



SARSAS

*Listen.
Believe.
Support.*

**IMPACT
REPORT
2022/23**

Contents



3—5	Foreword
6—11	Supporting people
12—13	Volunteering for SARSAS
14—16	Achieving change and future planning
16	Comms and campaigning
17	Training
18—19	Partnerships and fundraising
20—21	Community fundraising
22—23	Connecting in the community
24—25	Financial statement
26—27	A heartfelt thank you

*Listen.
Believe.
Support.*

Foreword

I am so proud of everything we have achieved at SARSAS this year as we continue to provide vital support and advocacy for victim-survivors of sexual violence across Avon and Somerset. We have faced unprecedented challenges, navigating the complexities of a world forever altered by the global pandemic and the current impacts of the cost-of-living crisis.

We have continued to grow and adapt as a charity in a rapidly changing environment and in the face of increasing demand (**56.25% increase** in people coming forward for support compared to pre-pandemic levels). We retain our commitment to providing high quality, trauma-informed care and support with a focus on hope, healing, and advocacy for all victim-survivors. Our dedicated team of staff and volunteers has worked tirelessly to ensure victim-survivors receive the support they deserve.

This year, we have reflected on how we can build on our impact on all the communities we serve through our digital platforms and external

communications. This led us to rebrand and relaunch our website to represent the organisation we are today, supporting people of all genders who have been affected by rape or sexual abuse.

We also expanded our training team to focus on our educational and preventative work across the region, delivering training in topics including consent, healthy relationships, sexual harassment and responding to disclosures to over **1500 students** and **1500 professionals**.

Our Equity, Diversity and Inclusion work has continued to focus on how we can better support underserved victim-survivors in our region. This year, a central point for us has been engaging with the trans, non-binary and intersex (TNBI) community. We are acutely aware, with our roots in the women's sector, that we need to work harder to ensure that people of all genders feel safe to use our services. Our TNBI focus groups have been insightful and we are incredibly grateful to those involved for working alongside us to inform the services we provide for the TNBI community.

We actively engage with the broader community, fostering partnerships and collaborations to raise awareness about the prevalence of sexual violence and the urgent need for prevention and intervention. We are proud of our new partnership with Glastonbury Festival where we delivered training to the festival staff and on-site wellbeing support to those impacted by sexual harassment and abuse and awareness raising to festival goers.

I am very proud of the victim-survivor-led work that has been a centre-point of our work over the last year and will be an ongoing focus for SARSAS.

UpFront Survivors is a national programme led by and for victim-survivors of child sexual abuse (CSA) that supports the CSA community to lead cultural change by creating visible victim-survivor-led community spaces and experiences. We are working with the emerging and thriving victim-survivor communities in this partnership with Viv Gordon Company, The Green House and Coventry University (funded by the Home Office). We hope to embed this work nationally and ensure that national victim-survivor leaders and sexual violence services can work together to support anyone affected by CSA.

Victim-survivor voice has also been a focus of our work around sibling sexual abuse (SSA) where we have been grateful to secure funding allowing us to develop an online National Hub website and community board for adults who have experienced sibling sexual abuse.

I am so grateful to our staff, volunteers, supporters, and partners for all their incredible hard work, and most importantly, to the victim-survivors who have trusted us to walk alongside them in their journey of healing. This Impact Report is more than a collection of statistics and figures; it is a testament to the strength and courage of victim-survivors, the unwavering commitment of our team, and the enduring support of our community.

With very best wishes,



Claire Bloor
SARSAS CEO
(She/her)



On behalf of the SARSAS Trustees, I extend my heartfelt thanks to our dedicated team of staff and volunteers who are responsible for the huge impact that SARSAS had in the year 2022-2023. As a Board of Trustees, we are in awe of the commitment and dedication of our staff and volunteers. They really go above and beyond in everything they do to make a difference to the lives of victim-survivors of rape and sexual abuse. As a result of their hard work and commitment, in the year that we emerged from the Covid pandemic straight into the cost-of-living crisis, we have been able to offer the same level of life-changing support. This is despite an increase in both the number of people using our service and the complexity of the work that has been coming through.

The Trustees and I are so proud of SARSAS' work championing the

victim-survivor voice and advocating for the strength of community in victim-survivor activism.

We look forward to building upon our successes this year and continuing our work towards our vision of a world free from gender-based violence.



Penny Walster
SARSAS Chair of Trustees
(She/her)





"Since starting support and talking about things, I feel like I am slowly starting to be able to breath again."

SPECIALIST SUPPORT WORK CLIENT

Supporting people

Our demand for services continues to rise. In the Financial Year (FY) to 31st March 2023, we received **1,575 referrals** for support. This is an increase of 8% compared to FY22 and is 22% higher than FY21. Average referral rates now stand at 56.25% higher than pre-pandemic levels.

Our Pathway Navigator Service provides comprehensive and collaborative triage assessment and signposting for new clients. We delivered **1,033 assessments** this year.

Specialist support work

Specialist support work provides emotional, practical and advocacy support for victim-survivors with multiple support needs. This includes specialist support for Autistic women and women with learning disabilities.

In the year to 31st March 2023, our new Pathways team delivered

1,033

assessments for support.

We supported

208

specialist support work clients.

That's a total of

1,612

one-to-one sessions!



"Absolutely amazing, very understanding, empathic and heard me completely. I felt listened to and she validated my feelings."

HELPLINE CLIENT



Counselling

Specialist one-to-one counselling by qualified and experienced trauma counsellors.

In the year to 31st March 2023, we supported

481

people through

5,397

sessions.

This year we introduced group therapy and delivered

8

groups supporting

58

people.

Helpline

Helpline, live chat and e-support providing free, anonymous and confidential support for people of all genders, age 13+.

In the year to 31st March 2023, we received

3,929

contacts and provided

968

hours of support.

2,255

calls to our helpline

695

e-support contacts

661

live chats

318

emotional support calls.

"This group has made a difference to me by giving me the confidence to actually share my feelings. Instead of being made to feel like a burden, I have been made to feel that my feelings and presence really matters."

GROUP WORK PARTICIPANT



Spotlight on group work

This year we adapted and expanded our group work, with a focus on community-based groups, supporting people who may be marginalised and are underserved at SARSAS. This has included groups for trans, non-binary and intersex (TNBI) people, refugee women and women of colour. Many of our groups have been victim-survivor-led, recognising the power of healing alongside people with shared experience.

In the year to 31st March
2023, we ran

16

groups, supporting

135

people to find ways to
cope with trauma, feel
less isolated and share
their healing journey
with others.

This included:

**Pass It On peer support
groups** – trained former
clients co-facilitating with
a SARSAS worker

**TNBI focus and
advisory groups**

TNBI peer support group

**Partnership groups with
other organisations**
including Developing
Health & Independence
(DHI), Nilaari and Refugee
Women of Bristol

Art & creativity groups

**Psychoeducational
groups (in-person
and online)**





For Volunteer's Week on 7th June 2022, we used Room To Reward for the first time. This is a scheme where hotels donate their unsold rooms to volunteers who are nominated by their charity.

Our fab volunteer, Jade, enjoyed a spa hotel break after covering a record 44 shifts in one year!

"Volunteering at SARSAS has massively boosted my confidence. They have generously invested their time to help me make a real impact and I cannot recommend getting involved in the work they do enough."

A SARSAS COMMUNICATIONS VOLUNTEER

Volunteering at SARSAS

Our volunteers are a core part of the life-changing support we provide at SARSAS. From being the first person that someone may speak to about an experience of rape or sexual abuse and offering a highly skilled and empathetic listening ear through to writing engaging and informative blogs for our website.

This year we recruited and trained **12 amazing people** who joined the team as volunteer support workers and communications assistant. They have supported our work with commitment and compassion and we couldn't do it without them.





UPFRONT

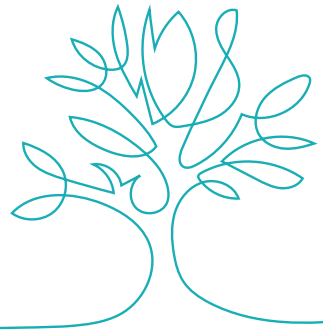
SURVIVORS

VOICE • VISIBILITY • COMMUNITY • LEADERSHIP

"This year saw the start of an inspiring new project supporting the child sexual abuse (CSA) victim-survivor community to lead cultural change through creating visible victim-survivor-led community spaces. Every part of the project will be designed, produced, and led by victim-survivors of CSA. We are proud to work with the growing community of victim-survivor activists who are breaking down barriers, removing stigma and amplifying the voices of people affected by CSA."

CLAIRE BLOOR, SARSAS CEO

Achieving change and future planning



Sibling Sexual Abuse (SSA) project

We secured further funding to continue the ground-breaking work we started in the previous year on one of the most common forms of CSA in the UK. An area of sexual violence that remains chronically under-reported and under-researched and is still, for many, a hidden and taboo topic. Working with global partners and a steering group of people with lived experience, we started the development of a dedicated website for adult victim-survivors of SSA. We look forward to launching the website later this year.



Website launch and rebrand

In June 2022, we were thrilled to showcase a fresh brand for SARSAS that reflects the organisation we are today and recognises our values, aspirations and what we stand for. Alongside this, we launched a new website which better represents who we are, and what we do, offering a more inclusive and accessible experience for all, from victim-survivors through to professionals or people looking for expert information on rape or sexual abuse.

Festivals

In June 2022, we attended our first ever Glastonbury Festival as part of their welfare area, offering well-being and practical support

to anyone affected by sexual violence, either at the festival or at any other time in their life. We continue to expand on our presence and are pleased to see more festivals recognising the need for specialist sexual violence support and information to improve safety for festival go-ers.

We continue to adapt and respond to the needs of the people we serve. As we look forward, we plan to continue to develop our victim-survivor-led work, putting the victim-survivor

voice at the heart of all that we do. This year saw the start of our Equity, Diversity and Inclusion (EDI) strategy implementation with the next financial year bringing a focus on addressing both LGBTQIA+ inclusion and anti-racism.

As ever, we lobby for change in preventing sexual violence through a focus on perpetrators and for justice and support for all victim-survivors affected by rape and sexual abuse.

Comms and campaigning



SARSAS

Wednesday 30th Nov
9 AM - 7PM

- posting throughout the day
- live 'ask me anything' sessions with counsellors, trainers and campaigners
- info on support and activism

Instagram Takeover

SARSAS Listen Believe

@SARSASupport

The graphic is a promotional poster for an Instagram takeover. It features a yellow background with a pattern of small blue and green dots. At the top left, the word 'SARSAS' is written in a bold, black, sans-serif font. Below it, the date and time 'Wednesday 30th Nov 9 AM - 7PM' are listed. To the right of the text, there is a photograph of three women standing in front of a yellow wall. The woman on the left is wearing a dark patterned top, the woman in the middle is wearing a light blue dress, and the woman on the right is wearing a dark patterned top. Above the photograph, the word 'SARSAS' is written in a large, bold, black, sans-serif font. To the right of the photograph, the words 'Listen' and 'Believe' are written in a green, cursive font. At the bottom left, there is a list of three bullet points, each preceded by a small blue square. At the bottom right, the text '@SARSASupport' is written in a small, black, sans-serif font. In the top right corner, there is a small blue starburst shape with the words 'Instagram Takeover' written inside in a white, sans-serif font.

Campaigning is an important part of achieving a world without gender-based violence. We continue to influence through both our digital channels and traditional media outlets. As part of our #16DaysOfActivism campaign, we were delighted to 'take over' our patron, Laura Bates', Twitter and Instagram channels to raise awareness about sexual violence and SARSAS services.

Training

In the last year, our training team established themselves as an integral part of our external impact delivering training to **3509 people**. Through the delivery of workshops on consent, trauma, sexual harassment, bystander intervention, violence against women and responding to disclosures, they have been transforming the wider understanding of sexual violence in our schools, community and statutory organisations and workplaces.



In June 2022, they produced an online course on trauma and self-care that is free and available to all via our website. It includes written information and short videos produced by members of the SARSAS training and support team. To date, **756 people** have signed up and accessed part or all of the course.

This year also saw the team win a contract with Nando's to deliver sexual harassment training to their entire operation. This includes **465 UK and Ireland branches** and over **10,000 employees** with delivery planned for the coming financial year.

We are always reviewing and expanding our offer of e-learning and face-to-face training – get in touch at training@sarsas.org.uk if you would like to find out more.





"You have changed my life.
When I came to you,
I had a lot of tears and a heavy burden.
Now I can say I am someone different.
I love myself; I know I am beautiful.
Thank you for teaching me I can say no
and that it is my right.
You've helped me so much;
you have healed my heart"

29th November - 6th December
#ChristmasChallenge22

A SARSAS CLIENT FOR OUR BIG GIVE CHRISTMAS
CHALLENGE CAMPAIGN

Partnerships and fundraising

Our corporate partners play an important role in helping us raise both awareness and vital funds so we can continue to provide the life-changing support we offer.

Our Charity of the Year (COTY) - Creative Construction

We were very pleased to be chosen as Creative Construction's first ever charity partnership of the year 2022 - 2023. Following their refurbishment of our Bristol offices, carried out at cost price, the team from Creative Construction took part in challenge events and donated to our Big Give Christmas challenge helping us to raise over **£5000**.

Natracare

We were thrilled to start a partnership with Natracare who previously supported us through a donation of plastic-free and sustainable sanitary products for clients, staff and volunteers. As an organisation that campaigns on gender equality issues, Natracare were a natural fit for some joint work on blogs that explore issues which impact on victim-survivors, such as pregnancy and birth, and menstruation. Natracare also donated **£9,000** to our Helpline services.

Big Give Christmas Challenge

December 2022, saw us raise over **£20,000** in the Big Give Christmas Challenge – our largest ever amount – to help pay for our Helpline services in 2023. The challenge was supported by our charity partners Womble Bond Dickenson, Creative Construction and Osborne Clarke, and our friends at Lower Hill Community festival. The challenge was also supported by over 60 individual supporters.

Community fundraising

In support of the Big Give one of our supporters and advocates Carole Brooks organised a Clothes Swishing event which raised an incredible £1,650 and was supported by many local businesses who donated raffle prizes.

SWISHING EVENT

Clothes swapping fun

SARSAS
*Listen.
Believe.
Support.*

FUNDRAISER

FOR SURVIVORS OF SEXUAL VIOLENCE

Saturday 3rd December 2pm- 4pm

The Old Walls Vineyard, Bishopsteigton.

Tickets £20 includes a welcome drink
Come along with 3 items of top quality clothes you no longer wear and swap them for ones you love!

Sponsored by

Nexmove.

**CAROLE BROOKS CLOTHES
SWISHING EVENT RAISED
£1,650**



SARSAS COTY PARTNER
2022/23

natracare

Products ▾ Where to Buy ▾ Why Natracare ▾ Our Story ▾ Blog ▾

Join our Project #BeKind Greenway! Find out more and take the 30 day challenge >

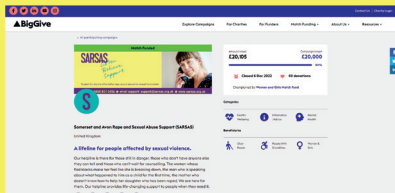
VIDEO

How Can Sexual Abuse Affect Pregnancy and Birth?

**BLOG CO-PRODUCED
WITH NATRACARE**



CREATIVE CONSTRUCTION
AT THE CHEW VALLEY 10K



OUR BIG GIVE CHRISTMAS
CHALLENGE CAMPAIGN



MISERY SQUID - AN EP
WHERE PROFITS FROM
SALES WENT TO SARSAS



CHARLIE'S RACE TO
THE STONES



MULTIPLE SUPPORTERS
RAN THE BATH HALF
FOR SARSAS



BATH HALF RUNNERS



Connecting in the community

We are committed to creating a world free of sexual violence.

A big part of our work involves getting out and about at events, raising awareness, showing allyship and building relationships with our communities.



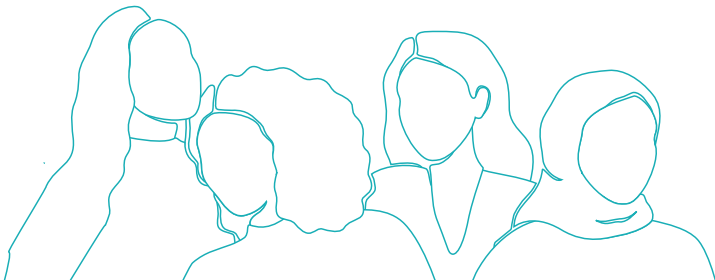
**INTERNATIONAL
WOMEN'S DAY**

March 2022

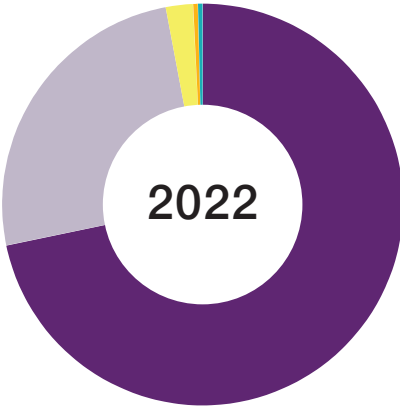
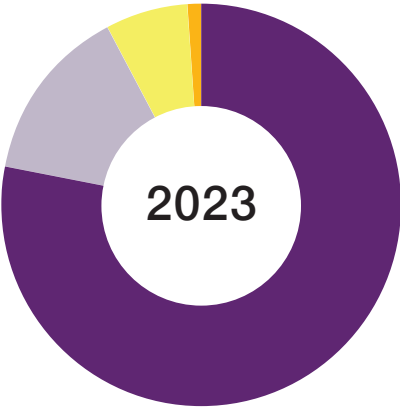


GLASTONBURY

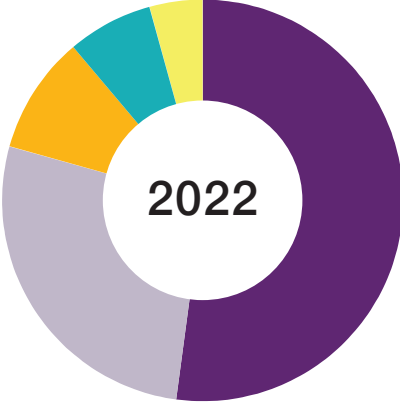
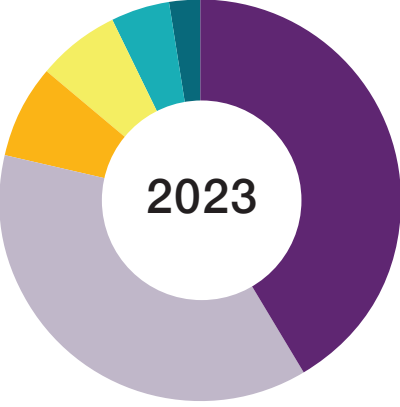
June 2023



Income














Expenditure



Financial statement

We are delighted to see a 132% increase in our fundraising income this year. Another huge thank you to all our amazing fundraisers!

	Income	2023	2022
	Public Sector	2,085,914	1,138,255
	Trusts and foundations	379,062	401,603
	Fundraising	171,168	34,759
	Interest and earned Income	28,701	6,132
	Net (loss)/gain on investments	(15,337)	6,063
		2,649,508	1,586,812
	Expenditure		
	Service delivery: Staff costs	1,043,615	863,756
	Service delivery: Direct costs	933,247	451,343
	Service delivery: Support costs	164,730	70,974
	Service delivery: Overheads	189,581	157,368
	Expenditure on raising funds	119,141	114,214
	Extraordinary items	58,140	
		2,508,454	1,657,655



A heartfelt thank you

The impact we make and the hope we provide is only possible through the unwavering support of an incredible community - a community made up of countless individuals and organisations who generously offer their time, expertise, knowledge, and funding.

We are privileged to be funded through the Avon and Somerset Sexual Violence Alliance, in partnership with NHS England, Avon and Somerset Sexual Assault and Abuse Therapies Service, co-funded by Bristol Council, Avon and Somerset Office of the Police and Crime Commissioner, Bristol, North Somerset and South Glos Integrated Care Board, and Somerset Integrated Care Board. This funding has allowed us to create a more streamlined, sustainable, and responsive approach to meet the critical needs of victim-survivors.

Our gratitude extends to all of our invaluable funders, partners, donors, and supporters. Your continuing support empowers

us to rise to the challenge of increasing demand year on year, standing alongside those affected by rape and sexual abuse.

To our incredible team of staff, volunteers, and Trustees - your dedication knows no bounds. Your compassion and genuine commitment to creating real change for victim-survivors inspires us daily. Thank you.

We extend our heartfelt appreciation to our growing network of partnership organisations. Your collaboration and shared expertise drive us to develop innovative strategies to reach more victim-survivors than ever before.

Above all, we thank our clients. Your trust in us to walk this healing path with you is an honour. Your strength and resilience astound us each day.

Together, we look towards a future, with hope, where everyone can live free from abuse and its impact.



SARSAS

*Listen.
Believe.
Support.*

If you have been affected
by **rape, sexual assault,**
or **sexual harassment**
at any time in your life
we are here for you.

You deserve to live free
from abuse and its impacts

Free Helpline

0808 801 0456

Email

support@sarsas.org.uk

Live chat and information about
in person support on our website

www.sarsas.org.uk



© SOMERSET AND AVON RAPE AND SEXUAL ABUSE SUPPORT. REGISTERED CHARITY NO. 1126682.