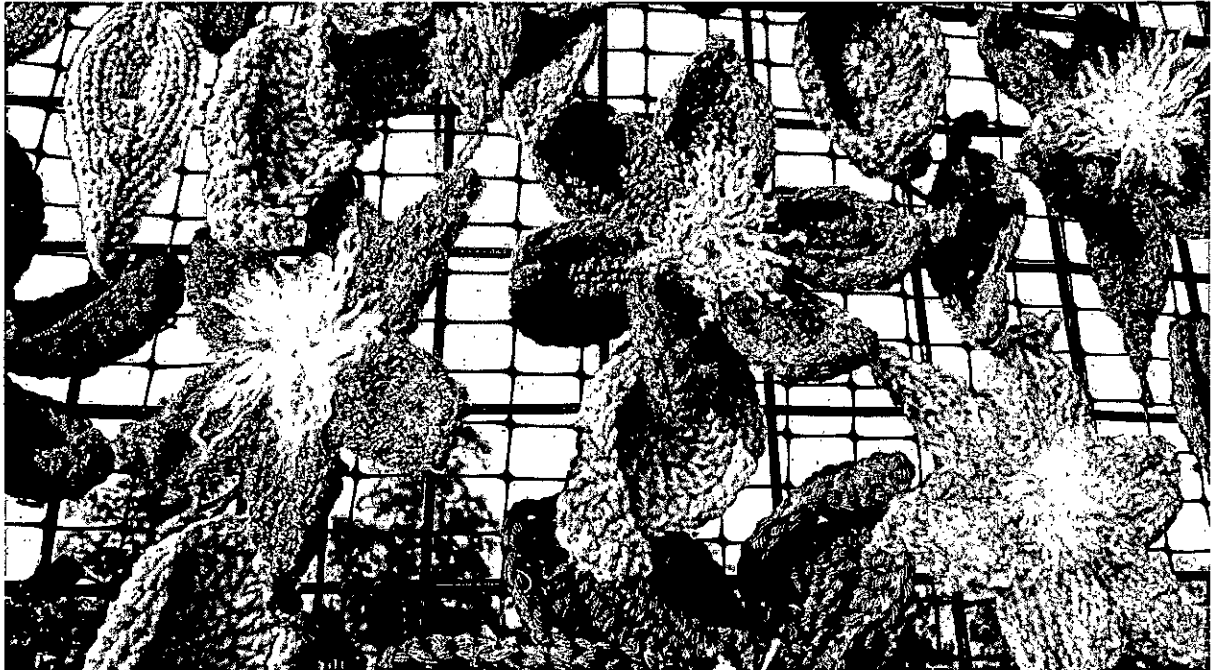


Report of the Trustees Year Ended 31 March 2016 for Cambridge Rape Crisis Centre
Charity No: 286098



Cambridge Rape Crisis Centre

**Report of the Trustees Year Ended 31 March 2016
for Cambridge Rape Crisis Centre**



Clematis Yarnbomb, Sexual Violence Awareness Campaign, Jesus Green, Cambridge, October 2016

**Annual Report
April 2015 - March 2016**

Message from the Management Committee For the Year Ended 31st March 2016

The work of Cambridge Rape Crisis Centre has gone from strength to strength this year. We have seen many of our existing services grow and expand to meet the increase in demand for our services, we have been able to deliver new services and help to identify and highlight gaps in services for survivors in Cambridgeshire.

Our telephone helpline was expanded this year and is now open four times a week, increasing our capacity to respond to the need and demand for the service. A new volunteer group was recruited during the year and underwent the CRCC helpline and email support training and this in turn has enabled us to reduce the response time for our email support service. The CRCC Counselling service has grown significantly this year and we have been able to offer 113 survivors access to specialist counselling; an increase of 47% since last year. The case work of the Independent Sexual Violence Advisors (ISVA) has increased by 357% since 2013-14 and each ISVA has an average case load of 30 clients. We successfully won the countywide Children and Young Peoples ISVA contract in partnership with our sister centre in Peterborough. We delivered our second Peer Support Group project and ran an 8 week creative writing and poetry group which has resulted in a beautiful anthology of the women's work. We have continued to highlight the prevalence and impact of sexual violence through our community outreach and training.

Cambridge Rape Crisis Centre (CRCC) has continued to receive more referrals than ever before and the majority of women and girls we work with continue to seek our support for experiences that took place a number of years ago, including non-recent child sexual abuse, as well as for more recent experiences of sexual violence. It is with some sadness that we had to open waiting lists for our counselling and ISVA services again this year.

In January 2016, the Crime Survey for England and Wales (CSEW), announced that sexual offences recorded by the police has continued to rise and the numbers of rapes and other sexual offences were at the highest level since these records began.

- Approximately 85,000 women are raped in England and Wales every year.
- Nearly half a million adults are sexually assaulted each year in England and Wales
- 1 in 5 women aged 16-59 experienced some form of sexual violence since the age of 16.
- Only around 15% of those who experience sexual violence choose to report to the police.

As a specialist, independent, grass-roots Rape Crisis Centre, CRCC continues to be committed to providing support services to survivors, working closely with a range of partner organisations to bring about the best possible outcomes for survivors and to tackling and challenging the causes of sexual violence.

At a glance

1062 calls taken on the helpline

109 emails responded to

113 counselling clients

2660 counselling sessions delivered

276 adult ISVA clients

51 children and young people supported by the ChISVA

8 survivors accessing group work

12 new volunteers trained

10 trustees overseeing and steering the work of CRCC

With special thanks

We would like to take the opportunity to extend very special thanks to: Lee Eggleston (Rape Crisis England and Wales), Charlotte Snoxall (clinical supervisor), Angie Stewart (Cambridge Women's Aid) Simon Kerss and Vickie Crompton (Cambridgeshire County Council), Nicky Phillipson (Office of the PCC), Rachel Matheson (SARC), and our sister centre Peterborough Rape Crisis Care Group, for their continued support throughout this year. Thanks also to the generosity of our funders, as without their support CRCC could not sustain the provision of vital support services to women and girls in Cambridgeshire. Our funders are: Office of the Cambridgeshire Police and Crime Commissioner, Cambridge City Council, Cambridgeshire County Council, Ministry of Justice, Cambridge RAG, East Cambridgeshire District Council, Awards for All and Cambridgeshire Community Foundation. We are particularly grateful to the many individuals, corporate donors and trusts, some anonymous, who give us their support every year.

Very special thanks goes to comedian Josie Long and Friends who, in March 2016, put on a benefit gig at the Junction in Cambridge to raise our spirits and some much needed funds.

All the members of the management committee, the trustees, staff, volunteers, sessional counsellors and the general members of CRCC have worked incredibly hard and put in a lot of hours to see our organisation continue and grow.

Our dedicated group of fundraising volunteers have organised fundraising events and activities, raising much needed funds for and awareness of CRCC. It is with immense gratitude we thank the Cambridge community of families and individuals, retailers and roller skaters, students and medical practitioners, pharmacists, poets and actors, schools, colleges and churches, singers, drummers and marathon runners, bakers, bikers and firewalkers, all of whom helped support CRCC through fundraising activities and events.

A big thank you to every single member of CRCC without whom, we would not still be here, providing support to women and girls who have experienced rape or sexual abuse. The work you all do is important and we hope this annual report illustrates that.

**And finally, thank you to all the women and girls who use CRCC,
for inspiring us with their strength and courage and for teaching
us so much.**

Report of the Trustees For the Year Ended 31st March 2016

The Trustees present their report with the financial statements of the charity for the year ended 31 March 2016. The Trustees have adopted the provisions of the Statements of Recommended Practice (SORP) 'Accounting and Reporting by Charities' issued in March 2005.

Reference and Administrative Details

Charity name: Cambridge Rape Crisis Centre
Registered Charity number: 286098
Registered address: Box R, 12 Mill Road, Cambridge, CB1 2AD

Trustees: appointed 21.01.2015

M Lowthian - Chair
S Melville - Deputy Chair
J Grech - Secretary (appointed 14th March 2014)
S Helm - Treasurer
C Altun
ER Cornwall
M Correia
A Lindup
K Gainsborough
C Moore (appointed 14th March 2014)

Independent Examiner

Lanham and Company
Chartered Accountants
9 Great Chesterford Court
London Road
Great Chesterford
Essex
CB10 1PF

Contact details and website

cambridgerc@googlemail.com
www.cambridgerapecrisis.co.uk

Staff:

Rachel Childs – Volunteer Co-ordinator
Norah Al-Ani – Development Officer
Claire Gardner – Counselling Coordinator and ISVA support officer

ISVA Team:

Ellie Ball
Amy O'Leary
Jenny Colley

Sessional Staff:

Charlotte Snoxall – Clinical Supervisor and Counsellor
Margi Appleton - Counsellor
Terry Forbes-Mitchell - Counsellor
Maria Gilbert – Counsellor

Bank

Royal Bank of Scotland, Cambridge

Structure, Governance and Management

Governing Document

The charity is controlled by its governing document, a deed of trust, and constitutes an unincorporated charity.

This charity has been registered with the charity commission since 5th May 1983 and established under a constitution containing specific objectives and powers which undergoes annual review at the AGM.

Organisational Structure

The current structure of the organisation is as follows;

The Management Committee of the CRCC (hereinafter referred to as the "Committee") shall consist of no fewer than 3 and no more than 12 Trustees together with at least two active call-takers with CRCC. The two active call-takers will be the call-taker representatives on the Committee and will be elected by the volunteer group and co-opted onto the Committee. Such representatives can choose to become Trustees of CRCC but are under no obligation to do so. At least one Trustee must not be working with CRCC service users in any way during their term as a Trustee.

Trustees shall be elected by majority vote at the AGM of the CRCC. Trustees are elected for a one year term, but may be re-elected annually.

The Committee shall include the following executive positions: Chair, Deputy Chair, Secretary, Treasurer, and Call-taker Representative. Other Trustees shall be elected to fill non-executive positions that are deemed necessary. No Trustee shall hold more than one executive position, but may hold more than one non-executive position, or one executive position and one or more non-executive positions.

The management committee and the trustees are responsible for the running of the charity and the fulfilment of its objectives as well as safeguarding its assets.

They are also obliged to ensure that the charity adheres to Charity Commission guidelines and regulations as well as any other laws that apply and ensure independently examined accounts and annual returns are submitted to the Charity Commission each year.

Annual General Meeting

The AGM is held to ensure that all members of CRCC are fully informed about the development of the charity, the management of funds and the service we provide. It is also to ensure that all members have a role in the future governance and development of the charity through revisions to the constitution and election of management committee members and trustees. Any active members wishing to be involved in management or trustee roles are invited to approach the management committee at any time.

Risk Management

The trustees have a duty to identify and review the risks to which the charity is exposed and to ensure appropriate controls are in place to provide reasonable assurance against fraud and error.

Aims and Objectives

Our vision is that all women and girls should be free from the fear and experience of sexual violence

CRCC is a specialist sexual violence organisation which was set up to provide support services to women and girls who have experienced any form of sexual violence. CRCC acknowledges all forms of sexual violence, including: rape, sexual assault, childhood sexual abuse, sexual harassment, rape in marriage, forced marriage, and so-called honour based violence, female genital mutilation, trafficking and sexual exploitation, ritual abuse, irrespective of whether the violence is from known or unknown perpetrators.

Cambridge Rape Crisis Centre Objectives:

1. To relieve the distress of those women who have suffered sexual assault and support their families and friends.
2. To promote education and research in the subject of sexual violence and its effects on the survivor, whether physical, medical, psychological or social.
3. To train women as counsellors or chaperones so as to be able to cope with the problems of rape survivors by the provision of medical, legal and emotional counselling.
4. To publish informative and educative information about rape.
5. To set up a co-ordinated group of contacts to further the charitable aims and objects of the CRCC.
6. To obtain help and support where needed; through close contact with local government authorities, the health service, and voluntary organisations.
7. To raise money for the purposes of the CRCC on such terms and on such security as may be thought fit to accept donations and legacies.
8. To aid in the establishment and support of any association whose charitable purposes are in any way connected with the purposes of CRCC or calculated to further its objects.
9. To promote awareness and campaign against sexual violence against women.

Cambridge Rape Crisis Centre Aims:

- Provide specialist support to women and girls who have experienced or are experiencing rape, childhood sexual abuse or any form of sexual violence.
- Securing high quality specialist sexual violence services for women and girls who have experienced sexual violence.
- Raise awareness of sexual violence, its prevalence and effects.
- Build our collective expertise to improve services and policies for the benefit of survivors.
- Press for change and promote the importance and need for appropriate, high-quality and specialised support for survivors.
- End rape and sexual violence.

Achievements and Performance

Summary of Charitable Activities April 2015 – March 2016

During 2015-16 CRCC continued to provide specialist wrap around support services to survivors of rape, sexual abuse and sexual violence in Cambridgeshire. Through the availability of a confidential telephone helpline, counselling service, ISVA and ChISVA service, email support and group work.

Telephone Helpline

In the year 2015 – 2016 CRCC responded to 1062 calls to our telephone helpline. This is an increase of 75% on helpline calls from the previous year. In the reporting year we extended our helpline opening hours to respond to the increase in demand for the service. The Helpline is now open four times a week, for 10 hours, on the following days:

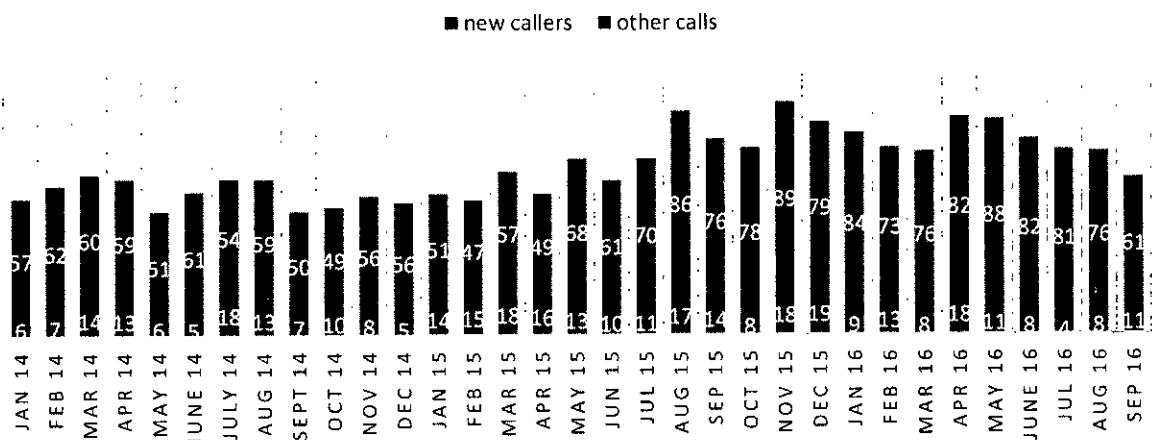
Wednesday	7pm– 9.30pm
Thursday	7pm – 9.30pm
Saturday	3pm – 5.30pm and
Sunday	10am – 12.30pm

Helpline feedback:

- *Thank you, I really appreciate the support.*
- *It was a pleasure to talk to someone so kind and open who believes – thank you.*
- *It's been a terrific help to have you to talk to.*
- *Thank you for being so nice to me.*
- *It's really nice to hear that you're all behind me.*

There are over 20 volunteers providing the helpline and email service. These services could not run without the commitment and dedication of our volunteers. All CRCC volunteers receive an initial 52 hours specialist sexual violence training to undertake the role of helpline volunteer and there is a programme of continuous professional development. The training covers a wide range of topics and includes: understanding rape, gendered violence, child sexual abuse, ritual abuse, Dissociative Identity Disorders, suicide, self-harm and disordered eating, working with young survivors, prostitution, sexual exploitation, supporting BAMER survivors, supporting Lesbian and Bi survivors and the criminal justice system.

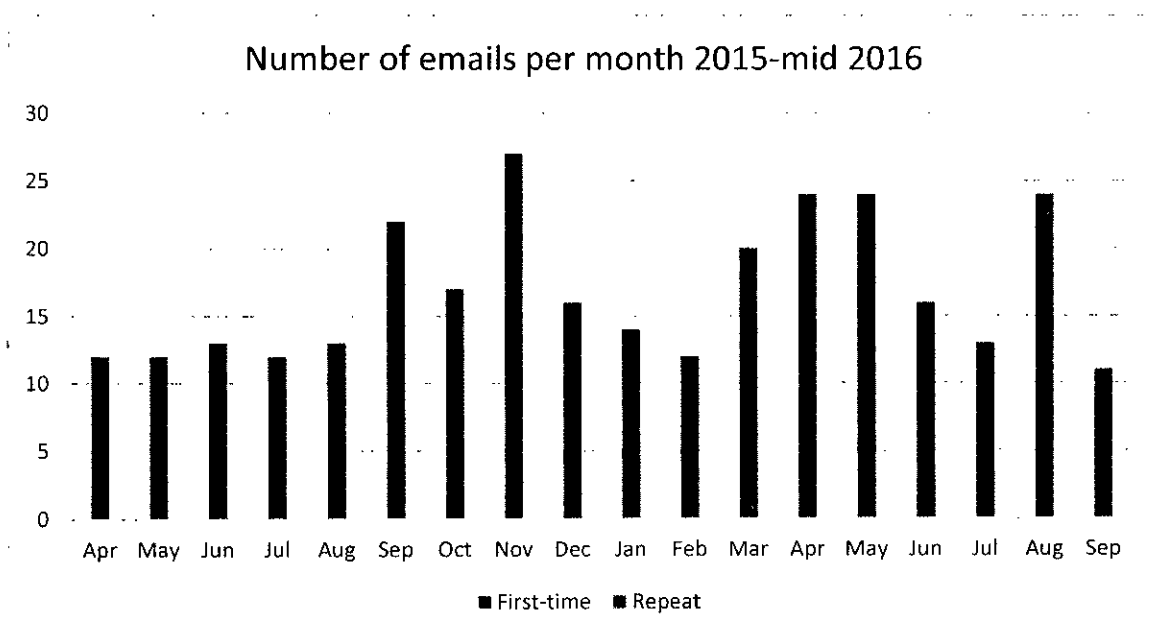
NUMBER OF CALLS (BY MONTH) 2014-16



Email Support

The Email Support Service provides an alternative route to accessing emotional support and information for survivors for whom using the written rather than spoken word may feel easier, safer or more comfortable.

We have responded to 109 emails in the reporting period, up by 68% from last year. By increasing the number of email support shifts we have been able to reduce our response time this year.



Email support service feedback:

- *Thank you so much for that email, it really affected me in a positive way. It felt like I was allowed to let myself realise everything.*
- *Thank you for taking the time to read and reply.*
- *Your service is helpful, it's nice to have someone who really understands what it's like for me.*
- *Thanks for your email. It made me feel a whole lot better and it surprised me how positive you were about me, so thank you it was very nice to hear.*
- *Thanks for being there for me.*

Counselling Service

In 2015-16 we provided 113 survivors with access to specialist sexual violence counselling in Cambridge, Ely and Huntingdon. This is an increase of 47% compared to last year. We have continued to work in partnership with our sister centre, Peterborough Rape Crisis Care Group, to ensure our counselling services are accessible to survivors across the county. Each woman is offered up to 20 counselling sessions with one of our four specialist sexual violence counsellors in a range of appropriate community settings and spaces.

Survivors were seeking our counselling service support for different types of assaults including: 66% of survivors had experienced multiple assaults; 88% of clients had been raped; 28% were survivors of child sexual abuse; 19% had experienced domestic violence; 16% had experienced sexual assault; and 6% were survivors of child sexual exploitation.

Feedback from counselling service:

- *The support has made me feel empowered and able to carry on and deal with difficult situations. It's been really helpful for understanding how this affected me and how to move forward.*
- *Being understood and valued as a person has supported me to deal and cope with my sexual assault.*
- *A great service and with their help I've made my life and future better.*
- *For the first time I felt listened to and believed.*
- *I feel as though I am much more in control of my emotions. I do not owe anything to my rapist, he is irrelevant and not worth any of my time.*

Each survivor is asked to complete a before and after questionnaire to capture 'distanced travelled' during their counselling sessions. A snap shot of the outcomes from this is listed on the next page.



**Report of the Trustees Year Ended 31 March 2016 for Cambridge Rape Crisis Centre
Charity No: 286098**

How survivors felt before starting their counselling journey and how they felt at the end of it:

Before counselling	Agree	Disagree
I feel able to make every day decisions	66%	31%
After counselling		
I feel able to make every day decisions	88%	3%

Before counselling	Agree	Disagree
I feel confident in myself	12%	84%
After counselling		
I feel confident in myself	78%	12%

Before counselling	Agree	Disagree
I feel good about myself	6%	91%
After counselling		
I feel good about myself	78%	12%

Before counselling	Agree	Disagree
I am taking care of myself (eating well, exercising etc)	6%	91%
After counselling		
I am taking care of myself (eating well, exercising etc)	78%	12%

Before counselling	Agree	Disagree
I have positive coping skills/strategies	28%	66%
After counselling		
I have positive coping skills/strategies	84%	6%

Before counselling	Agree	Disagree
I feel in control of my emotions	6%	87%
After counselling		
I feel in control of my emotions	75%	9%

Before counselling	Agree	Disagree
I have people around me that I trust	78%	22%
After counselling		
I have people around me that I trust	84%	6%

Before counselling	Agree	Disagree
I feel close to people who matter to me	69%	28%
After counselling		
I feel close to people who matter to me	88%	3%

**Report of the Trustees Year Ended 31 March 2016 for Cambridge Rape Crisis Centre
Charity No: 286098**

Service user profile for the helpline, email and counselling service:

Age range - child client profile	
11-15yrs	9%
16-17yrs	8%
Age range - adult client profile	
18-24yrs	27%
25-34yrs	20%
35-44yrs	25%
45-54yrs	6%
55-64yrs	1%
65-74yrs	1%
75yrs +	1%
Type of assault – adults 18 years and over	
Ongoing/recent rape or sexual violence	30%
Historic rape/sexual violence	17%
Historic child sexual abuse	19%
Not known/chose not to say	34%
Multiple assaults – adults 18 years and over	
Ongoing/recent rape or sexual violence	10%
Historic rape/sexual violence	14%
Historic child sexual abuse	20%
Not known/chose not to say	56%
Type of assault – young people 13 – 17 years	
Ongoing/recent rape or sexual violence	55%
Historic rape/ child sexual abuse	30%
Sexual exploitation	9%
Not known/chose not to say	6%
Type of assault –children 13 years and under	
Child sexual abuse	95%
Not known/chose not to say	5%
Referral pathways into service	
Self-referral	75%
Family member/friend/third party	2%
Partner organisations	1%
Health care professionals/services	4%
Other non-criminal justice agencies	16%

Independent Sexual Violence Advocates and Advisors (ISVAs)

The Cambridgeshire ISVA Service provides information, advocacy and support to both historical, recent and acute survivors of sexual violence, and work closely with other relevant services and agencies in Cambridgeshire in order to address the impacts of sexual violence both on the individual survivor, their family and the local community. In the reporting year the Cambridgeshire ISVAs each had an average case load of 30 clients at any one time.

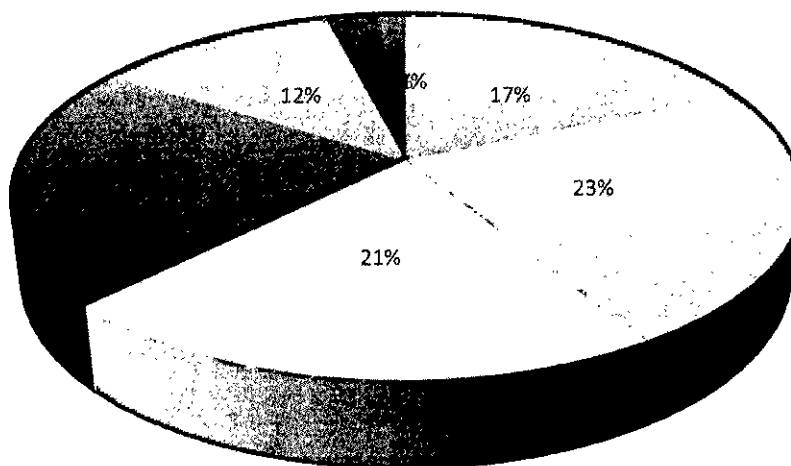
This year the ISVAs have provided assistance in relation to:

- Providing independent and reliable advice to survivors of sexual violence in relation to police processes and the criminal justice system
- Assisting survivors who decided to report by facilitating the reporting of the offence
- Supporting survivors throughout their contact with the criminal justice system, including support at Visually Recorded Interviews (VRI) and whilst giving evidence at Court
- Providing support in relation to the survivor's sexual health, by enabling access to follow up advice and screenings
- Managing risk - taking behaviour and safety planning, carrying out risk assessments and referring to MARAC where relevant
- Supporting clients pre-trial to enable them to give evidence safely with appropriate special measures
- Organising pre-trial court visits for clients
- Supporting survivors to deal with a range of Criminal Justice System (CJS) outcomes (cases No Further Actioned (NFA), not-guilty verdicts, hung jury etc.)
- Supporting clients in liaising with employers, schools and other academic institutions to explain mitigating circumstances
- Providing support and advocacy enabling survivors to access appropriate services regarding substance misuse, mental health, housing and other services
- Assessing the client's readiness for counselling and making referrals to counselling services
- Completing applications to the Criminal Injuries Compensation Authority (CICA)
- Assisting with access to housing, social security and support around financial problems impacting on survivor's recovery and wellbeing.
- Supporting clients who are in-patients at secure mental health units and provide advocacy where necessary within the unit to ensure their staff are fully aware of the situation and are able to put appropriate support in place.

ISVA service client profile April 2015-March 2016:

Gender	No. of Clients
Female	265
Male	11

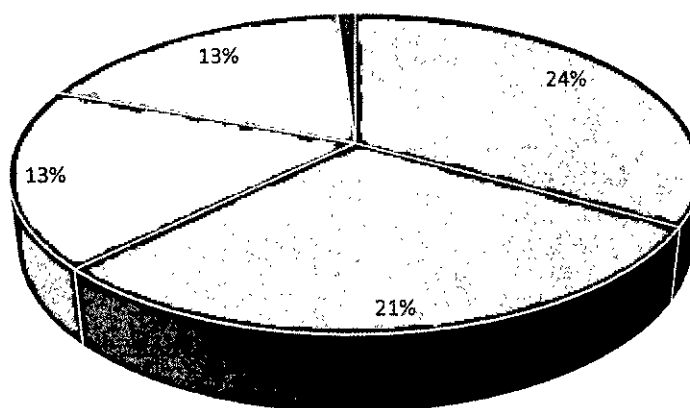
Age range



■ 6-12yrs ■ 13-19yrs ■ 20-25yrs ■ 26-35yrs ■ 36-45yrs ■ 46-55yrs ■ 56-65yrs ■ 65+

Figure 1 – age range of ISVA clients

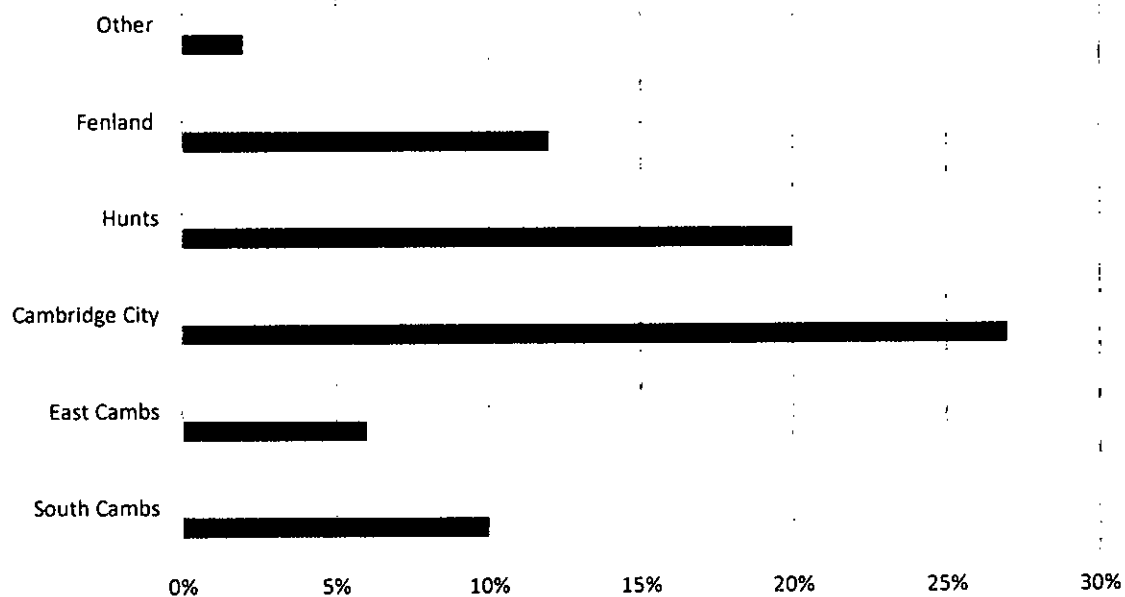
Relationship to perpetrator



■ Partner ■ Acquaintance 21% ■ Family member ■ Stranger ■ Professional

Figure 2 - relationship to perpetrator

**Report of the Trustees Year Ended 31 March 2016 for Cambridge Rape Crisis Centre
Charity No: 286098**



Figures 3 – area across the county

Criminal Justice System Status (at close)	% of clients
Unreported	2%
No Further Action (insufficient evidence)	6%
Perpetrator Charged	.3%
Charged awaiting trial	.7%
Pleaded guilty to lesser charge	.7%
Charged, tried and guilty	.7%
Charged, tried, not guilty	.7%
Charged, tried, hung jury	.3%
Investigation ongoing	13%
Unknown	17%
Withdrawn/disengaged from CJS	6%

Children and Young People’s Independent Sexual Violence Advocate

The ChISVA supports children and young people, aged 0 – 18yrs, who are experiencing or at risk of experiencing child sexual abuse or exploitation. The ChISVA supports children and young people to access a range of appropriate services, explores ways to help manage their mental health and help them to stay engaged within the criminal justice system. Her presence pre, during and post court has helped children and young people to make sense of the processes within and around it and to feel supported, ready and able to stand up in court to give their best evidence.

The ChISVA also provides advocacy for young people in their educational establishments and attends school meetings and also supplies formal letters to confirm any mitigating circumstances. This helps to negotiate and support young people to stay in education and helps teachers and other professionals to gain a good understanding of the client’s circumstances and issues.

**Report of the Trustees Year Ended 31 March 2016 for Cambridge Rape Crisis Centre
Charity No: 286098**

ChISVA service client profile April 2015-March 2016:

Referrals and case load	No. of Clients
Number of referrals	58
Number of clients worked with	51
Gender	No. of Clients
Female	51
Male	0

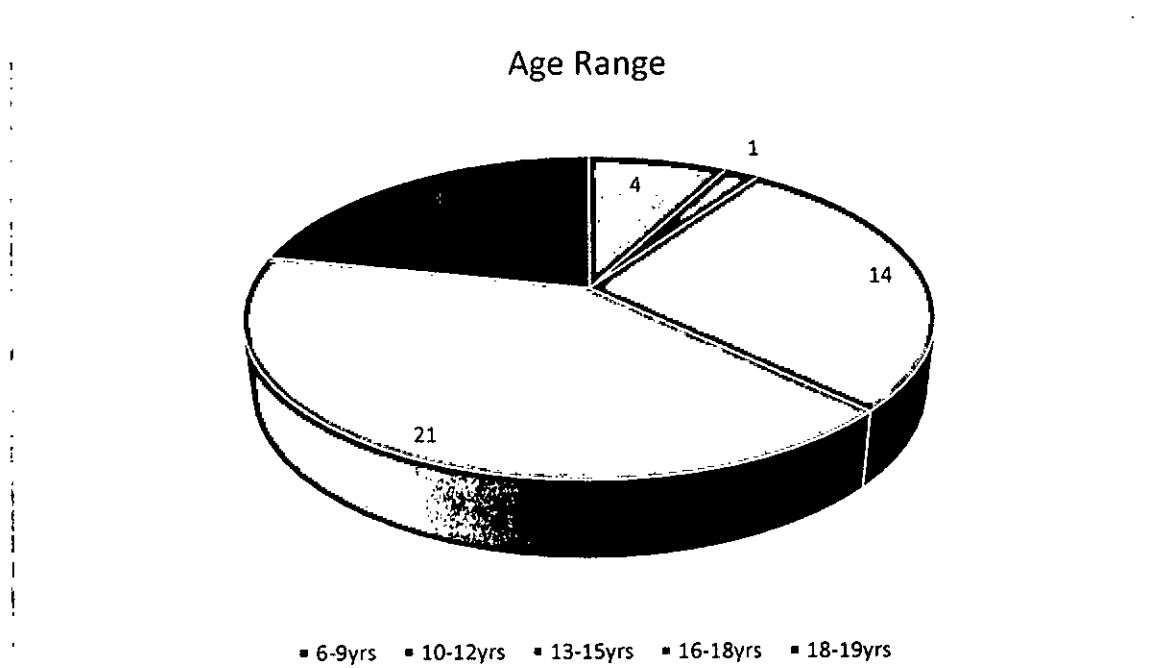


Figure 1 – age range ChISVA service

Type of assault	Number
Adult – historic Child Sexual Abuse (CSA) (>18yrs)	2
Adult – historic rape/Sexual Violence (SV) (<18yrs)	1
Adult – multiple incidents (>18yrs)	11
Children – multiple incidents (<13yrs)	4
Children – sexual abuse/exploitation (<13yrs)	5
Young person – historic rape/SV/exploitation (13-17yrs)	5
Young person – multiple incidents (13-17yrs)	3
Young person – recent rape/SV/exploitation (13-17yrs)	17
Unknown	6
Stranger 1	5
Stranger 2	6

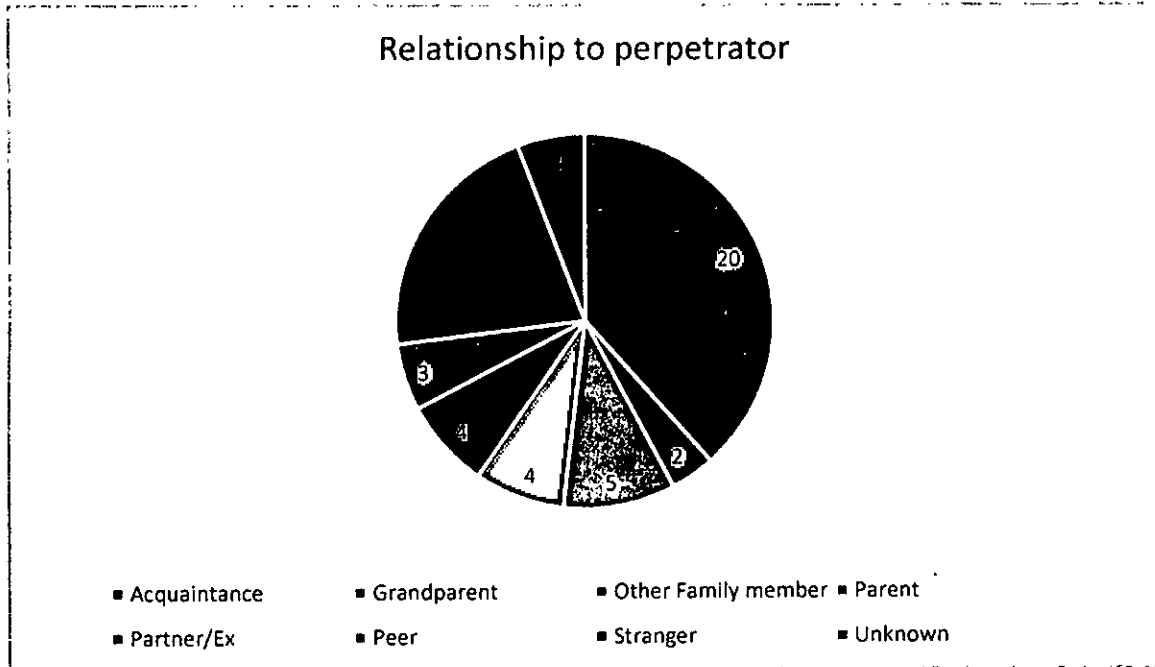


Figure 2 – relationship to perpetrator

Criminal Justice System Status (at close)	No. of Clients
Investigation ongoing	11
Police NFA	9
CPS NFA	1
Awaiting trial	1
Pled guilty	4
Not guilty at trial	1
Unreported	1
Withdrawn	2
Disengaged with CJS	4
Unknown	7

Feedback from ISVA + ChISVA clients:

- *Thank you for all your help. I would never have come through this without you.*
- *I am so grateful for your help. Regardless of it being your job it must be incredibly difficult to hear these horror stories over and over. Which is why I just want to thank you so much because you have been very kind with me and I am sure with many others who are also not used to kindness or being heard.*
- *Thank you so much for your patience and kindness over the past months. You've given me a lot of hope. I just want you to know you have made a huge difference in my life.*
- *Thank you for being there to talk to, when I felt like I had no one else.*
- *For the first time in years I feel at peace with myself and so positive. You are the reason for that. If not for you I would never have seen the light at the end of the tunnel. I thank you dearly and I will never forget what you have done for me and my family.*

ISVA service professional generosity

The ISVA service supports the work of partner agencies and organisations and has a strong culture of professional generosity in sharing knowledge and expertise. Examples of this are listed below:

- Cambridgeshire ISVA recently provided training to police officers joining the Rape Investigation Team within Cambridgeshire Constabulary around the ISVA role.
- ISVAs contributed to most recent CRCC helpline training with sessions on survivors and the CJS and supporting Lesbian/Bi survivors.
- Training delivered to Cambridge University Welfare Officers on the role of ISVA, services available to survivors and how to respond to disclosures of rape from students.
- ISVAs delivered training to safeguarding leads from different departments within Addenbrookes Hospital
- The ISVAs have delivered training to two groups of practitioners on sexual violence, rape myths and the ISVA role through the Local Safeguarding Children's Board's (LSCB) local practice groups in Huntingdon and Wisbech.



Snapshot of CRCC service outcomes and impact

Mental and physical health:

All service users said they felt much better able to make every day decisions as a result of the support, information and advice they had received. 89% of service users felt good about themselves and had a better sense of self and they felt more confident. Service users now felt more able to make decisions and choices about what to do about the sexual violence they had experienced.

Shelter and accommodation:

60% of service users felt they had been able to make decisions about their future, for a large number this included resolving insecure housing issues and securing longer term stable housing.

Family, friends and children:

95% service users said that they now had people around them that they could trust and had started to feel close to the people who mattered to them (children, partners, family and friends).

Education, skills and employment:

48% of service users said they felt better able to make decisions and choices about choosing to re-engage with education and maintain or re-enter paid employment.

Drugs and alcohol abuse:

95% of service users said they were taking better care of themselves and this included finding more positive coping strategies and moving away from harmful coping strategies such as substance misuse and dependency.

Finance and benefits:

45% of service users felt they understood their rights and what they were entitled to. In particular how to access benefits they were entitled to.

Outlook and attitude:

76% of service users felt they understood more about how the sexual violence they had experienced had affected them and felt they had a better understanding of their situation and what to do about it. For example, this included 20% of service users choosing to engage with the CJS and 10% of service users choosing to engage in civil proceedings.

Social interactions:

82% of service users now felt better informed about what additional support resources were available to them and how to access them. For most this was about reconnecting with social networks and starting to feel more engaged with, and a part of, the community they lived in.

Group Work

A group of women attended a series of eight Creative Writing and Poetry workshops, from January - March 2016. These workshops were facilitated by two CRCC helpline volunteers, one who facilitated the sessions, and the other who provided emotional support and general assistance. The participants came from a variety of sources, including through our counselling and ISVA service, plus those who found out about the workshops via the University of Cambridge and from our website. During the sessions the eight women wrote a mixture of poetry and prose, taking inspiration from a variety of sources such as personification, 50 word stories, sestinas, and poems inspired by Maya Angelou's 'Still I Rise'.



The group of women have stayed in touch following the course, and we organised a reunion for them in September. A collection of the women's work has now been produced in a beautiful anthology 'The Wandering Words of Women', which is being sold to raise vital funds for CRCC.

Feedback from group work participants:

- *It allowed me to explore new techniques and subject matters, and has put me in touch with some amazing women. Just the feeling of support and non-judgement alone was awesome.*
- *[I have learned] that I can write about things other than depressing subjects, and there are people out there who will support and encourage you no matter how 'damaged' everyone else labels you, and you are not alone in what you've been through.*
- *I valued the sense of community that comes from being with other women and survivors of sexual violence.*

New service for children and young people

In October 2015 we were successfully awarded a BBC Children in Need grant for three years to provide counselling for children and young people affected by and recovering from sexual violence. The need for this service was recognised by our ChISVA after she identified a significant gap in services for children and young people needing to access longer term therapeutic care and support. We have now recruited two children and young people sessional counsellors who will be delivering this service going forward.

Service development – countywide ChISVA service

In spring of 2016 Cambridge Rape Crisis Centre and Peterborough Rape Crisis Care Group were successful in securing the contract for the countywide Children and Young Peoples ISVA service after submitting a tender bid for the service which was being commissioned by the Office of the Police and Crime Commissioner (OPCC) in Cambridgeshire.

Training and outreach

CRCC has delivered training to 300+ people in the year including public sector staff, health care professionals, Cambridge university colleges (students and staff), and a wide range of community groups and organisations.

Participation and committed involvement in the following strategic partnership and networks

- Cambridgeshire Domestic Abuse and Sexual Violence Partnership Governance Board
- Cambridgeshire Domestic Abuse and Sexual Violence Partnership
- The Cambridge City Domestic Abuse and Sexual Violence Forum
- The Crown Prosecution Service Violence Against Women and Girls Scrutiny Panel for the East of England
- Sexual Assault Referral Centre (SARC) Strategic Board
- SARC Management Group
- Rape Crisis East Regional Network
- Rape Crisis England and Wales
- Cambridgeshire Women's Consortium

Contribution to research, national taskforce, policy and practice

The ISVAs supported three young people to participate in the project ***Making Noise: children's voices for positive change after sexual abuse*** which is a qualitative research project undertaken by the University of Bedfordshire in partnership with NSPCC. It seeks to listen to, and learn from, children aged 5-18 years old who have used services after an experience of sexual abuse in the family environment.

Making Noise is funded by the Office of the Children's Commissioner for England and will inform their wider national inquiry into child sexual abuse. The project provides a means to ensure the direct voices of children are heard within this inquiry including their ideas about how help seeking and support and processes could be improved.

We contributed to the *Universities UK Taskforce* on violence, harassment and hate crime affecting university students. As one of four Rape Crisis Centres nationally with a close working relationship with their local university and student community, we were approached to input in the Universities UK Taskforce looking specifically on the issues of sexual violence affecting students, evidence about scale, impact and institutional responses.

CRCC has contributed to key countywide needs assessments, scoping reports, policy and practice development including:-

- Countywide Sexual Violence Needs Assessment and Violence Against Women and Girls (VAWG) Needs Assessment
- Sexual Violence E-Learning programme for local authority staff
- Annual report of the Cambridgeshire and Peterborough Domestic Abuse and Sexual Violence Partnership
- Domestic Abuse and Sexual Violence E-Newsletter

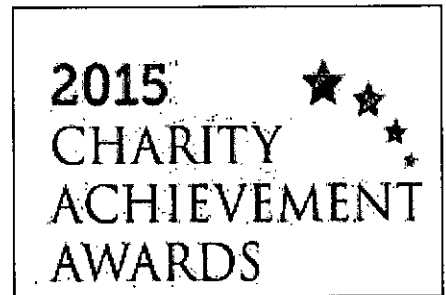
Quality Standards

CRCC attained the Rape Crisis National Quality Service Standards, a nationally recognised, comprehensive set of bespoke sexual violence standards and evidenced benchmarks of excellence in service provision. We are on the Rape Crisis England and Wales Register as a professionally approved rape crisis centre.



Award winning practice

In July 2015 Cambridge Rape Crisis Centre was selected from charities across the eastern region as the regional winner of the Lloyds Bank Foundation Outstanding Impact Award. The Charity Achievement Awards have been created to recognise the amazing, life changing work of small and medium sized charities.



Chief Executive of the Foundation, Paul Streets OBE, said of the awards *'We are delighted to celebrate the winners of our Charity Achievement Awards. Cambridge Rape Crisis Centre has demonstrated excellent and inspiring practice, and have set the standard high; not just surviving in these tough times, but thriving, delivering vital services and literally transforming lives. For over 30 years the Foundation has supported thousands of such small and medium sized charities to tackle disadvantage in communities right across the East region and we look forward to doing much more in the years to come.'*

Approved by order of the board of trustees on16/01/2017..... and signed on its behalf by:

A handwritten signature in black ink, appearing to read 'M Lowthian', written over a dotted line.

M Lowthian - Trustee

**Statement of Trustees Responsibilities
for the Year Ended 31 March 2016**

The trustees are responsible for preparing the Report of the Trustees and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

The law applicable to charities in England and Wales, the Charities Act 2011, Charity (Accounts and Reports) Regulations 2008 and the provisions of the trust deed requires the trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charity and of the incoming resources and application of resources, including the income and expenditure, of the charity for that period. In preparing those financial statements, the trustees are required to

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charity SORP;
- make judgements and estimates that are reasonable and prudent;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in business.

The trustees are responsible for keeping proper accounting records which disclose with reasonable accuracy at any time the financial position of the charity and to enable them to ensure that the financial statements comply with the Charities Act 2011, the Charity (Accounts and Reports) Regulations 2008 and the provisions of the trust deed. They are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

**Independent Examiner's Report to the Trustees of
Cambridge Rape Crisis Centre**

I report on the accounts for the year ended 31 March 2016 set out on pages twenty four to thirty three.

Respective responsibilities of trustees and examiner

The charity's trustees are responsible for the preparation of the accounts. The charity's trustees consider that an audit is not required for this year (under Section 144(2) of the Charities Act 2011 (the 2011 Act)) and that an independent examination is required.

It is my responsibility to:

- examine the accounts under Section 145 of the 2011 Act
- to follow the procedures laid down in the General Directions given by the Charity Commission (under Section 145(5)(b) of the 2011 Act); and
- to state whether particular matters have come to my attention.

Basis of the independent examiner's report

My examination was carried out in accordance with the General Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from you as trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently no opinion is given as to whether the accounts present a 'true and fair view' and the report is limited to those matters set out in the statements below.

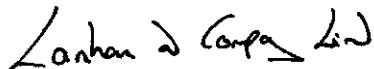
Independent examiner's statement

In connection with my examination, no matter has come to my attention:

- (1) which gives me reasonable cause to believe that, in any material respect, the requirements
- to keep accounting records in accordance with Section 130 of the 2011 Act; and
 - to prepare accounts which accord with the accounting records and to comply with the accounting requirements of the 2011 Act

have not been met; or

- (2) to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.



Andrew Ireland FCCA
Lanham and Company Limited
Chartered Accountants
9 Great Chesterford Court
London Road
Great Chesterford
Essex
CB10 1PF

Date: 19 January 2017

**Statement of Financial Activities
for the Year Ended 31 March 2016**

	Notes	Unrestricted funds £	Restricted funds £	31.3.16 Total funds £	31.3.15 Total funds £
INCOME AND ENDOWMENTS FROM					
Donations and legacies	2	12,242	-	12,242	717
Charitable activities	5				
Support and advice		2,163	154,920	157,083	134,669
Other trading activities	3	5,449	-	5,449	17,467
Investment income	4	<u>64</u>	<u>-</u>	<u>64</u>	<u>48</u>
Total		19,918	154,920	174,838	152,901
EXPENDITURE ON					
Raising funds	6	976	-	976	6,568
Charitable activities	7				
Support and advice		<u>1,274</u>	<u>168,106</u>	<u>169,380</u>	<u>109,190</u>
Total		2,250	168,106	170,356	115,758
NET INCOME/(EXPENDITURE)		17,668	(13,186)	4,482	37,143
RECONCILIATION OF FUNDS					
Total funds brought forward		<u>50,452</u>	<u>58,020</u>	<u>108,472</u>	<u>71,329</u>
TOTAL FUNDS CARRIED FORWARD		<u><u>68,120</u></u>	<u><u>44,834</u></u>	<u><u>112,954</u></u>	<u><u>108,472</u></u>

The notes form part of these financial statements

Cambridge Rape Crisis Centre

**Balance Sheet
At 31 March 2016**

	Notes	Unrestricted funds £	Restricted funds £	31.3.16 Total funds £	31.3.15 Total funds £
CURRENT ASSETS					
Debtors	13	2,858	-	2,858	3,613
Cash at bank		<u>71,526</u>	<u>44,834</u>	<u>116,360</u>	<u>111,538</u>
		74,384	44,834	119,218	115,151
CREDITORS					
Amounts falling due within one year	14	<u>(6,264)</u>	-	<u>(6,264)</u>	<u>(6,679)</u>
NET CURRENT ASSETS		<u>68,120</u>	<u>44,834</u>	<u>112,954</u>	<u>108,472</u>
TOTAL ASSETS LESS CURRENT LIABILITIES		<u>68,120</u>	<u>44,834</u>	<u>112,954</u>	<u>108,472</u>
NET ASSETS		<u>68,120</u>	<u>44,834</u>	<u>112,954</u>	<u>108,472</u>
FUNDS					
Unrestricted funds	15			68,120	50,452
Restricted funds				<u>44,834</u>	<u>58,020</u>
TOTAL FUNDS				<u>112,954</u>	<u>108,472</u>

The financial statements were approved by the Board of Trustees on16/01/2017..... and were signed on its behalf by:


.....
M Lowthian -Trustee

**Notes to the Financial Statements
for the Year Ended 31 March 2016**

1. ACCOUNTING POLICIES**Basis of preparing the financial statements**

The financial statements of the charity have been prepared in accordance with the Charities SORP (FRSSE) 'Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard for Smaller Entities (the FRSSE) (effective 1 January 2015)', the Financial Reporting Standard for Smaller Entities (effective January 2015) and the Charities Act 2011. The financial statements have been prepared under the historical cost convention.

Income

All income is recognised in the Statement of Financial Activities once the charity has entitlement to the funds, it is probable that the income will be received and the amount can be measured reliably.

Expenditure

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

Taxation

The charity is exempt from tax on its charitable activities.

Fund accounting

Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.

Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

2. DONATIONS AND LEGACIES

	31.3.16	31.3.15
	£	£
Donations	<u>12,242</u>	<u>717</u>

3. OTHER TRADING ACTIVITIES

	31.3.16	31.3.15
	£	£
Fundraising events	5,189	15,958
Training income	<u>260</u>	<u>1,509</u>
	<u>5,449</u>	<u>17,467</u>

4. INVESTMENT INCOME

	31.3.16	31.3.15
	£	£
Deposit account interest	<u>64</u>	<u>48</u>

Notes to the Financial Statements - continued
for the Year Ended 31 March 2016

5. INCOME FROM CHARITABLE ACTIVITIES

		31.3.16	31.3.15
	Activity	£	£
Grants	Support and advice	<u>157,083</u>	<u>134,669</u>

Grants received, included in the above, are as follows:

	31.3.16	31.3.15
	£	£
Cambridge City Council	1,000	1,000
Cambridgeshire County Council	17,163	2,834
Corporate Sponsor	6,000	6,000
Lloyds TSB Foundation	-	13,900
Cambridge RAG	3,750	7,000
Ministry of Justice	30,000	45,000
Police & Crime Commissioner	9,500	10,000
Cambridge Community Fund	-	1,000
East Cambs Community Safety Ely	-	3,935
Cambridgeshire County Council - Peer Support Group	-	4,000
Trust Funding	9,000	9,000
Police & Crime Commissioner: Victims Fund	-	31,000
BBC Children in need	11,770	-
Office of the Police and Crime Commissioner for Norfolk	<u>68,900</u>	<u>-</u>
	<u>157,083</u>	<u>134,669</u>

6. RAISING FUNDS

Raising donations and legacies

	31.3.16	31.3.15
	£	£
Events	<u>976</u>	<u>6,568</u>

7. CHARITABLE ACTIVITIES COSTS

	Direct costs (See note 8)	Support costs (See note 9)	Totals
	£	£	£
Support and advice	<u>168,482</u>	<u>898</u>	<u>169,380</u>

Notes to the Financial Statements - continued
for the Year Ended 31 March 2016

8. DIRECT COSTS OF CHARITABLE ACTIVITIES

	31.3.16	31.3.15
	£	£
Staff costs	79,248	55,923
Rent, rates and room hire	8,485	8,700
Insurance	480	470
Telephone and internet	2,927	2,230
Postage, stationery & office supplies	2,142	2,759
Sundries	174	762
Clinical Supervision	2,798	2,038
Volunteer training	2,415	1,403
Travel	220	757
DBS checks	30	80
Counselling	64,892	30,085
Payroll services	608	176
ISVA Expenses	4,063	2,834
Interest payable and similar charges	-	43
	<u>168,482</u>	<u>108,260</u>

9. SUPPORT COSTS

	Governance costs £
Support and advice	<u>898</u>

Support costs, included in the above, are as follows:

	31.3.16	31.3.15
	Support and advice	Total activities
	£	£
Accountancy and legal fees	<u>898</u>	<u>930</u>

10. TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the year ended 31 March 2016 nor for the year ended 31 March 2015.

Trustees' expenses

There were no trustees' expenses paid for the year ended 31 March 2016 nor for the year ended 31 March 2015.

Notes to the Financial Statements - continued
for the Year Ended 31 March 2016

11. STAFF COSTS

	31.3.16	31.3.15
	£	£
Wages and salaries	74,216	52,829
Social security costs	<u>5,032</u>	<u>3,094</u>
	<u>79,248</u>	<u>55,923</u>

The average monthly number of employees during the year was as follows:

	31.3.16	31.3.15
Support and advice	<u>3</u>	<u>2</u>

No employees received emoluments in excess of £60,000.

12. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

	Unrestricted funds £	Restricted funds £	Total funds £
INCOME AND ENDOWMENTS FROM			
Donations and legacies	717	-	717
Charitable activities			
Support and advice	-	134,669	134,669
Other trading activities	17,467	-	17,467
Investment income	<u>48</u>	<u>-</u>	<u>48</u>
Total	18,232	134,669	152,901
EXPENDITURE ON			
Raising funds	-	6,568	6,568
Charitable activities			
Support and advice	<u>981</u>	<u>108,209</u>	<u>109,190</u>
Total	981	114,777	115,758
NET INCOME/(EXPENDITURE)	17,251	19,892	37,143
RECONCILIATION OF FUNDS			
Total funds brought forward	<u>33,201</u>	<u>38,128</u>	<u>71,329</u>
TOTAL FUNDS CARRIED FORWARD	<u>50,452</u>	<u>58,020</u>	<u>108,472</u>

13. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	31.3.16	31.3.15
	£	£
Other debtors	<u>2,858</u>	<u>3,613</u>

Notes to the Financial Statements - continued
for the Year Ended 31 March 2016

14. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	31.3.16	31.3.15
	£	£
Trade creditors	2,477	-
Social security and other taxes	2,627	-
Accrued expenses	<u>1,160</u>	<u>6,679</u>
	<u>6,264</u>	<u>6,679</u>

15. MOVEMENT IN FUNDS

	At 1.4.15	Net movement in funds	At 31.3.16
	£	£	£
Unrestricted funds			
General fund	50,452	17,668	68,120
Restricted funds			
BBC Children in need	-	11,231	11,231
Cambridgeshire County Council: Counselling service	6,812	(850)	5,962
Cambridgeshire County Council - Peer Support Group	4,000	(4,000)	-
Cambridge RAG	4,280	(3,071)	1,209
East Cambs Community Safety Ely	2,935	(2,935)	-
Lloyds TSB Foundation	2,770	(2,770)	-
Ministry of Justice: Rape Support Fund Uplift	15,000	(15,000)	-
Police & Crime Commissioner: Capacity Fund	17,108	(8,910)	8,198
Cambridgeshire County Council : DAT counselling	5,115	(1,100)	4,015
Victims of Sexual Abuse Support Fund	<u>-</u>	<u>14,219</u>	<u>14,219</u>
	58,020	(13,186)	44,834
	<u>108,472</u>	<u>4,482</u>	<u>112,954</u>
TOTAL FUNDS			

Notes to the Financial Statements - continued
for the Year Ended 31 March 2016

15. MOVEMENT IN FUNDS - continued

Net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	19,918	(2,250)	17,668
Restricted funds			
BBC Children in need	11,770	(539)	11,231
Cambridge City Council: Community Development Fund	1,000	(1,000)	-
Cambridgeshire County Council: ISVA Admin fund	9,000	(9,000)	-
Cambridgeshire County Council: ISVA Management Recharge	6,000	(6,000)	-
Cambridgeshire County Council - Peer Support Group	-	(4,000)	(4,000)
Cambridge RAG	3,750	(6,821)	(3,071)
Corporate Sponsor	6,000	(6,000)	-
East Cambs Community Safety Ely	-	(2,935)	(2,935)
Lloyds TSB Foundation	-	(2,770)	(2,770)
Ministry of Justice: Rape Support Fund Uplift	30,000	(45,000)	(15,000)
Police & Crime Commissioner: Capacity Fund	9,500	(18,410)	(8,910)
Trust Funding	9,000	(9,000)	-
Victims of Sexual Abuse Support Fund	68,900	(54,681)	14,219
Cambridgeshire County Council: Counselling service	-	(850)	(850)
Cambridgeshire County Council : DAT counselling	-	(1,100)	(1,100)
	<u>154,920</u>	<u>(168,106)</u>	<u>(13,186)</u>
TOTAL FUNDS	<u>174,838</u>	<u>(170,356)</u>	<u>4,482</u>

Notes to the Financial Statements - continued
for the Year Ended 31 March 2016

15. MOVEMENT IN FUNDS - continued

The General reserve represents the free funds of the charity which are not designated for particular purposes.

The restricted funds of the charity during the period were:

BBC Children in Need

Funding for the children and young peoples counselling service providing children and young people aged 5 - 18 years who are survivors of sexual abuse with access to specialist sexual violence counselling.

Cambridge City Council

Community Development: Funding towards costs of telephone helpline

Cambridgeshire County Council

Counselling: Counselling service development in Huntingdon

ISVA training: Conference costs for RCEW

ISVA admin fund: Administrative costs associated with ISVA service

ISVA management recharge fund: Management costs associated with ISVA service

Young People: Services and associated costs for Young Persons Prevention Programme

Drugs & Alcohol: Services and associated costs for DAT counselling

Peer Support Group Work: Art Workshop

Awareness Raising Campaign: Awareness Raising Campaign

Corporate Sponsor

Helpline volunteer recruitment, training and associated costs

Lloyds TSB

Counselling service

Ministry of Justice

Rape Support Fund: Provides core funding for CRCC

Cambridge RAG

Contribution to core costs to support core services

Police & Crime Commissioner

Capacity Fund: Funds capacity development of counselling service

Victim Support Fund [1]: Helpline expansion

Victim Support Fund [2]: Peer support group work

East Cambridgeshire Community Safety Partnership

To reduce waiting list for counselling service in Ely

Trust Funding

Contribution to core costs to support core services

16. RELATED PARTY DISCLOSURES

There were no related party transactions for the year ended 31 March 2016.

**Notes to the Financial Statements - continued
for the Year Ended 31 March 2016**

17. ULTIMATE CONTROLLING PARTY

The charity was controlled jointly by the trustees.

**Detailed Statement of Financial Activities
for the Year Ended 31 March 2016**

	31.3.16 £	31.3.15 £
INCOME AND ENDOWMENTS		
Donations and legacies		
Donations	12,242	717
Other trading activities		
Fundraising events	5,189	15,958
Training income	<u>260</u>	<u>1,509</u>
	5,449	17,467
Investment income		
Deposit account interest	64	48
Charitable activities		
Grants	<u>157,083</u>	<u>134,669</u>
Total incoming resources	174,838	152,901
EXPENDITURE		
Raising donations and legacies		
Events	976	6,568
Charitable activities		
Wages	74,216	52,829
Social security	5,032	3,094
Rent, rates and room hire	8,485	8,700
Insurance	480	470
Telephone and internet	2,927	2,230
Postage, stationery & office supplies	2,142	2,759
Sundries	174	762
Clinical Supervision	2,798	2,038
Volunteer training	2,415	1,403
Travel	220	757
DBS checks	30	80
Counselling	64,892	30,085
Payroll services	608	176
ISVA Expenses	4,063	2,834
Other interest	<u>-</u>	<u>43</u>
	168,482	108,260
Support costs		
Governance costs		
Accountancy and legal fees	<u>898</u>	<u>930</u>
Total resources expended	170,356	115,758
Net income	<u><u>4,482</u></u>	<u><u>37,143</u></u>