

Paper No: **GWP/SE/16/001**

Following SRC's application to the SEBC Community Chest, we would be very grateful if a revised bid could be considered.

The original bid included work for one-to-one counselling, post-therapy group work and additional associated costs. SRC would like to prioritise the one-to-one counselling in this funding bid as it is most urgently needed for the following reasons:

- SRC has a waiting list of over six months for one-to-one counselling in St Edmundsbury
- Once women and girls have had the courage to come forward for support, waiting can contribute to spiralling mental health issues including depression, anxiety, post-traumatic stress and sleeping disorders
- Without timely support victims of sexual violence can engage in unhealthy coping mechanisms to try and regain some control over their lives such as alcohol and/or substance misuse, self-harm, developing eating disorders
- Presenting problems inevitably have a wider impact on victim's family, friends and relationships
- SRC are specialists in long-term counselling for individuals that have experienced sexual violence with a proven track record and we adhere to the British Association of Counselling and Psychotherapy Standards and Rape Crisis England and Wales National Service Standards

SRC would like to apply for £9,600 over two years (£4,800 per year). The costs are broken down as follows:

Item or Activity	Cost (£)
Sessional Counsellor Fees	£25 per hour
Element of Clinical Supervision (essential for all registered professionals to ensure best practice to clients, diagnostic work, manage professional demand, manage the personal and emotional impact of their work)	£3.00
Counsellor Expenses (including essential travel and to Ipswich to team meetings)	£2.25
Element towards CPD (training)	£0.25
Cost of Premises Hire in Bury St Edmunds	£5 per hour
Towards Service User Accessibility and Crisis Fund (to reimburse clients where possible when cost for travel is prohibitive)	£2.25
Element towards professional counsellor subscriptions	£0.25
Towards necessary overheads telecoms contacting clients by phone, text, printing, specialist domestic/sexual violence database	£2.00
Total costs per counselling session	£40.00
£40 x 120 counselling sessions year 1	£4,800
£40 x 120 counselling sessions year 2	£4,800
Total for delivering 240 counselling sessions over 2 years	£9,600

Although the one-to-one counselling service is being scaled down from the original bid, funding at this revised level would still have a significant impact for individuals in St Edmundsbury, enabling us to dramatically reduce the waiting list for our service. The funding would allow for 240 counselling sessions to be delivered in Bury St Edmunds over two years. (This equates to enabling between an additional 10 to 20 victims of sexual violence being able to receive counselling. The majority of our service users require long-term support, we offer 1 session a week for up to 25 weeks, as they often present with very complex needs, for example dissociative identity disorder, post-traumatic stress disorder. However, we also support some individuals with less complex cases that benefit from between 6 to 12 counselling sessions. Therefore we would be supporting 10 additional survivors of sexual violence as a minimum, as this funding is likely to help more depending upon an individuals' need). We believe that victims of sexual violence should have access to counselling as a free service and receive the most professional support possible.

The background information, the benefits of our service and our contribution to your strategic objectives remain as set out in our original application.

The current funders for our organisation overall:

Ministry of Justice

Big Lottery Fund

Lloyds TSB

Martineau Fund

Charles Hayward Foundation

Number of small individual donations

Safer Suffolk Fund (administered through the Suffolk Community Foundation)

Lankelly Chase recently ended

Contributions to our frontline work in St Edmundsbury:

Safer Suffolk Fund

Ministry of Justice

Martineau Fund

Big Lottery Fund covers an element of the essential support staff work e.g. admin

If I can be of any further assistance or you have any questions, please do not hesitate to contact me. SRC would like to thank you very much for your consideration in supporting our vital work.

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