

# 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

# Annual Review 2007 - 2008

30 years of TRCC

Tyneside Rape Crisis Centre (TRCC) is celebrating its 30<sup>th</sup> birthday. So what is there to celebrate?

It can be argued that the continued need for a rape crisis centre is not worthy of celebration. However the rape crisis movement nationally, and TRCC locally, has made a tremendous impact on policy development, changes in the law and the provision of better services for women and has provided much needed help to hundreds of thousands of women. It remains in the forefront of raising issues associated with sexual violence against women.

TRCC started in 1978 as part of the Rape Crisis movement in Britain. We are a women's organisation operating along feminist principles. For 30 years TRCC has managed to survive, grow and develop despite a seemingly endless cycle of unstable, temporary funding regimes, clinging to the remnants of ever decreasing sources of core funding. In this climate many rape crisis centres have not survived. In the last five years alone nine Rape Crisis Centres have closed due to a lack of funding.

What remains stable over the years, is our sheer tenacity, determination and commitment to providing a range of professional, women-centred services to women survivors of sexual violence.

We have challenged, and will continue to challenge, the values and beliefs that contribute to women's oppression, while maintaining a specialist resource that is held in high regard by statutory and voluntary agencies alike. We are very proud indeed.

## Aims

Tyneside Rape Crisis Centre is a feminist organisation run by women for women which:

- provides information, support & counselling for women and girls who have been raped or sexually abused,
- raises awareness about rape and sexual abuse and provides training, education and outreach work,
- Actively challenges values, beliefs and behaviour which contribute to women's oppression.
- contributes to policy initiatives aimed at improving service provision for women survivors,
- Supports the development of initiatives aimed at preventing/detecting child sexual abuse and adult rape/sexual assault.

## Services Offered

- Specialist one to one counselling
- Telephone helpline
- Training
- Specialist information and support to family, friends and other organisations
- Volunteering opportunities
- Website



**Tyneside Rape Crisis Centre**

**Administration:** 0191 222 0272

**Rape & Sexual Abuse Helpline:** 0191 232 9858

**Website:** [www.tynesidercc.org.uk](http://www.tynesidercc.org.uk)

**Email:** [enquiries@tynesidercc.org.uk](mailto:enquiries@tynesidercc.org.uk)

## Treasurer's Report

Tyneside Rape Crisis Centre would like to express huge thanks to the following funders for their financial support throughout the year.

### Core funding were received from:

Gateshead MBC	£11,428
Gateshead PCT	£10,000
North Tyneside council	£10,550
North Tyneside PCT	£6,000
Newcastle City Council	£27,455
Newcastle PCT	£17,086
South Tyneside Council	£8,282
South Tyneside PCT	£13,000

### Funding was also received from:

- HMP Low Newton (outreach counselling service)
- Northern Rock Foundation (volunteers project)
- Lloyds TSB Foundation North East (Administrator post)

### Small grants were received from:

- Business Link Tyne & Wear (for staff training)
- Sherburn Trust (for trustee and staff training)

### Additional income

Additional income was raised from the training service, booklet sales, donations and fundraising events.

**Full accounts are available on request.**

## Chair's Report

This has been a busy and eventful year for TRCC both locally and nationally. Our staff and volunteers have continued to provide a high quality and much appreciated level of service through specialist counselling, training, providing information and the telephone helpline.

We received the final report from Teesside University on our pilot project '**Young Women and Sexual Violence: A Report Assessing Needs and Developing Services in Tyneside**'.

Recommendations were made which we hope to follow up next year.

We were selected by **New Philanthropy Capital** as 1 of 9 charities in the UK under the violence against women programme recommended to private funders for support.

We were involved in the national campaign to raise awareness about the crisis in funding for rape crisis groups and we received a visit from Teresa May, Shadow Minister for Women.

After several years of reporting financial difficulties we were pleased to welcome Gateshead PCT as a funder - now all PCTs and Councils within Tyneside support our work. However the amount of funding we receive still does not cover all our core costs so we urge funders to re-consider future allocations.

Lloyds TSB Foundation provided a 2 year grant for a part-time Administrator, enabling other staff to use their time and skills more efficiently for TRCC.

Northern Rock Foundation awarded a grant for 3 years for a full time Development worker to support volunteers and to develop a new membership scheme for people who wish to support the centre.

We were sorry to lose Maria Laben, our volunteer support worker, who left in November but look forward to recruiting soon.

Thanks to all our staff, volunteers and management committee members for their hard work and dedication as well as a huge thank you to all our funders without whom this work would not get done!

***Penny Remfry, Chair.***

## Counselling Service

One of the most difficult aspects of our work is when we have to turn women away from our service. We keep a short waiting list, which we feel is realistic, as there are only two paid counsellors (one full-time and one part-time). We strive to offer counselling within 6 weeks of referral, but this is not always possible. When the slots on the waiting list are taken we have to either signpost to other agencies or ask them to contact us at a later date in the hope that a slot will become available.

Finding another appropriate agency is difficult especially when the woman wants counselling within a woman-only space. We wish we could do more to help women out there who have experienced sexual abuse. We know many women are suffering in silence and we acknowledge wholeheartedly how difficult it is to come forward for help.

This year both of our counsellors completed the Foundation Skills and Intermediate Training in Cognitive Behavioural Therapy (CBT) at the Newcastle CBT Centre. This was an intensive training programme. The counsellors found it an interesting and very different approach to that of their primary training in Person-Centred Counselling. There are ways the counsellors can adapt aspects of this into their work (at the clients request), but in the main they will continue to work in a person-centred way.

We know our service benefits the women we work with - they tell us so and we really value the feedback we receive from them. At the end of her counselling a client took the following quote from Judith Lewis Herman's book *Trauma and Recovery* and wrote on her feedback sheet:

*"Reconciling with oneself. The simple statement – 'I know I have myself' – could stand as the emblem of the third and final stage of recovery. The survivor no longer feels possessed by her traumatic past; she is in possession of herself. She has some understanding of the person she used to be and of the damage done to that person by the traumatic event(s). Her task is now to become the person she wants to be. In the process she draws upon those aspects of herself that she most values from the time before the trauma, from the experience of the trauma itself, and from the period of recovery. Integrating all of these elements, she creates a new self, both ideally and in actuality."*

## Comments from Service Users 2007/08:

*"My counsellor helped me to feel safe enough to come apart and to really show how I felt".*

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*"I realised with her help (counsellor) that I can feel and behave differently and I can make my own choices".*

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*"I found the courage to open it up and with my counsellors help I was able to go there and talk about it"*

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*"I am grateful that places like TRCC exist and you can go there to get the help you need."*

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*"I was on anti – depressants and now I've come off them. Being able to talk has really worked for me".*

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*"TRCC has been extremely valuable to my mental health and well being."*

## Comments from Service Users 2007/08:

*“My medication has been decreased because I’m feeling more positive and I’ve learnt new ways to cope with what’s happened.”*

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*“My counsellor was someone I could talk to who understands and listens and helps. I have good and bad days but more good ones since starting counselling.”*

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*“During the time I came for counselling I went back to work and I even enrolled on a college course – that’s major for me and I couldn’t have done it without the help of my counsellor.”*

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*“TRCC has been a lifeline to me and my counsellor has helped me to realise that there is life after abuse...”*

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*“TRCC provides a warm, sensitive and safe space for women.”*

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*“I am more balanced now that I have been heard and my story has been witnessed.”*

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*“Talking makes me feel calmer”.*

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*“Thank you for your help.”*

## Awards and Accolades

### Una Padel Award

Sue Pearce received the runner up Una Padel award in recognition of her work in the criminal justice field, counselling women in prison. The Una Padel Award recognises the outstanding contribution made by individuals & organisations in social justice & penal reform.

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### Celebrating Success Scheme

Nicole Westmarland was nominated by Durham University, for her media work as part of the 'Celebrating Success' Scheme. This was given in recognition of Nicole's 'outstanding media contribution'.

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### New Philanthropy Capital

TRCC was selected as 1 of 9 recommended charities in the UK under the Violence Against Women programme. For further details see page 6 or see [www.philanthropycapital.org](http://www.philanthropycapital.org)



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### Emma Humphreys Memorial Prize

Safina Siddique was short listed in the Individual Category for this annual award. The prize is awarded to women who raise awareness of violence against women and children.

### The Crisis In Rape Crisis

This is the title of a new report published by the Women's Resource Centre and Rape Crisis (England and Wales). It is the result of a piece of research which found that Rape Crisis centres are 'spectacularly under-funded' and are closing at an alarming rate because of a lack of funding. Since 1984 the number of Rape Crisis centres in England and Wales has fallen from 68 to 38 and 9 Rape Crisis centres have closed in the last 5 years.

The average annual income for Rape Crisis centres was only marginally more than the cost, to the state, of one rape whilst more than 6 times this amount was spent on imprisoning a rapist.



**We have a small but dedicated team of volunteers at TRCC. Two helpline volunteers describe their experiences of volunteering for TRCC:**

*"I have volunteered for a number of years at TRCC and feel a valued member of the team.*

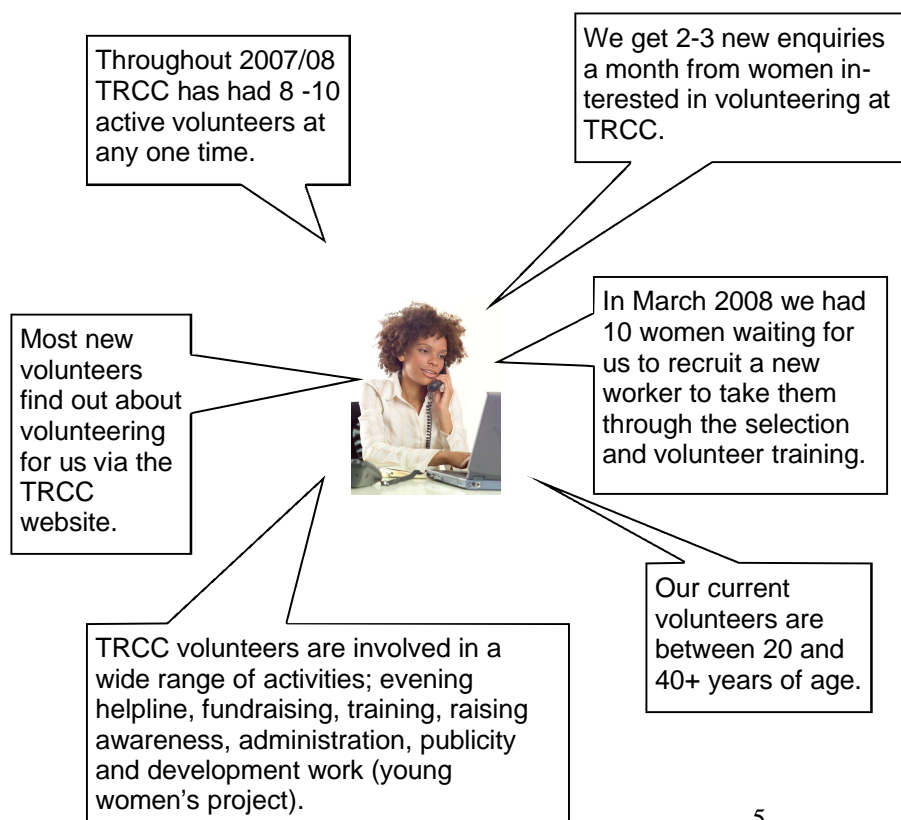
*My main role is to offer telephone support to survivors on our telephone helpline. This service gives survivors the opportunity to access support outside office hours.*

*I take calls from a wide age range of women, who can present us with issues such as childhood sexual abuse and rape.*

*For many of these women it may be the first time they have disclosed and I am always mindful how much of a terrifying step this can be.*

*My ability to continually offer my time to the organisation is aided by the enthusiasm of the team, ongoing excellent training as well as my own passion and personal development. This coupled with the excellent supervision ensures I am working in an ethical way."*

**Michelle  
Helpline Volunteer**



*"I have volunteered with Tyneside Rape Crisis Centre for over 3 years. Before beginning I did an in depth training course which developed my knowledge of sexual violence, coping strategies and counselling skills.*

*My main duties at TRCC are to support women on the helpline who have experienced sexual violence. I do this once a week and am usually in the centre for around 3 hours.*

*I have supported women bringing a range of issues including childhood sexual abuse, self harm, suicidal thoughts and intent, violent stranger rape and sexual violence when the perpetrator has been known to the woman.*

*Some women call the helpline within 24 hours of sexual violence occurring whilst some women have waited 50 or 60 years before coming to us for help.*

*I have also helped with admin, promotional and publicity work and training."*

**Dawn  
Helpline Volunteer**

## National Rape Crisis Group

At the national level, (with which TRCC members have been involved), there has been a lot of productive activity and awareness raising.

TRCC has continued to be instrumental in Rape Crisis nationally with TRCC trustee Dr Nicole Westmarland acting as chair, while TRCC co-ordinator Safina Siddique was treasurer (until Feb 2008).

The Women's Resource Centre produced a report: 'Crisis in Rape Crisis' for which TRCC provided much needed information.

The New Statesman ran a campaign in support of rape crisis centres in early 2008 in which Nicole Westmarland played an important part, writing articles and being interviewed on the radio. This resulted in Harriet Harman announcing a government grant of £1m for rape crisis centres for 2008-09.

Nicole also organised the first ever regional conference on sexual violence which generated a lot of interesting and useful discussion and raised money for our regional rape crisis centres.

## New Philanthropy Capital (NPC)

### Violence Against Women Programme



New Philanthropy Capital is a charity which gives independent advice on charitable giving. Their aim is to give donors information on the results achieved by charities - and helping charities themselves to get better at focusing on how they change lives.

They describe themselves as "passionate about ensuring that the charities with the best results attract the most funding".

NPC produced a recent report in 2008 '*Hard Knock Life*' about violence against women. They found that nearly one in every two women in the UK has experienced abuse. The report shows donors that there are proven ways to keep women safe and help women recover from abuse.

Their independent researchers found TRCC to be 1 of 9 charities (within this area of work) they would recommend to their donors. They were impressed that TRCC reaches out to women who are often ignored and are often victims of rape or sexual abuse, such as prisoners and women with special needs. They also stated that (TRCC) "... has a strong staff and trustee team".

New Philanthropy Capital looked at the role of Trustees and found that their experience and unpaid support are invaluable to TRCC. There are six women on the trustee board who have a background in social care, the voluntary sector, academia and the legal profession.

### Future Developments—2008/09

#### New Membership scheme

TRCC will be launching a new 'membership scheme'. The aim of the scheme is to give an opportunity for a wider range of people to support TRCC in different ways and to receive newsletters.

#### New Outreach project

TRCC will have a new full time 'Development Worker' in post who will be responsible for outreach work within Tyneside such as giving informal talks to local groups and promoting TRCC's services.

*We hope to raise more awareness about the impact of sexual violence with these new developments.*



**Young Women's Project**  
Assessing needs and developing  
services on Tyneside by Teesside  
University

*Funded by the Home office victims fund*

TRCC received the final report of this one off piece of work which aimed at exploring the needs of young women survivors and also encourage early intervention strategies.

The project involved a needs assessment and the piloting of a young women's group and training day on 'young women and sexual violence' issues. A new leaflet 'sexual violence – challenging the myths' was produced (see below) and new webpage targeted at young women has also been recently developed.

Recommendations for the future included extending training for local agencies; groupwork and workshops for young women and using targeted publicity.

To read a summary of the document go to [www.tynesidercc.org.uk](http://www.tynesidercc.org.uk) – publications



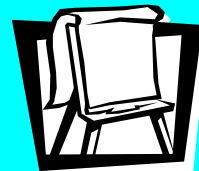
Myth: SHE WAS ASKING FOR IT. SHE WAS FLIRTING/ DRESSED PROVOCATIVELY.

Truth: No one asks to be raped; no one deserves to be sexually abused.

These are excuses perpetrators use to try and get away with their crimes.

The abuser is always responsible for their own behaviour.

## Training Service



**We have delivered 10 one day training courses during 2007/08.**

**Here is some feedback from participants:**

### Working with Self Harm

*"Some thought provoking exercises."*

*"I would feel more confident now supporting young people who self harm."*

*"I have a better understanding now and will be confident in working in support of any client with harming issues."*

### Working with survivors of Childhood Sexual Abuse

*"Well organised and explained."*

*"Helped to make me confident to recognise and help clients appropriately."*

*"Very helpful and I anticipate useful in my job."*

### Realities of Rape

*"Very good, especially video work, tutors very approachable & relaxed atmosphere. Very interesting."*

*"Good basic introduction.. dispelled some myths regarding rape and sexual abuse."*

*"It has given me a greater insight into rape and its effects."*

### Working with people with a learning disability who have experienced sexual abuse

*"Helpful, thought provoking, good discussion."*

*"Very interesting – an eye opener."*

*"The trainers were very approachable."*

### Young women & sexual violence

*"Helpful - great to network with other organisations – good materials."*

*"Good to refresh how many ways and how many effects sexual violence can have."*

**Keep checking our website for information on courses for 2008/09**

**[www.tynesidercc.org.uk](http://www.tynesidercc.org.uk)**

# Tyneside Rape Crisis Centre Statistics 2007 / 2008

## Who made the referral:

N = 220



Direct/self referral 35%

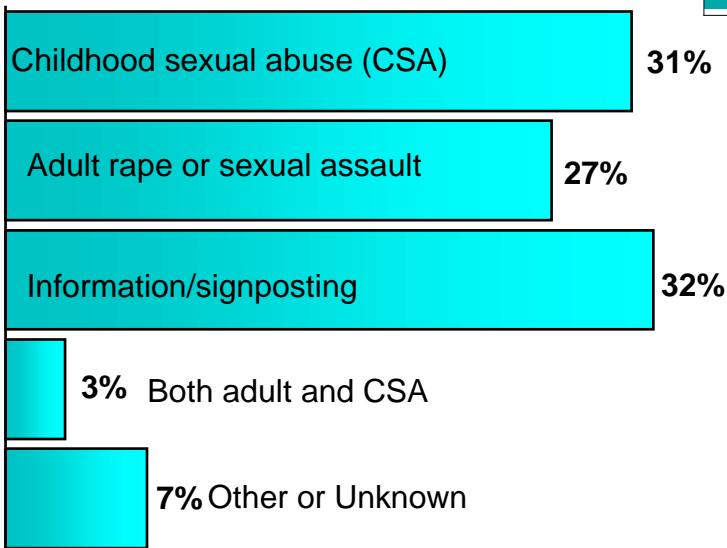


Proxy (via family or friend) 7%

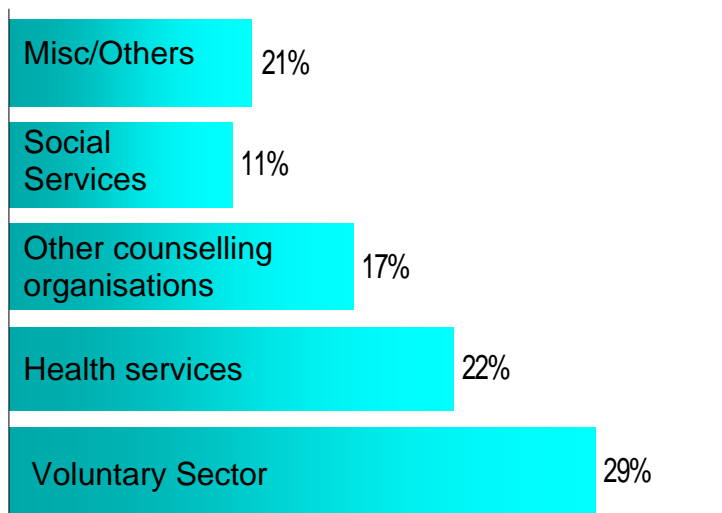


Via professional 58%

## Initial Calls Relating to: (N = 220)



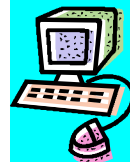
## Which organisations made referrals to TRCC?



Number of Evening helpline calls: 200 (2 nights per week)



Volunteer hours for year: 590



Number of website hits: 10,578 (average: 881 per month)

Area	% Enquiries (daytime calls) (Total: 220)	% Counselling/ support sessions: (total: 413)
Newcastle	34%	40%
Gateshead	13%	15%
North Tyneside	16%	21%
South Tyneside	11%	24%
Other	20%	0%
Unknown	6%	0%

## Staff Team 2007/08

Sue Howlett	Counsellor
Maria Laben	Volunteer Support Worker
Sue Pearce	Counsellor
Safina Siddique	Co-ordinator

## Management Committee 2007/08

Dr Ilona Buchroth	
Joanne Danby	Secretary
Dr Sue Griffiths	
Joyce McDonald	Treasurer
Penny Remfry	Chair
Dr Nicole Westmarland	