



**Oxfordshire Sexual
Abuse & Rape
Crisis Centre**

Impact Report

2022-2023



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Introduction

The last year was one of the most challenging in OSARCC's 43-year history. The after-effects of the Covid-19 pandemic, combined with a cost of living crisis, put huge strain on our services and resulted in further increases in requests for our support.

During this year, we had to start making some hard decisions in response to an overwhelmingly challenging funding landscape, including reducing our staff team and refocusing our services to have the greatest impact.

We know that our work is more important than ever. In the UK 798,000 women were raped or sexually assaulted in the 12 months ending March 2022 (Office for National Statistics, 2023) – which equates to 1 in 30 women.

That's why, despite these challenges, OSARCC continues to support survivors of sexual violence across Oxfordshire. Our team has worked tirelessly to provide therapeutic support, advocacy and advice to those who need it most. We provided face-to-face support to 1,104 survivors, an increase of 8.5% on the previous year, and the number of children and young people we supported almost doubled year-on-year.

We would like to take this opportunity to thank everyone who has supported us during the last year. We simply could not have achieved the impact set out in this report without the donations, time and energy you have given us.



**Maxine Spence,
Chair of Trustees**



**Lauren Kendall,
CEO**



About us

OSARCC is the only organisation providing specialist help to survivors of sexual violence in Oxfordshire.

OUR MISSION

To support survivors of sexual violence, promote and advocate for their needs and work towards the elimination of sexual violence.

WE AIM TO DO THIS BY:

1

Providing a diverse range of effective services that meet the needs of survivors in Oxfordshire who are affected by sexual violence.

2

Raising awareness of the prevalence and impact of sexual violence and the need for specialist services to support survivors.

3

Challenging and changing public attitudes about sexual violence in Oxfordshire and beyond.



OUR SERVICES

Listening support

Our Listening Services provided anonymous and confidential support and information to survivors via telephone, text and email. This service was suspended in July 2023 due to lack of funding.

One-to-one counselling

Counselling at OSARCC is person-centred and trauma-informed. We offer long-term counselling for women and non-binary individuals recorded female at birth which is delivered by qualified volunteers alongside our accredited staff.

Group therapy

We run several support and psychoeducation groups each year to provide a safe and inclusive space, so that survivors can draw on strength and support from other survivors coming to terms with similar issues.

Advocacy

Independent Sexual Violence Advisors (ISVAs) provide practical and emotional support to survivors of all genders around the criminal justice system, housing, health and finance.

Working with young people

We provide support for young people aged 14-18 years old through our counselling and ISVA services. Our counselling service is a women & girl only service, while our ISVA service supports all genders.

WORKING IN PARTNERSHIP

Working in partnership helps us advocate more strongly for improved services for survivors of sexual violence and better preventative action.

The Victims First Specialist Service is a partnership between OSARCC, the Thames Valley Partnership and Trust House Reading. It offers holistic support to victims of crime across the Thames Valley region, and we provide ongoing sexual violence expertise and supervise three ISVAs in the service.

Through our ISVA team we work closely with the Sexual Assault Referral Centre, the Crown Prosecution Service, Thames Valley Police, Local Community Safety Partnerships and Thames Valley Police and Crime Commissioner.

We are active members of Rape Crisis England and Wales and The Survivors Trust.



MEMBER OF



Our services

Number of survivors supported face-to-face

Total FY23

1,020	81	3
ADULTS	YOUNG PEOPLE	CHILDREN

Total FY22

974	44	0
ADULTS	YOUNG PEOPLE	CHILDREN

Number of survivors supported through our Listening Services

Total FY23

782
ADULTS

Total FY22

591
ADULT



Initial Assessments

886	194	5
ADULTS	YOUNG PEOPLE	CHILDREN



Therapy & Counselling sessions

128	8	0
ADULTS	YOUNG PEOPLE	CHILDREN



ISVA Service sessions

644	20	0
ADULTS	YOUNG PEOPLE	CHILDREN



Drop-in group sessions

92	0	0
ADULTS	YOUNG PEOPLE	CHILDREN

NEW Referrals for support

Total FY23

408	62	1
ADULTS	YOUNG PEOPLE	CHILDREN

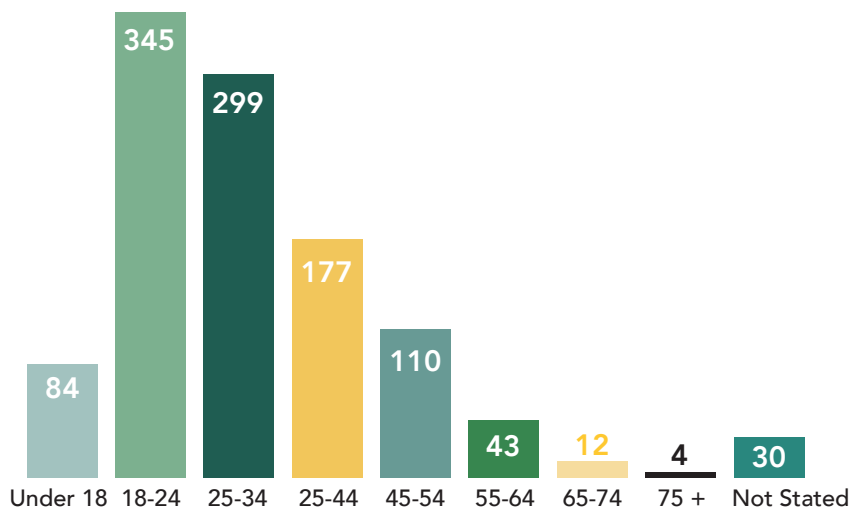
Total FY22

449	74	0
ADULTS	YOUNG PEOPLE	CHILDREN

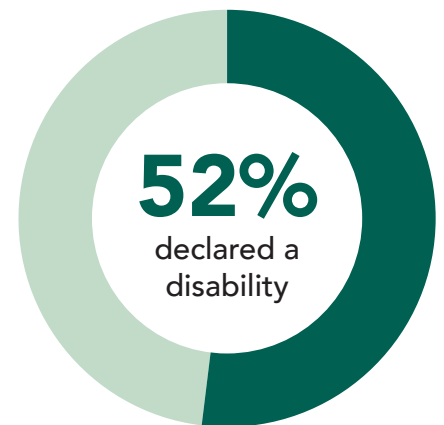
Adult 18 years and over
Young people 13 - 17 years
Children 12 years and under

The survivors we supported

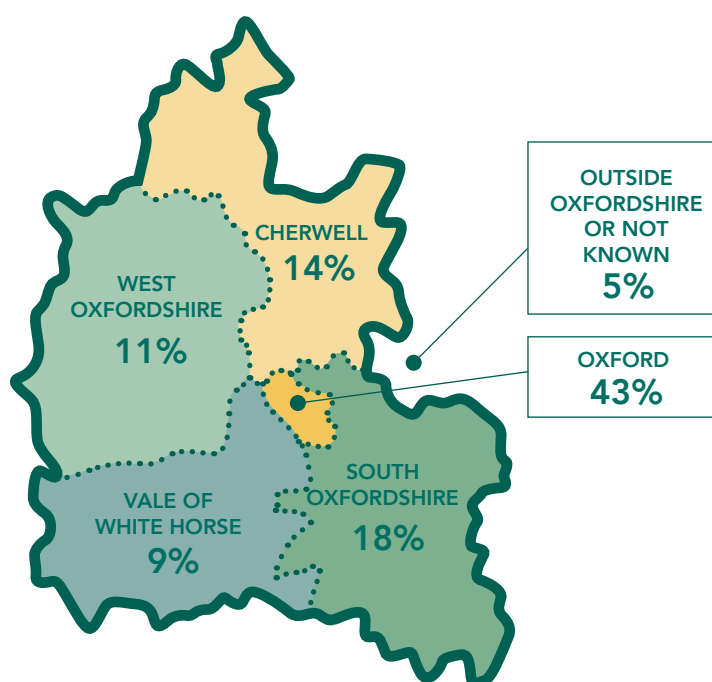
Age range



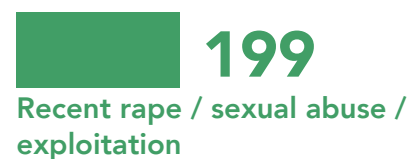
Disability



Area



Survivor experience



Feedback

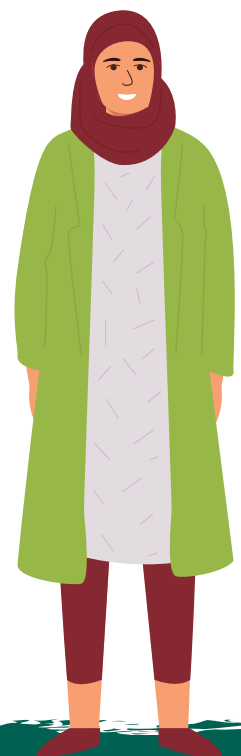
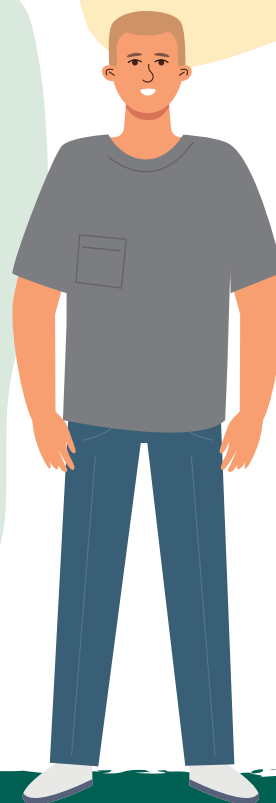
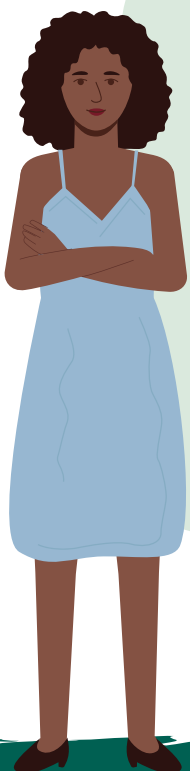
"[My ISVA] was absolutely fantastic, supportive, continuously going above and beyond. She was dedicated to making sure I got justice and that I always had someone to turn to"


"The psycho-education groups have been life changing for me. I cannot put into words how valuable this support and service has been, but it's helped me to stop harming, understand my trauma and recognise why I feel the way I do."

"I would like to say a huge thank you to all those involved in providing this service, without the support I received, I am not sure I would have managed to get through the process of reporting my abuse and going to court."

"I realise that it was not my fault now. I feel I know myself better. I feel able to not have what happened rule my life. I feel so privileged to have had such a wonderful and understanding woman actually work with me. It made me feel like I deserved better."

"The support group has been incredible and has had a huge impact on my processing and ability to better understand myself & others with more compassion. It has been painful but has bettered my mental health immensely. I hope I am able to continue working with OSARCC as it has changed my life for the better."



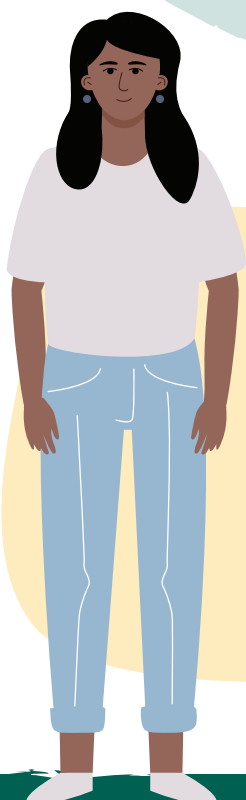


"I honestly feel like a different person, I'm able to cope better, I understand why and how I feel a certain way. I don't feel suicidal anymore. I can imagine the future now where I couldn't before."

This service has changed my life. It has saved my life. I can't imagine the person I would be or whether I would even be here without OSARCC. They have helped me find myself again - something I never thought was possible.

"I had excellent support from [my ISVA]. Her communication always felt really tailored and considerate to me, each message I got it felt like she had all the time in the world for me. Any decisions I came to she fully supported and said such reassuring things. She has a real empathetic way about her which is so genuine."

"Your services changed my whole reality. You saved my life and you saved me. Thank you so much for the work that you do."



"You showed me love, compassion and empathy when no one else did. And you gave me confidence and my spark back. I owe my life to OSARCC. After dealing with years of crippling anxiety which left me incredibly ill, for the first time in forever I feel calm and I feel happy. I feel safe. For the first time in a decade I am not just surviving, I am THRIVING."



Case study: Anna's story



When she was 16 years old, Anna* was sexually assaulted by her boyfriend, who she went to school with.

At the time of contacting OSARCC, nearly a year later, Anna had been formally diagnosed with PTSD, depression and anxiety relating to the assault, and was experiencing flashbacks and panic attacks. The assault was reported to the police by a medical practitioner who was supporting her at that time, and an investigation was ongoing, but she hadn't had any contact from the police for several months.

Anna was still at the same school as the perpetrator, who was able to have contact with her there. Her mum had spoken to the school on several occasions to ask them to keep them apart, but there was no clear plan in place to respond to Anna's needs and prevent the school environment from impacting her further.

Anna was supported by our Children's Independent Sexual Violence Advisor (CHISVA), Sophie. In their first meeting, she explained exactly how she could help Anna and her mum, and gave them lots of information to look through and think about. "We weren't aware that that was something that we could have," Anna says now.

"First Sophie got in contact with the police and started pushing for a response. Then she set up a meeting with the school to explain to them that they needed to put a safeguarding plan in place for me. There were four people from the school in that meeting and we all talked about what they could do to support me, and support other people in the future. Sophie stayed in contact with them until they had produced a written version of the safeguarding plan."

The safeguarding plan covered timetabling, use of informal learning spaces like the school

library, communication with the perpetrator and an ongoing risk assessment.

"I just want to stress what a miracle she achieved," says Anna's mum. "The school immediately apologised and it was a major breakthrough in the way Anna was treated at school. This wouldn't ever have happened without Sophie."

The police investigation resulted in no further action (NFA), which was a difficult result for Anna. Despite this, the changes at school have made a huge difference to her recovery and wellbeing – and to her academic achievements and ambitions.

"There's a lot of catching up to do because the last two years were just quite hard on me. But I see now that, because I'm in a better place, I have the potential to be able to do the stuff that I want to. I just have to really push at it now."

Anna is now planning to take a year out after her A-levels, before heading to university. For Anna's mum, the change in her is incredible. "If you asked her about her future a year ago, she would have said there was no future. Now, seeing all these ideas she has, it's so great."

For Anna, Sophie's knowledge, skills and passion were an important factor in helping her to move forward. "She actually cares about the people she supports. The way she treated me just made me comfortable talking to her – she didn't feel like a stranger. Having someone like Sophie just really helped the whole process. We wouldn't have been able to do it without her."

** Name changed to protect identity*

Thank you

VOLUNTEERING

Thank you to the 81 volunteers who supported our work in the last year. This committed team contributed to our counselling, listening and training services and in administration and fundraising roles.

We routinely offer volunteering opportunities. Our current roles include:

Counselling volunteers: providing one-to-one support to survivors in our counselling service.

Consent workshop volunteers: delivering training on sexual consent and healthy relationships in schools, colleges, universities and workplaces.

Fundraising and communications volunteers: supporting fundraising, awareness raising and social media activities.

For more information and to get involved, please visit our website.

www.osarcc.org.uk/support-our-work/volunteer

OUR FUNDERS

OSARCC would like to thank the generous funders whose contributions have enabled us to keep making a difference.

7stars Foundation
B&Q Foundation
Cherwell Theatre Company
Doris Field Charitable Trust
Edward Gostling
Hertford College
Jesus College
Lloyds Bank Foundation
McTaggart Third Fund
Marlborough Charitable Trust
Merton College
Ministry of Justice
New College
NHS England
Office of the Thames Valley Police and Crime Commissioner
Oxford City Council
Oxford Brookes University
Oxfordshire Community Foundation
Pembroke College
The Brook Trust
Postcode Society
Pye Charitable Settlement
Shanley Foundation
Souter Charitable Trust
St Aldate's Church
St John's College
Thames Valley Police
University of Oxford

Thank you to all others who have donated money to OSARCC.
Our work would not be possible without you.



“ Your services changed my whole reality. You saved my life and you saved me. Thank you so much for the work that you do. ”



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www.osarcc.org.uk

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