

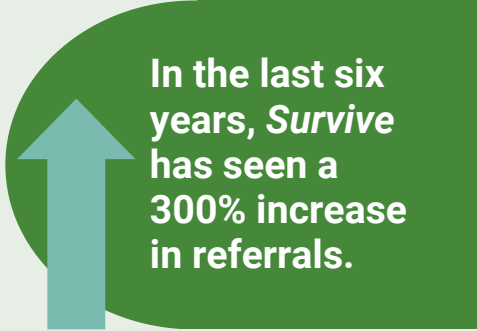


# SUPPORT FOR SURVIVORS OF RAPE AND SEXUAL ABUSE

## IMPACT REPORT 2023 - 2024

It has been another incredible year of growth at *Survive*.

We have helped more adult survivors of sexual violence and abuse in York and North Yorkshire and delivered more specialist services and trauma-specific interventions than ever before.

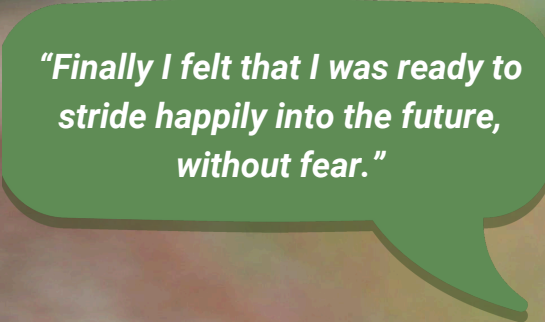


In the last six years, *Survive* has seen a 300% increase in referrals.

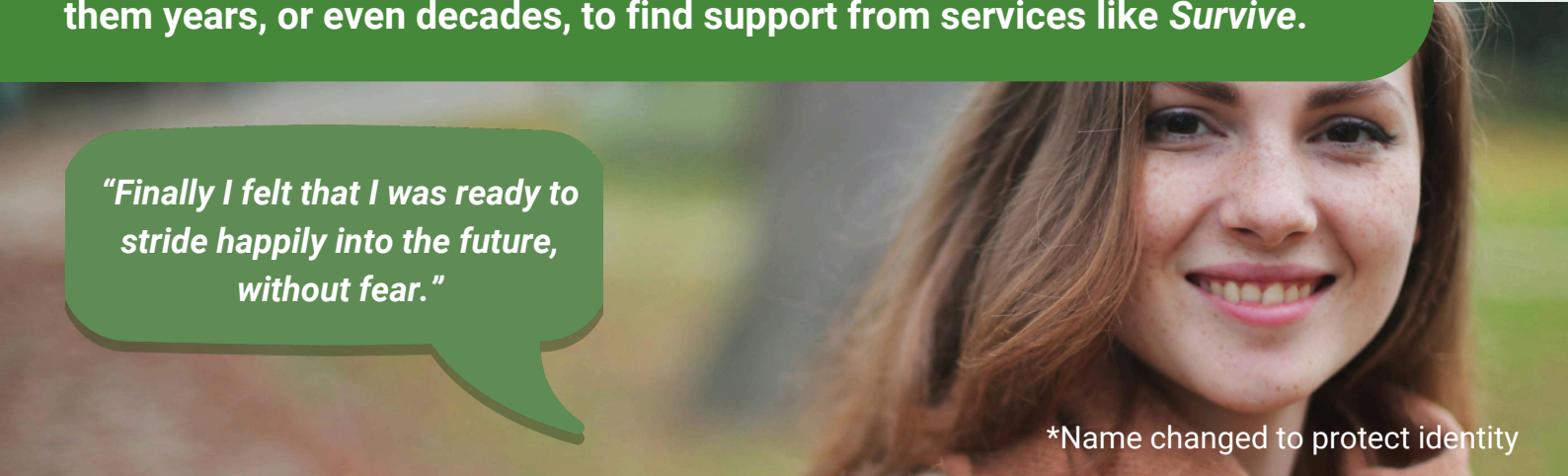
Sexual violence and abuse continue to be prevalent in our community. In 2023/24, there were 367 rapes and 574 serious sexual offences recorded by North Yorkshire Police - accounting for 16% of all serious violence in the county.

*Survive* wants a world without sexual violence and abuse. Until then, we will provide **safe spaces and kind, caring and compassionate services that help adult survivors heal, rebuild and thrive.**

**Most survivors do not report the crime to the police. And it can take them years, or even decades, to find support from services like *Survive*.**



*"Finally I felt that I was ready to stride happily into the future, without fear."*



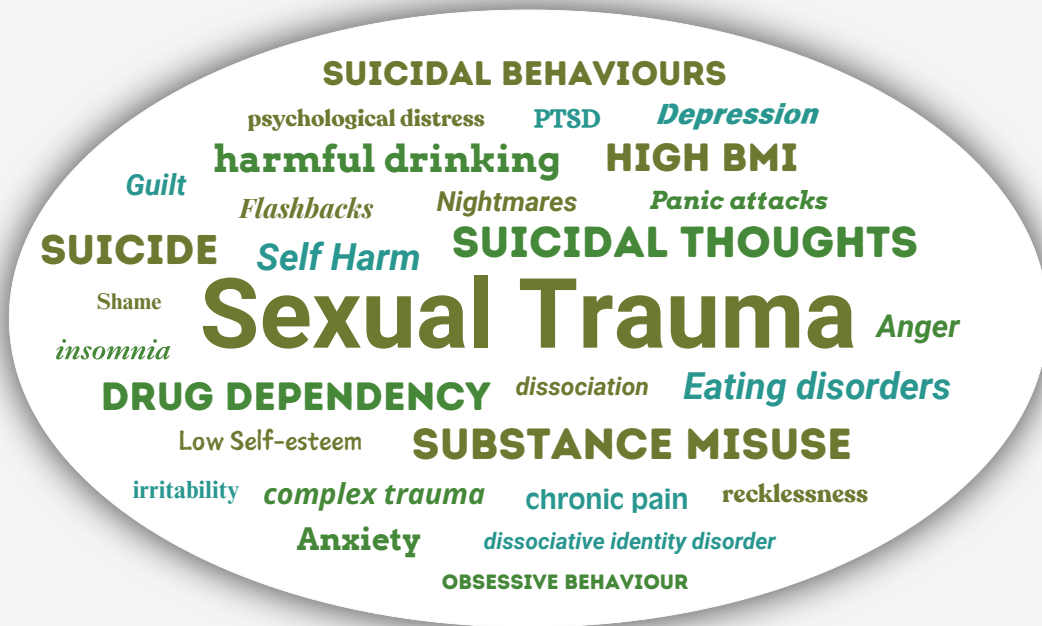
\*Name changed to protect identity

**Emma\***, a female survivor of sexual assault, was constantly on guard, terrified, paranoid, unable to sleep from nightmares, and tormented by flashbacks. The ripple effects of her PTSD spread far and wide, affecting her relationships.

She hated and blamed herself.

After trauma therapy and EMDR with *Survive*, she realised she was not at fault for what happened. *"The incident I used to remember as vividly as though it were yesterday now seems like a distant foggy memory from long ago."*

The impact of sexual violence and abuse is long-term and, for some, life-long.



We understand the trauma caused by sexual violence and abuse. **Our services are proven to significantly reduce PTSD symptoms and psychological distress** in a survivor population, improving their mental health and wellbeing, and ability to cope with everyday life. **Our services help survivors heal, rebuild, and thrive.**

**37.8% show clinical change after counselling.**  
**71.4% show clinical change after follow-on trauma therapy.**

Of survivors surveyed between 1st April 2023 and 31st March 2024:



felt able to cope with aspects of everyday life.



felt supported, listened to and understood



felt empowered, in control and able to make their own decisions.



were able to build a trusting relationship with *Survive*.



felt able to understand their thoughts and behaviours.



**But ONLY 53% felt 10 sessions of counselling was sufficient.**

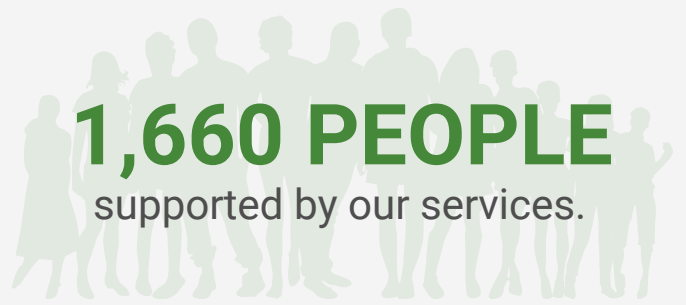
## Who the team worked with in 2023-2024

**975  
REFERRALS**



**1,660 PEOPLE**

supported by our services.



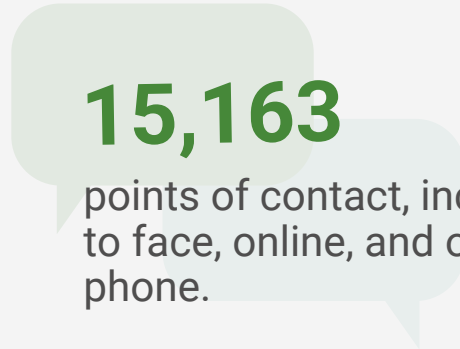
**4,421 HOURS**

of support work, counselling, trauma therapy and EMDR psychotherapy.



**15,163**

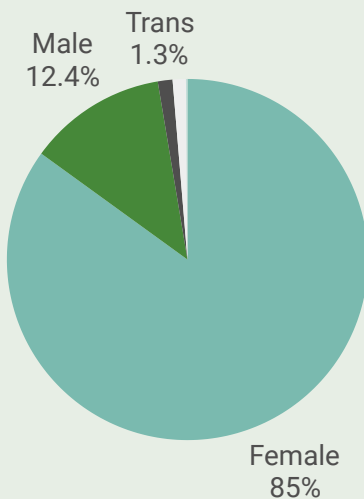
points of contact, including face to face, online, and over the phone.



All delivered by

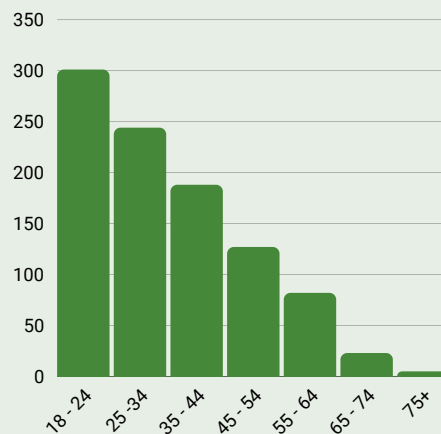
**15 full time equivalent staff**

### GENDER



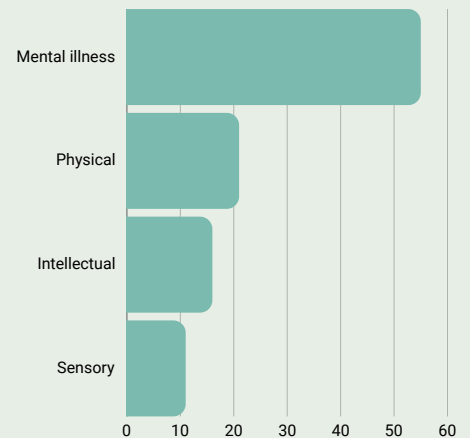
Of those who stated gender, 85% of our survivors are female, 12% male, and 2% trans or non-binary.

### AGE



31% were aged 18-24 years reflecting Crime Survey of England and Wales data - that this age group is at greater risk than other adult age groups.

### DISABILITY



Of those who stated a disability: 55% mental illness, 21% physical illness, 16% intellectual, 11% sensory. Some cited multiple disabilities.

## Achieved accreditation by The Survivors' Trust

Accreditation by the largest umbrella body for sexual violence agencies in the UK and Ireland means our services and interventions are trauma-informed, evidenced based and of high quality.

Survivors (and funders) can be assured that we have the skills and knowledge to help adult survivors safely address their trauma.



## Showed courageous advocacy

*Survive* ensured survivor voices were heard through us and where possible, from survivors themselves. Our CEO continued to sit on the local VAWG strategic board, the local VAWG professionals' sub-group and the local sexual violence steering group.

*Survive* campaigned alongside other specialist sexual violence agencies via the #ActonIICSA campaign, for the adoption of all 20 recommendations from the Independent Inquiry into Child Sexual Abuse published in October 2022.



## Launched patient-survivor pilot - interim results

*Survive* provided counselling to NHS patient-survivors. Nearly all (96%) had PTSD symptoms before counselling. We saw a statistically significant decrease in trauma scores after counselling.

Furthermore:

- 89% better able to manage mental health and wellbeing
- 89% better able to self-care
- 95% stopped or reduced use of NHS mental health services
- NHS-*Survive* pilot was better able to reach male survivors and middle aged survivors



## Launched student-survivor pilot

*Survive* provided fast-track access to counselling to student-survivors. We saw a statistically significant decrease in psychological distress.

Furthermore:

- 100% felt more positive about the future
- 83% better able to engage with academic work
- 78% said counselling helped them stay at university
- 95% stopped or reduced use of university counselling services

*"I really appreciated being fast tracked, I'm in my final year. Very grateful for this"*



**Vikki\***, a female survivor of child sexual abuse, felt un-lovable and unworthy. She felt angry, confused, and sad, and struggled to cope with these feelings.

Her mental health continued to spiral and she sought help from the NHS. Even though she found medication and NHS support helpful, she still felt like an inconvenience. At 33 years old, she began experiencing panic attacks and turned to *Survive*.

*“Survive provided me with a safe space to re-connect with the little girl who was within me, but who had been hidden deep within for self-protection.*

*My past will always be a part of my story, and that is ok but what it won't be, is my future.*

***I am safe, I am alive and with Survive's support, I am ready to thrive.”***



**Darren\***, a male survivor of child sexual abuse, reached 40 years old and found himself unable to cope. He struggled with extreme flashbacks and trauma symptoms, which made getting out of bed and leaving the house difficult.

Darren turned to *Survive*, and after a period of stabilisation work, completed EMDR sessions.

*“Three months after the Survive counselling had finished, we moved to a new house and joined some social groups in the area.*

*I sent a picture from our latest holiday to Survive – complete with huge smiles and the simple message “**I wouldn't be here without you.**”*

\*Names changed to protect identities.

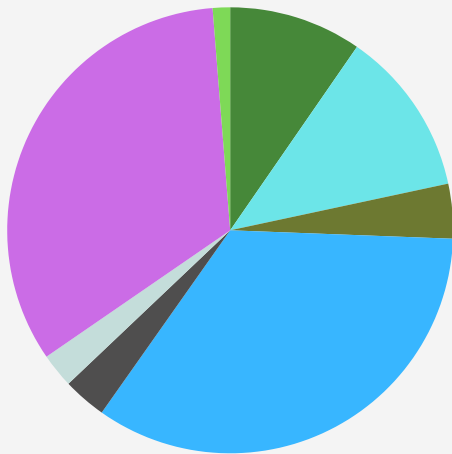


***Towards the end of the work, there were no more flashbacks or trauma symptoms.***

# Our money in 2023-24

## Income 2023-24

£631,419 income in 2023-24.



- Unrestricted (donations and grants) (9.6%)
- National Lottery Community Fund (12%)
- Lloyds Bank Foundation (4%)
- Ministry of Justice (34.2%)
- NHS (3.1%)
- University Student Project (2.5%)
- Office of Policing, Fire, Crime and Commissioning (33.3%)
- Purey Cust Trust (1.3%)

Survive aims to hold free reserves equivalent to approximately six months budget-level expenditure of unrestricted funds.

## Expenditure 2023-24

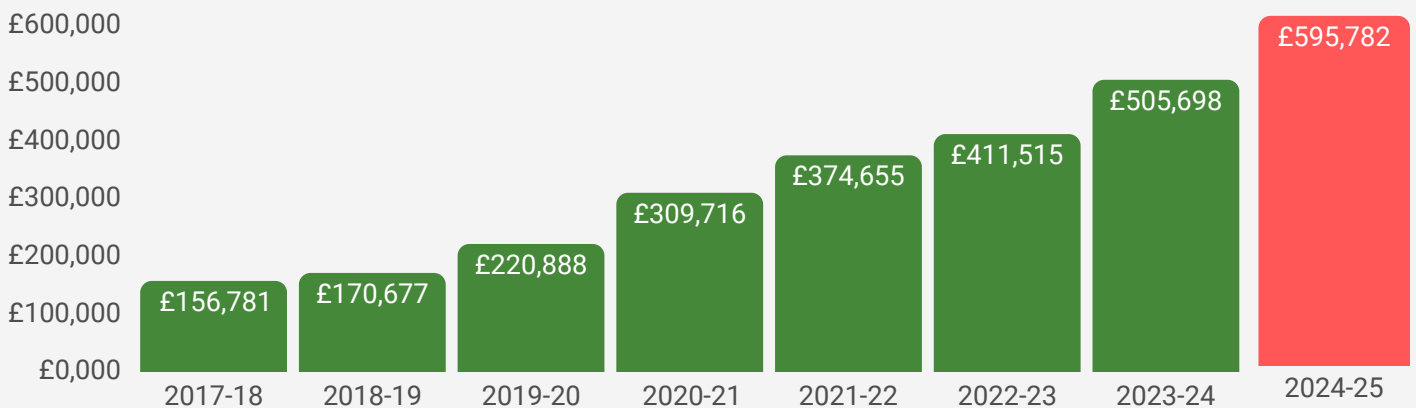
£505,698 expenditure in 2023-24.



- 97.3% delivering charity activities
- 2.7% raising funds

**Survive is a charity and depends on fundraising to operate.**

## Survive expenditure by year



## Survive is seeing more people than ever before.

Increased demand for our specialist services and trauma-specific interventions, and the rising cost of living and increases to the national minimum wage, means we need to raise more funds than ever before.

## Our Vision

*Survive* wants a world without sexual violence and abuse. Until then, we will provide safe spaces and kind, caring and compassionate services that help adult survivors heal, rebuild and thrive.

## Our Values

Our values describe the fundamental principles driving us to our desired outcomes for our clients, our people, our stakeholders and our organisation.

### Trustworthy

We will be open, honest, transparent and respectful in the way we work, enabling us to build trusting relationships.

### Inclusive

We will work towards equity by creating inclusive and accessible spaces, services and practices for all.

### Hope

We will offer hope of long-lasting change and the potential for everyone to thrive.

### Personal growth

We will help people develop new skills and strategies that build resilience, empowerment, and self-worth.

### Courageous advocacy

We will champion survivors, challenge myths, and create a more compassionate society for survivors.

## Support Us

You can support *Survive* and survivors of sexual violence and abuse through:

### Donating

### Fundraising

### Taking Part in Research

### Campaigning for Change

### Nominating us for Charity of the Year



LEARN MORE





**Helping adult survivors of  
sexual violence and abuse  
heal, rebuild and thrive.**

**With thanks to our supporters, including:**

The Ministry of Justice  
York and North Yorkshire Office of Policing, Fire, Crime and Commissioning  
National Lottery Community Fund  
Lloyds Bank Foundation  
City of York Council  
The Purey Cust Trust  
Two Ridings Community Foundation  
Whitwam Family Charitable Trust  
Noble Charitable Trust

**And all those who donated, fundraised,  
and gave their time to our cause.**

[www.survive-northyorks.org.uk](http://www.survive-northyorks.org.uk)



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