

CHAIR'S REPORT: 2009-10

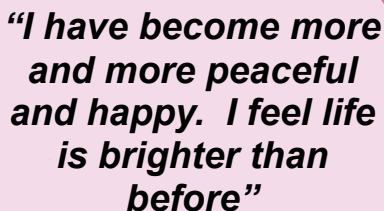
Overview of the Year

This has been a year of rapid expansion and new achievements in all our main areas of work: counselling, project development and outreach.

TRCC secured additional funding from the GEO (Government Equalities Office) Special Fund and, in light of Northumbria Police's awareness raising campaign during the festive season, the GEO Private Space Fund. Because of this additional funding we were able to significantly increase the amount of counselling sessions offered in Tyneside and therefore the number of women we were able to support. The number of women supported and counselling sessions offered in Tyneside increased from 95 women being offered 656 sessions in 2008-2009 to 120 women being offered 736 sessions in 2009-2010.

Development work continued on Tyneside with the recruitment and training of a new intake of volunteers for the Helpline and outreach work, a substantial increase in the number of supporters in TRCC Supporters Scheme and a very successful programme of discussions on sexual violence-related topics held monthly and well attended. A new programme is being planned for this coming year. This work continues to be funded by Northern Rock Foundation.

A three year pilot project to develop a Rape Crisis Service in Northumberland began in the Autumn with the recruitment of 2 part-time staff to do the groundwork needed to set up and publicise the service. This



"I have become more and more peaceful and happy. I feel life is brighter than before"

TRCC counselling client

“It has taken me 18 years to pluck up the courage to seek help to overcome my past. I can’t fault the service you provide”

TRCC counselling client

The Northumberland Sexual Violence Project, Grace, is also funded by the Northern Rock Foundation through a three year grant for counselling and outreach services including a Helpline and training. Additional funding from the Equality and Human Rights Commission and a grant from the Northumberland Police Authority has enabled the further development of this vital service for women in Northumberland.

Up until relatively recently our Tyneside core funders provided funding for three full time staff which included two full time counsellors; this had to be reduced to 1.5 counsellors some years ago because of a cut in core funding. This year through the GEO Special Fund we were able to recruit an additional 0.5 counsellor and thus return to two full-time equivalent counselling posts. This funding has continued into the current financial year and we hope to be able to maintain this post in the future. The additional counselling hours have meant that we have been more able to respond adequately to the demand for our services.

project will be officially launched in September 2010 in Morpeth. Counselling sessions have already started in Northumberland and a Helpline will be up and running in the autumn of 2010.

The Northumberland Sexual

“I’m placing less blame on myself for what has happened”

TRCC counselling client

Open here to continue reading the Chair’s Report , view statistics, see what our volunteers and supporters say and more!



CHAIR'S REPORT: 2009-10 (continued)

The expansion of TRCC services, which includes the training programme and the provision of information through our website, telephone and email enquiries and via publications, has been underpinned by the funding of a new part-time Administrator post two years ago. Funding from Lloyds TSB Foundation for this post comes to an end in April 2010 but the Greggs Charitable Trust has agreed to fund this post for a further three years. With the increasing number of funders, our Co-ordinator/Fundraiser is kept busy liaising with them and meeting their requests for monitoring and quality standards information as well as finding new funders for additional pieces of work. The Administrator has developed our data collection systems and provides regular monitoring reports to staff and trustees and is also now responsible for the administration of the training programme as well as providing general admin support to other members of staff.

Securing adequate funding for the services we provide is a continuing challenge, one which will no doubt become more difficult in the coming year given the general economic situation. We have an additional challenge in that our lease on our current premises runs out later this year and we may have to move – probably

to premises which will cost more, rather than less. Nevertheless, in spite of the difficulties ahead, we are confident that we will continue to provide high quality services to women in our area who have experienced sexual violence during their lives.

None of the services we provide would be possible without the support of our core funders – all the Local Authorities and Primary Care Trusts in Tyneside – and the supplementary funders mentioned above. Nor would

the services be of such high quality without the commitment and dedication of the staff, volunteers and my fellow trustees all of whom have worked really hard in their respective roles over the past year. Many thanks to you all for your continuing support.

Penny Remfry
Chair

"From the very first phone call, I have been put at ease and felt under no pressure at all. Your service has changed my life!"

TRCC counselling client

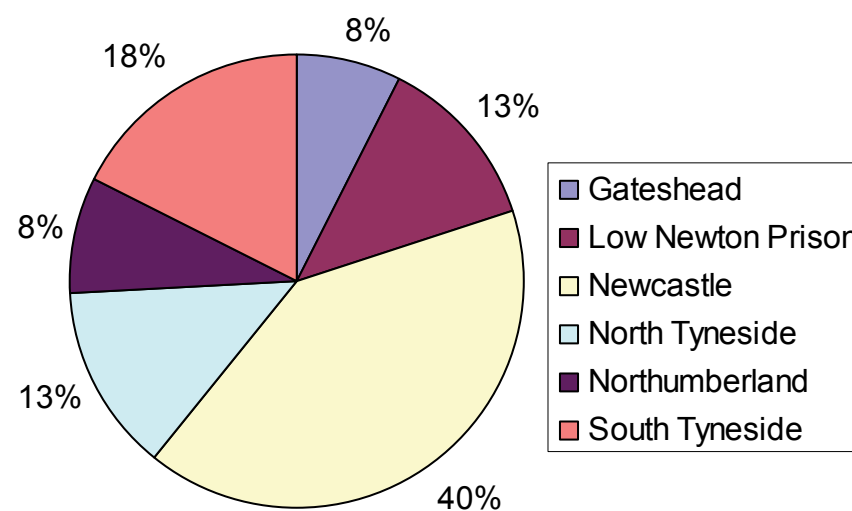
"TRCC Counsellors do a brilliant job and if it wasn't for them I wouldn't have been able to get through a very difficult time in my life"

TRCC counselling client

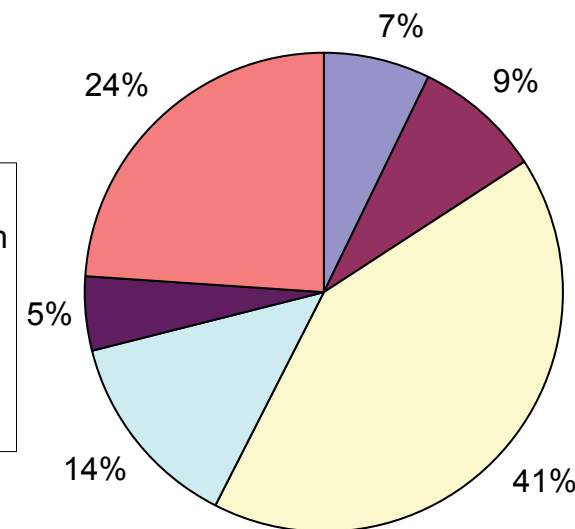
"Sometimes I have dreams like I'm reliving it, but my counsellor helps"

TRCC counselling client

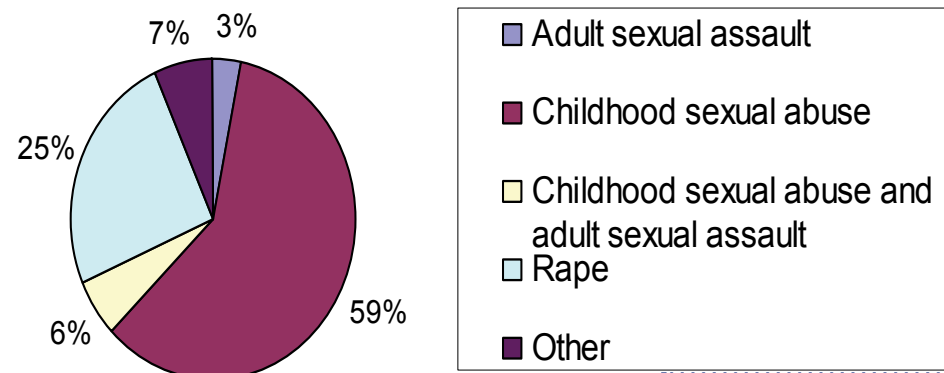
120 women counselled ~ by area (not including evening helpline)



736 counselling/support sessions ~ by area (not including evening helpline)



Main reason for seeking support from TRCC (not including evening helpline)



"I'm feeling more relaxed with my feelings, gaining in confidence and working on my self esteem"

TRCC counselling client

Tyneside Rape Crisis Centre Management Committee 2009/2010

Dr Ilona Buchroth ~ Hazel Danby
Kath Egdell ~ Dr Sue Griffiths ~ Joyce McDonald
Penny Remfry ~ Dr Nicole Westmarland



Northumberland Sexual Violence Project

TRCC's Pilot Project, brings support directly to the women of Northumberland in their own communities thereby overcoming rural isolation and stigma. Grace provide a freephone helpline and counselling is offered at a choice of locations across the county to reduce the travelling distance to access a service. In 2009/10 Grace workers:

- Set up 4 outreach counselling outreach bases in south-east and north of the county enabling women to receive Rape Crisis counselling in Northumberland for the first time.
- Began training helpline volunteers.
- Raised awareness of the service with workers/professionals in Northumberland.

"I just want to express my gratitude at how quickly you are able to see me."

"I feel more calm and relaxed, more comfortable in myself"

"This is an amazing service, friendly, welcoming."

(Quotes from women who have used Grace's services)

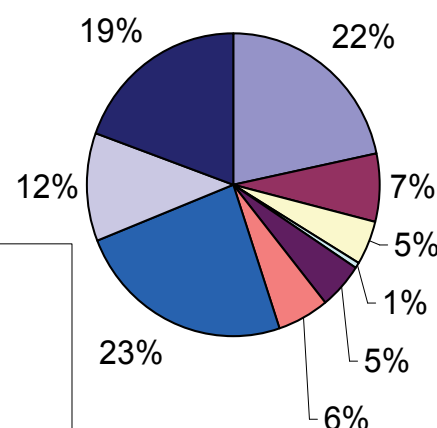
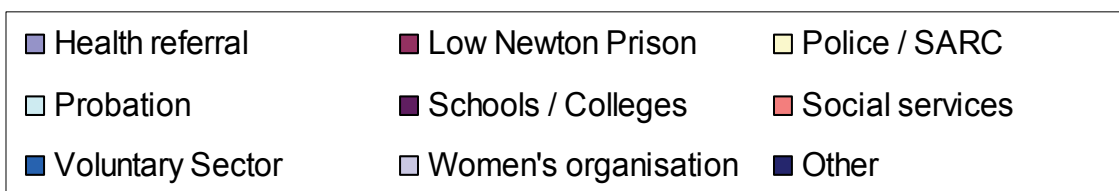
Referrals to TRCC

280 referrals were made to TRCC in 2009/10. 120 of the referrals resulted in women accessing support and/or counselling, this does not include calls to our evening helpline

The initial 280 referrals can be broken down as follows:

- 89 self-referrals
- 15 proxy referrals (friend, family or supporter)
- 176 professional referrals

The professional referrals have been broken down further.



Open here for more statistics (including evening helpline use), quotes from people who have attended training and events, our helpline poster and more!

T Y N E S I D E
R A P E C R I S I S C E N T R E
Sexual Assault Counselling
& Information Service



Are you a woman who needs to talk to someone about rape or sexual abuse?

You can call our confidential helpline on

0191 232 9858

Tuesday & Thursday Evenings

6.00pm to 8.30pm

www.tynesidercc.org.uk

Charity Number: 508177

Help us promote our Helpline!

Step 1. Carefully cut out the poster along the line provided, **Step 2.** Display the poster on a prominent notice board or in the women's toilets, **Step 3.** Call us for more copies of the poster if you need them!

Calls to TRCC's Evening Helpline

In 2008/09 TRCC received 119 calls on our evening helpline for survivors of sexual violence the number of calls rose to 185 in 2009/10. The chart below shows what the women calling our helpline identified as the main reason for seeking support.

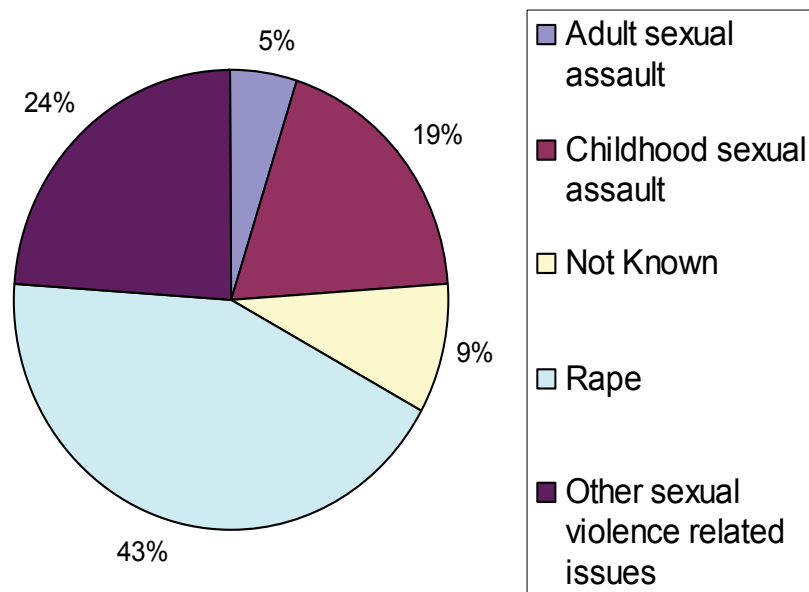
Volunteers

On Tyneside 8 women were supported to contribute a total of 745 voluntary hours in 2009/10 as compared with 12 women completing 617 hours in 2008/09. 5 further women were trained during this period and were on track to begin voluntary duties in summer 2010. TRCC's volunteers' said the following about their experiences:

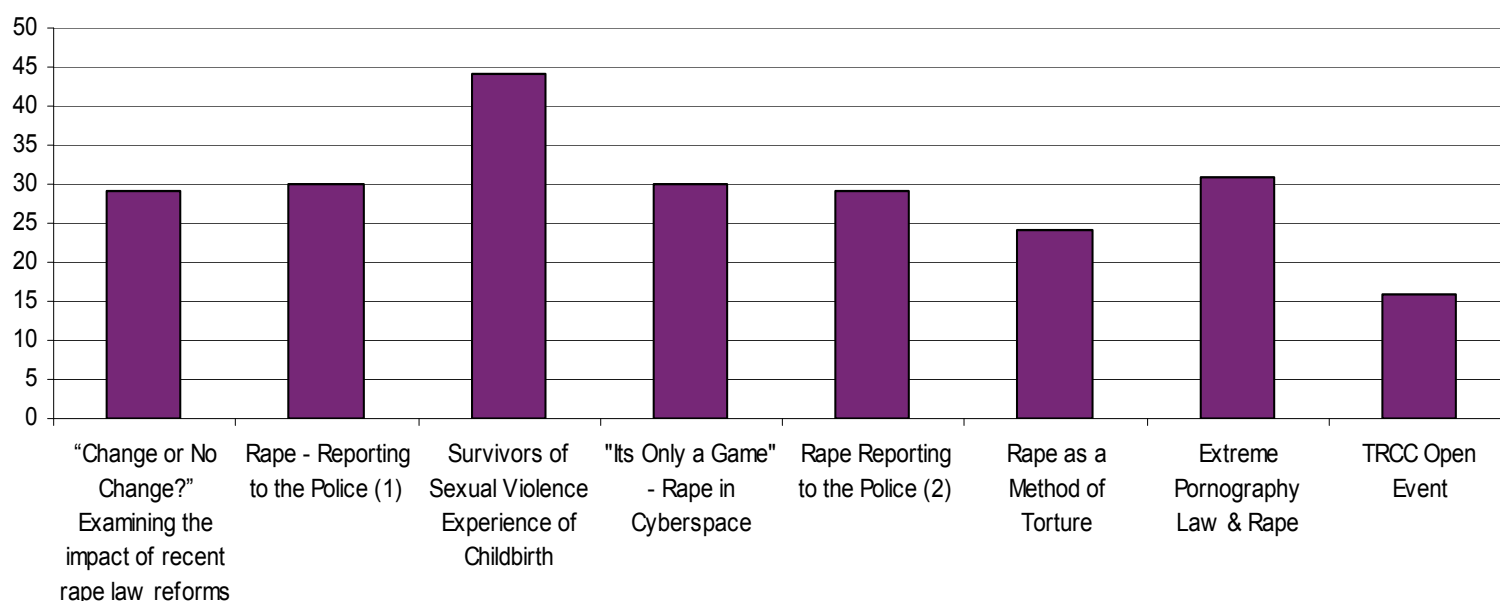
"The volunteer training and induction programme has been absolutely fantastic and I feel really well supported to carry out the role of helpline volunteer".

"I volunteer with TRCC because I want to be there to support the women who need it the most, I never knew how much of an invaluable experience it would be for me too."

"There is no doubt the personal narrative can be difficult to hear, however our excellent training and supervision give us the support we need. It is the women's bravery and courage in facing their fears that is so inspiring."



Attendance at Discussion Events



"Extremely useful for any worker dealing with vulnerable women."

"Very thought provoking and mind blowing, a well presented subject."

"Wonderful discussion presentation. Brought it all to the surface. Need more talks like this."

"Very moving and informative, wonderful!"

"Excellent, educational and thought provoking for me. Thank you."

(Supporters' at TRCC's discussions)

Supporters' Scheme

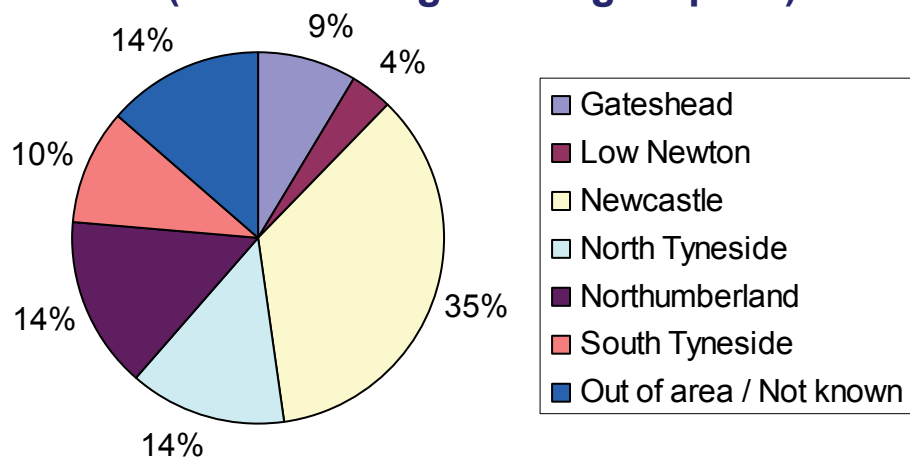
During 2009/10 the number of participants in TRCC's Supporters' Scheme increased from 30 (in 2008/09) to 140. TRCC Supporters' feedback the following about the Supporters' Scheme:

"I look forward to receiving the newsletters and feel that it keeps me informed and has given me an awareness of current issues and topics keep up the good work."

"I have found the supporters' scheme to be very informative and useful."

"I find the articles interesting and varied ... to have the opportunity and know that this work is continuing to reach us is valuable and in line with my beliefs."

242 daytime enquiries ~ by area (not including evening helpline)



TRCC's Specialist Talks and Training

TRCC delivered a total of 16 training workshops to 148 participants and 26 talks to professionals from a range of sectors. The workshops were on sexual violence and related issues. For more information about TRCC's annual training calendar and in-house training opportunities contact our admin line.

"Very diverse, although relaxed."

"Gave me the confidence to accept its ok to support people rather than change them."

"Learnt new skills to improve my practice."

"Feel more confident in responding to women's disclosures."

"Provided a rounded view of issues around sexual violence and some possible ways of supporting victims."

(Quotes from participants)

Staff Team 2009/2010

Dawn Bowman ~ Development Worker (Tyneside)
 Wynne Fitzsimmons ~ Counsellor (Tyneside)
 Sarah Forster ~ Outreach Development Worker (Northumberland)
 Leanne Hewitt ~ Administrator
 Sue Howlett ~ Counsellor (Tyneside)
 Sue Pearce ~ Counsellor (Tyneside)
 Safina Siddique ~ Co-ordinator/Fundraiser
 Jean Worth ~ Outreach Counsellor (Northumberland)

Funders

Tyneside Rape Crisis Centre would like to thank the following funders for financial support during the year:

Core funding

Gateshead Council
Gateshead PCT
GEO Special Fund
Newcastle City Council
Newcastle PCT
North Tyneside Council
North Tyneside PCT
South Tyneside Council
South Tyneside PCT

Project funding

Equality and Human Rights Commission
GEO Private Space Fund
HMP Low Newton
Lloyds TSB Foundation
Northern Rock Foundation
Police Authority (Northumberland)
Spark Response (donation)

Funding was also raised through other donations, fundraising, sales, fees and training income.

A set of full accounts for 2009/10 are available on request.

Tyneside Rape Crisis Centre
Admin: 0191 222 0272
enquiries@tynesidercc.org.uk
www.tynesidercc.org.uk

Charity No. 508177

Rape & Sexual Abuse
Helpline
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Tuesday & Thursdays
6pm - 8.30pm