

# Tyneside Rape Crisis Centre

## Sexual Assault Counselling & Information Service

### Pre-incorporation statement

This annual report covers the period between 1 April 2010 and 31 December 2010 (nine months) and reflects the work of the organisation in this period and prior to incorporation as a company limited by guarantee on 1 January 2011. This is the final annual report of the old charity (charity number 508177).



Artwork created by a service user

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"I am aware of the importance of the service we provide, especially in light of the cutbacks to many other services in our area. It highlights the need for continued funding to maintain this vital service."

TRCC Evening helpline volunteer

"I feel proud to be part of an organisation that is supportive of women and that is working towards ending violence against women."

TRCC Evening helpline volunteer

### Contact details

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Registered charity no: 508177

Annual Report 2010/11

## Overview of the Year

Activities taking place during January to March 2011 will be reported on in TRCC's next annual report which will cover the period January 2011 to March 2012.

After some expansion in 2009-10, the last nine months of the calendar year saw consolidation in the new level of activities. Through the continuation of the Government Equalities Office Special Fund and contract with Low Newton prison we were able to maintain our core two full time counsellors for Tyneside.

Over the nine months 105 Tyneside women received counselling in 471 sessions.

The Northumberland Pilot, known as Grace – Sexual Violence Project, was publicly launched in Morpeth in September 2010 and expanded to provide a counselling service in different locations around the county.

Thirty-three women received counselling in 156 sessions. Volunteers were recruited for the Northumberland Helpline training programme; the Helpline itself was planned for starting in 2011.

The Tyneside Development Project continued with its very successful programme of discussions on topics related to sexual violence and the number of supporters increased to 117 in December 2010. Volunteers continued to run the Helpline on two evenings a week as well as provide other forms of support to the organisation.

One hundred and fifty women contacted the Helpline during the period. Six training workshops were held for professionals and others working with women who have experienced sexual violence.

Funding for the coming year 2011-12 was a growing concern at the end of this period because of cuts to central and local government grants. A further problem was the uncertainty around our current premises. We were able to extend our lease on a short term basis but felt this was inadequate and securing new premises remains a priority

Given the uncertainty about funding for the year 2011-12 the Trustees reviewed the reserves and made plans in response to potential shortfalls in income in the coming year. Trustees and staff worked on these and related issues through meetings and strategy days

Throughout this period staff, volunteers and trustees all worked hard to meet the needs of the women who contacted us because of the experience of sexual violence at some time in their lives. We continued our active participation in the national network (Rape Crisis England and Wales). Staff, volunteers and trustees all accessed training in order to develop skills and maintain professional development.

Our staff group welcomed a new Administrator, Joy Bryant, along with a new trustee, Clare McGlynn, and several new volunteers.

Many thanks to everyone who has been involved in the work of Tyneside Rape Crisis Centre during this time and also to our funders without whom this work would not be possible.

TRCC would like to thank the following funders for financial support in this period:

### Core funders

Gateshead Council  
Gateshead PCT  
Government Equalities Office  
Newcastle City Council  
Newcastle PCT  
North Tyneside Council  
North Tyneside PCT  
South Tyneside Council  
South Tyneside PCT

### Project funders

Equality and Human Rights Commission  
Greggs Trust  
HMP Low Newton  
Northern Rock Foundation

Income was also received through community events, individual donations, training work and sales.

A full set of accounts is available on request.

## Service users' comments on the impact of accessing counselling at Tyneside Rape Crisis Centre



"Had been suffering panic attacks, these seem to have calmed down."



"I can't thank you enough for the service you provide, you have an incredibly difficult job . . . but were nothing but positive about my situation and that I could get better . . . this consistently rubbed off on me and I began to think more positively and believe I could change. I am now confident I can leave the past where it belongs."



"Talking about what happened has made me a lot happier and I don't feel guilty any more."



"The service as a whole has been a huge help and I am so glad it exists!"



"I don't feel so much that what happened is my fault."



"I feel not as ashamed to talk about it."



"Have dropped frequency of seeing Community Psychiatric Nurse and Psychiatrist."

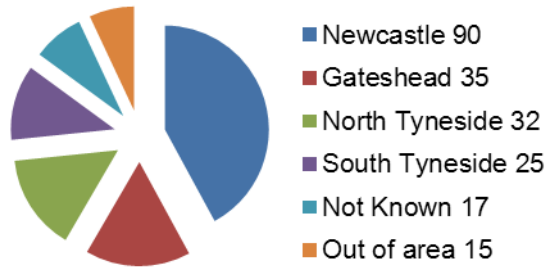


"I am able to travel more freely and think about events in my life without becoming distressed."

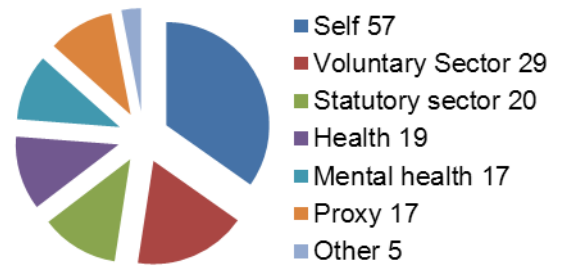


". . . a safe supportive space and gave insightful . . . interventions . . . would like to pass on my gratitude to the funders and TRCC."

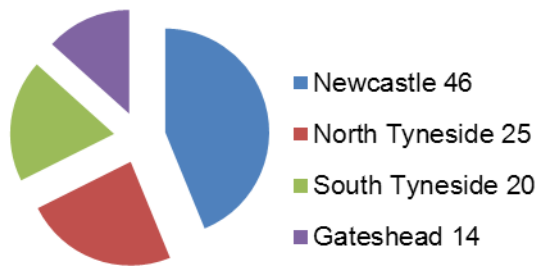
**Tyneside Daytime calls**  
Total: 214



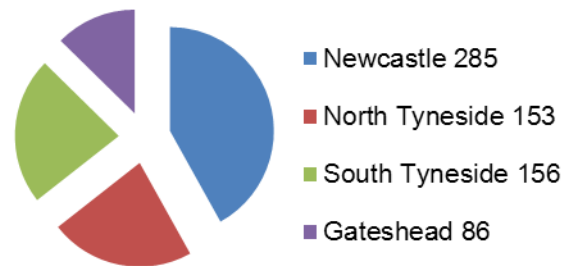
**Types of Tyneside referral**  
Total: 164



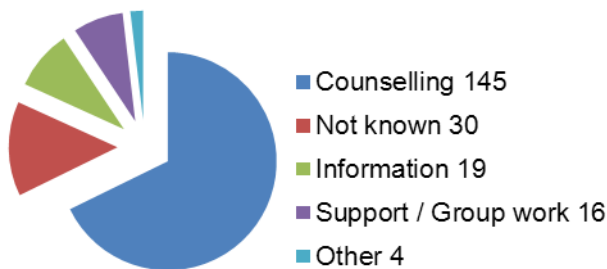
**Tyneside Women counselled**  
Total: 105



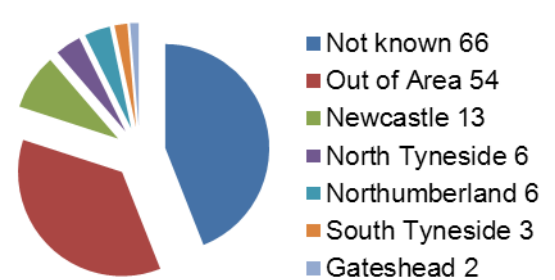
**Tyneside Sessions offered**  
Total: 680



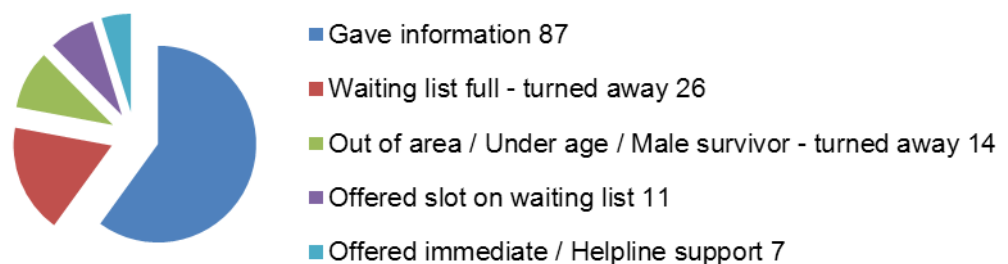
**Tyneside Reasons for Seeking Support**  
Total: 214



**Origin of ALL Helpline calls**  
Total: 150



**Outcomes of Tyneside daytime calls not resulting in counselling**  
Total: 145



## Comments on TRCC's training workshops

### Understanding Self Harm, September 2010

- 👤 A starting block to deliver self harm training to other colleagues.
- 👤 Identified needs and changes within my own service.
- 👤 Good refresher.
- 👤 Content of the course was of a high standard.
- 👤 Gave me a greater awareness of how I am feeling about self harm.
- 👤 Enjoyed meeting people who work within different areas of expertise.

### Working with Adult Survivors of Sexual Violence, October 2010

- 👤 Difficult and emotive subject matter but presented in a very supportive and safe environment.
- 👤 Talk given by police re reporting of rape was very helpful and informative.
- 👤 Good to get a picture of how people react to rape and the journey they go through.
- 👤 Video very powerful.

### Working with Survivors of Rape and Sexual Assault, October 2010

- 👤 Excellent. Very informative - made you think.
- 👤 The training will benefit my work and my clients.
- 👤 Many ideas for our women's groups.
- 👤 Relevant and applicable to my practice.
- 👤 I thought it would be death by PowerPoint...gladly not!!

### Working with People who have a Learning Disability who have experienced Sexual Violence, November 2010

- 👤 Excellent content, useful facilitation and guidance excellent.
- 👤 Better understanding of the difficulties faced for people with learning difficulties.
- 👤 Dispelled the myths.
- 👤 Better understanding of the way to approach working with a person with a learning disability.
- 👤 Confirmed my gut instinct.

## Comments about the benefits of TRCC's 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 find the articles interesting and varied . . . to have the opportunity and know that this work is continuing to reach us is valuable."

"Thanks very much for the series of talks. I really hope you are able to continue them."  
(Attendee at Discussion)



# GRACE



## Northumberland Sexual Violence Project

TRCC’s pilot Northumberland Sexual Violence Project provides support to women survivors in Northumberland and has become well established during the last six months.

Counselling referrals have increased with clients being offered free confidential counselling at six locations throughout Northumberland.

Many talks have been given to professionals and in October 2010, one agency commented: “Before meeting you I would not have referred a client to you. Now that I have met you, and know how you approach the clients, I will refer clients to you.”

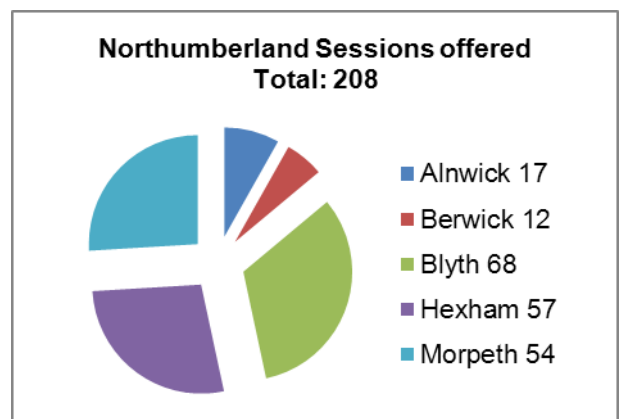
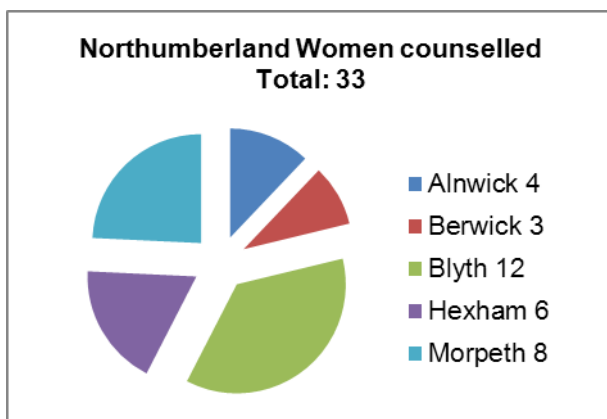
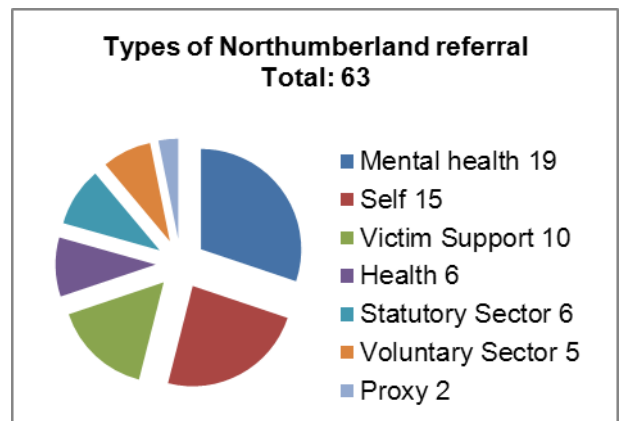
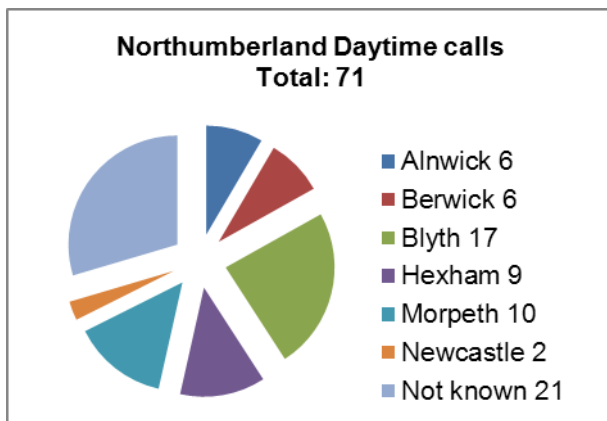
### Counselling clients’ comments

“How can I thank you for walking beside me during one of the darkest periods of my life? Our sessions have provided me with comfort, hope, refuge and strength.”

“Thank you so much for everything you have done, you have been so easy to talk to and now I can see that light at the end of the tunnel.”

“Feel more positive about making changes I need to make in my life, have ended an abusive relationship.”

Grace’s NEW free confidential helpline was launched and functions with a team of volunteers providing much needed non-judgmental support to women. In 2011 we look forward to recruiting more Northumberland volunteers onto our training programme.



## Public discussions organised by TRCC

-  One in Four - Katrina McHugh - Open Clasp - September 2010  
“Creative and imaginative way of looking at a complex issue”
-  Reality of the Sex Industry on Tyneside - Sex Work & Sexual Exploitation –  
Laura McIntyre - Cyrenians Gap Project - September 2010
-  Identification and Support of Female Victims of Trafficking - Heather Pollard –  
Poppy Project - October 2010
-  Rape - Reporting and Prosecution - Cath Easton - Northumbria Police & Mark Donkin -  
Northumbria Crown Prosecution Service - November 2010  
“Excellent sharing of knowledge. Good to have such specific information.”
-  Working with Partners of Sex Offenders - Shelagh Scott - Barnardo's Mosaic Project -  
December 2010  
“Very powerful session, aroused powerful emotions.”

These discussions were attended by 159 people in total with an average attendance of 32 per discussion.

## Volunteer feedback

### About the experience of working at TRCC

“. . . an invaluable experience. . . a positive and rewarding place to work.”

“..I always come away energised by the enthusiasm and commitment of the team in the endeavour to support the women who contact the service.”

“My experience of TRCC is that of a profound impact and change in my life . . . the need for gender equity to be addressed at all levels.”

“. . . cared for and valued as a volunteer.”

“Very rewarding and worthwhile.”

### About what it has been like working on the evening helpline service

“Inspirational and challenging! You come into this work as a way of supporting others to help themselves. I am always amazed by the courage and strength of the women we support and in turn this inspires me.”

“I have gained a vast variety of skills and knowledge. My confidence has greatly increased since I became a volunteer”

“. . . the opportunity to make a difference to someone who really needs support.”

### About what has been gained from volunteering at TRCC

“The knowledge I’ve gained has helped me a great deal in my professional ‘day job’ which has benefitted the clients I support.”

“Great understanding of issues around sexual violence.”

## Trustees

April-December 2010

Dr Ilona Buchroth

Hazel Danby

Kath Egdell ..... resigned 6 June 2010

Dr Sue Griffiths, Secretary

Joyce McDonald, Treasurer

Clare McGlynn .....joined 7 June 2010

Penny Remfry, Chair

Dr Nicole Westmarland

## Staff team

Dawn Bowman, Development worker (Tyneside)

Joy Bryant, Administrator .....from August 2010

Wynne Fitzsimmons, Counsellor (Tyneside)

Sarah Forster, Development worker (Northumberland)

Leanne Hewitt, Administrator .....to July 2010

Sue Howlett, Counsellor (Tyneside)

Jane McDowell, Cleaner

Sue Pearce, Counsellor (Tyneside)

Safina Siddique, Co-ordinator/Fundraiser

Jean Worth, Outreach Counsellor (Northumberland)

## TRCC Rape & Sexual Abuse Helplines

Tuesday & Thursdays

6.00 pm to 8.30 pm (calls taken until 8.15 pm)

Northumberland 0800 035 2794

Tyneside 0191 232 9858

## Contact details

Administration: 0191 222 0272

Fax: 0191 261 0983

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