

Community Chest Application Summary 2016/2017

Local Authority	St Edmundsbury Borough Council
Organisation	Suffolk Rape Crisis
Amount Requested	<i>Yr1 - £31,000 / Yr2 - £31,000 £62,000 over two years</i>
Total Project Cost	£71,360.79
Match Funding	In-kind overhead costs
Partnerships	West Suffolk Domestic Abuse Forum, Ferns Sexual assault Referral Centre, Suffolk Constabulary
West Suffolk Bid?	Yes

Key Points

- Suffolk Rape Crisis is an independent charity member of Rape Crisis (England and Wales), the national umbrella organisation for a network of specialised support centres for women and girls across the country.
- Independent of government, the NHS, the Police and local authorities, their purpose is to respond to sexual violence against women and girls by offering them high-quality and specialised support after the trauma of any form of sexual violence or abuse, recent or historic.
- Suffolk Rape Crisis are seeking funds to continue and expand the provision of specialist counselling services for survivors of rape and sexual abuse in Bury St Edmundsbury and for the establishment of therapeutic group work serving the town and surrounding areas.
- They are the only organisation to provide expert, professional specialist sexual violence counselling in Suffolk, which is free at source to the service user.

**St Edmundsbury Borough Council
Community Chest Grant Application Form
Part A**



Community Chest funding supports voluntary and community groups who make a contribution to improving the quality of life for people in West Suffolk. The information you provide will help us consider your application. If you have any questions, please give us a call on 01638 719763. Before completing this form, we ask you to please read the guidelines, which are available on:

<http://www.westsuffolk.gov.uk/community/community-grants.cfm>

Please return your completed, signed form and supplementary documents to:
richard.baldwin@westsuffolk.gov.uk

1. Name of your organisation(s):

2. Organisation address details

Address Ln1	13-15 Tower Street		
Address Ln2			
Address Ln3			
City/Town	Ipswich	Postcode	IP1 3BE
Main phone	01473 231200	E-mail	admin@suffolkrapecrisis.org.uk
Website	www.suffolkrapecrisis.org.uk		

Main Contact Person		Second Contact Person	
Title	Ms	Title	Ms
Forename	Polly	Forename	Selina
Surname	Kane	Surname	Wagstaff
Role	Project Coordinator	Role	Trustee
Daytime Tel No.	01473 231200	Daytime Tel No.	██████████
Mobile No.	██████████	Mobile No.	██████████
Email	projectcoordinator@suffolkrapecrisis.org.uk	Email	██████████
Address Details (if different from Org address)		Address Details (if different from Org address)	
Ln1	As Organisation	Ln1	As Organisation
Ln2		Ln2	
Town		Town	
Post Code		Post Code	

About your organisation

3. What local authority area(s) does your organisation work in?

We serve women and girls from across Suffolk – currently providing services in Ipswich, Lowestoft and Bury St Edmunds

*Community Chest funding is offered by both Forest Heath and St Edmundsbury councils. As the decision making process is different any projects applying for funding across West Suffolk, must apply separately.

4. What is the status of your organisation?

Registered charity	✓	Charity number: 1137355
Applying for charitable status		
Company limited by guarantee		Company number:
Community Interest Company		
Part of a larger regional or national charity (Please state which one)		
Constituted Community Group		
Social Enterprise		
Other (Please specify)		

5. How many people are involved in your organisation?

Management committee	7	Service users	370
Full Time staff / workers	5	Volunteers and helpers (non-management)*	6
Part Time staff / workers	0	*existing- recruitment currently under way	

6. What is the purpose of your organisation? Please briefly describe why your organisation was set up, its aims and objectives and who primarily benefits from your organisation.

Established in 2010 to meet the pressing need within Suffolk due to the lack of any form of specialist provision for female survivors of rape or sexual abuse, Suffolk Rape Crisis is an independent charity member of Rape Crisis (England and Wales), the national umbrella organisation for a network of specialised support centres for women and girls across the country.

Independent of government, the NHS, the police and local authorities, our purpose is to respond to sexual violence against women and girls by offering them high-quality and specialised support after the trauma of any form of sexual violence or abuse, recent or historic, believing each woman and girl who comes to us and staying alongside them as they put their lives back together.

The charity's objects are:

- a) To relieve the sickness and distress of women and girls who have suffered any form of sexual violence
- b) To promote education and research in the subject of rape and its effects on the victim, whether physical, medical, psychological, or social and to train women as counsellors so as to be able to cope with the problems of rape victims by the provision of medical, legal, and emotional counselling

Our Aims:

Suffolk Rape Crisis (SRC) is a feminist organisation run by women for women, which aims to:

- Support women survivors of rape or sexual abuse to gain and maintain control over their lives
- Raise awareness about all forms of sexual abuse committed against women and girls, regardless of their background or circumstances
- Provide information, guidance, training, and expertise within the community
- Contribute to policy initiatives and strategies aimed at improving the service provision for women survivors
- Actively challenge the values, beliefs and behaviours which contribute to women's oppression
- Work in partnership with local service providers and communities to promote the values of SRC

The primary beneficiaries of our organisation are:

- Women and girls aged 14 and over who survivors of recent or historic rape, sexual violence and/or abuse

Secondary beneficiaries include:

- Volunteers
- Professionals, community groups and schools
- Statutory agencies including local authorities, health and criminal justice

7. What was your organisation's total income for last financial year?
8. What was your organisation's total expenditure for last financial year?
9. Does your organisation have more than six months running costs? No
10. What are your organisation's current unrestricted reserves or savings?
11. West Suffolk prioritises building resilient families and communities that are healthy and active. Please indicate which of the following areas your project contributes towards:

✓	A thriving voluntary sector and active communities who take the initiative to help the most vulnerable.
	People playing a greater role in determining the future of their communities.
✓	Improved wellbeing, physical and mental health.
	Accessible countryside and green spaces.

About your project – why are you applying for this funding?

12. What do you want the funding for? Please be specific. Please note that 'project' is meant to describe the project for which you are seeking funding, and not your organisation.

We are applying for funding to continue and expand the provision of specialist counselling services for survivors of rape and sexual abuse in Bury St Edmunds and for the establishment of therapeutic group work serving the town of Bury St Edmunds and surrounding areas.

We wish to request funding to enable us to deliver 15 sessions of counselling in Bury St Edmunds each week for two years, and to provide three eight week post-therapy group programmes in the town per year over two years.

Suffolk Rape Crisis has been providing specialist counselling to survivors since 2013. In response to a growing number of referrals for this service from the St Edmundsbury area, we opened our outreach provision there in early 2014. We are the only organisation to provide expert, professional specialist sexual violence counselling in Suffolk, which is free at source to the service user. We are also the only organisation to offer up to six month's counselling in response to national and international research findings and best practice guidance which state that a longer support intervention produces better and longer lasting outcomes to aid a survivor in her recovery. We are also the only organisation to provide Pre-

Trial Therapy, which enables women and girls to receive support while they are part of a case proceeding through the criminal justice system.

Our counselling service delivers face-to-face support to women/girls in regular, weekly, one hour sessions for up to 25 weeks, enabling survivors of sexual violence to fully explore and address the cause(s) of their often very destructive and damaging mental health problems. We help each service user to put in place coping mechanisms and approaches which build on their strengths and assets to prevent future crises and enable huge improvements in their wellbeing and functionality which extend beyond the individual to her wider family and community relationships.

In accordance with our service users' needs and wishes, we also wish to establish a post-therapy support group in Bury St Edmunds. We are currently piloting a group in Ipswich which is going very well. This group enables women and girls who have ended their engagement with the Counselling service to continue to receive professional and peer support on a regular basis to build supportive connections in their community and strengthen their resilience and healing.

We use only fully qualified (to at least Diploma level, preferably Degree), accredited, registered and insured paid sessional counsellors, with at least 400 hours post-qualifying experience in sexual violence or a related discipline (i.e. trauma or abuse). Our Counsellors have impressive relevant qualifications and experience including working at CARA (Centre for Action on Rape and Abuse), BSc (Hons) and Diplomas in Integrative Counselling and Person Centred Counselling, Psychology BSc and a wide range of professional training courses. All staff and volunteers also undergo OCN accredited specialist training as part of their induction and have full DBS checks, alongside regular clinical and line management supervision.

SRC are organisational members of BACP (British Association for Counselling & Psychotherapy), demonstrating that we adhere to the Ethical Framework for Good Practice in counselling and psychotherapy. In July this year we also achieved 100% verified compliance with the Rape Crisis National Standards, a set of 79 measures mapped against criteria including the Supporting People QAF, BACP, PQASSO, NASASV and CASA.

13. How has the project been developed out of the community's desire to improve the lives of local people? What evidence do you have that there is a need for this project? Please include sources of evidence, including any public/user/community consultation.

Due to the extremely confidential nature of our work, we cannot disclose any details of the individuals who we assist, and many of the women and girls coming to us have not told anyone, even their nearest and dearest, what has happened to them. We are often the first people they have disclosed rape or sexual abuse to, and the only source of help for them to regain control and become empowered within their own lives, more healthy, resilient and with improved relationships within their family and wider community.

Suffolk Rape Crisis has received support from the local community in both setting up and delivering services in St Edmundsbury. This has included support from the wider community through local grant-making bodies including the Police & Crime Commissioner and the Suffolk Community Foundation, and community fundraising efforts including recent events at the SO Bar and Oakes Barn which between them raised nearly £600 to support our work in Bury St Edmunds. We are also pro-active members of the West Suffolk Domestic Abuse Forum and are taking part in the Coercive Control Conference at The Apex in October 2015, by invitation.

Originally delivering two sessions per week in Bury St Edmunds, we now provide nine regular sessions each week. This significant expansion has, however, not been enough to keep up with the exponentially increasing demand for the service, with the waiting list to receive counselling in the Bury St Edmunds area currently standing at 14, equating to a 6-9 month wait for this vital enabling support at a crucial time when a survivor has made the hugely brave step of coming forward. This funding will enable us to address our ever-growing waiting list and also publicise the service more widely (for example putting our information in the women's toilets of pubs and clubs in the St Edmundsbury district), something we are not able to do at present because we do not have a capacity to respond to the increased demand this would stimulate.

The need for specialist, high quality therapeutic services for victims of sexual violence across Suffolk is pressing and growing rapidly. Between March 2014 and February 2015, there were 8,477 violent and/or sexual offences reported within Suffolk. In 2014, there were 869 serious sexual offences and 306 'other' sexual offences reported. During 2014/15, 46 rapes and 34 sexual assaults were reported in the St Edmundsbury district, a year-on-year increase of over 70% from 47 total reported offences in 2013/14. (source: UKCrimeStats.com/Suffolk Constabulary)

In January 2013, the Ministry of Justice (MoJ), Office for National Statistics (ONS) and Home Office released its first ever joint Official Statistics bulletin on sexual violence, entitled An Overview of Sexual Offending in England and Wales. It reported that 28% of women who are victims of the most serious sexual offences never tell anyone about it. Our experience within the Rape Crisis movement shows that only around 15% of women and girls who experience sexual violence report to the Police. That equates to 533 rapes and sexual assaults taking place in St Edmundsbury each year as an extrapolated estimate from the above reported offences figures.

There was a 61% rise in police recorded sexual offences in Suffolk between 2013/14 and 2014/15, the ninth biggest increase out of the 43 forces in England and Wales and following a mere 3% rise the previous year. (source: ONS)

The 'Understanding domestic abuse in Suffolk' report commissioned by the Suffolk PCC and published in 2015, found that sexual abuse was common and was disclosed by nearly half the participants. Almost a third of the participants had been raped. The report concluded that given the prevalence of sexual abuse in domestic violence/abuse cases, and the long-term consequences and impact this can have on survivors, the failure to provide an adequately funded and geographically distributed support infrastructure in Suffolk around this raises real causes for concern.

Many women and girls will sadly never tell anyone what has happened to them. But, for those who do receive counselling the outcomes are significant. Feedback received about our Counselling service has shown that:

- 96% stated the service met/exceeded their needs
- 100% stated their counsellor was knowledgeable, understanding and approachable and that their sessions were safe and confidential

The feelings/issues our service users stated as having experienced prior to counselling are:

- Low self esteem 84% of respondees
- Flashbacks 80%
- No self confidence / Depressed 68%
- Isolated 60%
- Unable to have good relationships 52%
- Never spoken about this before 44%
- Eating problems / Unable to work 36%
- Suicidal / Drinking too much 28%
- Other 4%

The feelings/changes in issues once they had finished counselling were:

- Able to make a decision about the future - 76% of respondees
- More in control 72%
- More able to cope 68%
- More self confident 60%
- A lot better 56%
- Like myself more 52%
- More informed 48%
- Able to work 32%
- Self harming/drinking less 16%

Additional feedback included:

"I am so grateful to have been able to access your service - it has been invaluable in my recovery."

"I got more out of the Rape Crisis Centre than I could ever have imagined, I am now so very much proud of myself and content with my life"

"The counselling service was a major help for me."

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

Service User Focus Groups held in Ipswich and Bury St Edmunds in September 2015 also stated that post-therapy support and not having to wait to receive counselling were top priorities for them, having experienced the service first hand.

14. How will the project help local people to support one another?

The development of regular, professionally facilitated therapeutic group work will enable survivors in the Bury St Edmunds area to come together to both receive support and support each other. This will, for some, be the first time they have disclosed that they are survivors to anyone in the community, and the group will operate under strict confidentiality to protect the safety and wellbeing on the participants.

Although the face-to-face Counselling service itself, by its very nature, is totally confidential, the positive effects of counselling on an individual are wide-reaching. Counselling can prevent or decrease mental health problems by addressing the cause(s) of emerging or longstanding problems, improve family and wider relationships and increase functionality (e.g. ability to work), therefore improving community resilience and cohesion. There is also the possibility of service users becoming volunteers either with us or other organisations – a high proportion of former service users attending our Focus Groups expressed a desire to 'give something back'.

15. Are you working with any other organisations on this project? Yes

If yes, please state the names of these groups and the nature of the relationship.

Although we will be the sole delivery organisation for this project, we work closely with a range of partners to identify and meet the needs of survivors in West Suffolk.

As mentioned above, we are members of the West Suffolk Domestic Abuse Forum, a multi-agency group which shares information and best practice, cross-refers and identifies emerging trends, enabling us to inform and influence key decision-makers in the area and wider afield.

We work closely with the Ferns, the Sexual Assault Referral Centre for Suffolk, from whom we receive the majority of our agency referrals for counselling support.

We also work with Suffolk Constabulary, specifically the specialist Gemini teams. We are currently working with them to develop a coordinated approach to notifying and information sharing for service users receiving Pre-Trial Therapy.

We are currently seeking funding from the Big Lottery to deliver a multi-agency training programme to enable professionals to work sensitively and effectively with survivors, in partnership with Suffolk Refugee Support, Survivors in Transition and Suffolk Mind. We have also started discussions around potential joint working with Fresh Start – New Beginnings.

As members of Rape Crisis England and Wales we receive and share information, good practice, expertise and opportunities on a regular basis, as well as receiving guidance and support around maintaining our services against the robust and comprehensive service and management quality criteria of the National Standards.

16. When will the project start?

1 April 2016

17. When will the project finish?
or is the project ongoing?

31 March 2018 in the first instance

If this is an ongoing project, how will it be funded and continue going when the funding ends?

We anticipate that the project will be ongoing and a comprehensive Fundraising Strategy is included in our 2015-18 Business Plan, which is due to be finalised in Early October 2015. This strategy sets out our plans to secure both continuation

and expansion funding from both statutory sources and grant-giving trusts.

The expansion of our services in Bury St Edmunds will provide not only vital services directly to survivors of rape and sexual abuse, but also valuable evidence regarding the needs and benefits of the service to help secure future funding.

18. Which years funding are you applying for?

2016-17 and 2017-18

19. How many people do you expect to benefit directly from the project on either a weekly, monthly or annual basis?

Minimum 50 Annually

20. What results (including targets/numbers) do you expect to see as a result of the funding and how do these relate to the Community Chest funding criteria?

Please find below a summary of the anticipated outputs, outcomes and impact we would expect to see as a result of this funding over the one year grant period.

Outputs

- Counselling sessions delivered directly in Bury St Edmunds – 720 (15 p.w. over 48 weeks to allow for holidays) per year – 1440 total
- Percentage of women/girls proceeding from Initial Assessment Meeting to receiving regular counselling – 85%
- Percentage of women/girls completing their counselling programme (25 sessions) – 90%
- Number of women/girls directly benefiting from counselling – 38 per year – 76 total
- Post-therapy Group Work undertaken – 3 x 8 week programmes involving at least 4 women per group – 12 per year - 24 total
- Number of Service User Focus groups held – 2 per year – 4 total (held jointly with Forest Heath)

Outcomes

These outcomes are 100% service user led and reflect the feedback regarding personal 'distance travelled' and service quality provided at the end of their engagement with the counselling service. Percentages are based on feedback received to date.

- At least 75% of service users will state that they are more able to make decisions about the future following their counselling
- At least 70% of service users will state that they feel more in control following their counselling
- At least 65% of service users will state that they feel more able to cope following their counselling
- At least 55% of service users will state that they feel more confident following their counselling
- At least 50% of service users will state that they feel 'a lot better' following their counselling
- At least 50% of service users will state that they feel they are less isolated within their local community
- At least 45% of service users will state that they feel more informed following their counselling
- At least 30% of service users will state that they are able to work following their counselling
- At least 15% of service users will state that they are drinking and/or self harming less following their counselling
- At least 15% of service users will state that they have experienced another positive outcome following their counselling (e.g. improved self image and identity)
- At least 95% of service users will state that the counselling service met or exceeded their needs
- At least 95% of service users will state that they were able to talk freely about how they felt
- At least 95% of service users will state that they felt their counsellor was knowledgeable
- At least 95% of service users will state that their counselling sessions felt safe and confidential
- At least 95% of service users will state that they felt their counsellor was knowledgeable

Please note – we are currently undertaking a review of our service user

evaluation feedback methodology so the above outcome categories could change slightly. They will, however, become more robust, including a measure around the potential for service users to become volunteers in either our or other community-based services.

Impact

As part of our service user evaluation review, and following on from feedback received in recent Service User Forums, we will be introducing a follow-up call (where safe and appropriate to do so) to all women and girls who have completed their counselling programme with us.

Although yet to be finalised, it is anticipated that this call will take place six months after their engagement has ended and will seek to measure the medium-term impact of the service on their wellbeing, functionality and family and community relationships. It is envisaged that the call will cover areas similar to those covered in the initial end-of-engagement feedback so that short and longer term impact can be compared. We expect to have this in place by early 2016.

If, as funders, you would like to see any additional outcomes measured that are relevant to the service we would be happy to consider and potentially include these as part of our outcomes measurement review.

Contribution to Strategic Objectives

The project will directly contribute to the aims and objectives of West Suffolk's strategies in the following ways:

Families & Communities Strategy:

- By empowering individuals to gain and maintain control over their lives
- By reducing the dependency on crisis services (e.g. short term mental health interventions)
- By reducing health inequalities
- By providing a community-based solution within the locality
- By delivering a model of support that is based on exploring people's strengths and assets and building on these
- By preventing, or greatly lessening the negative impact of emerging and manifesting problems by addressing the cause, rather than the symptoms
- By reducing isolation and mental health problems
- By positively impacting on relationships with families, children and the wider community
- By reducing the impact of crime
- By promoting self-reliance and improving resilience
- By working in partnership with other community-based statutory and voluntary organisations to provide a holistic approach
- By directly providing support around specific life events

Strategic Plan Priorities:

- By contributing towards providing a thriving voluntary sector and active communities who take the initiative to help the most vulnerable
- By directly improving wellbeing, physical and mental health

Equality Scheme:

- By contributing to West Suffolk's duty and commitment to eliminate unlawful discrimination, harassment and victimisation, advancement of equality of opportunity and the fostering of good relationships under the Equality Act 2010
- Supporting impact screening and assessment
- Involving and consulting with underrepresented groups (e.g. women, LGBT people)

21. What is the total cost of the project? £ 71.360.79

Please provide a full breakdown of the total cost of this project, including VAT if applicable along with any in-kind contributions such as volunteer hours

Item or activity	Cost (£)
Counselling Sessions – direct costs (all below costs are per session x 1440 for the two year grant period):	
Sessional Counsellor Fees - £25.00	£36,000.00
Clinical Supervision - £3.00	£4,320.00
Service User Accessibility Fund (transport & parking) - £1.00	£1,440.00
Counsellor expenses - £1.25	£1,800.00
Outreach Venue Hire - £5.00 (current cost of BSE venue p.h.)	£7,200.00
Counsellor fees for attending Team Meetings - £1.50	£2,160.00
Training - £0.25	£360.00
Resources & professional subscriptions - £0.33	£475.20
Service User Crisis Fund - £0.21	£302.40
Contribution to overheads – incl. insurance, printing, telecoms, CMS database, IT, accounting, legal fees - £3.76	£5,405.76
Post-Therapy Group Work – direct costs (all below costs are per 8 week programme x 6 for the two year grant period)	
Venue Hire - £80.00 (2 hrs per week)	
Sessional Counsellor fees - £400	£480.00
Service User Accessibility Fund - £16.00	£2,400.00
Refreshments - £80.00	£96.00
	£480.00
Total	<u>£62,919.36</u>
Additional Costs associated	
Counselling Coordinator salary/on costs - £33,622 p.a. / 7 districts	£9,606.28
Contribution to core costs and Corporate Support	£18,596.00
Total cost of items listed above:	£91,094.64

22. How much funding are you applying to us for?

£62,000.00
(£31,000.00 per year)

23. What funds have you raised so far for this project?

Source	Amount (£)
<p>Our grant request does not include overheads such as central office accommodation, service charges, rates, office equipment, governance costs and contribution to salaries of corporate support staff (Project Coordinator, Finance & Administration Co-ordinator). We have not included these core running costs in our grant request in accordance with grant guidelines, and will be seeking funding elsewhere for these.</p> <p>We have secured funding only to run the substantive aspects of our county-wide Counselling service (including continuing existing provision serving St Edmundsbury) until March 2016, with the exception of £5,000 p.a. towards counselling session in Lowestoft, funded by Lloyds Bank Foundation until April 2017 and £2,000 from the Martineau Fund to provide counselling sessions in Ipswich, which runs until July 2016.</p> <p>We have applied for funding for the line management, development and quality assurance of the Counselling service (included as a 1/7 cost above) by the post of Counselling Coordinator from the Safer Suffolk Fund and will be applying for specific grant funding elsewhere for the cost balance of this post. It has therefore not been included in our grant request.</p> <p>We will cover the £919.36 direct delivery costs of the project not included in our grant request from our own unrestricted funds.</p> <p>West Suffolk Community Chest support is not only a vital part of our fundraising plan income-wise, but is also the first opportunity to secure continuation and expansion funding for our services post-early 2016. This vital support will therefore not only provide crucial services, but also set a clear message and example of support to other potential funders, including District and Borough authorities across Suffolk.</p>	
Total fundraising:	

24. What other funders have you applied to for further funding for the project?

Funder	Amount (£)	Timescale for decision
<p>We plan to/ are in the process of approaching each local authority to support direct service provision in their local area as funding opportunities arise. These include:</p> <ul style="list-style-type: none"> ○ Mid Suffolk District Council – Discretionary Fund ○ Forest Heath District Council – Community Chest ○ Babergh District Council – Discretionary and Community Project Grants ○ Suffolk Coastal District Council – Revenue Grants ○ Ipswich Borough Council – Community Cash Grants <p>We are/will also be approaching local and national grant-giving organisations for support with our helpline, core and corporate support costs. These include:</p> <ul style="list-style-type: none"> ○ Suffolk Community Foundation ○ Geoffrey Watling Charity ○ John Gilpin Trust ○ Mrs Smith & Mount Trust ○ Genesis Community Foundation ○ Dulverton Trust Fund ○ Oak Trust ○ Henry Smith Charity ○ Esmee Fairbairn Foundation ○ Garfield Weston Foundation ○ People’s Postcode Trust ○ The Rayne Foundation ○ Santander Foundation ○ The Big Lottery (Reaching Communities) <p>Our fundraising strategy is clearly set out in our 2015-18 Business Plan and we will be prioritising these actions over the coming months.</p>		<p>Individually dependent on deadlines and panel dates</p>
Total:		

25. What other grants and contracts has your organisation received over the past year from either Forest Heath District Council or St Edmundsbury Borough Council?

Funder	Amount (£)	Reason for funding
According to our records, we have never received any grants or contracts from either Forest Heath District Council or St Edmundsbury Borough Council		
Total:	0.00	