

Annual Report April 2018 - March 2019



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a world free from sexual violence and abuse

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Welcome



2018-19 was a year of celebration for RSVP when we turned 40. This is phenomenal for any organisation and especially so for a charity in a sector where there is an ever bigger gap between actual resources and actual need. Sadly, there is a huge and growing need for the specialist support that an organisation like ours can offer, and our services are needed more than ever.

In 2017-18 we supported 7,739 children and adults subjected to sexual violence, abuse and exploitation through our many services (detailed in the report). In 2018-19, we supported 10,075 children and adults. This is an actual increase of 24% in one year alone!

At the end of the year, in March 2019, 840 adult survivors and 65 child survivors were waiting for RSVP counselling, and the predicted average time that adults requesting counselling would wait was 7.5 months, with children waiting on average 5 months. At RSVP we do not feel that this is acceptable and we took measures to provide quicker responses to survivors who request counselling from us.

At our strategy day in November 2018, we identified that in order to meet the ever-increasing demand we must grow our organisation by at least three times that size. And we know that could be the tip of the iceberg, as there are many more survivors in the city who haven't yet approached us for support but could in the future. We are not alone in the demand for services like ours; this is replicated across the country.

Whilst our team has worked hard to support survivors, we have also made changes to the company infrastructure too.

The first one is that we've been able to increase our funding to just over £1 million pounds in 2018-19. This is a major milestone and achievement for the charity. It has had implications as the Charity Commission dictates that this is the level when charities need to provide externally audited accounts. This will be the first time this has happened for RSVP and has led to the appointment of an external auditor, Feltons. The 2018-19 accounts I have signed have been ratified by the auditors which is an amazing achievement for all that were involved in the process.

The second change is that we decided to move from an unincorporated charity to an incorporated charity. Our new charity and company structure provides trustees with increased protections through limited liability under company law, and it also changes the status of the trustees to company directors too.

This was not an easy project to work on for all involved and took a lot of RSVP resource, trustee and CEO time to enact. The work began in 2018-19 with the new company status coming into effect on 1st September 2019.

The focus of this year's AGM was to discuss the "Crisis in Rape Crisis - the challenges ahead"; it's hard hitting but it's important that we share the growing gap between the increasing need and the funding we have secured, and how we will work towards closing this gap and meeting these challenges.

The success of RSVP is due to the skilled, hard working and dedicated support from its staff, volunteers, trustees, and funders. We, of course, remain committed to, and inspired by, the survivors who bring hope and confidence to their lives despite the sexual trauma they have been subjected to.

Jason Clark, Chair



Reflections



Clockwise from top left: Lisa - CEO, Jason, Chair of Trustees, Yvonne - Head of ISVA Services, and Sarah - Head of Business Development at the GSK Impact Award ceremony; our stand at the South Asian LGBTI conference; Cara, one of our counsellors, at Reclaim the Night march; having fun at the Purple Ball Gala; Irwin Mitchell presenting Anjella - Head of Counselling with a cheque for £2,500 to contribute towards the rent at our Chelmsley Wood outreach site.

Reflections



Clockwise from top left: some of the team at Irwin Mitchell on their Peak District Challenge for RSVP; Rachel, one of our trustees, on the left, after her 56km London 2 Brighton challenge; Lisa - CEO on her epic Grand to Grand 273km 7 day challenge; The Girl Behind the Glass performance incorporating music and drama to raise awareness about sexual assault; Steve, running through all 28 countries of the EU by 29 March.

Our Impact

Number of survivors supported



112 females through our Red Project service
(support for survivors who are also sex workers)



101 adults through our self-help coffee morning group
252 adults through our social groups
15 adults through our refugee/asylum seekers group
Total adults supported through groups = 368



5,240 adults through our telephone helpline service



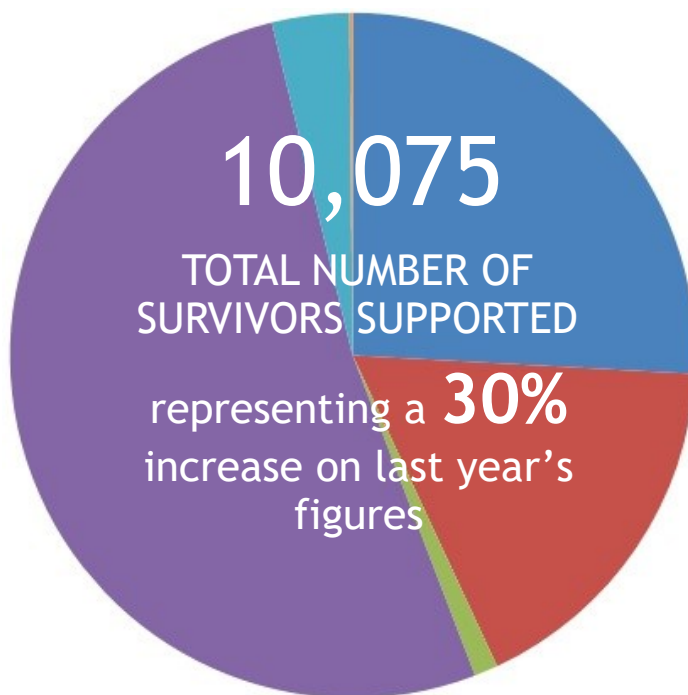
1,219 adults through our Adult ISVA service
55 adults through our LGBT ISVA service
461 children through our Child ISVA service
Total survivors supported by ISVA services = 1,735



15 adults through psycho-educational support

391 adults accessed our Taste of Recovery Package

20,013 visits to our website



1,835 adults through counselling at RSVP premises
187 adults through our outreach counselling
52 adults through short-term crisis counselling
98 adults through telephone counselling
15 adults through our group counselling
77 adults through our refugee/asylum seekers specialist counselling & practical support services
Total adults supported through counselling = 2,249

273 through children and young people's longer term counselling
83 through children and young people's short-term crisis counselling

Total children supported = 356



Our Impact

Numbers of Survivors

Wellbeing Outcomes

73% of survivors we supported in counselling said they had increased feelings of wellbeing & confidence

60% of survivors we supported in counselling said they had increased abilities to cope with the effects of trauma

71 % of survivors we supported in counselling said they now felt increased levels of hopefulness

58% of asylum seeker/refugee survivors said they felt more safe following the counselling and practical support they received from RSVP

65% of survivors supported by our Independent Sexual Violence Advocacy (ISVA) service said they were now more aware of the choices they had when going through the criminal justice processes

Survivor profile

88% are female

11.5% are male

0.5% are trans or non-binary

10% are under 18; this represents the highest proportion of children and young people we have supported

Brilliant team! RSVP do a lot more than just support, they gave me a reason to keep on living.



Counselling and Wellbeing

The need for both our counselling services (crisis, longer term, outreach and telephone counselling) and our wellbeing services (self-help social groups and coffee mornings, and the on-line Taste of Recovery support package) grows year on year. This year we supported 3,023 adults and 356 children through these services.

Included in the totals above were 2,605 children and adults requiring our most in need service, counselling. Compared to last year this was nearly a 26% increase. This meant we focused more strongly on how to increase service capacity in the long term, and how to reduce waiting times in the short term, whilst maintaining the quality of the service survivors deserve. We were keen to consult current and former counselling clients, and the RSVP team too, as it was important that we included all views and experiences in any decisions made. We conducted a client survey (both online and paper) and held client focus groups, and held meetings with our team, to capture this information. An independent report regarding this consultation will be published in 2019/20 and the feedback we received has been invaluable, shaping the approach we have taken. Key changes included:

24 weeks of adult counselling instead of 24 sessions, then a further move to 16 weeks from 1 April 2019. Children's counselling remains at 24 sessions.

An additional counselling outreach site in Kings Heath making a total of 6 outreach sites. This included more counselling sessions in our Solihull/Chelmsley Wood sites by taking on an additional counselling room.

Having two intakes of volunteer counsellors—5 were recruited in August 2018 and 7 in January 2019.

We also introduced a bespoke children's outcome tool and framework, with help from Karen Garry from Merida and our children's team. Our service outcomes now more closely match the needs and priorities of the children we support, and provide better evidence of the impactful changes children achieve when they receive our support.

In July our Adult SARC Crisis Counselling began with 2 specialist crisis counsellors being employed.

Our specialist service for asylum seeker and refugee survivors is ongoing; this year we supported 77 clients representing a 33% increase from last year. We continue to work closely with refugee/migrant agencies such as Freedom from Torture, the Meena Centre, Hope Projects, and ASIRT to reach this client group. Capacity needs to increase to meet the growing need for this service.

We increased the number of adults we supported via our telephone counselling service, from 34 survivors last year to 98 survivors this year, an increase of 188%. This also meant that for survivors who felt anxious about leaving their home or who had additional mobility needs, counselling could still be accessed.

Telephone Helpline

The number of people needing support from our helpline grew. We supported 5,240 adults, a 34% increase from last year. We responded to this need by recruiting more specialist trained volunteers.

We became involved in the West Midlands Combined Authority, Thrive at Work Wellbeing Programme. This gave us good practice guidelines and tools enabling us to explore and improve the physical and emotional health and wellbeing of our staff and volunteers in work, something very important to us.

Future Plans:

- Further reduce the time survivors wait for RSVP counselling.
- Increase the number of counselling sessions for children.
- Offer further outreach support, especially in geographical areas where a high proportion of the survivors we support live.
- Increase our helpline opening hours.
- Achieve Male Service Standards - to evidence the quality of our counselling service for male survivors.
- Introduce a new service for the supporters of survivors, combining group and 1 to 1 support.
- Offer more telephone counselling.



Advocacy Support for Survivors

Our team of 12 Independent Sexual Violence Advocates (ISVAs) team continued to offer practical and emotional support around police and court processes, civil action, compensation, access to health appointments, and more. The team includes three children's ISVAs (supporting under 18s), two LGBT ISVAs, and six adult ISVAs (supporting over 18s) and one specialist Sexual Violence Prevention Worker, supporting women sex workers subjected to sexual abuse, violence or exploitation.

The team were restructured this year to provide them with extra support, through the appointment of Natalie, one of our adults ISVAs as ISVA Team Leader. This also freed up Yvonne, Head of ISVA Services to focus on strategy and service development. This has led to a more cohesive and supported team reducing the chances of them facing burnout and secondary trauma, particularly as ISVAs often hear a lot of detail of what survivors have been subjected when they offer support through criminal justice processes.

Our ISVA team continued to be funded by a wide range of funders including UHB, West Midland's PCC, Birmingham Community Safety Partnership and Birmingham City Council. They continued to work collaboratively and in partnership with UHB's Umbrella Sexual Health Services, and other organisations to broaden the scope of and access to advocacy support for survivors. This included ISVAs continuing to offer partnership support through:

- The ASCs (Abuse Survivors' Clinics) in conjunction with Umbrella. ISVAs attend ASCs twice a month at Whittal Street Clinic, Birmingham city centre, once a month at Chelmsley Wood, and twice a month at Solihull, to provide specialist support.
- Our free drop-in Legal Clinics, in partnership with Irwin Mitchell Solicitors. Clinics run once a month and support is provided from a lawyer and an ISVA. 23 survivors benefitted this year from legal advice.

- Umbrella's SAFE Project to actively reach, engage with, and support female sex workers. This included working alongside SAFE on their monthly night outreach and on their weekly clinics.
- Our regional relationships with CRASAC (Coventry Rape and Sexual Abuse Centre) and BCWA (Black Country Women's Aid). Together we form the West Midlands consortium of sexual abuse services and have secured funding to develop and deliver 'The Red Project', a regional wide specialist service for female sex workers. **112** women have benefitted across Birmingham and Solihull from our part of the service, a huge increase of **239%** from last year. Our specialist worker Claire, works in partnership with organisation to ensure that she reaches women through active outreach, providing them with access to services in locations where they already go. She also attends regional forums, including one alongside West Midlands Police and UK wide forums. Forums provide space for professionals supporting sex workers to share good practice and to reflect on challenges too.

We supported **1,386**
adults this year through
advocacy, including **112**
survivors who were also sex
workers and **55** survivors
from the LGBT Community

Future plans for the ISVA Service:

Continue supporting the ASCs and other partnership work.

Ensure that more survivors know about wider options for justice that don't just revolve around court.

Support and reach out to online sex workers.



Advocacy support for Child Survivors

Our 3 Children's ISVAs continue to support children under 18 years of age. Katrina, one of our Children's ISVAs, was shortlisted for a Lime Culture Limelight Award. Although just missing out on receiving an award we are immensely proud that her dedication and professionalism was recognised.

Client Story—based on a number of clients' experiences

A teenage girl was referred to RSVP via the PSAS (Paediatric Sexual Assault Service.) She had disclosed to a teacher following repeated sexual abuse by her step brother over a number of years.

A consequence of the abuse was post-traumatic stress and depression, which had resulted in her receiving mental health support, something she did not find helpful.

As a children's ISVA I was able to refer into RSVP's specialist children's counselling service, whilst also providing advocacy support. I supported her closely alongside her school especially since her immediate family were disbelieving of the disclosure she had made, hence family support at home was limited.

I enabled the young person to access support from different services by chaperoning her to different agencies, since she was unable to rely on her family to support her to attend appointments.

I also supported her through the reporting process, including providing emotional support when the offender pleaded guilty at the plea hearing and was released on bail until the trial.

We supported **461**
children and young people
this year through our
advocacy service – that's
an increase of
41%
from last year

As the trial date approached I arranged a pre-trial visit to the court and attended with her. However, as the date for her to give evidence in court approached she became more and more anxious and concerned, missing appointments with me due to the fear she felt. When the trial date arrived she initially refused to attend court. It took extra support and telephone contact from me and a now supportive family member to give her the confidence and support she needed to arrive at court. I emphasised how we believed in her and how she could be supported to give evidence.

It took a great deal of courage for her to give evidence and she was pleased when the offender was found guilty for most of the charges and sentenced at a later date. She said that without RSVP's support she would not have been able to go through with reporting.



Advocacy Support for Lesbian, Gay, Bisexual, and Trans (LGBT) Survivors

Our specialist Lesbian, Gay, Bisexual and Trans (LGBT) Advocacy (ISVA) service continues to provide emotional and practical support for LGBT survivors of sexual abuse, violence, exploitation, coercion and sexual hate crimes (such as so called “corrective” rape), working with other agencies and organisations.

Our two LGBT ISVAs continued to:

- Work closely with local charity Birmingham LGBT, being part based at their premises to give choices about where LGBT survivors were seen and supported.
- Offer specialised support to survivors going to the weekly LGBT sexual health clinic or to trans survivors going to the monthly trans clinic. Both clinics are run in conjunction with Umbrella Sexual Health Services and Birmingham LGBT.
- Increase awareness about the specific barriers faced by LGBT survivors.
- Offer specialised support to women attending the Lesbian & Bi Well Women’s Clinic.

We supported **55**
survivors from the LGBT
Community who newly
requested our support
this year

Client Story—based on a number of clients’ experiences

I am an LGBT ISVA and I supported a lesbian who had run away from home. She was at risk of honour-based violence and forced marriage. She was at risk, had no LGBT peers, was very isolated, felt forced to distance herself from her family, and struggled to come to terms with her sexuality.

She had also been subjected to repeated rape and assault, by a male acquaintance, over a long time period.

As a result her emotional well being was severely impacted by the multiple traumas she had faced and by the ongoing fear she felt about her family and the wider community. Her physical health was also suffering and her employment had been disrupted too.

She had multiple support needs, which intensified when she experienced suicidal thoughts. At this time I was able to help her access extra support.

She talked to me about her concerns of contracting sexually transmitted infections (STI) from the repeated rapes, and her fear about going for sexual health screening. I was able to order a STI self-testing kit for her but she struggled with it. Instead she asked me to arrange a screening appointment at Birmingham LGBT and also attend with her. The extra support she gained meant she could access a health appointment which she felt unable to access on her own. Some time later she was also hugely relieved when she was given the all clear.

Finally, in light of the isolation she was facing, I supported her to attend a group where she could meet new people, build friendships with LGBT peers, and finally feel comfortable being herself.



Other ways we supported survivors

Social Groups

Our 5 free social groups meet once a month, and are an informal and friendly way for survivors to socialise and try out different, fun activities in a safe environment.

Activities this year have included:

- Meal at a city centre restaurant
- Seed planting in Martineau Gardens
- Visit to the Think Tank
- Visits to Moseley Park & Kings Heath Park
- Mini Golf at Cannon Hill Park
- Botanical Gardens
- Treasure Trail
- Decoupage arts and crafts
- Quiz night
- Cinema visit
- Photography
- Tai Chi / Yoga
- Jewellery Making

Self-Help Coffee Mornings

Our monthly coffee mornings continue to be popular. Each session is connected to an issue and difficulty commonly affecting survivors. The aim of the coffee mornings are to share and explore different self-help strategies to build coping, improve relaxation and increase wellbeing. The programme is co-designed by survivors, ensuring it matches need.

Topics explored this year have been:

- Singing for Wellbeing
- Self-talk: how it can make a difference
- What is NLP and how can it help?
- How stories can help after abuse
- Relaxation through Tai Chi
- Art as self-expression
- Writing a Journal as a coping technique
- Coping with the winter season

Arts with Hearts is our craft making and selling arm of our fundraising, is a combination of survivors, trustees and staff who create and sell craft items. The group goes to craft fairs and other events to sell our crafts to raise funds for RSVP. This gets RSVP 'out in the world' in a non-threatening way and often opens up opportunities for conversations we may not otherwise have. It also presents a great way for us to work together with staff and survivors. Arts with Hearts had another good year and they now have a lovely group of 'crafty survivors' who have contributed (and learned) new and creative skills. The quality of items made is always astonishing and the co-operative, caring and sharing environment is a joy. Ask Sally, trustee, for more information about Arts with Hearts or, even better, to buy something!

For more information please visit our website:
<https://rsvporg.co.uk/services/arts-with-hearts>

Our written information sheets provide a range of strategies to help survivors cope with the trauma of sexual violence and abuse and we are continually adding topics as suggested to us by clients. These can be found on our website:
<https://rsvporg.co.uk/resources/self-help/>



What we achieved through Training and Development

At RSVP we believe in sharing our specialist experience and knowledge with external statutory and voluntary organisations, to ensure that more survivors are provided with the big hearted, believing and non-victim blaming support they deserve. Both Lisa, our CEO, and Becky, our Specialist Trainer, deliver training sessions.

Becky has a 24 hour/week training post with 20 hours being funded through Umbrella and the rest through our own funds. Last year saw Becky introduce the 'Golden Pathway', training to sexual health staff and partners. This monthly training session grew from the earlier 'Golden Opportunity' training, and was developed from delegate feedback. Training has been very well received with the vast majority of delegates rating the training as either very good or good.

In addition to the 'Golden Pathway' training, Becky provides Umbrella staff with development sessions, called "Tea and Cake with Becky". They provide space and opportunities for staff to learn, reflect and challenge their thinking, approaches and understanding of the impact of sexual violence and abuse. They are well attended, and staff request topics to be covered, placing high value on their learning.

The number of delegates trained & topics delivered included:

- 88** Golden Opportunity/Pathway training. For Umbrella staff.
- 27** Tea & Cake with Becky sessions. For Umbrella staff.
- 15** Trauma informed responses. For staff at Southside BID.
- 9** Responding to sexually abused students in a trauma informed way. For University College Birmingham staff.
- 30** Trauma informed response. For Newman University students.
- 15** Supporting survivors in a trauma informed way through safeguarding. For BCU students on MSC Safeguarding course.
- 70** Supporting survivors made pregnant through rape and sexual abuse. For medical staff at British Society of Abortion Care Providers and Royal Society of Medicine conference.
- 200** Supporting survivors of sexual abuse together. For Rotary.
- 98** Awareness of victim blaming & rape myths. For Police staff.
- 100** How Criminal Justice System victim blames in its response to memory after abuse. For SARC staff.
- 100** Challenging Victim Blaming & the Medical Model. Delegates at the Drop the Disorder Conference.
- 17** Trauma Informed responses. For PACE staff & volunteers.
- 17** How to respond sensitively to women needing cervical screening after sexual abuse. For Jo's Trust volunteers.

786

The number of individuals from external agencies that we trained last year

We offered opportunities for training and development for our team on:

The Tree of Life—a trauma informed way to help clients creatively express their own narrative, thoughts and feelings after sexual abuse.

Drop the Disorder—challenging the narrow way the medical model responds to adversity, human distress & trauma.

Girl Behind the Glass—a live theatre piece of music and drama to explore a woman's journey after sexual assaults.

Trauma Informed Approaches.

Leadership training from the GSK Award Winners Network.

Good Practice in ISVA Services.

If you need training on how to respond to sexual abuse and trauma please email Becky on: trainer@rsvporg.co.uk. There is also information on our website: <https://rsvporg.co.uk/training/>



Working in Partnership

We continue to recognise the value of working in partnership to provide survivors streamlined access to the highest level of professional support needed.

Partners we continued to work with:

Birmingham Community Healthcare NHS Trust Learning Disability Service – an in-house learning disability clinical psychologist strengthened our responses to learning disabled survivors. As well as working directly with clients, the psychologist trained the team and provided one-to-one guidance and support to members of the RSVP team working with learning disabled survivors. This was a small pilot ending this year; an evaluation report demonstrating its success will hopefully enable us to re-establish this with future funding.

Irwin Mitchell Solicitors – this monthly, free legal clinic continues to thrive and be well attended (see page 7).

Paediatric Sexual Assault Services (PSAS) – we continue to offer up to 10 sessions of crisis support to children recently abused who live in Birmingham and Solihull. This new service means we can offer counselling support to children very quickly to help them cope with the immediate effects of sexual abuse, violence and exploitation.

Forward Thinking, which offers mental health support to children and young people and is part of the Children's Hospital – RSVP worked very closely with Barnardo's to explore and scope the understanding of Forward Thinking staff in relation to sexual abuse and trauma informed approaches. We wrote a report and made observations and recommendations about how they could improve their response to sexually abused children and young people and to the parents and families that support them.

Working with Umbrella Sexual Health & Their Delivery Partners:

Our partnership with Umbrella Sexual Health Services began in August 2015, and continued strongly throughout the year. It ensures that together we promote and improve sexual health and wider support responses to people subjected to or at risk of sexual abuse, violence and exploitation in Birmingham and Solihull. This partnership has resulted in a number of different specialist services and initiatives, as well as improved training and development opportunities for sexual health staff and partner organisations (see pages 7, 9 and 11 and for more information).

Birmingham LGBT – working to improve support for LGBT survivors (see page 9 for more information).

Umbrella's SAFE Project – working to give better support and responses to sex workers who have been subjected to, or at risk of, sexual violence, abuse and exploitation (see page 7 for more information).

We continued to have a presence on many different city wide, local and regional strategic and operational boards and groups, where we represent survivors needs and views. Our profile and reach was wide, demonstrated by the range of meetings we sat on this year:

West Midlands PCC Victims Commission; Umbrella Senate; Umbrella Safeguarding & Sexual Violence Sub group; West Midlands wide Rape & Sexual Offences Strategic Governance Group; Solihull Domestic Abuse Priority group; Birmingham Violence Against Women & Girls Steering Group; SARC Operational Group; CPS Scrutiny Panel; West Midlands Police Scrutiny Panel; Police Professional Standards Department (PSD) Independent Advisory Group and COG meetings about how to safeguard survivors of Childhood Sexual Exploitation.



Achievements and Future Aims



We are absolutely delighted to announce that we were one of only eight charities selected from more than 350 organisations to receive a 2018 GSK IMPACT Award. This prestigious national award recognises charities that are doing excellent work to improve people's health and well-being. As part of our win we received £30,000 in funding as part of the prize, as well as expert support and development from The King's Fund. We couldn't be more pleased.

Developing leaders in the charity sector is an important aim of the GSK IMPACT Awards programme, and we will also have access to training and leadership development. We were invited to join the GSK IMPACT Awards Network, a national network of almost 80 award-winning health and well-being charities working together to develop leaders, find new ways of working, and support others.

Future Strategic Aims for the coming year include:

Reducing the times survivors wait for counselling.

Finding better ways to understand reasons for missed and cancelled appointments, so we can offer survivors more tailored & sensitive support.

Moving temporarily to 16 weeks of counselling, as opposed to 24 sessions over undetermined number of weeks. This means that clients will know when their counselling ends and will hopefully mean we can respond quicker to survivors newly requesting our counselling.

Offer more telephone counselling.

Increase the number of counselling sessions offered for children.

Offer further outreach support.

Increase our helpline opening hours.

Increase unrestricted income

Unrestricted income in the form of donations, fundraising activities, corporate sponsorship, and trading is really important to offset some of our reliance on grant funding as it allows us to replenish depleted reserves and gives us the flexibility to respond to client need.

Appointment of an auditor

As our income reached £1 million this year we appointed Feltons as our independent auditor.

Rape Crisis England and Wales

Our aim is to re-join Rape Crisis England and Wales, having last been a member in the late 1980s. RSVP will be joining other sister agencies to benefit from wider UK funding opportunities. We shall also have the ability to learn from other specialist rape and sexual abuse organisations.

Quality Standards for Male Survivors of Sexual Abuse and Violence

We were extremely pleased to be selected by the Home Office as one of the organisations to be funded to work towards accreditation for the Quality Standards for Services Supporting Male Survivors. We've been supporting male survivors for more than 20 years, these standards will further demonstrate to men and boys that they will receive tailored support from a team who is understanding of their needs, concerns and experiences.



Funding

RSVP are grateful to our wide range of funders and supporters. Grant funding and commissioned contracts remain our primary source of income and a vital part of our ability to maintain our core services. 2020 sees the end of some multi-year grants and so we will focus on securing new funding opportunities. RSVP recognises the need to increase our income through unrestricted funding and as we celebrate our 40th anniversary this year this is was an excellent opportunity to increase our fundraising activities.

This year **93%** was grant income and **7%** was unrestricted funding. Total income was **£1,067,245**.
An increase of just over 8% from last year.

Income Generation:

- **Arts with Hearts**, which raised £504.
- **Sale of resources, including books**, raised £212.
- **Private Counselling** for survivors who were able to pay for specialist sexual abuse support, offered separate from, and in addition to, our main free counselling services. This raised £7,331.
- **Specialist training for professionals**, which brought in £2,352.

Big thanks to everyone who supported us in a variety of ways, we are very grateful to you all.

We raised £78,014 unrestricted funding through income generation and fundraising. Maintaining such a level in the current economic climate has been an amazing achievement, and to maintain our core services.

Here are some ways we received donations:

- Irwin Mitchell have supported us through various fundraising activities including the Peak District Challenge which raised £1455.
- Rachel, our Trustee, raised £647 on the London 2 Brighton challenge and £222 in donations to celebrate her silver wedding anniversary.
- Kate ran the London Marathon & raised £1,528.
- Jude ran the London Marathon raising £789.
- Nicky, from Bournville Harriers, raised £2,250 through completing 5 ultra marathons in 4 months.
- Kerry ran the Worcester City 10k and the Birmingham half Marathon raising £301.
- Lisa, our CEO, ran the Californian Grand to Grand raising £554.
- Steve ran through the 28 EU countries in March and raising £1,125.
- Cara raised £105 through a sponsored silence.
- Adam, Charlotte, Greg, Joshua, and Dominic raised over £1,500 between them by swimming with sharks.
- Grunge music nights raised £301.
- Purple Gala Dinner held in November 2018 to celebrate our 40th anniversary raised over £2,000.



Funding



Funding our 40/40 Appeal

We launched our appeal in 2017, as we were approaching our 40th birthday in November 2018. That's 40 years of boldly supporting people subjected to sexual abuse, 40 years of big hearted empathy, and 40 years of believing.

We aimed to raise an additional **£40,000** on top of our usual donations.

**We actually raised
£42,196 !**

This is an amazing achievement in the current economic climate; we thank everyone for their support. We will continue to increase unrestricted funding and here are some ways you can help.

Did you know you can raise money for RSVP without it costing you a penny? Here are two ways to do that

1. Everyclick: Make Everyclick your internet search engine and nominate RSVP as your charity. Every time you click on the internet we get a small sum of money.

2. Give as you live: A shopping app that directs a percentage of every purchase you make to us. Visit; www.giveasyoulive.com or www.easyfundraising.org.uk to learn more and download the apps.

Fundraise for us! If you would like to fundraise for us, we would be hugely grateful and can provide you with support. Our Fundraising Pack will get you started. Download it from: <https://rsvporg.co.uk/wp-content/uploads/Fundraising-Pack-2.pdf> Alternatively, contact Sophie, our new Community Fundraiser at: sophie@rsvporg.co.uk

Our Capital Appeal —Together we build

We'd like to thank the following corporate donors for supporting our capital appeal:

Warwick Vesey; JMW Associates; Krean Property; Lifetime Independent; Michael Doolin HR; Quadaus Living

We're looking for businesses and individuals to support us to expand our support to abuse survivors. We aiming to purchase, for the first time, a building in an area of great need. We'll turn it into a centre for abuse survivors, including a children's room to support the growing number of young people needing counselling and advocacy.

We were very grateful to Ian at Warwick Vesey who started our campaign by donating £1,200.

If you're a local business and would like to show your support to people affected by sexual abuse, and assist us in buying our first ever property, visit our website: <https://rsvporg.co.uk/support-us/capital/>

Alternatively, contact Lisa, CEO at: lisa@rsvporg.co.uk

£15,195
raised including
pledges & donations
received



RSVP Team



Trustees

Jason Clark – Chair
Mani Hayre
Nigel Burbidge
Patrick Longley – Treasurer
Rachel Scott
Raman Dhillon
Sally Plumb – Vice Chair
Simon Bateman – Secretary



Staff

Abba - Group Counsellor
Anjella - Head of Counselling and Wellbeing
Annabel - Team Leader, Social Group Facilitator
Annabelle - Counsellor
Annette - Counsellor, Crisis Counsellor
Becky - Specialist Trainer
Bev - Counsellor, Group Facilitator, LGBT ISVA
Beverley - Counsellor
Cara - Counsellor
Carleen - ISVA, Counsellor
Catherine - Counsellor, Group Facilitator
Chris - Counsellor, ISVA Assistant
Claire - Sexual Violence Prevention Worker
Dee - Counsellor, Social group Facilitator
Denise - ISVA, Senior Counsellor
Edit - Counsellor
Elaine - Counsellor
Eleni - Counsellor, Group Facilitator
Ellie - Counsellor, Coffee Morning Facilitator
Fiona - ISVA, Social Group Facilitator
Frances - Children's Counsellor
Gurjit - Children's Counsellor
Hallima - Refugee & Asylum Seeker Support Worker
Heather C - Senior Counsellor, Crisis Counsellor
Heather B - Counsellor
Heather JB - Children's Counsellor
Iffat - Counsellor
Jackie - Administrator
Jade - ISVA
Jan - Communications Officer
Janet - Counsellor, Children's Counsellor
Jemma - Children's Counsellor
Jo - Counsellor

Jo M - ISVA
Julie - Counsellor
Jules - Children's Counsellor
Katrina - Children's & Young Person's ISVA
Kelly - Counsellor
Lisa T - Chief Executive
Lisa M - ISVA
Lisa V - Counsellor
Lisa H - ISVA
Lynne - Counsellor
Margaretta - Children & Young Person's ISVA
Maria D - Team Leader
Maria - Senior Counsellor, Counsellor
Mark - ISVA, Helpline Team Leader
Narinder - Counsellor, Specialist Counsellor
Natalie H - ISVA Team Leader
Natalie C - Counsellor
Sandra - Counsellor
Sara - Administrator
Sarah L - Head of Business Development
Sarah T - Asylum & Refugee Support Worker
Sharie - Children & Young Person's ISVA
Shervin - Counsellor, Telephone Counsellor
Siobhan - ISVA
Stephanie - ISVA
Susan - Counsellor
Yvonne - Head of ISVA Services
Zara - Children's Counsellor



RSVP Team



Counsellor Volunteers

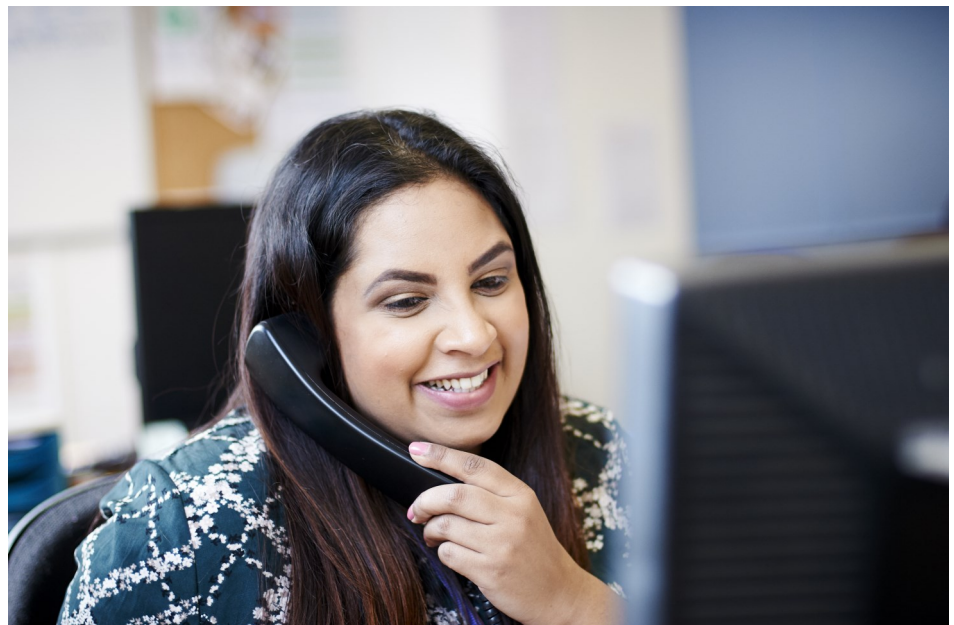
Annette
Bev
Catherine
David
Dina
Eleni
Jaskinder
Jayne
Julie
Kate
Mark
Melanie
Paulette
Rachael
Richard
Stephen T
Susan
Tarnveer
Yvonne M

Helpline Volunteers

Cathleen
Dominee
Eleanor
Israle
Jagienka
Katie
Leanne
Lesley
Maddie
Nathalie
Nerisa
Rampaul
Sarah L
Shantel
Stephen L
Tayaba

IT/website/social media Volunteers

Andy
Harry
Sarah L
Lisa T



Thanks

A heartfelt thanks go to all our funders and donors, both individuals and companies. Your generosity means so much, not only to the charity, but to the survivors of abuse we support. By supporting RSVP's work you are showing your belief in survivors, for which we are extremely grateful. As you can imagine, securing funding in the current economic climate is increasingly challenging, this makes your support all the more valuable and appreciated. Your donations help to support and inspire children and adults of all genders affected by sexual violence and abuse to live a hopeful, confident future free from abuse. It enables us to continue offering counselling support, helping to reduce the significant times that people have to wait for our counselling.

Special Thanks for their Support

All donors who donate monthly, by sponsorship, or make a one-off donation, including those who donate via Local Giving, Give as you Live, and Just Giving

All those mentioned on page 14 of this report
Airtech Uk—for all your help and support with our air con!

Anyone raising donations via Skyline

Arts with Hearts-*making crafts for us to sell*

Mr & Mrs Higgins

Irwin Mitchell

Carnival Rag

Great Midlands Fun Runners

Kings Norton Garden and Landscape

Mia for donating soft toys for our younger clients

Offsite Servers Limited

Patrick Hayes

Sharing Kams Cuddles for donating Easter Eggs to share out to our clients

Rotary Club of Erdington

William Wong at Chung Ying Central for helping with our social group meal outings

Thanks also for supporting us through text donations; donated their Better Points as cash; bought goods online via Give as You Live; donated via The Top Charity; used the Every Click platform; donated via PAYE or PayPal Giving Fund; attended our corporate events; did sponsored events; bought from our online Wish List

Funders

Adult Sexual Assault Referral Centre (SARC)

Big Lottery fund – Reaching Communities

Birmingham City Council – Children, Young People & Families Directorate, & Adults & Communities Directorate

Birmingham Community Safety Partnership

Birmingham Children's Trust

BBC Children in Need

Centre of Expertise on Child Sexual Abuse (CSA)

Everson Charitable Trust

Forward Thinking Birmingham (FTB) CSAE Project

Garfield Weston

GSK Impact Award in conjunction with The Kings Fund

Henry Smith

Lloyds Bank Foundation England & Wales

Ministry of Justice – Rape Support Fund

Moseley Alternative Giving Campaign (MAGC)

Paediatric Sexual Assault Service from NHS England

People's Postcode Lottery

Roughley Trust

Sheldon Trust

Tampon Tax Fund – Dept for Digital, Culture, Media & Sport

University Hospitals Birmingham Foundation Trust

West Midlands Police & Crime Commissioner

Wisdom Factory

Zurich Trust

We thank you all!

