aged 13-17 years old, while 'adults' are individuals aged 18 years and above. This information provides valuable insight into our reach and impact over the past year.



Quarterly Referral Breakdown - Adults vs 17 years and Under



## Individuals who were active year on year starting from 2015/16 to 2022/23





# 100%

100% of Survivors who accessed our services this year showed positive in one or more indicators of **feeling more in control of their lives**

# 100%

Every Survivor and their supporters who engaged with our services this year **unanimously felt heard, believed, and supported throughout their journey.**

# 89%

Survivors who accessed our services experienced an incredible 89% increase in their **confidence to make decisions about their future** from the moment they first reached out to us

# 94%

Survivors who accessed our services showed a 94% increase from when they first accessed our services have a **better understanding of how the sexual violence and impacted and effected them.**



*"Abuse is a very difficult topic to revisit and most will agree we always feel dismissed or unheard. SOS being a safe place to talk about those things without scepticism or judgement makes the healing journey so much more successful."*

**Adult Survivor,  
Counselling**

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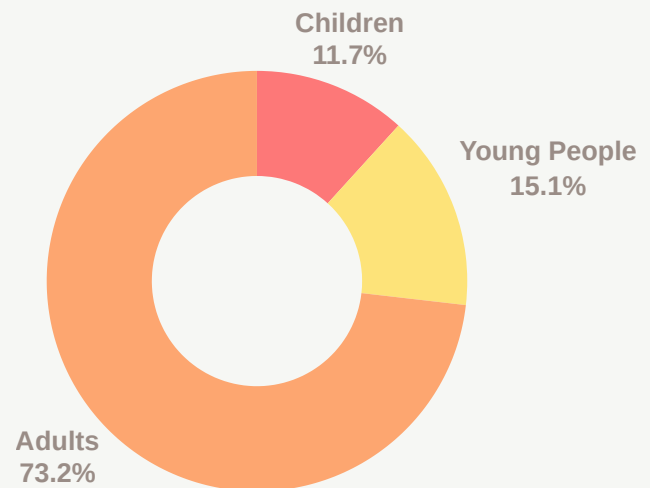
*"I am a lot more confident in myself, I am starting to love myself, I care about myself a lot and make time for myself I do not feel guilty looking after myself."*

**Adult Survivor,  
Counselling**



**Counselling and Play Therapy Service.** Our counselling service received funding from The National Lottery Reaching Communities Grant - funding the annual salaries of 2.5 FTE specialist sexual violence counsellors. Our counsellors work from a person-centred approach, working from the empowerment model and providing trauma-informed support for Survivors and their supporters.

**We provided 4045 counselling/play therapy sessions over 2022/23**



**645** Survivors accessed ISVA services this year



**11288** contacts including text messages, phone calls, emails and signposting.



**181** anonymous helpline calls provided to survivors and people effected by sexual violence.



# YOUNG PERSON SERVICE

## Girls to the Front (GTTF)

GTTF group, part of the Children & Young People Service, is for survivors aged 11 to 19. They have two sessions per week with activities like arts, Book Club, and activism, plus trips such as visiting exhibitions or sports games. Survivors can stay in GTTF until they're 19. Even if they were referred for counselling, many keep attending GTTF. One member has been coming since 2017, and 43% stay for over a year. Some initially choose GTTF over other support but later ask for additional help from SOS Rape Crisis.

During the summer holidays of 2022, GTTF attended a residential camping trip in Danbury. The young people had the opportunity to camp outside and participate in various activities which were both challenging and empowering, such as; kayaking, rock climbing, bridge building, archery and high ropes in small groups. At meal times, everyone came together to eat and in the evenings wellbeing activities like bracelet making helped the group wind down and reflect on the busy days. All of the girls who attended were able to challenge themselves in a safe way, trying things they had never done before and overcoming fears or worries around things like heights. They were able to observe and experience the SOSRC workers advocating for them, relaying their constructive feedback to the activity facilitators when things weren't quite right and having their voices heard and amplified added another layer of empowerment to the camping trip.

*"You're just like a doctor, because you really help people."*

**GTTF member**







# TRUSTEE REPORT

BY ROS DUNHILL (PAGE 1)

Our services are deeply rooted in a women-centred, feminist perspective, providing counselling irrespective of gender. We cater to individuals of all ages, offering specialised wrap around holistic support to Survivors, their supporters and professionals.

**Performance:** Our **ISVA and Advocacy** services provide survivors with comprehensive practical and emotional aid, particularly navigating the complexities of the Criminal Justice System.

Our dedication to **children and young people** is evident through our specialised Young Persons Service, which received specialist funding from BBC Children in Need and The National Lottery Community Fund.

This service, tailored for ages 4-17 years old, aims to empower and support individuals through workshops, activities, play therapy and talking therapy.

**Education** remains at the forefront of our strategy to help reduce sexual violence in our community by delivering lessons about consent, toxic masculinity, the harms of pornography, and active bystander in secondary schools. Not only do these lessons encourage young people to reach out for support but we hope to prevent future behaviours that can lead to sexual violence towards women and girls.

**Therapy** in addition to the children and young people therapy, we continue to deliver specialist therapy to adult survivors and their supporters. Although we have seen most of the individuals who access our services return to face-to-face sessions we still offer, online and telephone support when needed.

# TRUSTEE REPORT

BY ROS DUNHILL (PAGE 2)

**Charitable Activities:** In the last financial year, SOS Rape Crisis received 717 new referrals and provided support to a total of 1082 individuals, including 41 children (aged 12 and under), 190 young people (13 years – 17 years old) and 851 adults. We can also break this data down so that it reflects 938 women, 121 men and 9 people who identify as being transgender. We continue with our commitment to survivors, striving to provide comprehensive support while adapting to the evolving needs of those we serve.

**Governance, Structure and Management:** The Board of Trustees at SOSRC diligently conducts ongoing reviews of existing policies and consistently ratifies new ones throughout the year. Their commitment to upholding the charity's standards aligns with their role, ensuring adherence to the high benchmarks set by the Rape Crisis England Wales (RCEW) National Service Standards. The charity is an active member in the National Council for Voluntary Organisation (NCVO) which provides trustees with regular access to diverse training opportunities, focusing on enhancing governance practices and addressing contemporary issues. These sessions are routinely attended by the trustees, further enriching their knowledge and expertise. The charity is controlled by its governing document.





# TRUSTEE REPORT

BY ROS DUNHILL (PAGE 3)

## Financial Review

**Reserves Policy:** Following guidance from the Charity Commission for England and Wales, the charity maintains unrestricted reserves equal to about six months of budgeted expenditure. These reserves serve to cover unforeseen expenses and fulfil statutory obligations, including provisions for scenarios like redundancy, maternity leave, long term sickness and additional a provision for repair and maintenance of the office building. They also encompass running costs for up to 6 months in case the charity faces operational cessation. Some of these funds have been strategically invested in a 60-day notice account, ensuring accessibility while maximising their potential to support the charity's needs when required.

## Investment Policy and Objectives:

The constitution grants the Trustees the authority to manage and invest the charity's general funds. The trustees possess the discretion to make investments deemed suitable. Presently, the trustees' strategy involves allocating the reserve general funds to a distinct savings account, maintained independently from CAF Bank.

**Risk management:** The trustees are responsible for identifying and assessing risks that the charity faces, ensuring the implementation of effective controls to mitigate fraud and errors. The approach to manage risk involves:

- Annual review of the risks the charity may face.
- The establishment of systems and procedures to mitigate those risks identified in the plan.
- Implementation of the procedures designed to minimise any potential impact on the charity should those risks materialise.

# TRUSTEE REPORT

BY ROS DUNHILL (PAGE 4)

**Public Benefit:** The trustees confirm that they have complied with the duty of Section 4 of the Charities Act 2006 to have due regard to the Charity Commission's guidance on public benefit. The main activities of the charity are described in this report. These activities are undertaken to further our charitable purposes for the public benefit. Further information regarding the charities achievements is provided in the Annual Report.

**Future Developments:** The Trustees remain committed to seeking self-sustaining income avenues that will ensure long-term support for the charity.

**The Trustees** who served during the year and up to the date of signature of the financial statements were:

<b>Chair</b>	Ms Mali Dunkley
<b>Vice Chair</b>	Ms Maggi Howell MBE
<b>Secretary</b>	Ms Alison Smith MBE
<b>Treasurer</b>	Ms Ros Dunhill
<b>Trustee</b>	Ms Laura Martin
<b>Trustee</b>	Ms Lesley Richardson

As set out in the constitution the Chair of Trustees is nominated by her fellow trustees. The Trustees have no beneficial interest in the charity. The Trustees have the power to appoint additional Trustees. In compliance with Rape Crisis England and Wales Membership criteria – all honorary roles within the Trustee Board and Senior Management positions within the charity are held by women.



# TRUSTEE REPORT

BY ROS DUNHILL (PAGE 5)

## Employees during 2022/23

Director	Ms Cathryn Cardoza
ISVA/Advocacy Manager	Ms Anne-Marie Betts
Counselling Manager	Ms Liz Lockwood
Children, YP & Family Manager	Ms Ellie McGregor
Information Admin	Ms Shana Thomas
CH/ISVA	Ms Cat Bentley
CH/ISVA	Ms Sam Ingle
Engagement ISVA	Ms Jurga Markusenkaite
CH/ISVA & YP Worker	Ms Louise Murphy
Adult Counsellor	Ms Sarah Lowndes-King
Adult and YP Counsellor	Ms Ariana Pedzikowska
Adult Counsellor	Ms Veedia Ramalingum
Child and YP Counsellor	Ms Yasemin Kiraz

## Employees have left SOSRC during 2022/23

Engagement ISVA	Ms Jurga Markusenkaite
Young Person Service Lead	Ms Helen McDonald



# TRUSTEE REPORT

BY ROS DUNHILL (PAGE 6)

**BBC Children in Need** grant was due to end in November 2022, but SOSRC was granted with additional 1 year extension until November 2023. We also received £500 from CiN as a cost-of-living payment – this was spent on supermarket vouchers for survivors who were affected by the cost-of-living crisis and identified as having a low economic status.

**The National Lottery Community Fund** moved into its second year of its three-year grant. This fund was spent on 2.5 FTE therapist delivering face to face sessions to survivors. TNL provided an uplift fund over this financial period of £4850.00 to directly support the GTTF (Girls to the Front) group with essential cost of living items and resources for activities including a budget for food and snacks.

**Captain Tom Fund** provided support for the counselling services providing extra hours for the counselling service. This fund is due to end in August 2023.

**Lloyds Foundation COVID Recovery Fund** ended in Jan 2023. This fund provided much needed core costs over 2022/23 which went towards rent of our office space which ensured safe spaces are available for Survivors who access our services. £2250.00 was also give as a cost-of-living crisis fund – this grant went towards the Crisis Fund we have set up to support survivors with any essential costs they be facing for example providing credit for gas, electric and winter clothing.

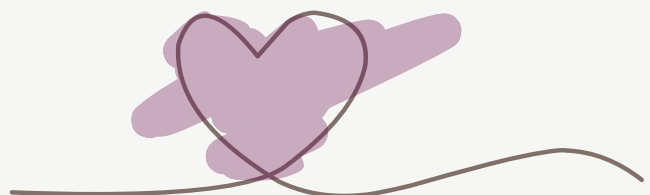
**Waitrose** donation of £750 was received to purchase new tables for the young people groups to use for workshop and sessions. **Olympus (KEYMED)** donation of £500 was received and was spent on activities and resources for the children and young person's service.

**Essex Community Foundation** funded a camping trip for the GTTF (Girls to the Front) group.

**SYNERGY Partnership Funding** – FPCC (Fire, Police, Crime, Commission) and MOJ (Ministry of Justice) provided funding to support the ISVA service and other core funding for centralised services.



**Ros Dunhill**  
Treasurer





**STATEMENT OF FINANCIAL ACTIVITIES  
INCLUDING INCOME AND EXPENDITURE ACCOUNT  
FOR THE YEAR ENDED 31 MARCH 2023**

	Notes	Unrestricted funds 2023 £	Restricted funds 2023 £	Total 2023 £	Unrestricted funds 2022 £	Restricted funds 2022 £	Total 2022 £
<b>Income from:</b>							
Donations and legacies	3	475,348	161,025	636,373	452,809	89,697	542,506
Charitable activities	4	1,770	-	1,770	-	-	-
Investments	5	1,309	-	1,309	541	-	541
<b>Total income</b>		<b>478,427</b>	<b>161,025</b>	<b>639,452</b>	<b>453,350</b>	<b>89,697</b>	<b>543,047</b>
<b>Expenditure on:</b>							
Charitable activities	6	436,172	150,794	586,966	99,587	369,068	468,655
Transfer of assets from SOS Rape Crisis	10	-	-	-	270,345	288,532	558,877
<b>Net incoming resources before transfers</b>		<b>42,255</b>	<b>10,231</b>	<b>52,486</b>	<b>624,108</b>	<b>9,161</b>	<b>633,269</b>
Gross transfers between funds		(2,967)	2,967	-	-	-	-
<b>Net income for the year/ Net movement in funds</b>		<b>39,288</b>	<b>13,198</b>	<b>52,486</b>	<b>624,108</b>	<b>9,161</b>	<b>633,269</b>
Fund balances at 1 April 2022		624,108	9,160	633,268	-	-	-
<b>Fund balances at 31 March 2023</b>		<b>663,396</b>	<b>22,358</b>	<b>685,754</b>	<b>624,108</b>	<b>9,161</b>	<b>633,269</b>





# THANK YOU

SOS Rape Crisis extends its sincerest gratitude to our funders, stakeholders, and partners. Your unwavering support and collaboration have been instrumental in shaping SOS Rape Crisis into an outstanding organisation committed to empowering survivors and effecting meaningful change.

The generosity and belief in our mission displayed by our funders have allowed us to implement vital programs and services, ensuring that survivors receive the care and support they deserve. Your investment in our cause has directly contributed to the strength and resilience of our organisation.

To our stakeholders, your guidance, partnership, and shared commitment to our vision have been invaluable. Your input and collaboration have shaped our strategies, ensuring that our efforts align with the needs of survivors and the community.

Finally, to the survivors who have placed their trust in us, your courage and resilience inspire every aspect of our work.

