



IMPACT REPORT 2024 - 2025



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*We
believe
you*

Foreword

This report marks the first full year, for both of us, where we have led SARSAS as incoming CEO and Chair of Trustees. We're proud that it has been one of **sustainable growth, innovation, and championing survivor's voices**.

Referrals continue to rise, and the need for our services still exceeds our capacity. In response, we have expanded our training, communications, and education work; recognising that long-term change starts with prevention and awareness.

We have also continued to strengthen our Waiting Well strategy, which focuses on offering meaningful support to survivors while they wait for ongoing services. We have launched our **new Drop In and Reach Out (DIRO) service**, providing practical and emotional support, advocacy, and connection, both in our offices and out in some of our most under-served communities.

Despite growing demand, the funding landscape for charities like ours remains increasingly uncertain and we have worked hard to ensure that we remain financially sustainable. Even as fundraising becomes more difficult across the sector, we have remained resilient – ensuring we can continue to offer **life-changing support**.

Partnership working continues to be central to how we work. As lead agency in the Avon and Somerset Sexual Violence Alliance, we have shared learning, developed best practice, and co-created services that meet real local need.



Lorri Weaving CEO with
Kerry McCarthy, MP
for Bristol East



Lorri with Clare Moody,
Police & Crime Commissioner
for Avon and Somerset

Our community-based support expanded to include joint work with Refugee Women of Bristol, Nilaari, DHI, and the Nelson Trust and we have welcomed visits from the MP for Bristol East and Police and Crime Commissioner for Avon and Somerset.

This year saw the conclusion of **two ground-breaking, survivor-led projects – Sibling Sexual Abuse and Upfront Survivors**. Both have created a lasting legacy of the power of survivor voice, which will continue to shape our work and be amplified through our campaigning and communications in the year ahead.

In an ever-polarised world, equity and inclusion remain at the heart of who we are at SARSAS. We were thrilled to lead a **Trans, Non-Binary and Intersex Inclusion Network**, bringing together sexual violence organisations to learn and grow inclusive, survivor-centred practice. Our anti-racism work also continues as we challenge ourselves and the organisation to better serve and represent all of our communities in Avon and Somerset.

Looking ahead, we're excited to launch our new strategy in the current financial year, shaped by our core values and our commitment to **a world without sexual violence**. Here's to another year of standing with survivors and creating change, together.



Lorri Weaving
SARSAS CEO
(she/her)



Rachel Notley
Chair of Trustees
(she/her)

A handwritten signature in black ink that reads "Lorri Weaving".

LORRI WEAVING
CEO

A handwritten signature in black ink that reads "Rachel Notley".

RACHEL NOTLEY
CHAIR OF TRUSTEES

Supporting people

Pathways to support

Ensuring that every survivor feels heard and supported from the first moment they contact us is very important to us.

Last year, we continued to offer our **4 week online course**, **'Getting started: an introduction to trauma'** to every person who has an assessment, as part of our 'Waiting Well' approach to supporting those on our waiting list for other services.

Delivered as a live webinar by our support workers, the course provides a gentle overview of the impact of trauma, suggests tools and techniques to help manage that impact, and offers a safe space for people to ask questions.

On average, **70% of new clients** sign up for a course following their assessment.



We processed...



1,504

referrals for support

and



596

assessments

we delivered...



28

online courses

to...



442

clients

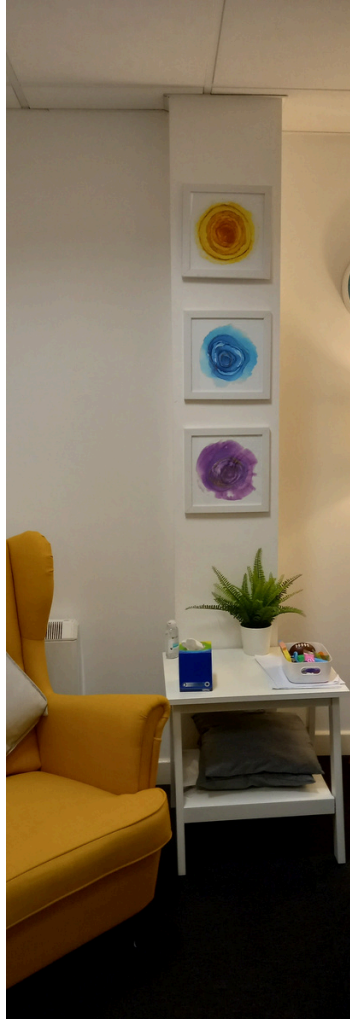


Supporting people

Counselling

Our specialist **trauma-informed counselling** provides a safe space for someone to work through the impact of their experiences with one of our skilled therapists.

All of our counsellors are **BACP registered** and use a range of person-centred approaches to support healing and help people reclaim their lives after sexual violence.



We supported...



331
clients

through...



3,542
sessions

and

29 people through group therapy

Self-care tip



Breathe

Breathing exercises can help calm our nervous system. Visit our online course for tips sarsas.teachable.com/p/trauma-recovery.

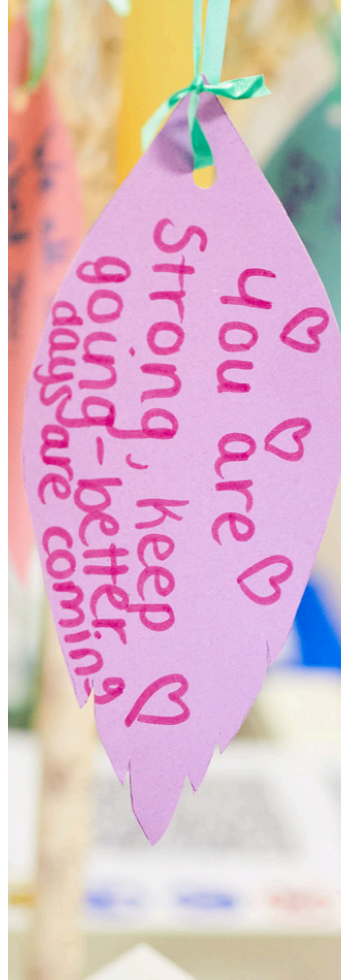
Supporting people

Specialist support

Specialist support work (SSW) provides emotional, practical and advocacy support for survivors with multiple and intersecting support needs.

This includes our specialist service for **people with learning disabilities** and **autistic people** who have experienced sexual violence - one of the few in the country. Our experienced specialist support workers take time to understand the unique needs of each client, focussing on practical solutions and strategies to help them regain control over their life, and be able to think positively about their future.

We were also proud to launch our online **Learning Disabilities and Autism (LDA) Toolkit** for professionals.



We supported...



142
SSW clients

through...



877
sessions

42
LDA clients

through...

288
sessions



I cannot express how much Specialist Support work has helped me. I was stuck in a very dark place and it has given me some hope back



7

Supporting people

Community outreach support

This year we developed our **healthy relationships and consent workshops** targeted to people with learning disabilities and autistic people.

In partnership with other organisations, we delivered **5 workshops to 49 people** in the community and additional 1:1 consent sessions, funded by Avon and Somerset Police.

We also grew our partnership with Nelson Trust, providing specialist support one day a week in the Bridgwater and Bristol women's centres. **17 clients** were supported through **105 sessions**.



We launched...

...our new **Drop In and Reach Out (DIRO)** service in February.

A monthly drop in and outreach space in our Bristol hub and community venues in the inner city and East Bristol.

Sessions focus on wellbeing activities, the opportunity to find out more about SARSAS support, and information sessions from other agencies specialising in financial, housing, benefits advice.

Self-care tip



Keep it realistic

Sometimes, simple actions like drinking some water or taking a shower can be what you need that day.

Supporting people

Group work

SARSAS group work offers survivors a powerful space to connect, share, and heal together.

Our groups offer a gentle, supportive space where participants can begin to **build confidence, feel less alone**, and explore helpful ways of coping at their own pace.

All our sessions are guided by **trauma-informed facilitators** and the content is shaped by the needs of the group.

Whether through creative activities, discussions, or peer support, group work helps **reduce isolation and fosters a strong sense of community** and hope.



We ran...



10

groups

supporting...



74

people

- ✓ Watersports groups (in partnership with All Aboard)
- ✓ Psychoeducational group for autistic women
- ✓ Trauma-informed yoga
- ✓ TNBI peer support group
- ✓ Creative Minds arts workshops
- ✓ Workshops with Refugee Women of Bristol & DHI
- ✓ Roots to Wellness walking group (in partnership with Nilaari)



As I rhythmically place my paddle in the water, my body is reminded of my 'strong' again. Each stroke a gentle yet powerful reminder to my soul about who I was before.



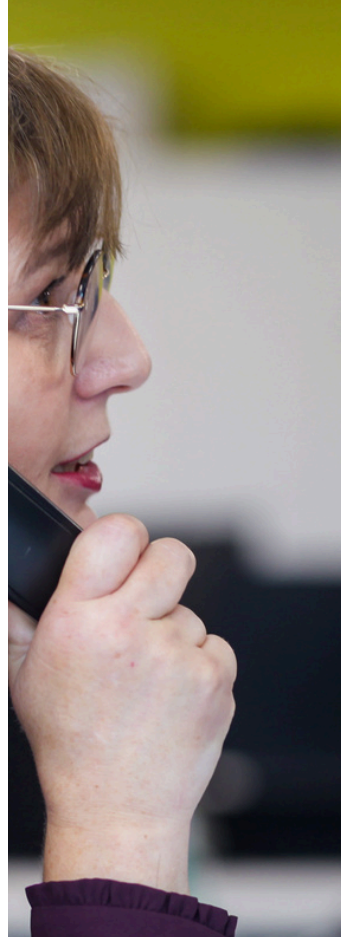
Supporting people

Helpline services

Our helpline services offer **a lifeline for people** affected by sexual violence.

Whether it's supporting someone through a flashback to help calm their nervous system and feel safe, or gently validating their experience and reminding them it wasn't their fault, we respond with care and expertise to the unique needs of every survivor who reaches out.

Last year, we made a total of **3,067 contacts** through our Helpline, Live Chat, and E-support. **Listening, believing and supporting** first-time callers through to those who use these services regularly.



We received...



1,790

calls to our helpline



667

e-support mails



631

live chats

We delivered...



438

emotional support calls



69

translated calls

Self-care tip



Journaling

Writing down your feelings can help make sense of overwhelming thoughts and ground you in the present moment.

Volunteering

Volunteers are the core of who we are at SARSAS, bringing compassion, commitment, and vital support to survivors. We're proud to offer our volunteers comprehensive training, ongoing support, and a strong sense of community.

Whether on the helpline, through communications and fundraising, or activism, their dedication helps us reach more survivors, create safer spaces, and continue working towards a world without sexual violence.

“To be trusted by a caller with their trauma is a huge privilege and as a survivor myself, giving other survivors a safe space just for them is a way for me to say thank you to SARSAS for the support they gave me when I needed it.”



We had...



37

helpline volunteers



2

communications volunteers



5

volunteers recruited



SARSAS Volunteers' Week
Celebration



Projects

PATHFINDER

A 3-year project, funded by NHS England and delivered with our partners in the Avon and Somerset Sexual Violence Alliance, wrapped up in March 2025. Pathfinder was designed to **improve access to support and strengthen therapeutic options for survivors**, especially those with multiple support needs. We are now looking at embedding outcomes from the project to bring about lasting improvements. What made it truly stand out was its foundation in survivor co-production, with **lived experience shaping every step of the journey**.

SIBLING SEXUAL ABUSE (SSA)

Building on the Home Office funded project that ended in 2022, the Sibling Sexual Abuse Project continued to **build systems change** that empowers victim-survivors of sibling sexual abuse to have a voice, build communities of support, and access the specialist help they need. This year we launched our **new Sibling Sexual Abuse website** which includes a **victim-survivor community forum** and were proud to work with the **Hollyoaks team on their SSA storyline**, to ensure it was portrayed as sensitively and accurately as possible. Find out more at: siblingsexualabusesupport.org.

UPFRONT SURVIVORS

Another Home Office funded project, UpFront Survivors, and delivered in partnership with Coventry University, The Green House, and Viv Gordon Company concluded in March 2025. UpFront Survivors focused on creating **visibly survivor-led community spaces** where survivors could connect, and shape the conversation around healing, justice, and visibility on their own terms. The project culminated with The Green House-led **'Beyond Therapy' festival**. Co-designed with survivors, it featured workshops, panels and performances, fostering creativity, community and dialogue against abuse.



Training

As part of our commitment to prevention, we offer trauma-informed training, delivered by our expert team of trainers, to new and repeat clients across a wide range of audiences, from schools, colleges and universities, to counsellors and professionals and workplaces including high end retailers, international restaurant chains, Government funded public bodies and charities. We have grown into an agile team of training professionals who can respond to emerging themes and requests for bespoke training packages.

From the training we delivered last year, **99% of participants** said the **training provided a safe space, they would recommend it to others** and that they felt confident to apply what they learnt.

“Very informative and everyone felt safe to ask questions, reflect and learn. Our staff team now has a better understanding of what sexual harassment in the workplace could look like, the steps to take in responding and how to ensure the organisation is a safe environment for disclosures.”

Alessandra Gava (CEO Changes Bristol)



We delivered...



67

training sessions

to...



over 1000

participants

in topics including...



Responding to Disclosures



Sexual Harassment
in the Workplace



Consent & Relationships



Understanding Sexual Violence



Bystander Intervention

Fundraising

SARSAS simply wouldn't exist without our incredible supporters and fundraisers. Every single donation drives change, enabling survivors of sexual violence to transform their lives after unimaginable trauma.

Over the last year, we've been incredibly proud to work with some phenomenal fundraisers - achieving a **record-breaking season of running events**, putting on our **first ever silent auction**, and forging new partnerships with community organisations and corporate partners.

With new **Head of Income Generation, Training and Comms, Tracey**, and **Corporate Partnerships Lead, Jenny**, joining the team this year, we're excited to keep building on our fundraising success; bringing our amazing community on the journey to transform survivors' lives with compassion and healing.



Supporter Spotlight: Bristol Junior Lawyers Division (JLD)

Throughout 2024, we were supported by the **Bristol Junior Lawyers Division**, who raised **over £7,000** by hosting quiz nights, raffles and balls!

“We were privileged to work alongside SARSAS in 2024 to raise funds and awareness for an extremely important cause. SARSAS joined us at our annual summer ball and delivered a very moving address, sharing powerful stories and explaining how Bristol JLD can provide support. We were very grateful for their valuable time and wish SARSAS all the very best for the coming year and beyond.”



Fundraiser highlights - 2024



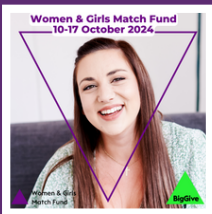
In May, our incredible supporters got involved in the Big Give Kind2Mind match funding appeal which raised more than **£4,100** for our counselling service.

I think SARSAS does amazing work and I wanted to support in the small way that I could.
Monthly Donor



In September, supporter Frank used his love of the TV Show, *Ghosts*, to raise **over £800** for SARSAS through an online art auction.

“It can be a little daunting knowing where to start, but once you get going, it’s incredibly rewarding. Use whatever means you have to support a cause – fundraising isn’t limited to sports and cakes.” - **Frank**



In October, we took part in the Big Give Women and Girls Match Fund, and raised a whopping **£21,905** for specialist support work.



In December, Deadpunk Promotions’ annual ‘Punk Rock Stars in their Eyes’ event raised **£500** for SARSAS.



Fundraising at SARSAS is such a joy. I get to work with amazing businesses, survivors, and supporters who are all united in wanting to ensure people who have experienced sexual violence can be listened to, believed, and supported. The sheer variety of fundraising our supporters do is amazing!

Jenny, Corporate Partnerships Lead

Fundraiser highlights - 2025



In January, Bristol-based events company, Headfirst, donated **£2,018.40**, as part of their commitment to supporting local charities.



In February, we attended Simmons & Simmons' International Women's Day Fair, chatting to colleagues about fundraising.

“

I donate because I was a service user, and it was genuinely life changing.
Monthly Donor

”



In March, we were invited to be the charity partner for @4 Networking's March event at Leigh Court. The 'pamper hamper' raffle raised **£280**.

In March, our team of 9 **Bath Half Marathon** runners raised an amazing **£5,322.75!**

"Thank you for all your support over the last few months!...I felt very proud to run for team SARSAS as it means so much to both myself and my family" - **Jess, Bath Half Runner**

"What a great day it was! Thank you so much for the support!" - **Joe, Bath Half Runner**



In March, our first ever online Silent Auction was supported by donations from 55 businesses, with **£2,801** raised through bids.

“

I'm so pleased I was able to support the auction and I am very grateful for the prize.

Silent Auction Bidder

”

Creating change

Our vision is a world without sexual violence. This year, we've continued to challenge harmful attitudes, raise awareness, and push for a society where sexual violence is never tolerated.

We were excited to refresh and launch **PAUSE PLAY STOP**; our online consent tool and series of animations designed to start conversations about consent in a clear, engaging way to help young people feel better prepared and more in control if they're thinking about having sex. The resource is free to use and a part of the training sessions that we deliver in our local schools and colleges. Find out more at pauseplaystop.org.uk.

We were proud to collaborate on the **'We're Here' campaign - a Bristol-wide initiative** led by the Office of the Police and Crime Commissioner, local universities, sexual violence support services, to let survivors know that local support is available and accessible. The campaign featured posters, social media content, and public engagement to amplify the message that survivors are not alone.

During the global **16 Days of Activism Against Gender-Based Violence**, we led a joint campaign promoting organisations working to end violence against women and stood in solidarity with others at the **vigil for violence against women and girls**, organised by SafeLink in Bristol, creating a powerful space for reflection, resistance, and collective action.



#16Days



#WeAreHere



#IGetConsent

Creating community

Building strong connections within our communities is a **vital part of our outreach work**. We know that lasting change happens when people feel seen, heard, and supported in the places they live. Over the past year, our team has worked hard to build trust and raise awareness in spaces where conversations about sexual violence don't always happen.

We've partnered with **grassroots organisations, specialist services, and local events** to share information about sexual violence, challenge stigma, and make support more accessible.

By meeting people where they are; whether that's in community centres, schools, or festivals, we're breaking down the barriers that often prevent people from accessing support. This year, we've taken part in major community events, including, **Pride, Glastonbury, and Boardmasters Festival**, where we offered resources, conversations, and a supportive presence for festival-goers.

Our goal is to ensure that anyone affected by sexual violence knows they are not alone, and that support is available.

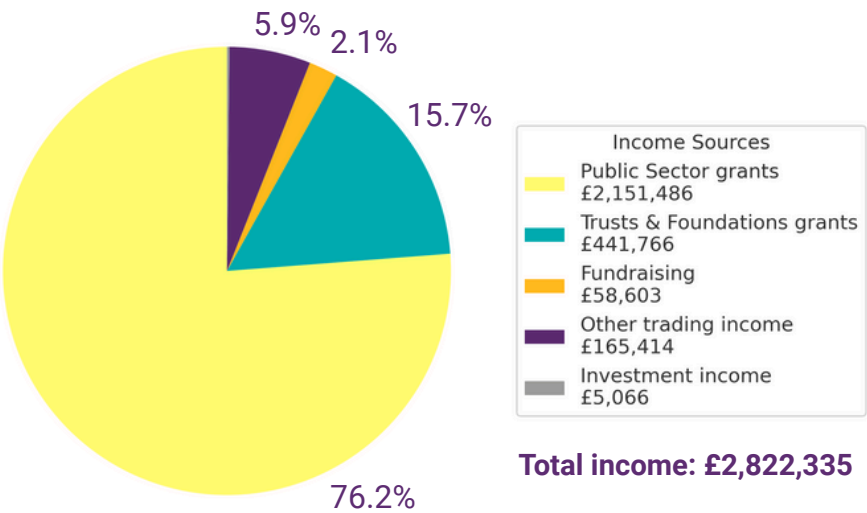
Out in the community...



Financial overview

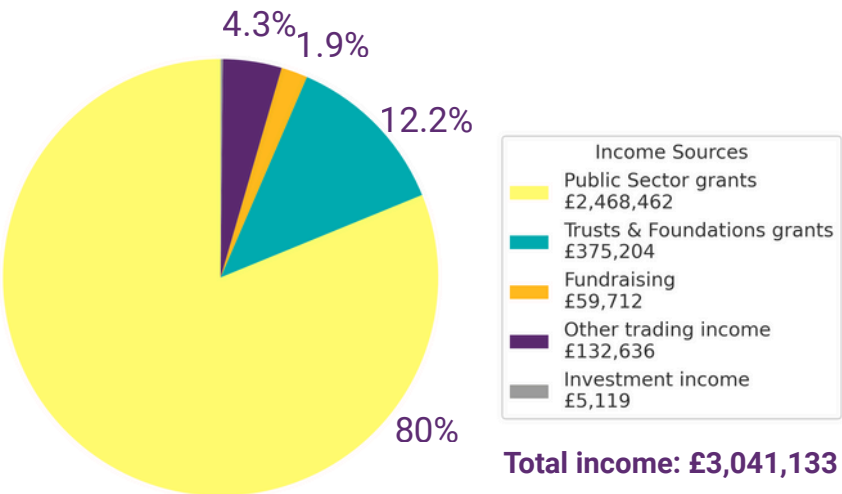
Income

FY 2024 - 2025



Total income: £2,822,335

FY 2023 - 2024

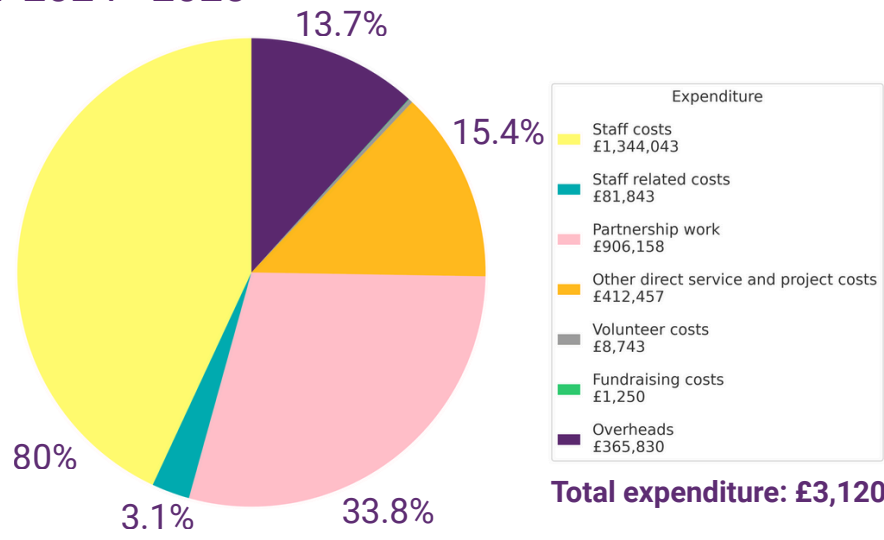


Total income: £3,041,133

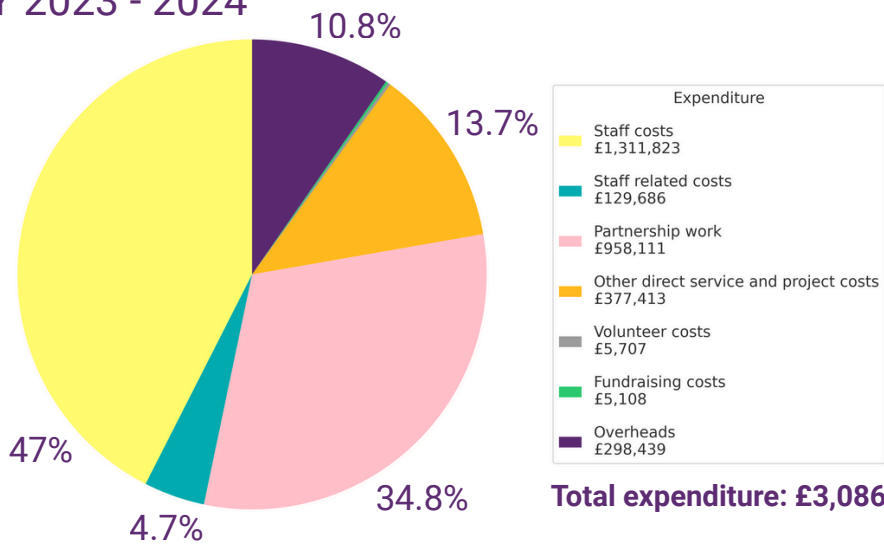
Financial overview

Expenditure

FY 2024 - 2025



FY 2023 - 2024



Thank you

We want to say a huge thank you to everyone who has stood with us this year. Every conversation, every donation, every hour of time given helps us move closer to a **world without sexual violence**.

Your support has helped us launch innovative tools like PAUSE PLAY STOP, expand community outreach, and provide life-changing services to survivors across Avon and Somerset. From the voices amplified through UpFront Survivors and the Sibling Sexual Abuse Project, to the people who reached out to our helpline for the very first time, you've helped create real change.

To **our incredible staff and volunteers**: thank you for showing up with compassion, care, and commitment every single day. Your work changes lives, and your dedication is the heart of SARSAS.

We're proud to work in partnership with **local authorities, health services, and community organisations**, and we're deeply grateful for the statutory and trust funding that makes our work possible. In a challenging landscape, your belief in what we do keeps us going.

Together, we're working towards a world where **everyone can live a life free from abuse**; building stronger communities where survivors feel seen, heard, and supported.

We couldn't do it without you. Thank you for being with us every step of the way.

SARSAS

*Listen.
Believe.
Support.*

We're grateful to receive statutory funding 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*

Somerset Integrated Care Board

**The Home Office
The Ministry of Justice
Somerset Community Foundation**

After I speak to SARSAS, I always come off the phone feeling a lot more hopeful. The very first time I called the helpline I hoped that it would help, that it would be a step forward. It turned out to be a leap forward. Thank you SARSAS for being there, I don't know what I'd do without you"