

ORIGINATOR: SUFFOLK RAPE CRISIS

PAPER: AP15/3

**SUBMITTED TO: ACCOUNTABILITY AND PERFORMANCE PANEL –
24 FEBRUARY 2015**

**SUBJECT: CRIME AND DISORDER REDUCTION GRANT:
SUFFOLK RAPE CRISIS FINAL REPORT**

SUMMARY:

Suffolk Rape Crisis was formed in March 2010 in direct response to the lack of specialist services in Suffolk to support women and girls that had experienced any form of sexual violence. The service started with a free confidential helpline running Tuesday and Thursday evenings. In March 2013 our one-to-one counselling service was launched from our main premises in Ipswich. Demand for counselling quickly led to setting up an outreach service in Bury St Edmunds to serve the west of the county. Within weeks, Suffolk Rape Crisis had a waiting list for specialist counselling both in Ipswich and Bury St Edmunds. Following the closure of Waveney Rape Crisis, Suffolk Rape Crisis also commenced delivery of specialist sexual violence counselling in Lowestoft.

The PCC for Suffolk awarded a Crime and Disorder Reduction Grant totalling £10,000 to Suffolk Rape Crisis for one year from 31 January 2014, subject to conditions.

The funding is for the purposes of delivering specialist counselling for survivors of sexual violence and enables SRC to contribute to the PCC's police and crime objectives by providing services that meet the needs of victims of crime and vulnerable people.

This submission is our final report demonstrating progress achieved.

UPDATE REPORT

1. PROGRESS:

The funding from the PCC has enabled Suffolk Rape Crisis to recruit two sessional counsellors to deliver additional counselling sessions in Ipswich and Bury St Edmunds. As 2014 progressed, the PCC funding contributed to reducing SRC's waiting list from between 7 to 9 months down to 2 months. However, since early January 2015 SRC has received an influx of referrals for counselling and our waiting lists have unfortunately increased. Our current waiting lists for counselling are as follows:

Ipswich between four to six months

Bury St Edmunds three months

Lowestoft between two to three months

The numbers of women and girls that SRC has been able to support has been better than anticipated and we have exceeded the number of counselling sessions that we expected to deliver.

2. OUTPUTS & OUTCOMES:

The following statistics are for the counselling sessions delivered with funding from the PCC; therefore they do not represent the whole counselling service delivered by Suffolk Rape Crisis:

- **Number of victims supported.**

Seventy one women have been supported through the PCC's Crime and Disorder Reduction Grant; and of these thirty four women attended counselling in Ipswich and in thirty seven in Bury St Edmunds.

- **Numbers of sessions which have taken place.**

442 counselling sessions have been delivered, of which 216 counselling sessions were delivered from Ipswich and 226 sessions delivered in Bury St Edmunds.

[Additional information on referrals, age, ethnicity, and location have been supplied separately to the PCC due to confidentiality.]

- **Number of victims waiting for counselling and length of time.**

At the point when we applied for funding from the PCC to increase our capacity, women were joining our waiting list of between 7 to 9 months. Within a number of weeks of being awarded funding and delivering extra counselling in Ipswich and Bury St Edmunds our waiting list had reduced to 4 months. Continuing to provide extra sessions, in addition to committing funding from the MoJ, and securing funding from the Lloyds TSB Foundation to deliver services in Lowestoft, the average wait for counselling following an initial assessment had reduced to 2 months at the end of 2014. As highlighted in Section 1 above, the waiting lists have increased quite dramatically due to a recent influx of referrals received since January 2015.

- **Number of initial assessments completed and the proportion of those suggesting counselling is needed.**

Seventy five initial assessments have been completed and 94% of those have progressed to counselling.

- **Number of victims supported who had not presented to the police.**

51% of women and girls had reported to the police. Of the 49% that had not presented to the police, 79% stated that counselling was the first time they had spoken about their experience of sexual violence.

- **Evaluation feedback forms/perception surveys will be completed pre and post counselling.**

41% of women reported that they were suffering eating problems with 40% self-harming. Following counselling 60% reported feeling much better and 40% somewhat better, half were self-harming less and 80% said they felt more able to cope.

82% of women reported an increase in confidence since starting counselling.

60% of women starting counselling were unable to work due to their experience, but on completion of counselling all felt able to return to, or start, work.

83% of women reported feeling more in control of their lives.

81% of women stated they feel able to make a decision about their future.

'I am so grateful to have been able to access your service – it has been invaluable in my recovery. Thank you.'

'I am very pleased and grateful to have had such a fantastic opportunity to understand events in a different way – [I] felt very safe and supported in doing so. Just sad it ends! It is very much needed so I hope you can continue to find funding.'

'I feel as though I have the opportunity to start again'.

"Services like yours are worth their weight in gold, very appreciative to get transportation money too"

"I don't know what I would have done without your help"

"I was very relieved there was somewhere safe to talk"

"I really couldn't have got through this without your service, (the counsellor) is fantastic and helped me so much".

3. FINANCIAL UPDATE.

Sessional counsellor costs for the delivery of counselling services in Ipswich for the funding year = £5,075.00

Sessional counsellor costs for the delivery of counselling services in Bury St Edmunds for the year = £4,975.00

Clinical supervision for counsellors = £810.00

Travel expenses and room hire in Bury St Edmunds = £1,422.22

Total spend = £11,937.22

4. OTHER IMPLICATIONS AND RISKS:

We are reporting an overspend. The difference is being met from a slight underspend through one of our grant funders.

ORIGINATOR CHECKLIST (MUST BE COMPLETED)	PLEASE STATE 'YES' OR 'NO'
Has legal advice been sought on this submission?	N/A
Has the PCC's Chief Finance Officer been consulted <i>(if there are any financial risks)</i> ?	N/A
Have equality, diversity and human rights implications been considered including equality analysis, as appropriate?	Yes
Have human resource implications been considered?	Yes
Is the recommendation consistent with the objectives in the Police and Crime Plan?	Yes
Has consultation been undertaken with people or agencies likely to be affected by the recommendation?	Yes
Has communications advice been sought on areas of likely media interest and how they might be managed?	No
Have all relevant ethical factors been taken into consideration in developing this submission?	Yes

In relation to the above, please ensure that all relevant issues have been highlighted in the 'other implications and risks' section of the submission.