



Andrea Perrett
**Northumberland Development
Worker**



Contents

Statistics

Background to RCTN

Who we work with

What we do

How you refer

Questions



1 in ? women experience
rape and sexual assault in
their lifetime



1 in 4 women experience
rape and sexual assault in
their lifetime



More statistics!



- 2.5% of women and 0.4% of men have been a victim of a sexual assault in the previous 12 months
- On average 85,000 women experience a serious sexual offence every year
- Around 21% of girls and 11% of boys experience some form of child sexual abuse
- 85% of rapes are not reported to the Police and 28% of survivors of serious sexual assault tell no-one
- 90% of survivors knew the perpetrator

The True Picture of Rape

Every year more than 400,000 women are sexually assaulted and up to 95,000 women are raped in England and Wales



References:
Ministry of Justice, Home Office & the Office for National Statistics (2013). "An overview of Sexual offending in England and Wales". Available at: https://www.gov.uk/government/uploads/system/uploads/attachment_data/file/143910/sexual-offending-overview-jan-2013.pdf

Background Information

- Grace Northumberland Rape Crisis is a service of Rape Crisis Tyneside and Northumberland
- RCTN was founded in 1978 and is the longest **continuous running** rape crisis centre in the UK
- We are a feminist organisation that provides services run **by women for women** who have experienced sexual violence
 - Sexual violence is about power and control
 - Women-only spaces



Who we work with

- Women (& girls) aged 13 plus
- Live/work in Northumberland
- LGBTQ women; BMER women and women with a physical or learning disability
- Who have experienced all forms of sexual violence inc. rape, sexual assault and adult survivors or childhood sexual violence
- Whether the violence was experienced recently or historically



What we do

Counselling

Practical and emotional support

Sexual Violence Helpline

Email support

Training

Information



Specialist one to one counselling

- Confidential
- Counsellors are specialist sexual violence counsellors and are BACP accredited
- Core modality - person-centred, or women-centred
- Art therapy
- Advertise that we offer up to 20 sessions
- Deliver in outreach venues around Northumberland
 - Morpeth Alnwick
 - Blyth Cramlington
 - Hexham Berwick

Specialist one to one counselling

- We believe
- We gently challenge the rape myths so that a woman develops the understanding that rape is not her fault
- Do not influence a woman's choice to report
- Can arrange for woman to meet Police to discuss
- Will support a woman through reporting process



Outputs / Outcomes

2015/ 2016 we supported 94 women and offered 626 counselling sessions

“I would like to say a big thank you for all your support, comfort and listening endlessly. I now know that I will never ever let myself be used and abused. Your work is truly invaluable.”

“I no longer feel a threat to myself and feel able to cope with life. Thank you for all your help. I don't think I would have been able to carry on without it.”

“I can look and believe that it was not my fault. As it was not my fault, I do not have the same degree of dread and fear. If I have flashbacks, I hope to think about the situation without fear.”

“[counselling has] given me some hope and a safe haven of regular contact with Jean to help me cope.”

Practical and Emotional Support

- Practical support
 - Housing
 - Financial
 - Employment issues
 - Accessing healthcare
 - Support to attend appointments
 - Support through criminal justice process
 - Support to raise complaints with the Police or CPS
- Emotional support
 - Giving reassurance and encouragement



Email Support

- Provide information and general enquiries about our service
- Contact through emailsupport@rctn.org.uk at any time
- Emails will be responded to during Helpline hours
- Not an email counselling service





Sexual Violence Helpline

0800 035 2794

Tuesday, Wednesday & Thursday

6.00pm - 8.30pm

Friday

11.00am to 2.00pm

Multilingual evening on a Thursday in Hindi, Punjabi and Urdu

Staffed by fully-trained volunteers who provide support not counselling

The helpline can be used to access support & information



Training

We offer training to professionals around the topics of :-

- Working with Survivors of Rape and Sexual Assault
- Working with Adult Survivors of Childhood Sexual Abuse
- Understanding self-harm
- Working with people who have a learning disability who have experienced sexual violence
- Using creative techniques

Other Services

- Special information to individuals & organisations
- Website www.gracenrc.org.uk
- Professional Network – this includes presentations and talks on issues related to sexual violence
 - Zoe Loderick 2pm 27 Sept Newcastle
 - Street Harassment 3pm Oct 25 Age UK Ashington



Volunteering

- Helpline and email support are delivered by Northumberland volunteers on a Wednesday night
- P&E Support
- Raising awareness of our services and of sexual violence issues
- Fundraising
- Office and administration duties
- Publicity and promotion
- Event organising
- Project work
- Activism



How you refer

- Telephone the admin line 0191 222 0272
- Email enquiries enquiries@rctn.org.uk



What we do following a referral

- Initial assessment by Practical and Emotional Support coordinator either face to face or over the telephone
 - Explain what we do
 - Find out what client wants
 - Create a support plan
- Refer client to appropriate service eg. Counselling, Practical and Emotional Support, Helpline

Sexual Assault Referral Centre (SARC)

- Recent sexual assault
- Forensic medical examination
- Access to ISVA
- Counselling
- If report to Police
 - Achieving Best Evidence interview



Questions/Discussion



If every person that read this donated **JUST £1**, we could continue to offer **counselling sessions** to women in the region for the next **7 years**.

Text TRCC01 £1 to 70070 to pledge your support

www.rctn.org.uk