

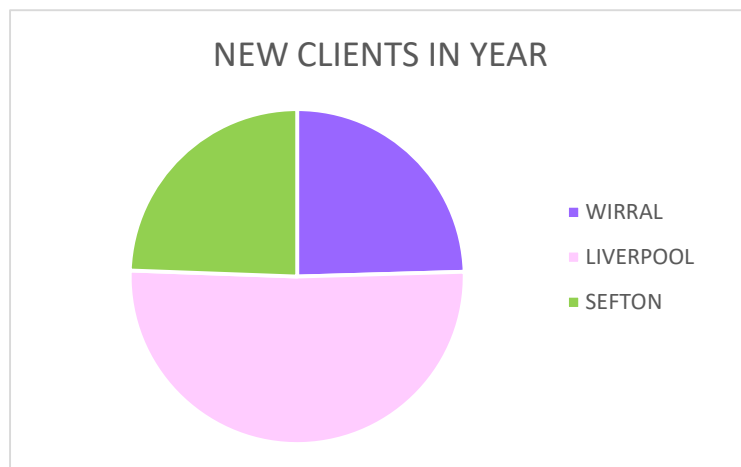
**RAPE AND SEXUAL ABUSE (RASA) CENTRE LIMITED**  
**ANNUAL REPORT YEAR TO 31-03-2022**  
**CARING FOR SURVIVORS OF SEXUAL VIOLENCE SINCE 1986**



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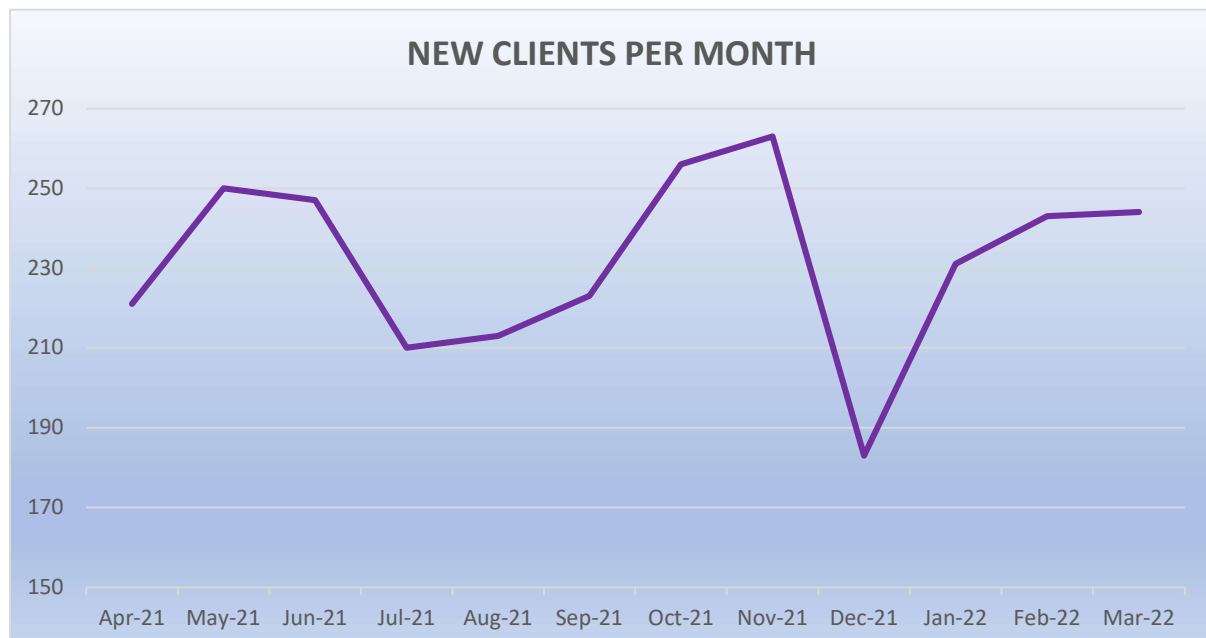
Welcome to a review of our year at RASA from 1<sup>st</sup> April 2021 – 31<sup>st</sup> March 2022.



After ending last year on a high – as in high rates of referrals and high waiting lists, our aim this year has been to reduce these waiting times and lists as far as possible and to better support those desperately waiting for the support they so desperately need.

As expected, following our localised Christmas lockdown, referrals in QTR 1 21-22 were far beyond anything we had ever experienced before. In the previous 6 years, we had welcomed an average of 562 new cases in QTR 1, in this year we welcomed 830 with the biggest increase by far being cases of non-recent child sexual abuse.

This area of referral was consistently raised throughout the breaks in lockdown and it seems that people had engaged in periods of contemplation during that time and had made the decision to speak out. This was good to hear and see. It is sadly also true that recent rape figures also rose in this period – but we were back in the centres ready to hold face to face sessions as soon as we were permitted.

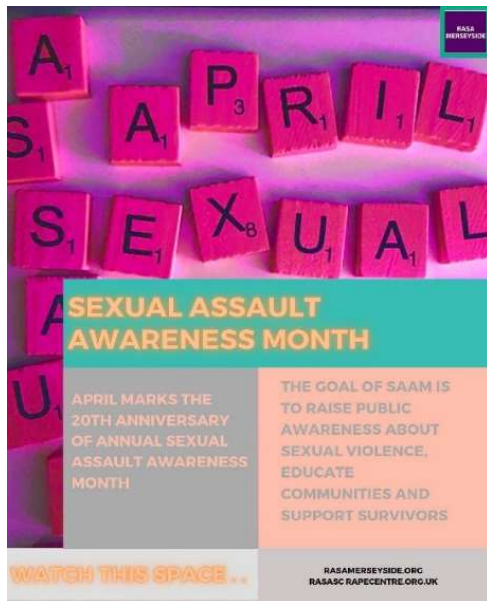


An interesting outcome of the covid period was the realisation that for some – remote working was actually preferable and easier to access and stay engaged. With client numbers so high, this was a huge bonus and we continue to run many long-term counselling programmes remotely, avoiding long waits and disappointing outcomes for those who waited.



In April 2021 we marked the 20<sup>th</sup> anniversary of SAAM - Sexual Violence Awareness Month. “Even before its official declaration, SAAM was about both awareness and prevention of sexual assault, harassment, and abuse. From the civil rights movement to the founding of the first rape crisis centres to national legislation and beyond, the roots of SAAM run deep”. We celebrated with our neighbours @rasasc\_cm, raising awareness of consent, harassment and stalking and staying safe online.

We updated our social media daily, raising awareness of what defines sexual assault, what to do if someone discloses sexual violence to you, and discussing online sexual abuse and victim blaming.



The entire month was filled with ways to support yourself as a victim, friends who may be, or who may become, victims and provided advice and support for the general public and for friends and supporters of survivors of abuse.

One of the most engaged modules was the discussion around consent which was shared multiple times and resulted in a surge in self-referrals.

We were busily delivering training on being a supportive bystander, to tram drivers in Manchester and the waiting list in Birkenhead was 10 months long.

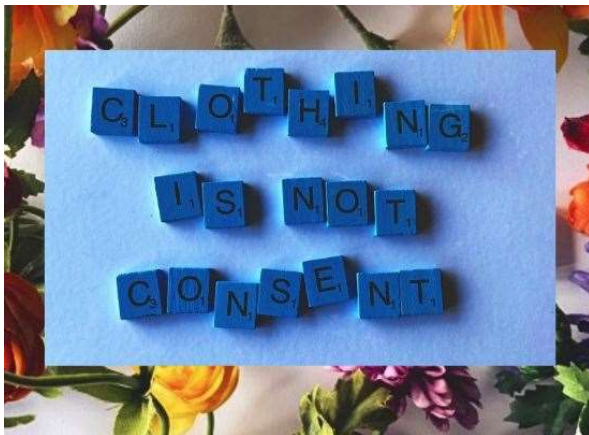
In other news - we resubmitted our BACP accreditation documentation. It had taken considerable time to update all our policies and procedures with the challenges of the previous 12 months, but we were finally ready to go for it.

As part of our regular support, we were delivering Taking Back Control group sessions with survivors. This was going down well with positive outcomes being reported. Feedback from one of the groups included:

- One client has been able to return to work.
- One client is now able to get the bus to university.
- One client saw her perpetrator before a meeting but felt strong enough to attend her meeting despite seeing the perpetrator.

In addition, two attending clients requested to come off the counselling waiting list on completion of the group session. It was making a difference.

Our ISVA Team started the year in discussion with the CPS about working towards actioning the recommendations of the rape review. This positive step was leading to satisfactory progress and a mutual understanding of the challenges faced by all parties.



Our children's team was reporting high levels of peer abuse amongst clients without any level of follow up prosecution or conviction.

It was agreed that the CHISVA Team would attempt a meeting with the CPS to explore this situation and see what could be done to improve outcomes of such reported crimes.

We had started working effectively with Teachable to put our mandatory and CPD training onto an online portal to better reach all those for which it was intended. With larger staff teams and more volunteers, space was at a premium and with long waiting lists and enhanced numbers of clients referring every week, all available rooms needed to be used for face-to-face support – online training suddenly seemed like a great option.

**We received 221 new referrals in April 2021 and at the end of the month waiting lists were as follows**  
**Adults 636      Children 92**



## REFLECTIONS OF A LIVERPOOL ISVA

*Reflecting on this year, there are several very positive changes as well as important challenges. Main changes were to staff. We lost a long-term member of the ISVA family who has chosen to move back into her counselling career, however we have also gained three new members of staff with fresh ideas and a fresh perspective. As caseloads continue to rise and client needs continue to increase in intensity, I can only hope that staffing levels are maintained if not increased in times to come.*



*This is my second year as the Liverpool ISVA. It is a role I have enjoyed and continue to enjoy; however, it has continued to come with its challenges. Primarily, rising caseloads have seen an increase in pressure within the team alongside more delays in criminal cases and negative case decisions. Length of time to investigate leaves clients in "limbo", which given the high volume of clients in this position in any given time also has an impact on staff. We find ourselves often feeling powerless to help a client who has been left for so long without any finite answers to their allegations. At these times we see an increase in the need of both our emotional support and our advocacy, obviously putting additional strain on our availability and workload. At the moment, in order to incorporate enough time for all ISVA duties I attempt to cap my appointments at 4/5 per day, leaving one session free per week to deal with any client with an unexpected NFA or any particular safeguarding issues. Even with the best intentions, however, weeks tend to be full to the brim with odd and unexpected jobs or client needs. To do lists remain full over the weekend to be picked back up on a Monday.*



Liverpool Crown Court

*One positive in this, is that we can see clear and enthusiastic client engagement across all locations. More clients are taking up frequent appointments rather than check in calls/text, and more clients are generally engaging and receptive to all aspects of support. I feel that a caveat in this, however, is that it has coincided with a lack of support from police officers in charge of investigations.*



*Over the last quarter particularly I have noticed a lack of engagement from Officers in Charge, as well as an increase in length of time taken to complete mundane parts of investigations e.g. taking witness statements. Clients are more frequently being left for months with no communication and/or update, as well as without even knowing if a suspect has been interviewed. This, of course, increases the need for our challenging of the criminal justice process whilst simultaneously managing clients emotional support. To further this, there has been an increase in inappropriate means of contact, particularly calls from officers during evenings when no immediate support is available to the client, or out of the blue NFA decisions via the telephone. This leaves the ISVA barely any time to respond to the emotional needs, and sometime safeguarding needs, of the client. This is continued to be raised as an issue both directly with Merseyside police and through criminal justice pathways provided by our Team Leader, Sarah Tipton, who is actively involved in meetings with criminal justice professionals.*

*A further positive to the above, is the inclusion of our new Listening Ear service. These emotional support sessions go a long way towards taking pressure of the ISVAs where we know we won't have time to speak to a particular client for another few weeks. Clients with more intense needs find this very useful, and feedback has been positive. We also have a new RADS group, run by me, which will be taking place in May 2022 and is already at full capacity. We hope to see continued changes in positive offerings for clients who need more than their ISVA can offer at any given time.*



*With the addition of extra services, I have been able to take on some RASA counselling clients. This is positive as it allows us to see a full therapeutic process in play, something we miss out on given the stagnation ISVA clients often find themselves in amongst the criminal justice process.*

*Being able to utilise my full counselling ability also gives me some diversity in the role, which alongside completing the Night-time Economy training is creating a good balance. Together with the Wirral ISVA, I have attended continued professional development training with Lime Culture under the title of*

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*“Supporting Clients with Additional Needs.” This advised us better ways of dealing with suicidal clients, clients who may be involved in gang culture and clients who are involved in sex work.*

*This shed more light into important client areas that may be missed and how to deal with them. We are also booked in this year to have a full days training on clients with Learning Disabilities and other special additional needs, which will be particularly helpful given the ongoing presence of this population in our caseloads and the particular needs/ vulnerabilities they bring.*

“Each time a woman stands up  
for herself, without knowing it  
possibly, without claiming it,  
she stands up for all women.”  
- Maya Angelou

*I am hopeful for the future of the ISVA team given exciting changes that have already happened in the last few years; however, with our ever-increasing workloads I hope that our level of service is continuously supported. The team we have at this stage is a formidable one, and with the continued support of the community,*

*the organisation and funding bodies I know we will continue to thrive.*

Alex Cavanagh - Liverpool ISVA

**At the start of May 2021**, we were hugely excited at the possibility of moving our entire Wirral operation to a new building. RASA started out in a small house in Birkenhead in 1986 and while we had expanded into the next-door property, with increased client numbers and the need for more counselling rooms, space was becoming a serious issue. In addition, traffic levels have greatly increased in the intervening years, and it was difficult to find quiet times in the day. Add to that the relocation of the centralised fire station and ambulance station and the challenges grew. Staff were certainly finding problems running hypnotherapy sessions when the blue light services were in full swing. We viewed it, we planned it and we waited.

Our social media team engaged fully with the theme of Mental Health Awareness Week 2021 – nature and celebrated the many ways being in the natural world can help us overcome many mental health issues.





Meanwhile, plans were underway for a great big street celebration to mark the emergence of support services from the darkness of lockdown. RASA Education was in a position to be a major sponsor and agencies across Merseyside were getting onboard.



We were also pleased to welcome Emily Spurrell PCC for Merseyside to the Bootle offices in early May. She met with staff and volunteers and took time to understand what we did and where.

We noted in May, a sudden spike in recent rape referrals, with no particular common factor. All such information was handed to Merseyside Police to assess and investigate.

Our finance and fundraising team spent a lot of May desperately seeking capital funding that would be needed to convert our newly discovered Birkenhead building for effective use as a counselling and support centre for Wirral. We were met by far too many closed doors as the funding arena had changed post Covid and the needs and wants of funders were more focused on immediate support for individuals impacted by the pandemic – and less on long term capital investment.

In parallel with such searches, we were also keenly seeing funding for additional remote counsellors as our waiting lists were growing and our counselling spaces were permanently at capacity.

With an enhanced report of sexual violence within the night-time economy, RASA staff agreed to work with bar staff to train them on how to be an effective observer and how to intervene or call the alarm. A campaign, in partnership with Liverpool City Council set out to inform and advise the public about RASA, The Police, The Merseyside SARC through posters and leaflets in taxi cabs that served the City.

A new way of working with clients – Single Session Therapy – was trialled in this month.

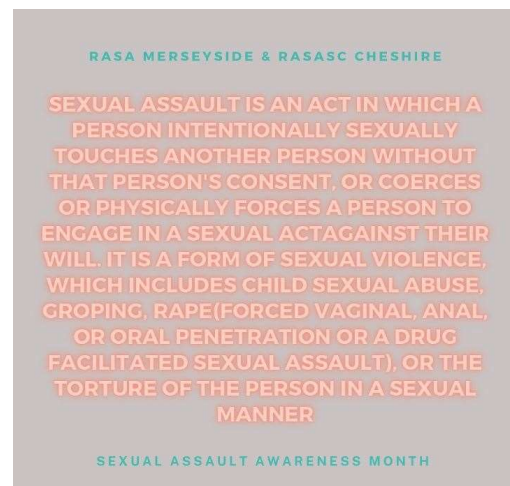
SST is 'an intentional endeavour where the client and therapist agree to meet to help the client deal with their nominated concern in one session knowing that more help is available if needed'.

In this definition, several important points are made:

1. *The work has a purpose.* The *intention* is ideally to help the person in one session.
2. *The client will get the help needed.* Further therapy sessions are available if the client needs such help.

**3. The work is consensual.** The therapist and client agree to embark based on the first two points. This was an entirely new way of working for RASA and one that is carefully assessed before being considered. The challenge is to find the right clients with the right single-issue concerns. There is a lot of preparatory work and clients are aware that further support is available in the future should they so request it, but for some – it just works, and it saves them waiting for months on a waiting list. Several counsellors have been specifically trained in this mode of counselling and it is strictly monitored by RASA Clinical Lead.

**In May 2021 we welcomed 250 new clients and at the end of May 2021 waiting lists were as follows**  
**Adults 705      Children 110**



## COUNSELLING WITH RASA

*As I reflect on financial year 2021/2022, I'm proud of the work we have achieved at RASA Merseyside. I have seen an increased trend of clients who are presenting with more complex needs. Those who have multiple diagnosed personality and mental health disorders, which can make the work I do as a counsellor more complicated, but never less fulfilling. Clients with complex needs are satisfied with their improved outcomes at the end of therapy, which of course is my goal.*

*I love that at RASA everyone has the same good intentions, and we are always looking at ways in which we can improve the service, whether that be by process changes or further training of staff. This year more than ever we have evidenced that we are able to develop and grow with the demands and needs of the service and all with the best motives, to improve our clients lives.*

*Gemma Parle – Counsellor*

By June 2021 we had received the architects drawings and the costings for the proposed new centre in Wirral. And it was no great surprise that costs had doubled post Covid. So – far from it being cut and dried and an easy option, it suddenly became a mountain to climb, and we had to start looking for some funders/sponsors quickly.

Development work was still moving on apace and the Safer Streets campaign was really getting going. Further information can be found by checking out <https://sexualviolencesupport.co.uk/safer-streets-merseyside/> but during this year RASA engaged fully at every stage and was very much at the heart of the campaign. We celebrate the huge changes in recent years and the progress that has been made as sexual violence has become recognised for the hugely damaging impact it has on women and girls. 10-15 years ago it would hardly have seemed possible to imagine such positive co-operation between all the involved statutory and voluntary services.



As part of our involvement in the Safer Streets Campaign, we launched campaign of our own in July 21 The “It’s not me, it’s you” campaign.

The campaign ran across all RASA social media and blazoned on tee shirts and hoodies intended to make the point – and did – that women and girls are never responsible for the abuse perpetrated against them. It was a huge success and people were requesting tee shirts and hoodies to be able to support us. The campaign introduction video had over 2000 views. We have stickers all over Liverpool in public areas.

What was the key thing for you about your experience of RASA?

*“Someone to take the time to listen to what I’ve been through and give me the support I needed.”*



## Ofsted Report

In light of an Ofsted report RASA developed a workshop for schools and colleges to be delivered from September onwards. With 2 requests already booked, it looked to be well received.

Our funding team spent the month searching for funders to support our additional needs of family worker, integrative counsellor, and a “power project” young people’s worker. We were able to deliver a full sexual violence aftercare service but as always, we wanted to offer that little bit more. Our concern was for young people slipping through the net and not engaging in counselling – we wanted to be able to reach them.



We learned that several Liverpool taxis were now carrying information about our services as a result of the work we were doing on the night-time economy. This was great progress.

We completed another series of clinical hypnotherapy work with clients. The feedback was excellent, and we planned another course to start in October.

Our new ISVA started work and volunteers were in training to manage the Listening Ear Project for clients on the waiting list for counselling.

**In June 2021 we welcomed 248 new clients into RASA and our waiting lists were as follows:**

**Adults 769 Children 109**

## **My Year at RASA – Sarah Tipton – ISVA & ISVA Service Manager**

*In the past year I have carried out the role of ISVA (Independent Sexual Violence Advisor) & ISVA Service Manager.*

*My role has included developing the ISVA service, supporting the team, liaising/meeting with other professionals (mostly online but some face-to-face meetings have resumed/are an option), establishing communication pathways with new contacts in the Criminal Justice System (CJS) and championing not only RASA as a service, but for the victims/survivors who are pursuing their case in the CJS.*

*I have also continued to provide ISVA support to clients, Some who are long standing clients that I have kept on my caseload due to the relationship built or because their cases were due a case decision or due to go to court.*



## ISVA



*In the ISVA role, we provide a voice for those clients who don't feel they are able to communicate their needs to others in the CJS, an explanation of the CJS in understandable terms for the client with informed choice sessions, regular communication (with experience of supporting others through this process) and independent advice based on the clients best interest with a person-centred approach. We will also be there for those who come to our service who are unsure of what support they would like or unsure if they want to go through the CJS.*

*Referrals for the ISVA service mainly come from the Police, self-referrals, Sexual Assault Referral Centres (SARC) and other agencies/professionals.*

*Over the last year we have needed particular focus on referrals coming in from Night-time Economy incidents (including the rise we saw in spiking incidents, both drink and needle spiking), increased reporting of sexual abuse incidents involving university students and a higher number of clients who have reported sexual abuse (usually historic) that are being heard at MARAC (Multi Agency Risk Assessment Conference) over DV (Domestic Violence) concerns.*

*We've managed to maintain not having a waiting list as such for the ISVA service, but clients may wait a few weeks for an assessment or their appointments due to ISVA availability. Potentially they may be waiting for an assessment/appointments longer if they cancel or DNA (do not attend) any that are arranged.*

*Throughout support, I will manage client expectations of the criminal justice process and help to focus/develop their best coping strategies. I can assist clients in helping other professionals involved (and on occasions their employers), to understand the process and to have some concept of what the client is going through.*

*We provide a multi-agency approach by liaising with other professionals, seeking advice and support within the RASA team and referring/signposting clients to other support when needed. As a service, we have continued to provide a full risk and needs assessment in each session with clients. I have initiated collaborative work with my team to enhance this assessment process, so we are striving to be as inclusive and holistic as possible in our approach to the client's needs.*

*My counselling skills continue to be of great benefit to carrying out the ISVA role and now the role of a manager.*



*Empathy, non-judge mentality, and congruent person skills are needed to be transferred into the relationship I build with both ISVA clients and ISVA team members.*



## Court

**11** of my clients cases have been due for court trial this last year – only 3 of which opted to do a Section 28 (pre-recorded questioning):

**2** trials were postponed for covid reasons. (Now due to go ahead April 2022).

**2** clients trials sadly received a not guilty verdict.

## 5 Guilty Verdicts -

**1** - Female client – historic CSA – offender given 15 years prison, Sexual Harm Prevention Order and restraining order, (for offences against my client and her young niece).

**1** - Female client – historic CSA - offender given 8-year prison sentence with requirement to sign on the Sex Offenders Register.

**1** – Female Client – historic CSA and physical abuse - offender given 21 years in prison.

**1** – Male client - historic CSA - perpetrator found guilty 6 out of 8 charges. Offender given 4 years 9 months in prison and an indefinite restraining order.

**1** – Male client - historic CSA - perpetrator found guilty 7 out of 9 counts. Offender given 4 years in prison with requirement to sign on the Sex Offenders Register for life.



## 2 Guilty Pleas:

*1 - Female client – recent assault - received a guilty plea a few days before trial, to SA and ABH but the offender pleaded not guilty to attempted rape. This was accepted by my client and the offender was given 32 months prison, 5 year restraining order and requirement to sign on the Sex Offenders Register.*

*1 – Female client - historic CSA - offender gave guilty plea at trial on 5 out of 6 charges. Offender given 5 years prison and requirement to sign on the Sex Offenders Register.*

## Overview of Court

*I feel it's important to note that while it looks like there are high numbers of guilty verdicts or guilty pleas with a couple of particularly lengthy custodial sentences. This last year has been an accumulation of cases due to postponements from the previous year. Also, as mentioned initially, I had kept on my clients who were due for charging decision, were waiting on court dates and who already had court dates booked in. This was rather than handing them over to another team member, although I have been trying to reduce my caseload for taking on more managerial responsibilities. So, I believe it looks like a more successful 12 months than normal in relation to court results and number of trials, due to these out of the ordinary circumstances.*

*However, it's still very much worth recognising those successful outcomes for what they are and for what those outcomes will hopefully provide in terms of those clients being able to move forward and feel like justice has been served. It has also been positive for me to experience a higher percentage of successful court outcomes for my clients. I have felt both immensely relieved and thankful for the successful outcomes that clients have had.*

## ISVA Service Manager

*In relation to my responsibilities as ISVA Service Manager, which is now the bulk of my role, I continue to enjoy carrying out this work and supporting the ISVA team.*

*It is an enormous help and reassurance to be part of such a wonderful team. We try to support one another as each of us recognise this is key to functioning as best as we can as a team. Everyone seems to be working really well together and everyone in the team shows compassion in doing the best they can in the ISVA role. The team have given feedback of how supported they feel, which makes me happy and gives me a great deal of job satisfaction.*

*Due to the service/staff needs, over this last year we have been awarded additional funding to recruit 2 more team members. One started with us beginning of June 2021 – she has really settled in well to the role and has*



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*achieved so much already. Another, working specifically to develop a male service for ISVA clients, started with us end of November 2021. She is doing a great job of learning the role and her funding specifically came as a result of research, which Vicky Green (Clinical Lead) contributed to in terms of highlighting particularly male victim/survivor needs.*

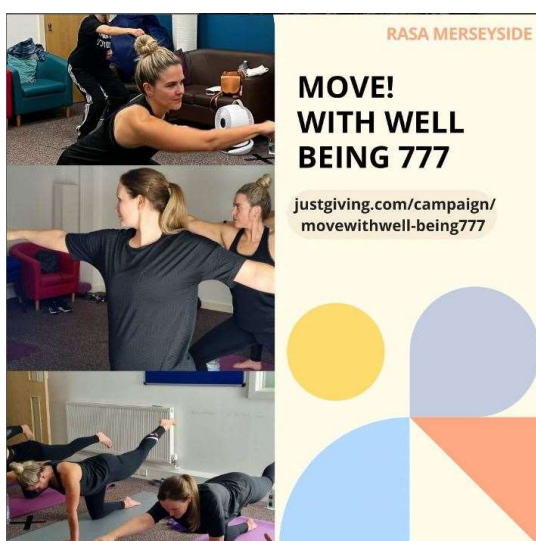
*Now trained in RASA procedures and the ISVA role, with further training booked, she will start to develop the service we provide for males, not just from an ISVA perspective but for RASA as a whole.*

*One of our team members sadly left the ISVA role end of January 2022, however, the team are happy for her pursuing her counselling career still within RASA. As a result of this we recruited another new team member who started with us beginning of March 2022. She is just coming to the end of her RASA ISVA service training period and will be starting to work independently with clients. She has made great progress with her role so far and I'm sure she will continue to do well.*

*All team members are minimum Level 3 Counselling Skills trained. This is something I have put in place as I believe it better equips the team to communicate effectively with clients and professionals and helps them to be more self-aware of what their own needs are both professionally and personally.*

*This year I have also set up a Listening Ear service for ISVA clients. 2 RASA volunteers are very kindly providing this support for one day a week each. It's offered to those clients who need more frequent focused emotional support and/or more focused coping strategies putting in place. This not only helps the clients but also helps the ISVAs due to their lack of availability, at times, as a result of workloads. The service is running well so far with some really positive feedback from clients and has a growing waiting list.*

*We have also set up ISVA RADS Groups, which looks at coping strategies for ISVA clients focussing on Reducing Anxiety Depression & Stress. We ran the first group with some lovely feedback received. We hope to run 2 further groups, 1 which has now completed in late 2021 and 1 which is due to run in May 2022. We're hoping to run an average of 3 RADS groups a year.*



*In terms of the staff, as well as monthly team meetings, I've been delivering bi-monthly self-care meetings for the ISVAs, which I know they need and appreciate. The setup of these meetings varies and are led by the ISVAs in terms of ideas and suggestions of what we can do in the time we have. I am even more reassured that this is good practice as a service to have this in place after a study published highlighting the support ISVA workers need. (Report: A study of impacts, effects, coping mechanisms and effective support systems for people working as ISVAs and ISVA Managers (May 2021) – by Canterbury Christ Church University and Middlesex University London, with support from LimeCulture).*



*I continue to have a regular focus on what personal development needs individual members of the team have, support them with advice and list them on training/workshops where possible. I will continue to review with their input on how the team can best be supported.*

*The ISVA Team did a fundraising event for RASA in our own time. We did 7 hours of exercise in one day, with the message of positive benefits of exercise, healthy eating and mindfulness which we promote to our clients. We took photos and videos throughout the day for content which was used for a week-long social media wellness campaign. The feedback from this was positive, the content received a lot of engagement, and we raised over £760. This money has gone towards anything RASA needs to support clients with general well-being and activities, such as the mindfulness course.*

### **As A Whole**

*I continue to undergo supervision for quality of work and self-care, as well as keeping record of information and activity within my roles.*

*I continue with my personal development attending training and workshops around the work I carry out and keeping up to date with standards, policies and safeguarding.*

*I continue to maintain and build new relationships with other professionals and services to enable us to have a multi-agency approach to supporting clients. Where possible I have championed for changes needed within the CJS.*

*Office/room space has become an issue for appointments on most days in both of our centres. This has had some influence in the home working rota I set up and does impact the teams' availability for face-to-face appointments. This has been voiced to management and we hope at some point in the future to be able to look at new/bigger premises, funding permitted.*

*However, I do think the pandemic has opened up more of an accepted convenience for clients to receive remote support and for RASA as an organisation to look at more hybrid working depending on client need. Which I believe has been a positive change.*

### **Other**

*In the previous year I provided feedback to Merseyside Police Corporate Support & Development Officer. The feedback was then taken to the National Rape Review and is starting to be filtered down locally. A National ISVA Framework was put in place in 2021 for use by the police and CPS across England and Wales. The framework outlines minimum standards on liaising and communicating with ISVAs. It's starting to show signs of being adhered to by our local CPS and will be addressed through Police training over the coming year.*





RCEW (Rape Crisis England & Wales) have released a report called 'Holding it Together: the Courage, resilience, and innovation of Rape Crisis Centres during the Covid-19 pandemic'. It details the remarkable efforts of Rape Crisis Centres, to rise up and adapt quickly to meet the urgent needs of victims and survivors over the course of the pandemic. Recognising the inconceivable challenges services have faced during these unprecedented times and the incredible achievements of Rape Crisis Centres over the last year and a half.

*I made contributions to this report by providing feedback in monthly meetings and I gave written information on a particular case where a client of mine died before his offender's court trial, after the trial previously being postponed.*

### **Looking to the Future**

*After a recent development with our relationship with local CPS, I am feeling confident they are also championing for changes and improvements to be made within the CJS.*

*I am providing a voice recording of my feedback to contribute towards Merseyside Police VAWG (Violence Against Women & Girls) training. This training will be delivered to all front-line officers and anyone who deals with investigating cases or communicating with the public. The feedback will be based on what clients have voiced to me about the Police in terms of the CJS, with examples of both good and bad practice. As a professional working for over 9 years now to support people through the CJS who have suffered sexual abuse, I feel this feedback will be invaluable for local Police training and hope it contributes towards positive change.*

*I have developed in my role as a person and the team have grown stronger in many ways. I look forward to the opportunity for further development, continuing to lead and support the ISVA team.*

*It is still on my agenda to develop an ISVA Support Group based on giving practical information and allowing time for clients to connect with one another (with clear boundaries). This unfortunately kept getting put on hold over the last year as I have spent unforeseen time with new team members, developed other areas of the service and have been supporting a high number of clients through court proceedings.*

*I hope that we are able to obtain funding for more/larger premises due to there being limited room availability. It's been fed back that some clients can only attend an evening group, but we currently don't have the space available to do this.*

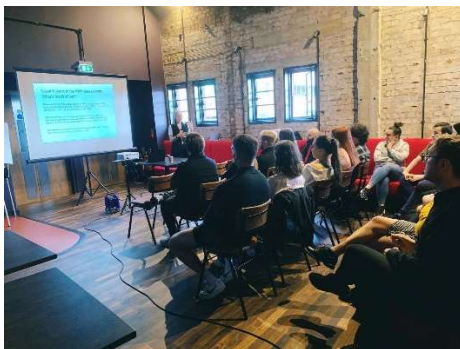
*It is my hope that we will also obtain funding for a specific ISVA Pre-Trial Therapist. The services already set up along with more space, another support group and a pre-trial therapist would be the icing on*

*the cake to help a lot of clients to cope better through a difficult and lengthy criminal justice process. But also help them to feel empowered having more choice in how they are supported.*

*Then the cherry on top would be to have another 1 or 2 more ISVAs so we are able to have better availability for clients and the team can feel they are able to provide the best support possible.*

*It is my dream that the ISVA service will continue to go from strength to strength in terms of delivering a holistic plan of support to clients and I look forward to the year ahead.*

Sarah Tipton  
ISVA Services Manager



At the start of July 2021, we were involved in delivering sexual violence and disclosure training in the night-time economy to a variety of night time economy workers.

It was well received, and we are pleased that even more workers will be available to look out for people enjoying a night out in Liverpool.

We took the opportunity on several occasions to challenge news reports of sexual crimes and explore some of the language used and how it is inappropriate and misleading. This could become a full-time role in its own right as we discovered in the short time we were able to devote to the exercise.



We also launched a new training course - Counselling children and young people - This a post qualifying CPD course for counsellors who want to develop knowledge and skills relating to the therapeutic work with Children and Young people. It aims to provide a forum for counsellors to develop as a reflective practitioner and explore working with children and young people whilst remaining within the philosophical underpinnings of your core training. As with many RASA training courses, it quickly filled.

We managed to achieve funding through The Steve Morgan Foundation for one of the outstanding roles we wanted to create. We had funding to recruit a "Power Project Worker" to encourage engagement from disengaged young people in need of support after sexual violence.



RASA staff completed a 21 mile walk from Liverpool to Southport to raise awareness of victim blaming! This walk covered our Liverpool and Sefton region of work. We all wore our campaign tee shirts and there was lots of engagement with members of the public en route.

We wanted to stand up for anyone who has been subjected to victim blaming and pay tribute to anyone who has been tragically lost, going through it or been impacted by it. Together we can pay tribute to survivors and stand up for anyone subjected to sexual violence and not believed or blamed. What is always important to understand is that sexual violence is never, ever the fault of the person who experiences it. It was such a special day for many reasons, we spent the day in each other's company, laughing, crying laughing, aches and pains but finally catching up with each properly. It's important to self-care (although I'm sure a few of the team would say a 21-mile walk is not self-care and quite the opposite 😊) and really take time to hear each other. ❤️

We also created and buried a time capsule close to the memorial to the woman who's death triggered RASA's beginnings.

We sincerely hope things have changed when we dig up the time capsule in five years' time. Our thoughts, feelings and hopes regarding victim blaming are buried away. Five years is a short period of time, but it's 1825 days. 1825 days to help change society's perception on why sexual violence happens and how the perpetrator is always to blame. We buried the capsule by Diane's memorial in Birkenhead. Diane Sindall was murdered on her way home from work just before midnight on Friday, August 1, 1986. Her car had run out of petrol on



Borough Road, and she had gone in search of petrol. Diane, 21, was just 500 yards from an all-night garage when her attacker struck. She was raped and murdered. RASA was founded in Diane's memory as a catalyst for justice and change. Sexual violence is never your fault, and we should ALWAYS support, believe anyone subjected to sexual violence and continue the fight for justice

**In July 2021 we welcomed 210 new clients to RASA. Waiting lists were as follows:**

**Adults 775      Children 96**

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In August 21 RASA hosted a street event to celebrate coming out of lockdown. The impact of lockdown cannot be under-estimated. Alongside the ongoing battle to protect each other from the virus, support for social, mental health, and financial issues became even more important than ever.

We know that people's mental health deteriorated during lockdown; loneliness increased; in some cases adults and children became more vulnerable to abuse with nowhere to escape to, and largely, no one to tell; and for many there has been a devastating financial impact.

RASA hosted a street event is to showcase some of the different services available within the Liverpool region that are there to support those impacted by abuse. The event took place on Monday 9<sup>th</sup> August from 9am – 5pm.

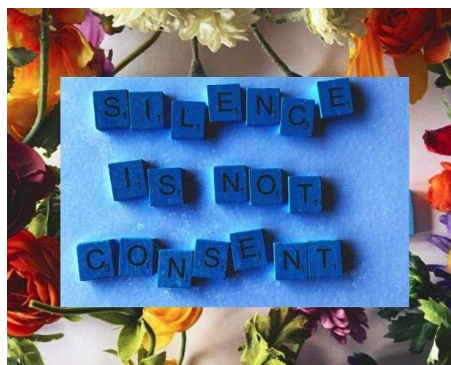
Each agency had an outdoor stall to provide information to members of the public on the services which they offer. There was a range of services at the event including RASA/ Merseyside Police, WHISC and all the Liverpool domestic violence services . We even had entertainment for the children with dancers and face painters.

The aim of the event was to raise awareness, promote services, and showcase the work achieved during lockdown, and also celebrated the end of tough restrictions and the importance of community. The Liverpool Mayor opened the event, we also had a speech from the PCC.



There was a disclosure van for anyone who wanted to access support on the day. The van was in use most of the day. The event was sponsored by RASA Education Limited and Jackson and Roby solicitors who were present on the day to offer advice on family law.

We had some amazing acts some included ex-service users including poets, singers, bands even a boxing class. The event was absolutely bouncing from start to finish. We had radio and local TV coverage. It was a fantastic event with entertainment for everyone.



Following the tragic murder of Sarah Everard, it was felt that more needed to be done to raise awareness and have our voice as women and professional heard. We started our talk show "The Agenda" the first session covered the impact that Sarah Everard's Murder had on staff and clients.

The agenda runs monthly discussing different topics with guest speakers. We have welcomed many interesting people to the discussions including Dr Jessica Taylor, Maggie Oliver, Merseyside Police to name a few.

We ran a pilot – Guardian scheme – working around the night clubs and bars to assist potentially vulnerable people. It has not yet been determined if this will become a regular scheme.

Lorraine Wood - Operations Manager

**In August 21 we welcomed 213 new clients to RASA. Waiting lists at the end of August were as follows. Adults 843 Children 95**

### **My year at RASA Merseyside**

*This is my second year at RASA, and I now feel I have really settled into the role and have a great understanding and education around it. This past year has provided new team members which I feel have added a new dynamic to the team and I personally have got on with very well. In this past year I have carried out the role of the adult ISVA for the Wirral area and also the assessment officer for Liverpool referrals. This means my time has been split between managing my own caseload, Wirral referrals and completing the Liverpool assessments that have been booked in for me.*

*The majority of my time is spent supporting my Wirral clients through the criminal justice process, offering practical and emotional support within scheduled sessions and also in the interim between appointments. My caseload through this year has usually been between 55 to 60 clients at a time and I split my time between the Birkenhead office, where I see the majority of my clients face to face when able to, due to the continued Covid 19, and also the Bootle office, where I conduct the Liverpool telephone assessments.*

### **Counselling**

*I have continued to find that, an interesting addition to my role, is the opportunity to see a counselling client a week to ensure my skills are remaining up-to-date and in constant use. I am still a student counsellor, having finished the academic side of the counselling diploma and have finally completed the 100 hours I need to qualify, leaving me with a final assignment to complete before being fully qualified. I have found, in particular this year, that counselling skills, come hand in hand with the ISVA role, with the need for active listening, empathy, and a non-judgmental attitude to be paramount in offering the best support for clients.*



*In a world where clients often struggle to feel believed, understood, and valued, it is my job to ensure that there is at least one person who is on their side, walking the journey with them. The need to build a trusting relationship with my clients is ever present but also important to highlight the need to build rapport with other professionals and my fellow ISVA colleagues. This good rapport, has for me, ensured, a stable and supportive team that is always able to offer guidance and support if needed. I have noticed that the emotional support needed for clients has increased over this past year. I do believe this is due to starting to see the mental health impacts that the pandemic has had on people - that and the continued world situation.*

*I have found that the proportion of clients who present with heightened anxiety and hypervigilance has increased, and the need for support has been greater. This has had some impact on the job role as*

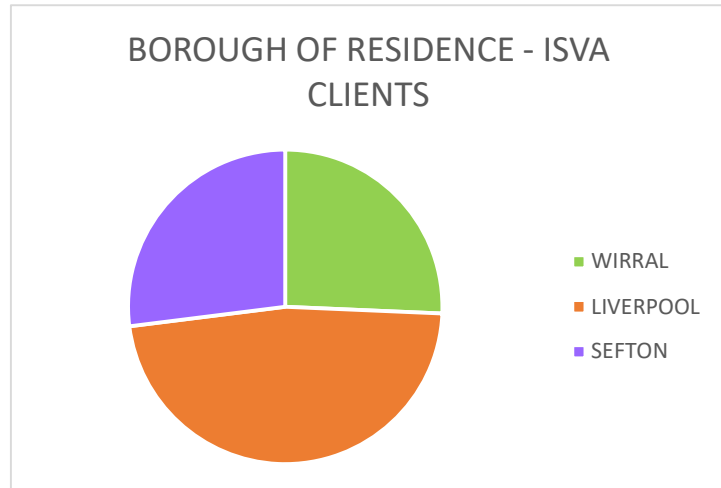
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*the emotional support and therefore workload has increased and, in my opinion, will continue to increase going forward.*

### **My ISVA role**

*This past year I have found that the majority of my work has been offering emotional support to clients and helping to hold them through the duration of the criminal justice process. It has been important for me to build a good rapport, and strong relationships with the client where they feel they can trust me and lean on me if they need to. I have continued work with many clients from last year, as the criminal justice journey is such a lengthy process.*



*This means, I feel I have built an incredibly strong, professional relationship with many of my clients, and can recognize through positive feedback that they find me empathic and supportive at all times. I have found that a continued struggle in my job role is having to manage clients' expectations and be the voice of reason and reality. I have found, that when the rapport is strong, this is usually easier, as clients, more often than not, would prefer to know the truth and the reality of what to expect even if it isn't exactly what they want to hear. This honesty, and openness, I believe, is one of the most integral parts of my job role and is something I always have been when working with clients.*

*It is my job to ensure the client has informed choices and has access to all the information they need to understand and process the criminal justice system wherever they may be within it, so I am constantly available to answer questions, and give information and advice to ensure the client has all the information provided to them and their autonomy remains at the forefront of all the decisions. My role has allowed me to give those that feel they do not have one, a voice, whether that be in their lives or with other professionals. By acting as an advocate, it often allows the client the support needed to make further choices and develops a confidence to take control and ownership of their own journey and experience.*

### **Assessment Role**

*Another aspect of my role is to complete the Wirral and Liverpool assessments for clients engaging in the service. This assessment allows us to highlight any safeguarding issues and needs for the client to create a tailor-made support plan that put the client at the centre. These assessments usually take about an hour and a half including the additional paperwork that is needed. I have had to make several safeguarding referrals in my time this year and am fully educated in when and how to make these. I believe I am completely competent in completing this assessment and have found this a very enjoyable part of my job role.*



*Due to this very strong and highly effective risk assessment which is continued to be utilized throughout support, I am always able to manage risk and safeguard clients in a way that is unique to them. Every session conducted with a client I will ensure I have followed the risk assessment in full to best support the client, pick up any concerns, make appropriate referrals, liaise with other professionals, and safeguard in any way that is needed.*

*I am often contacting other professionals and working in a multi-agency manner to best support the client in their life as a whole. Often this will mean contacting police officers, witness care officers, IDVAs, or sometimes acting as an advocate for housing and employment, helping others understand the criminal justice process and the impacts this is having on the client. I have found, and continue to find it, really beneficial and helpful that we have such an experienced and close-knit ISVA team, who I know I can communicate with when I am seeking guidance, advice or emotional support.*

*The main source of referrals I find is from the police, SARCs and often internally from PAC calls or the counselling service. Sometimes clients will refer themselves into the service. I find that, depending on the referral, it will often depend on the quality of information I receive before completing the initial assessment. Regardless of this, all the information required will be obtained when completing the assessment.*

*I have had a varied range of client cases, from more difficult and complex to fairly straight forward. This also impacts how much support a client will need and is really unique and individual to the client. I have noticed an increase in workload with more challenging clients, who need more support, as sessions will be more frequent and multi-agency work needed more often. During this last year, I have definitely been dealing with much more complex clients, who have a greater need.*

*I have noticed an even bigger delay, from when I started during the pandemic, in case updates, investigation stages, CPS decision and court dates. What has also been more challenging, is the number of court dates including charge, trial, and sentencings, that have been postponed. There is an awful lot of work being done between ISVA lead, CPS and witness care, in order to make the process of postponements more victim friendly. So far, when needing to chase reasons, I have found the new protocol, very helpful in getting more detailed reasoning to pass onto the client.*



### **Support in court**

*Several times this year, I have supported in court in either a trial, as section 28 (pre-recorded cross examination), or a video link. When a case goes to court, my support has been provided from the very beginning of the process. This starts with ensuring the client has their voice heard about how they would like to give evidence, and any applications for special measures made and granted. This requires liaison with the client, the witness care service and CPS.*

*Often communication can be slightly difficult with other professionals, so it is necessary that this is chased up.*



*I have ensured that clients are fully aware of the court process and have all the information they need to feel as prepared as possible. I also ensure that the client has access to a pre-court visit, if this is something they are wanting prior to their attendance. Over this past year, my physical attendance has been required where I will offer as much emotional support as possible. I have received, only positive feedback, and heartfelt thanks from clients for my support at this time, with one client stating that she “would not have got through it without me being there and couldn’t be more grateful”. I have also supported clients in completing CPS expenses forms following the trial, alleviated some of the stress present for them.*

*Sadly, as is often expected, this year I have continued to have more police and CPS no further actions than cases that have gone to trial. It is my job, in these circumstances, to really hold the client and offer that emotional support. It is always important to ensure the client has enough reasoning, understands that these decisions are not because they are not believed and support with an appeal if that’s the route they choose. Over the past year, I have organized a few police meetings to ensure clients are given a full brief of the reasons for the NFA decision.*



*In one particular case, a very vulnerable client, who received a police NFA, felt her needs were considered and met by the arranging of the meeting by myself. She stated afterwards that she “would not have survived the investigation without me and felt that, because of the police meeting, the reasons were clear, and a full understanding was gained allowing the moving forward”. I have had 3 cases go to court, all with guilty verdicts and custodial sentences. I have also had an early guilty plea entered and for which we are still awaiting the sentencing.*

*In this situation I checked in with the client that she understood what was going on, which at the time she did not, due to the legal jargon being used. I ensured to provide a greater understanding for her and explain what was happening in terms she was able to understand and process. Again, she thanked me deeply for my role in her support.*

### **Further development**

*During this past year, I have completed my ISVA training accredited by Lime Culture. I have also taken part in all the mandatory training and additional training provided by RASA in order to better do my job. I attend focus meetings facilitated by Lime Culture for working with clients for disabilities whereby we share information and guidance amongst ISVA’s across the country to best support clients appropriately. I also feed what was discussed to my fellow colleagues so we are able to support in the best way we can. I have attended training for supporting clients with other needs such as sex workers, girls in gangs and those within the LGBTQ+ community.*

*This year I have also completed training about dealing with suicide resulting in becoming a suicide first-aider, and I intend to complete the level 4 qualification in this also. There is further training I have been enrolled on for supporting client with additional needs which will be completed by April 2022.*

*Our ISVA team also had an assessment with Lime Culture this year, in order to determine our re-accreditation. During this, I was asked specific questions about how I complete my job role within the policies and procedures provided by Lime Culture. Happily, we were recently granted this re-accreditation. This accolade displays the knowledge, quality and ability of the ISVA team and each individual in it.*

### **Thoughts on my role**

*Regarding my ISVA role, I am continuing to find the job enjoyable and satisfying, although sometimes challenging. I can manage these challenges that I come across and believe that resilience and self-care is key in maintaining a good work ethic.*

*One of the most important things for me has been the continued support within the ISVA team and I genuinely believe that in order for me to do my job to the best of my ability the cohesion, knowledge and empathy of the team is paramount. I constantly feel supported and feel that I am always able to share my casework, ask questions and generally talk about the job.*



*As we all have quite a heavy workload and a busy day to day working life, it is so important that I have a strong team to lean on and hope that they equally feel they are able to lean on me. I find it incredibly helpful to always have open communications with my team and line manager, where I can ask questions and gain further knowledge. I have also had the opportunity to train new members of the team and share the knowledge and expertise that I feel I have gained this past year.*

*I got very good feedback from my team members who really enjoyed my training style and felt that it equipped them with the tools needed to start the job on a confident note. I have received good feedback from clients thanking me for the support that I offer which is always incredibly nice to hear and reassures me that I am doing my job effectively. Any additional feedback I do receive I then try to utilise and apply this to future case work. In this next coming year, I have been given the opportunity to change roles within the ISVA team so will be spending more time managing the referrals and assessments. I am looking forward to this new challenge and gaining further skills for my role.*

*In order to maintain my own mental health and ensure my client work is effective, meeting the needs of the client, and professional, I am regularly utilizing supervision. Over the past year I have had two supervisors, with one taking over for interim due to maternity leave. I feel like both supervisors, and I have had a very good rapport and feel comfortable and safe to explore any issues I feel I need to. Through this supervision and line management I have been able to manage more challenging cases*

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*with a confidence and professionalism without getting overwhelmed. It has been paramount to my personal development and learning experience within the role so far.*

*I feel that so far in my time at RASA I have really blossomed in the ISVA role. I have developed my knowledge and skills and feel that I am now an integral part of the ISVA team and the RASA family. It continues to be the most fulfilling job that I have ever done, albeit with its challenges, and I feel blessed to have been given the opportunity within this amazing company. Going forward, I hope to continue to grow and develop, having the opportunity to support even more clients and take an even bigger and more active role within my new job role. I would love to get further involved with RASA and all the exciting new things that are happening in the next coming year. I feel honoured to be able to work with such amazing women and in particular, a formidable ISVA team, that faces it's challenges, difficult workload, and emotional impacts, head on, supporting clients to the absolute best of our ability.*

**Nadia Bakir- Wirral ISVA and Liverpool Assessments Officer**

**In September 21 we welcomed 223 new clients to RASA. Waiting lists at the end of the month were as follows Adults 851 Children 96**



In October 21 we started work on rebranding RASA. We felt that our logo was looking tired and not perhaps as professional as we wanted it to be. We tried multiple variations until we found one that looked good whatever background supported it.

Work began on preparation of a training video for training bus drivers how to be effective bystanders. It was deemed impossible to try and stop transport to train the drivers en masse so this was the next best option. This activity was part of the Safer Streets Project.

*It's been another eventful year at RASA. In addition to client work and managerial responsibilities, during this time I have been able to complete the Level 5 CBT course and Level 1 EMDR course. These have both had a huge positive impact on clients and I feel very proud of the fact that at RASA, we have so much support to offer our clients. It's positive that more people are now reaching out for support but unfortunately, we have long waiting lists. We are always striving to think of ways to improve our service and access to support and so we decided to create an 8 week course for clients as a potential alternative to counselling.*

*We decided that it could be delivered to groups and would focus on psychoeducation. The aim was to enable clients to develop an understanding of sexual violence, the impacts, and how to then regain a sense of control over their lives. We completed a pilot, and the feedback has been extremely positive so we will continue to deliver this in both centres which will hopefully help to reduce the waiting lists a little.*





*I really enjoyed getting involved with the RASA walk last year in order to raise awareness of the service and the street event in Liverpool for coming out of lockdown with our partner agencies – it was great to be able to get back out into the community and talk to people about our service and the support that we can offer.*

*I found that there was less of a stigma about people coming to our stall. In previous years I would often see hands trying to discreetly take our leaflets from the table without being seen but at the street event, it seemed that more people felt comfortable to have conversations about sexual violence and therefore break the silence, which sexual violence thrives on.*

*As always I feel very blessed and privileged to be part of such an amazing team.*

Sarah Meek - Wirral Services Manager

**In October 21 we welcomed 256 new clients into RASA services. At the end of the month waiting lists were as follows Adults 879 Children 81**



In November 21 RASA was heavily engaged in running events for the 16 days of action to eliminate violence against women and girls. This year, in response to public consultation about feeling unsafe, RASA created a series of videos of women reclaiming spaces deemed unsafe. We reclaimed our public spaces, leaving an orange ribbon and a campaign tag.



rasa\_merseyside Lorraine is reclaiming Bootle New Strand train station and train stations in general. The survey confirmed that they are places where women and girls feel unsafe, although there may be CCTV, this does stop perpetrators. Many of the people that completed the survey said they feel anxiety waiting for a train alone, in the dark and who is around, the fear of who is on the train and what could happen in a carriage alone. The feeling of being unsafe. THIS HAS TO CHANGE! RECLAIM OUR SPACES

#16daysofactivism #16days #orange #jointhemovement #revolution #politics #fuckthepatriarchy #victimblaming #sexualviolence #sexualassault #rape #stop #standup #activist #activism #change #support #liverpool #liverpoolbloggers #togetherwearestronger #liverpoolcity #inspirationalquotes #endsexualviolence #scouser #empowering #inspirationalwomen #killthebill #trains

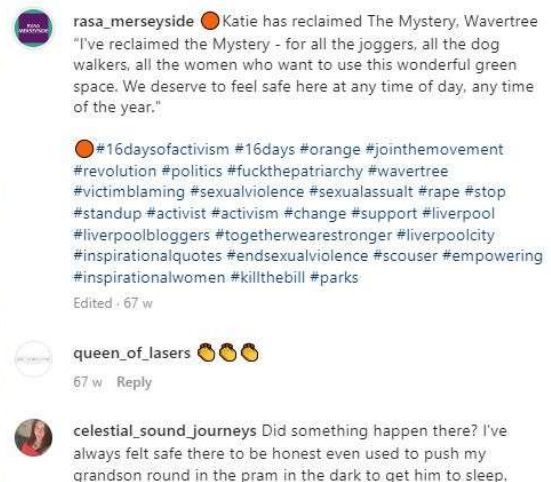
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The survey demonstrated that women and girls often do not feel safe in public spaces, for example public transport, restaurant/bars and particularly in toilets, parks and walking at night.

***I can begin to accept myself, love myself and actually begin to live my life.***

***Don't think I have had support that worked so hard to help me in my way. My ADHD usually gets overlooked and it was taken into account***





Videos were shared on our social media pages and members of the public were encouraged to take part and reclaim their own public spaces. Videos were collected and edited and one long video was uploaded to RASA social media. This was a huge success that was embraced by many women.

As part of the campaign, RASA also ran the following activities:

#### Parents Protect Training –

Child sexual abuse happens in secret and most victims do not tell. The abuser is usually a family friend, neighbour, a member of the child's family or someone working with children: he or she may be someone we know and love. This training provided the information needed to recognise the warning signs of abuse in both adults and children and to build the confidence in accessing support / reporting.

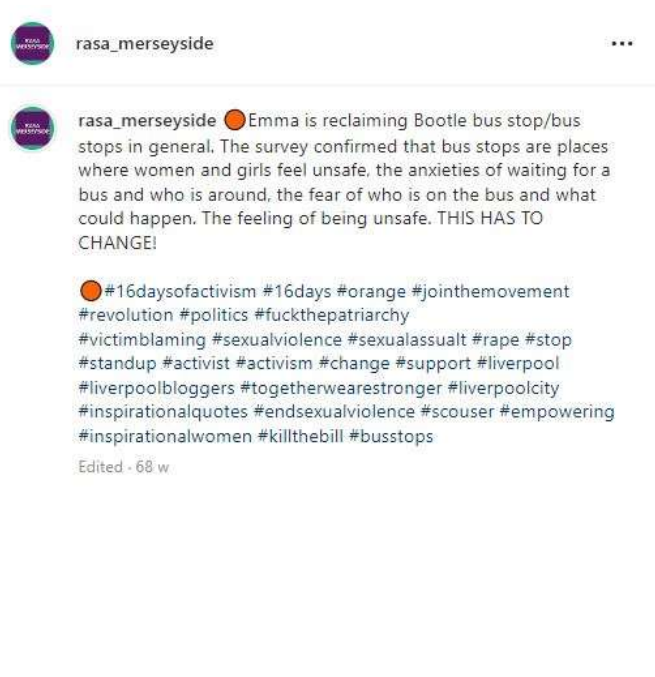
**Mindfulness Body Scan** - Spending time resting awareness on each part of our body, offering gratitude and affection. The body scan is one of the most effective ways to begin a mindfulness meditation practice. The purpose is to tune in to your body—to reconnect to your physical self—and notice any sensations you're feeling without judgement. Paying homage to empowering our bodies as Women to end violence against Women and Girls.



‘Mindfulness is a lifetime’s journey along a path that ultimately leads nowhere, only to who you are.’

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**Responding to disclosures training** - This is a 3hour training session suitable for professionals who would like to gain more knowledge with regards to the impact of Sexual Violence and how to respond to disclosures, this session covered the following:

- \* What is Sexual Violence
- \* Impact of Sexual Violence
- \* Responding to Disclosure
- \* Window of Tolerance



In November 21 we welcomed 263 new clients into RASA services. At the end of November, waiting lists were as follows Adults 921 Children 78

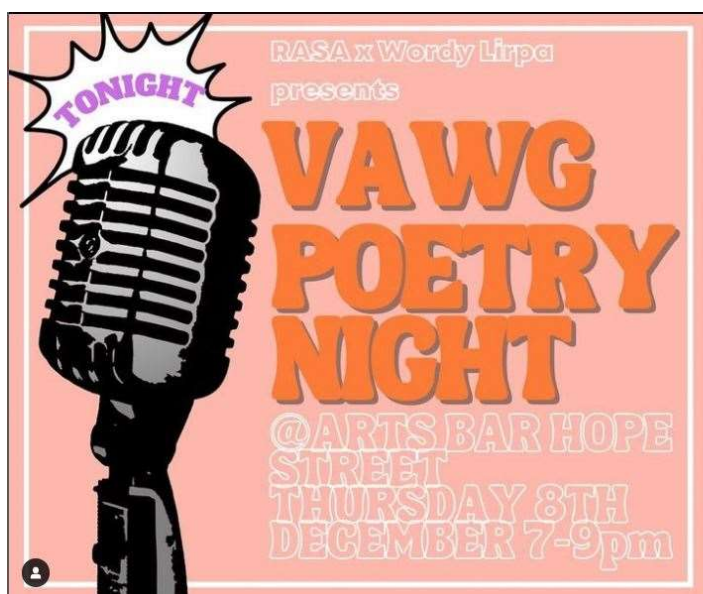
While we had managed to keep open throughout all of the pandemic period, numerous staff had, at different times, fallen prey to the virus. Following a very carefully managed Christmas event in early December 2021, two members of staff tested positive, and we were back into our own mini-lockdown, working remotely while the centres were deep cleaned and fogged. All those screens we had taken down were put back in place again.



***I felt heard, my experiences were listened to, I did not feel rushed or pressured.***



It didn't stop our supporters from raising lots of funds and awareness of our services. We were thrilled that so many organisations got involved in fund raising for RASA in December 21. Big thank you to everyone.



rasa\_merseyside TONIGHT - RASA X WORDY LIRPA VAWG POETRY 🌟🌟 Get down to @liverpoolartsbar basement, 7-9pm for an amazing collective of local artists coming together to help eliminate violence against women and girls via poetry and the arts. All welcome 🌟 Do you feel passionate about this? I think we ALL should, things need to change, TW- content of the evening may be triggering. Massive thank you @liverpoolartsbar @wordy.lirpa

"Violence against Women and Girls is a fundamental human rights violation, affecting 1/3 women around the world. Women and girls experience violence and discrimination in every society simply because of their gender.

Millions of women and girls face many forms of violence throughout their lives, including rape, FGM, sexual exploitation, child marriage, assault, mental abuse, domestic violence, trafficking, stalking, murder, the list is endless. Those subjected to violence can often experience a range of problems, from psychological distress and depression to severe injuries, HIV and unwanted pregnancy. Violence and the threat of violence can stop girls from going to school, from being able to choose if and who they marry and from reaching their potential"



23 likes

DECEMBER 8, 2022

#### Feedback -

*Zoom sessions were really good. It tackled the problems. Helped me overcome a lot in my head.*

#### Feedback –

**Very impressed with the level of support and understanding I received.**

Job Title: **ISVA for Male Service**

Centre(s): **Where required** (Bootle, Wirral & Southport).

***I no longer take on responsibility/blame for the abuse suffered, my relationship has improved, and I feels able to go out on my own.***

Summary of day-to-day role: Independent Sexual Violence Advisor for male clients and engagement focus. Supporting clients through the criminal justice system who have reported or wish to report to the police. Practical and emotional support. Establishing interagency relationships with a view to improving client engagement. Developing both the ISVA and RASA's service for males.

Role – ISVA for Male Service (including some female work). Supporting Liverpool, Sefton, and Wirral clients. The role is challenging but I am enjoying it immensely and now I've had full data system (DPMS) training, I feel more confident in performing my administrative duties. All RASA staff have been incredibly supportive in welcoming me to my new role and my team have been patient and understanding as I navigate the job having had a tumultuous start with DPMS due to Christmas break and working from home due to Covid19.

***I feel more confident. I used to hide my feelings but now I have ways to cope. I stamp my feet and move around, open the window.***

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***The support I received was excellent and very professional It helped me to start to be able to deal with what I had been through.***

Team meetings and a focus on self-care, help to instil a sense of comradery in the ISVA team and now I have got to know everyone, I feel comfortable approaching more experienced members of the team for support and guidance which they always happily provide.

I have never worked somewhere so supportive and it's worth mentioning, that despite how busy everyone is, I have never felt like an inconvenience or nuisance when asking for help.

During my time at RASA, I have attended three pre-trial visits at court, two section 28's at court (pre-recorded questioning), a MARAC (Multi Agency Risk Assessment Conference) and a Team Around the Family meeting. These meetings and experience of supporting clients at court has provided valuable learning for my role.

The repercussions of the pandemic upon the criminal justice process can still be felt as far as the length of time clients wait to have their cases heard. Face to face interaction between police and clients seems to be non-existent but I can't say personally if this is due to the pandemic or if this has always been the case, due to not being in the role long enough to make a comparison. Most of the interaction my clients get is via telephone.

***It has helped me to understand my emotions and I have been able to understand why certain things affect me in a negative way.***

***The service has helped me throughout the darkest and hardest times and without the help and support of Olivia, I don't think I would be here today. She has been an amazing support throughout the whole 3 and a half years. I will truly miss our sessions and I want to say is a massive thank you to Olivia for everything.***

This means I am often the only tangible source of contact for clients. I expect the longevity of individual cases means that as more referrals are made my case load will increase more quickly than if cases were handled in a timelier fashion. I have multiple clients "stuck in the limbo" of evidence collection. With

police having cases returned back to them from CPS (Crown Prosecution Service) with a request for further investigative actions. This can further prolong the already emotionally difficult waiting time. I am conscious that this feeling of stagnation may transfer into my practise if I am not mindful so I will work hard to manage this and build on my resilience to enable me to provide the best support possible to clients.

With no definitive time scale, clients are having to deal with all the anxiety associated with cases plus the uncertainty of when they will get any answers. My role for many of my clients is providing reassurance that the police are working to deal with their cases but often only being able to provide vague timescales that they can expect.

I have a client at present who reported in December and the trial is set for August. The turnaround for this case has been incredibly quick (especially in comparison to others). This comes with the positives of the client not feeling stuck and often re-traumatised in a lengthy process, but also the more unusual circumstances that the client is feeling like “it’s all happening so fast”.

***I now have the understanding that the feelings I have been experiencing for many years is not because there is something wrong with me but because of the impacts of the sexual violence I have suffered.***

My client has been overwhelmed by the intensity of the case and my role has been predominantly emotional support which I increased from fortnightly to weekly after I became concerned for his emotional wellbeing.

I referred my client to our ISVA Listening Ear service and he benefits greatly from these sessions. Worker from Listening Ear was imperative to ensuring the safety of the client having performed a welfare check by way of a visit from the ambulance service after the client was in distress on the phone. Now with consent from the client, worker keeps me informed as to whether additional emotional support might be required during my ISVA sessions.

***Thank you for your patience and continually challenging my beliefs gently for understanding that I did not want to believe it was abuse so took on responsibility which felt easier but now I know I am not to blame or responsible for the abuse I suffered.***

I have noticed resistance and defensiveness from some Police officers when I have gently challenged practises or asked for more information relating to cases. I wonder whether this is because officers do not know the benefits of using our role to compliment victim/survivor support. I am hoping this improves with time and will be included to some degree in the upcoming VAWG training that all frontline Police, investigating officers and specialist units will receive over the coming 12 months.

The importance of inter-agency understanding of the ISVA role was something I brought up to Lime Culture and the CPS during a recent focus group I attended. NFA (No Further Action) results from cases are common.

As during the first few months of my employment I have been focusing on training and development. Now I’ve had DPMS training, I am booked onto the Lime Culture – Supporting Males training in May and I am in a position where I feel confident in the role itself.

I will look to beginning a male engagement action plan and start to add to a portfolio that RASA can submit to stakeholders to hopefully gain/continue with funding for our service. I am looking forward to developing my role and the coming year ahead, feeling determined to create positive change.

***Having an understanding of myself and how the impact of the abuse has impacted me which having a greater understanding of myself has enable me to move forward and accept that I am not to blame.***

Sally Wexsteen – Male ISVA Development Worker

In December 2021 we welcomed 183 new clients into RASA services. At the end of December waiting lists were as follows Adults 924 Children 83

## A YEAR IN RASA CHILDREN'S SERVICES

**New skills/qualifications acquired - EMDR LEVEL 1 & 2**

### Knowledge development

1. Attended the Rainbow centre, Alder Hey Hospital
2. I presented the Safeguarding Children Training – RASA – this was for new volunteer counsellors prior to them working with clients at RASA.
3. Recovery is the best form of revenge book – A book by Carolyn Spring, a survivor of trauma, abuse, and dissociative identity disorder
4. Lunch and Learn – Impacts of gambling on women.
5. Savera – Honour based violence training – signs, ways to respond and signpost
6. Currently started my accreditation process for the BACP.
7. Safeguarding Training refresher – LSCP
8. Managerial and Clinical Supervision – Monthly to ensure my knowledge is current and in line with the current legal legislations
9. Group Supervision – RASA – Helen Millar ran the group Supervision.
10. Weekly Team Meetings

*I feel like I owe my life to RASA. I didn't think I could be fixed - I thought I'd always be broken. I'll be forever grateful.*

**Support given has been outstanding never imagined I would get this support and it has made it has made such a positive impact on my health. Can now see a brighter future.**

### Multi-agency networking events attended.

- CAMHS – Referrals: -
- EDY's – eating disorder department – 2 referrals with April 2021 – April 2022
- Crisis support - high risk clients requiring stabilisation before they can engage in therapeutic work at RASA
- Mental Health – Psychological assessment for 1 client
- CIN Meetings – various
- Referrals follow up meetings – casework – appropriate information sharing as per work done, risk, and expanding on concerns or referral details where necessary.
- MARF – referrals compiled over the year.

*I just so much better than when I first started this. I felt I would never come out of the dark hole of depression.*

**Schools/education:** Many clients request me to contact their place of education to help support their learning. This is a regular occurrence and schools seems to respond well Clients feel unheard 'bad behaviour' when they may be dealing with staying present, hyperarousal, severe anxiety, disassociation, lack of sleep etc

### Things that have gone well

- *CRIS and Young Person assessment forms: -*
- *Clients who have had a minimum of 3 sessions scores have all dropped a minimum of 50%*
- *Clients have disclosed passing driving tests, mock exams, able to sit their exam's (which they could not do before) engaged with others socially rather than still isolating away.*
- *Clients are gaining great benefit from complimentary therapies I am able to offer such as;*

*EMDR, Rewind Therapy, Hypnotherapy. These help to reduce such symptoms as Anxiety, Depression, Flashbacks, Nightmares.*

***ISVA was always there when I needed her and gave me supported when I needed.***

*CBT – I have used this with several clients to help them return to school or re-engage with the education system.*

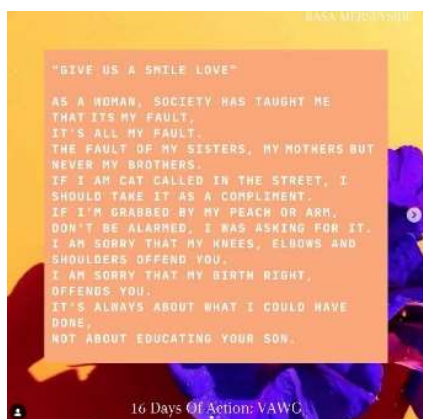
*Psychoeducation = there is a pattern I have identified from working with clients of all ages that once they understand the impacts of trauma and sexual abuse for example: -*

- *Ways they responded – Fight, Flight, flop, freeze, friend*
- *Anger*
- *Suicidal thoughts*
- *Flashbacks / nightmares*
- *Depression*
- *Anxiety*

*They feel less 'odd' or 'something wrong with me' their symptoms reduce and their view to therapy can sometimes then become more appealing. They now understand trauma, negative experiences, and relationships and how that has affected their health and well-being. All of this helps to reduce the shame and guilt they feel and carry every day.*

### Vanessa Mount Children's Case Worker

**In January 2022 we welcomed 231 new clients into RASA services. At the end of January 2022 waiting lists were as follows Adults 930 Children 72**



February 2021 was spent doing a lot of tweaking of forms, of policies and procedures, ready for the new year. Budgets were written and approved, salaries were agreed, hours were shared between the teams and we were almost ready to start another year of service.

We were about to welcome 2 student nurses into the team to shadow some of the ISVA work in the hopes that they will gain a greater understanding of the work they do.



Job Title: ISVA

Summary of day to day role: **Independent Sexual Violence Advisor for Sefton Area/Assessment Lead. Supporting clients through the criminal justice system who have reported or wish to report to the police. Practical and emotional support.**

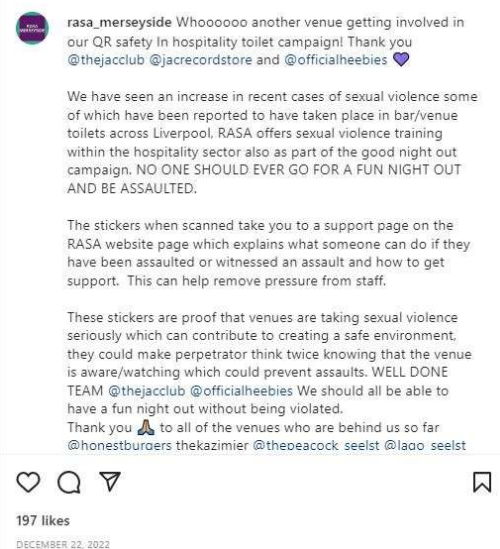
The impact of the pandemic upon the criminal justice process has been pervasive and caused a huge detrimental impact to those of my clients who have had their trials postponed over the past year. Supporting them to manage the impact of this has added another layer to the regular support that they receive.

It has also meant that the timeframes in which they would have been expected to have come to the end of their ISVA support have consequently been extended, therefore increasing the workload. The unknown that exists still, relating to the rescheduled trial dates, carries some further anxious anticipation for my clients and exacerbates the uncertainty that is already a factor when it comes to crown court in under normal circumstances. Due to the amount of trials either booked or rescheduled, I have been in court several times over the past couple of months.

I am thoroughly enjoying being back in the enjoyable and supportive environment with my colleagues for half of my working week. The environment feels refreshed and reinvigorated and the new staff members have fitted in really well and are wonderful new additions to our organisation . I continue to take things in my stride given the impact of the past year and realise that my mental health and well being has never been so important to look after.

**Olivia Lewis – Sefton ISVA**

**In February 21 we welcomed 243 new clients into RASA services. At month end, waiting lists were as follows Adults 971 Children 90**





rasa\_merseyside Vanessa tied her ribbon under Southport Pier, part of the beach which is dark at night. When we think of beaches or piers, we should think about having fun with family and friends, days out creating memories. NOT HAVING TO LOOK OVER YOUR SHOULDER. Thank you Nessa

#16daysofactivism #16days #orange #jointhemovement #revolution #politics #fuckthepatriarchy #victimblaming #sexualviolence #sexualassault #rape #stop #standup #activist #activism #change #support #liverpool #liverpoolbloggers #togetherwearestronger #liverpoolcity #inspirationalquotes #endsexualviolence #scouser #empowering #inspirationalwomen #killthebill #beaches

67 w

In March 22 we carried out our usual review of the year. While we had not made great progress in bringing down the general waiting list, we have had success in many other areas of work.

We have engaged new groups and individuals this year and we are delighted to see so many smaller groups and individuals too, raising funds to support our work. Southport KGV College has nominated us as their charity of the year and we will work with them to see how we can support that nomination.

A further college has asked for similar engagement and we await their requirements.

The dedication of a counsellor to support refugees and asylum seekers has meant that there is no longer a waiting list for this very vulnerable group of people and their, often very urgent, needs can be met quickly after initial contact is established.

The Community Safety Marshall Project in Liverpool is being piloted across the busy Easter weekend ahead and we hope it will mean added security for those out celebrating with their friends. Often a trained pair of eyes watching out for perpetrator behaviour is all that is needed to prevent a possible assault. We are proud to be part of such an initiative.

The Listening Ear Project is running well and offering additional support to those waiting for counselling or ISVA services.



So many supporters have held fundraising event this year. We have hosted a street event. We have run campaigns, we have held day events, we have supported others in their running of events for our benefit.

We have supported those seeking to learn more about what to do better to help their own roles and responsibilities – and all in addition to our core work of supporting survivors of sexual violence.





Our Education Centre (RASA Education Limited) has grown alongside us with more courses being offered than in previous years. We have trained from Level 2 – Level 4 in Counselling and to Level 5 in specialist areas of work like Adult and Children’s Trauma.

And the counsellors trained through our training centre have come back to us as volunteers, even though many have moved into amazing roles elsewhere. Our courses have proved popular and we have needed to add more sessions to try and keep up with that demand.

**RASA EDUCATION**

## Level 2 Counselling Concepts

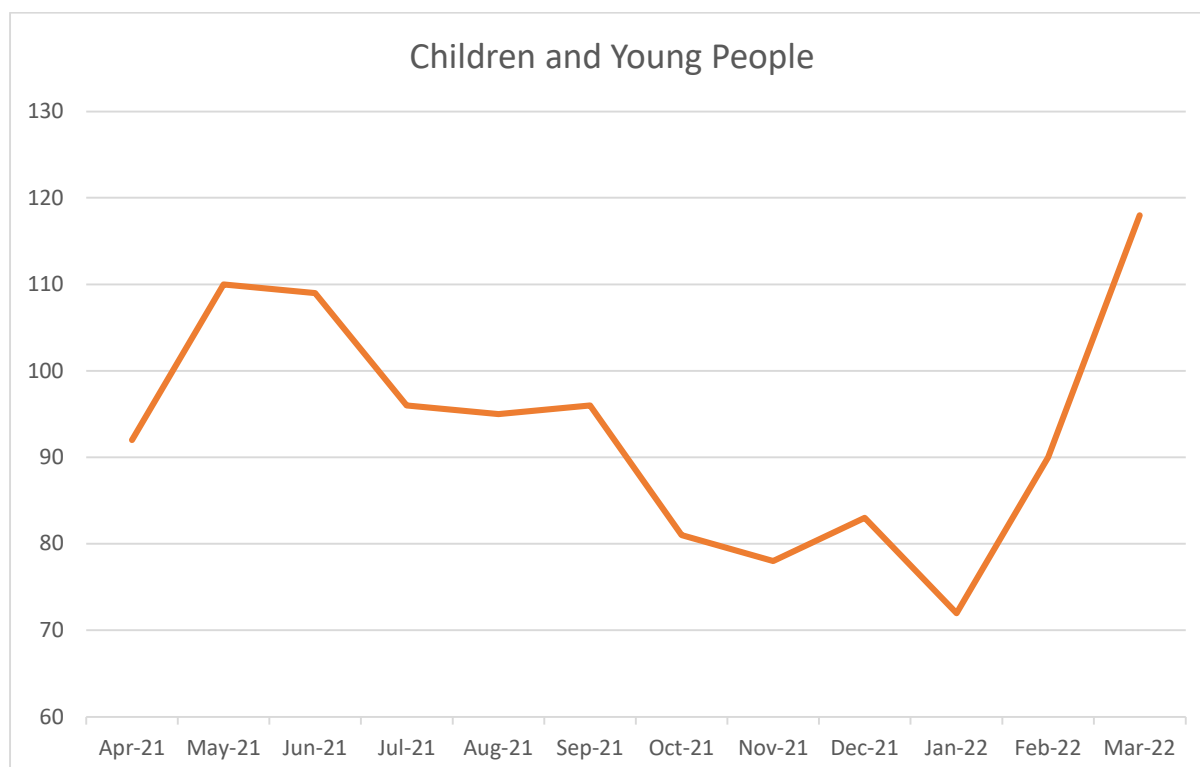
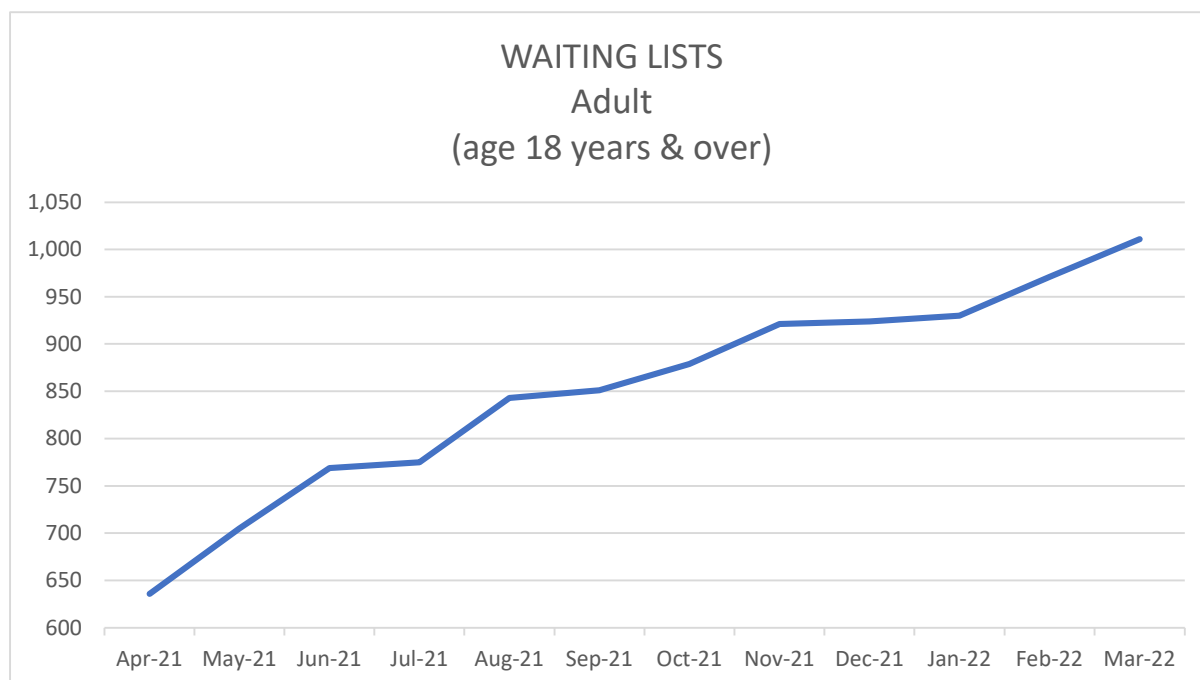
Level 2 Award in Counselling Concepts  
For Learners who are interested in counselling training and what it entails, the Level 2 Award in Counselling Concepts is a practical introduction. This taster course will encourage Learners to develop their communication skills and gain a comprehensive and full understanding of the following.....

**RASA EDUCATION**

## Level 2 Counselling Concepts

- The professional context of counselling
- Communication skills in helping relationships
- An introduction to personal development

Learners will complete a written piece of work for each of the above and will also be expected to participate in a 15 minute listening session observed by the tutor.





And so we end the year with waiting lists higher than ever before Adults 1,011 Children 118.

We have delivered 28.63% more activities than last year.

We have delivered 28.28% more minutes of client facing time.

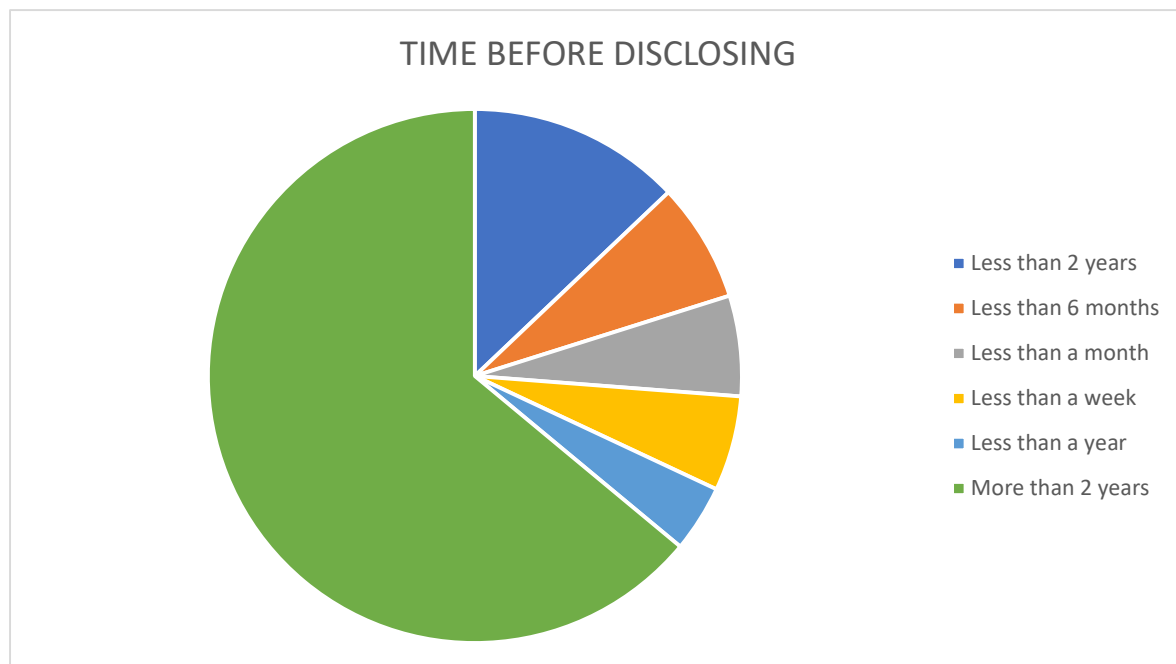
ISVA cases are up by 76.06%.

49.34% more clients stated rape as their main presenting issue.

We welcomed 37.48% more new clients than the year before.

Were we an industry or a retailer, we would be celebrating such an increase in “turnover” – but we are neither. We are a charity supporting survivors of sexual violence and every increased figure represents one more victim of some of the most heinous crimes known.

Do the increased figures mean more sexual crimes are being committed – or does it mean that more people feel confident to report what has happened to them and seek help?



63.97% clients counted in this report had waited more than 2 years to report the crime against them.

It would seem that the majority of new clients felt comfortable to come forward and report the crime against them, because they felt confident to do so. This means we are “doing good” and our partnerships are working.

We have reached a situation in which people who have been sexually violated feel confident to come to us for support. What we have not yet reached is a situation where we have the capacity to manage the volume of cases coming to us for that support, as effectively and quickly as we would like and as they deserve..

We are constrained by space and funds, and we are reviewing all our practices to try and get to a situation in which survivors feel confident and supported the minute they need us.

We are looking at, and experimenting with, many different ways of offering counselling and support – and at interim support for those awaiting a dedicated counsellor.

We have diversified ways in which people can engage and have run several hugely successful programmes of virtual support using platforms such as zoom.

And this has reduced for many the amount of time they have needed to wait to get help.

But it doesn't work for everyone and many still need that one to one, face to face, engagement in a safe and private setting, to enable them to get the most from their counselling.

Sadly we were unable to take on board the huge centre conversion in Birkenhead.

We simply could not afford the conversion costs and were unable to find grant funders to help.

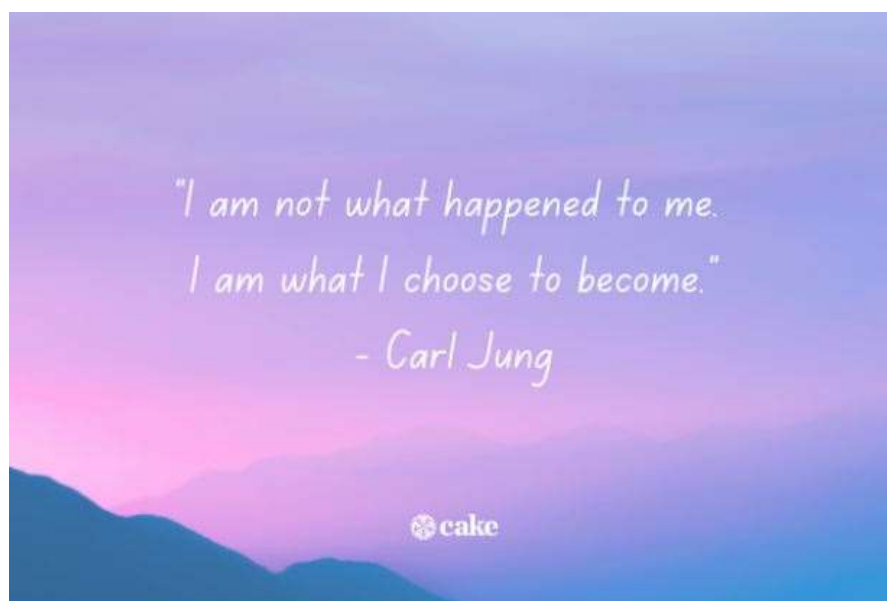
The building is still empty and if such funding does become available we will be back to the drawing board with our designs and needs.

Until then, we will keep listening, keep developing, keep producing new ideas and plans to best support our clients.

And who knows what 2022-23 has in store for us all?

One thing is for certain – we will still be here – and we will still be offering high quality, informed, advised, qualified and experienced counsellors and advocates for survivors of all forms of sexual violence.

It's just what we do!



RASA is a Registered Charity Number 1094462 and a Company Limited by Guarantee 04538556



1 year

52 weeks

2,828 (2,057) new clients

643 (479) sexually abused children

1,213 (1,000) clients from previous year

3,342 (2,585) females – 590 (441) males – 65 (31) others

61,221 (47,595) activities – 1,139,486 (888,261) minutes logged with clients

981 (798) Wirral clients – 2,060 (1,538) Liverpool clients – 956 (721) Sefton clients

2,949 (2,480) counselling clients – 993 (564) ISVA clients – 55 (13) other activities clients

940 (680) multiple sexual violence incidents – 309 (267) affected relatives and friends

905 (606) rapes as a primary cause for presenting – 36 (28) sexually exploited adults

1,094 (987) adult survivors of child sexual abuse

1,120 (2,578) sexually violated adults

16 (10) domestic violence victims

52 weeks

1 year

**Rape Crisis  
National Helpline**

**0808 802 9999**

The National Helpline offers confidential emotional support, information and referral details.

Open between 12pm-2.30pm and 7pm-9.30pm every day of the year.

**RASA** | Sexual  
Merseyside Violence  
Services



NATIONAL SERVICE STANDARD  
Rape Crisis Professionally Approved

Rape Crisis England & Wales  
Live Chat Helpline

**Donate**

**Phone Numbers**

Liverpool / Sefton - 0151 558 1801  
Birkenhead - 0151 650 0155

[Privacy Policy](#)  
[Impact statement](#)














REGISTERED COMPANY NUMBER: 04538556 (England and Wales)  
REGISTERED CHARITY NUMBER: 1094462

Report of the Trustees and  
Financial Statements for the Year Ended 31 March 2022  
for  
Rape and Sexual Abuse Centre (RASA)  
Limited

Robinson Rice Associates  
93 Banks Road  
West Kirby  
CH48 0RB

Rape and Sexual Abuse Centre (RASA)  
Limited

Contents of the Financial Statements  
for the Year Ended 31 March 2022

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After ending last year on a high - as in high rates of referrals and high waiting lists, our aim this year has been to reduce these waiting times and lists as far as possible and to better support those desperately waiting for the support they so desperately need.

As expected, following our localised Christmas lockdown, referrals in QTR 1 21-22 were far beyond anything we had ever experienced before. In the previous 6 years, we had welcomed an average of 562 new cases in QTR 1, in this year we welcomed 830 with the biggest increase by far being cases of non-recent child sexual abuse.

This area of referral was consistently raised throughout the breaks in lockdown and it seems that people had engaged in periods of contemplation during that time and had made the decision to speak out. This was good to hear and see. It is sadly also true that recent rape figures also rose in this period - but we were back in the centres ready to hold face to face sessions as soon as we were permitted.

## **OBJECTIVES AND ACTIVITIES**

### **Objectives and aims**

The full Trustee's Report is filed separately at Charities Commission.

Central to RASA's purpose is the principle of providing a safe, confidential place for survivors of sexual violence to be listened to, believed, and supported, with no pressure put on them. This work encompasses a helpline and email contact service, face-to-face counselling and emotional support, facilitated support groups, advocacy for those dealing with the criminal justice system (ISVA), training for survivors and for the public, family support, mindfulness and meditation, complimentary therapies, and signposting to other services.

## **OBJECTIVES AND ACTIVITIES**

### **Significant activities**

The aims of The Rape & Sexual Abuse (RASA) Centre are

1. To provide a free, confidential and non-judgemental support service for women and girls who have been victims of sexual violence in Merseyside (under the trading name RASA).
2. To raise public awareness of the damaging and life-changing effects of rape and sexual abuse.

In order to fulfil these aims, the objectives of The Rape & Sexual Abuse (RASA) Centre are:

- \* To provide a service for women and girls, which includes telephone, one-to-one and group support, in women only space at designated times and at the request of the woman or girl.
- \* To provide a telephone support service for supporters of survivors, both male and female.
- \* To provide information and advice to other individuals and agencies to provide training and talks to external agencies in the local community to recruit volunteers.
- \* To provide adequate training, support and supervision for staff and volunteers.
- \* To monitor and evaluate service provision and policies on a continual basis involving staff, volunteers and women who use the service.
- \* To work with other individuals and agencies to further the aims of The Rape & Sexual Abuse (RASA) Centre to raise funds to meet the needs of the service to identify areas of unmet need and take appropriate action.
- \* To provide parity of service for male survivors of sexual violence, noting that such support and counselling will not encroach on the women only space of the RASA Safe House or any of the centres where RASA works in a face to face capacity with victims of sexual violence.

RASA does not employ male staff or volunteers as we are keenly aware that the vast proportion of sexual violence is perpetrated by men against women and it would therefore be inappropriate for male workers to be evident in a professional sexual violence counselling and support service

Working from a feminist perspective: What it means for RASA

Since it was established in Birkenhead in 1986, RASA Merseyside has always had a feminist ethos, and has aimed to support survivors of sexual violence from a feminist perspective.

People have different understandings of the term 'feminism', and the social and political movements that have been called 'feminist' are diverse, sometimes taking opposing positions on particular issues.

At RASA, we embrace diverse understandings and views, while ensuring that all RASA staff and volunteers share a common set of values on sexual violence through our recruitment and training practices.

Our ethos has been shaped by our experience of working with survivors of sexual violence, and by the lived experience of the women who have volunteered and worked for RASA, over the last 33 years.

This has led to an outward-looking approach, allowing us to respond to the needs of the community we are part of. Over the years, we have moved from being a collective of women offering peer support to other women in their community via a phone line, to the professional organisation we are today, offering counselling and ISVA services to women, children and men across Merseyside.



## **OBJECTIVES AND ACTIVITIES**

While much has changed in the way we work, and the number of survivors we are able to help has grown, our core ethos has changed little.

We continue to describe our ethos as feminist for the following reasons:

- \* Gender inequality, specifically discrimination against and oppression of women and girls, persists in our society and around the world.
- \* While gender inequality has many consequences and effects, sexual violence is among the most severe and pervasive worldwide. This is evidenced by the fact that the vast majority of incidents of sexual violence are perpetrated by a man against a woman or girl.
- \* Sexual violence is a means of exerting power and control over victims, and a means of diminishing the victim's own power and control over their own life. On a societal level, it is a means of enforcing patriarchal power and control through violence against individuals, and through the fear of violence.
- \* Without recognising the gendered nature of sexual violence with individual survivors and as an organisation, we cannot help survivors to recover from trauma, or find long-term strategies to address sexual violence in our community.
- \* Patriarchal violence, perpetrated by overwhelmingly by men, affects men and boys, and transgendered/non-binary people, as well as women and girls. Understanding the common pattern of sexual violence as a means of power and control and recognising the specific ways people of different genders are affected, is entirely compatible with a feminist approach to supporting survivors of sexual violence.
- \* Maintaining a women-only workforce and providing women-only spaces remains crucial to our ability to support all survivors effectively. The survivors who come to us tell us this consistently.

### **Our Ethos**

- \* RASA Merseyside is a women-led, women-run service founded on feminist principles. We believe that by working in an all-women environment, we challenge structures that discriminate against women, providing the opportunity to empower ourselves and claim control of our own lives.
- \* Rape and sexual abuse are crimes of violence and abuse of power, not 'unwanted sex'.
- \* Rape and sexual abuse are never the fault of the survivor, and we work with all survivors towards this understanding of what happened to them.
- \* Rape and sexual abuse are gendered crimes - the majority of victims are women and children, and the majority of perpetrators are men. Sexual violence is both an expression of, and a means of enforcing and increasing, discrimination against women and gender inequality.
- \* Because women and girls live with sexism, the degradation of the female body and the threat of sexual violence in society at large, we create and maintain women-only spaces to offer relief and safety for survivors, and for the women who work at RASA. We know that this benefits survivors and helps them to heal.

## **OBJECTIVES AND ACTIVITIES**

- \* When children have experienced sexual abuse or sexual exploitation, they require specialist support. We strive to develop ways of working that help children recover from this trauma, and live happy and healthy lives. We reach out to families, schools and the wider community to raise awareness and help prevent the sexual abuse and exploitation of children and young people.
- \* We know that transgender people are at increased risk of sexual violence and abuse, as well as transphobic violence. We aim to welcome all trans and non-binary gender survivors in a safe space for them, and work with other organisations locally to ensure they get the specialist support they need.
- \* We work with men and boys to the same feminist principles, recognizing the different ways that sexual violence affects them, and offering men-only support groups for survivors facilitated by a RASA worker. At RASA we see all sexual violence as a cause and a consequence of the patriarchal societal structure we live in, acknowledging that almost all men and boys who experience sexual violence are abused by a man. As such, we believe a service working to feminist principles is well placed to help male survivors of sexual violence.
- \* Recognising the oppression that many groups experience in today's society, we aim to work in a non-oppressive, anti-discriminatory way with people of any race, class, culture, immigration status, nationality, faith, sexuality, gender identity, age, disability, or health status. We work towards making our service accessible and available to all, and actively seek to make links with the diverse communities in Merseyside.

## **OBJECTIVES AND ACTIVITIES**

### **Public benefit**

In November 21 RASA was heavily engaged in running events for the 16 days of action to eliminate violence against women and girls. This year, in response to public consultation about feeling unsafe, RASA created a series of videos of women reclaiming spaces deemed unsafe. We reclaimed our public spaces, leaving an orange ribbon and a campaign tag.

The survey demonstrated that women and girls often do not feel safe in public spaces, for example public transport, restaurant/bars and particularly in toilets, parks and walking at night.

Videos were shared on our social media pages and members of the public were encouraged to take part and reclaim their own public spaces. Videos were collected and edited and one long video was uploaded to RASA social media. This was a huge success that was embraced by many women.

As part of the campaign, RASA also ran the following activities:

#### **Parents Protect Training -**

Child sexual abuse happens in secret and most victims do not tell. The abuser is usually a family friend, neighbour, a member of the child's family or someone working with children: he or she may be someone we know and love. This training provided the information needed to recognise the warning signs of abuse in both adults and children and to build the confidence in accessing support / reporting.

Mindfulness Body Scan - Spending time resting awareness on each part of our body, offering gratitude and affection. The body scan is one of the most effective ways to begin a mindfulness meditation practice. The purpose is to tune in to your body-to reconnect to your physical self-and notice any sensations you're feeling without judgement. Paying homage to empowering our bodies as Women to end violence against Women and Girls.

Responding to disclosures training - This is a 3hour training session suitable for professionals who would like to gain more knowledge with regards to the impact of Sexual Violence and how to respond to disclosures, this session covered the following:

- \* What is Sexual Violence
- \* Impact of Sexual Violence
- \* Responding to Disclosure
- \* Window of Tolerance

RASA Power Project Worker visited local schools to capture the voice of young people on the subject of ending violence against women and girls facilitating a display based on these discussions.

### **Volunteers**

RASA retains volunteers very effectively, because RASA is a great place to work but it is also due largely, we believe, to the support and development opportunities afforded within the organisation.

## **STRATEGIC REPORT**

### **Achievement and performance**

#### **Charitable activities**

We continued to work throughout this year, despite the challenges and have remained open since the national lockdown was lifted. In July 2020 a full risk assessment was completed in both centres which led to huge changes in how we work. Screens were installed, people allocated to individual offices and working patterns changed. New contracts and agreements were put into place for clients who could no longer wait for face-to-face support.

Because of all the changes that we have instigated and put in place, we have remained open through the second and third lockdown which is something that many other organisations were unable to do.

Following the initial success of our Reducing Anxiety Depression and Stress (RADS) courses, we gained funding to train all of our qualified counsellors in hypnotherapy. A total of twenty-two counsellors have received this training which has led to clinical hypnotherapy becoming a core part of our counselling service used to install stabilisation and reduce anxiety, stress, and depression.

#### **Fundraising activities**

During the year Covid didn't stop our supporters from raising lots of funds and awareness of our services. We were thrilled that so many organisations got involved in fund raising for RASA in December 21.

So many supporters have held fundraising event this year. We have hosted a street event. We have run campaigns, we have held day events, we have supported others in their running of events for our benefit.

Big thank you to everyone.



## **STRATEGIC REPORT**

### **Achievement and performance**

#### **Internal and external factors**

An interesting outcome of the covid period was the realisation that for some - remote working was actually preferable and easier to access and stay engaged. With client numbers so high, this was a huge bonus and we continue to run many long-term counselling programmes remotely, avoiding long waits and disappointing outcomes for those who waited.

In April 2021 we marked the 20th anniversary of SAAM - Sexual Violence Awareness Month. "Even before its official declaration, SAAM was about both awareness and prevention of sexual assault, harassment, and abuse. From the civil rights movement to the founding of the first rape crisis centres to national legislation and beyond, the roots of SAAM run deep". We celebrated with our neighbours @rasasc\_cm, raising awareness of consent, harassment and stalking and staying safe online.

We updated our social media daily, raising awareness of what defines sexual assault, what to do if someone discloses sexual violence to you, and discussing online sexual abuse and victim blaming.

The entire month was filled with ways to support yourself as a victim, friends who may be, or who may become, victims and provided advice and support for the general public and for friends and supporters of survivors of abuse.

One of the most engaged modules was the discussion around consent which was shared multiple times and resulted in a surge in self-referrals.

We were busily delivering training on being a supportive bystander, to tram drivers in Manchester and the waiting list in Birkenhead was 10 months long.

In other news - we resubmitted our BACP accreditation documentation. It had taken considerable time to update all our policies and procedures with the challenges of the previous 12 months, but we were finally ready to go for it.

#### **Financial review**

##### **Financial position**

At the end of this year RASA holds in the region of £127,000, which is sufficient to pay necessary redundancy and to enable key members of staff to wind down the Charity and to dissolve and disperse assets and clients as appropriate.

RASA has in place a comprehensive Financial Procedure (updated and reviewed in January 2020. It is available upon request.

## **STRATEGIC REPORT**

### **Financial review**

#### **Principal funding sources**

##### **PCC FOR MERSEYSIDE**

In partnership with RASASC, RASA successfully won the tender to provide counselling and support for sexual violence survivors across Merseyside. This tender, valid for three years (April 2018 to April 2021) is to provide an ageless and genderless service to all five boroughs. The service includes the provision of Independent Sexual Violence Advisors (ISVA Service) for all five boroughs.

RASA clients reside in Liverpool, Wirral and Sefton Boroughs.

2828 new clients were welcomed into RASA service in this year - 1213 client cases were carried forward from the previous year - 4041 unique individuals in total were therefore seen in service in the year.

With the onset of Covid-19 in March 2020, a decision was made to extend, without re-tendering, this contract, for an additional 12 months to 31-03-2022.

##### **MINISTRY OF JUSTICE FUND FOR FEMALE RAPE AND SEXUAL ABUSE SURVIVORS**

RASA achieved funding through the female Rape Support Fund administered by the Ministry of Justice for 3 years from April 2018 - March 2021. This allows us to work as counsellors and supporters for females over the age of 13. This valued fund compliments and ensures a full equitable service is available to all female survivors of sexual violence crimes in Wirral, Sefton and Liverpool.

With the onset of Covid-19 in March 2020, a decision was made to extend this grant fund, for an additional 12 months to 31-03-2022.

##### **MINISTRY OF JUSTICE FUND FOR MALE RAPE AND SEXUAL ABUSE SURVIVORS**

RASA achieved funding through the male Rape Support Fund administered by the Ministry of Justice for 3 years from April 2018 - March 2021. This allows us to work as counsellors and supporters for males over the age of 13. This valued fund compliments and ensures a full equitable service is available to all male survivors of sexual violence crimes in Wirral, Sefton and Liverpool.

With the onset of Covid-19 in March 2020, a decision was made to extend this grant fund, for an additional 12 months to 31-03-2022.

##### **MINISTRY OF JUSTICE CSE FUNDING UPLIFT**

As recipients of the Rape Support Fund, RASA was pleased to accept an uplift in funding to enable us to meet the challenges of increasing numbers of adult survivors of non-recent Childhood Sexual Abuse and Exploitation as a result of high-profile national media and the promotion of the Independent Inquiry into Child Sexual Abuse.

This allows us to provide additional support to adult survivors of non-recent Childhood Sexual Abuse and Rape.

With the onset of Covid-19 in March 2020, a decision was made to extend this grant fund, for an additional 12 months to 31-03-2022.

##### **WIRRAL BOROUGH COUNCIL PUBLIC HEALTH**

RASA is additionally commissioned to deliver counselling and support to adult victims of sexual violence living in Wirral. This commission was achieved in 2017 and runs from April 2017- March 2022.

##### **CHILDREN IN NEED**

## **STRATEGIC REPORT**

### **Financial review**

RASA is funded through Children in Need to deliver a Children's Sexual Violence Support Service. This is newly achieved funding and will build on the previous Children in Need funding that saw a Children's Service fully established for the boroughs of Sefton, Liverpool and Wirral. The service has been able to grow to meet demand.

This funding commenced on 01-10-2019 and ended on 30-09-2021.

### **PROCEEDS OF CRIME FUND**

This project equips parents and carers with the skills and knowledge to spot the signs a child is being sexually abused or is in danger of such and will be able to effectively encourage disclosure and act on that disclosure to support the child safely and in their best interests. In addition, the training aims to STOP abuse before it starts by equipping adults with the skills to recognise early warnings and empowering them to act effectively and promptly to protect the child from harm. This is a twelve-month funding opportunity.

This funding was awarded in late 2018 and was cleared in this year.

### **NHS ENGLAND HIGH VOLUME FUNDING**

In 2021-22 RASA received funding through NHS England to better manage the increased need for counselling and to reduce waiting times.

### **COMMUNITY FOUNDATION FOR MERSEYSIDE**

In December 2019, RASA was awarded funding to run an interim support service for clients awaiting counselling and support. The RADS (Reducing Anxiety, Depression and Stress) service uses clinical hypnotherapy in a group setting with the effect of stabilising survivors and holding them engaged in the recovery process.

Expenditure on this was delayed due to Covid and was finally expended in full in this year.

### **RASA EDUCATION LIMITED**

The RASA Centre Training division formed as a separate Limited Company in June 2019 with the sole aim of supporting the work of RASA Merseyside and developing and strengthening the Training School Curriculum. In this year the training contributed 8% of RASA Income.

### **SPORT ENGLAND**

RASA was awarded funding in 2020-21 to run yoga courses for survivors of sexual violence. This was adapted due to the pandemic and adjusted to become an on line programme delivered through Teachable.

### **Reserves policy**

RASA aims to build a reserve fund to cover 3 months running costs of the Charity. Currently such a reserve would be in the region of £250,000. As RASA works to contract budget deadlines, it is unlikely that RASA will achieve full reserve cover without substantial unrestricted donations being received as all available funding is being used to maintain and develop services for clients.

At 31st March 2022 the total funds held are £191,132 made up of Restricted Funds of £29,504 and Unrestricted Funds of £161,628.

Included in unrestricted funds is the balance of the property owned by the property held at a value of £17,430

The total reserves not including the property is £173,702.

## **STRATEGIC REPORT**

### **Financial review**

#### **Going concern**

The financial statements have been prepared on a going concern basis as the trustees believe that no material uncertainties exist. The trustees have considered the level of funds held and the expected level of income and expenditure for 12 months from authorising these financial statements. The budgeted income and expenditure is sufficient with the level of reserves for the charity to be able to continue as a going concern.

#### **Principal risks and uncertainties**

During the Covid-19 pandemic, RASA were able to adapt in a responsive and flexible way to accommodate remote working to ensure staff and clients were kept safe. Existing clients were provided with the option of continuing with their sessions remotely or waiting until face-to-face support could resume. New clients started their sessions remotely either online or over the telephone. RASA checked in with clients on a weekly basis by email and text. This support was described as invaluable during what was already a difficult time for clients, which was then exasperated by the impacts of the pandemic, including isolation and limited support networks associated with the national lockdown measures. Whilst many clients were keen to have face-to-face contact, they did find remote support more accessible, reducing travel and allowing them to attend during work hours. RASA were keen to continue to provide a blended offer going forward, giving the clients the option and choice of remote or face-to-face engagement, or a mixture of the two



## **STRATEGIC REPORT**

### **Future plans**

And so we end the year with waiting lists higher than ever before Adults 1,011 Children 118.

We have delivered 28.63% more activities than last year.

We have delivered 28.28% more minutes of client facing time.

ISVA cases are up by 76.06%.

49.34% more clients stated rape as their main presenting issue.

We welcomed 37.48% more new clients than the year before.

Were we an industry or a retailer, we would be celebrating such an increase in "turnover" - but we are neither. We are a charity supporting survivors of sexual violence and every increased figure represents one more victim of some of the most heinous crimes known.

Do the increased figures mean more sexual crimes are being committed - or does it mean that more people feel confident to report what has happened to them and seek help?

63.97% clients counted in this report had waited more than 2 years to report the crime against them.

It would seem that the majority of new clients felt comfortable to come forward and report the crime against them, because they felt confident to do so. This means we are "doing good" and our partnerships are working.

We have reached a situation in which people who have been sexually violated feel confident to come to us for support. What we have not yet reached is a situation where we have the capacity to manage the volume of cases coming to us for that support, as effectively and quickly as we would like and as they deserve..

We are constrained by space and funds, and we are reviewing all our practices to try and get to a situation in which survivors feel confident and supported the minute they need us.

We are looking at, and experimenting with, many different ways of offering counselling and support - and at interim support for those awaiting a dedicated counsellor.

We have diversified ways in which people can engage and have run several hugely successful programmes of virtual support using platforms such as zoom.

And this has reduced for many the amount of time they have needed to wait to get help.

But it doesn't work for everyone and many still need that one to one, face to face, engagement in a safe and private setting, to enable them to get the most from their counselling.

Sadly we were unable to take on board the huge centre conversion in Birkenhead.

We simply could not afford the conversion costs and were unable to find grant funders to help.

The building is still empty and if such funding does become available we will be back to the drawing board with our designs and needs.

Until then, we will keep listening, keep developing, keep producing new ideas and plans to best support our clients.

And who knows what 2022-23 has in store for us all?

One thing is for certain - we will still be here - and we will still be offering high quality, informed, advised, qualified and experienced counsellors and advocates for survivors of all forms of sexual violence.

It's just what we do!

## **STRUCTURE, GOVERNANCE AND MANAGEMENT**

### **Governing document**

RASA is a company limited by guarantee incorporated in England / Wales. In the event of the charity being wound up, the liability in respect of the guarantee is limited to £1 per member of the charity. The address of the registered office is given in the charity information on page 9 of these financial statements.

## **STRUCTURE, GOVERNANCE AND MANAGEMENT**

### **Recruitment and appointment of new trustees**

RASA welcomes individuals who wish to be considered as a potential trustee.

Prospective trustees are recommended, self-refer or respond to advertisements on volunteer websites.

Prospective trustees progress through to appointment via the safer recruitment process under which they are interviewed by two senior staff members and/or an existing trustee.

As an accredited member of Rape Crisis England and Wales, RASA must ensure that the trustee board remains women lead. Men are welcome to apply to be trustees but will be unable to take key board positions.

Following safer recruitment process completion, prospective candidates are forwarded for election at the next AGM. At this point they must present a short biography to allow members to decide who they wish to elect. Existing elected trustees may also decide to recommend individuals to be co-opted onto the Board of Trustees. This must be carried out in line with the RASA Constitution.

### **Decision making**

Day to day decisions are made by the operational management team consisting of Josephine Wood, Vicky Green and Lorraine Wood.

### **Induction and training of new trustees**

Individuals must then successfully complete the RASA training for non-client focused staff. This process is carefully monitored by Education Centre staff for suitability to work with RASA.

### **Key management remuneration**

Trustees have set the remuneration for key management.

### **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.

## **REFERENCE AND ADMINISTRATIVE DETAILS**

### **Registered Company number**

04538556 (England and Wales)

### **Registered Charity number**

1094462

### **Registered office**

15 Morpeth Close  
Moreton  
Wirral  
CH46 6HQ

Rape and Sexual Abuse Centre (RASA)  
Limited

Report of the Trustees  
for the Year Ended 31 March 2022

**Trustees**

L Pilling (resigned 18.12.22)  
P Smith  
D Blaylock (resigned 18.12.22)  
J Smith (resigned 12.9.22)  
M Wilson (appointed 2.12.22)  
J Harris (appointed 18.12.22)  
J Murphy (appointed 18.12.22)  
A Raz (appointed 18.12.22)  
S Gunter (appointed 18.12.22)  
S Blower (appointed 18.12.22)

**Company Secretary**

J Wood

**Senior Statutory Auditor**

Beverley Rice

**Auditors**

ICAEW  
Robinson Rice Associates  
93 Banks Road  
West Kirby  
CH48 0RB

**STATEMENT OF TRUSTEES' RESPONSIBILITIES**

The trustees (who are also the directors of Rape and Sexual Abuse Centre (RASA) Limited for the purposes of company law) 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) including Financial Reporting Standard 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland"

Company law 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 charitable company and of the incoming resources and application of resources, including the income and expenditure, of the charitable company 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;
- state whether applicable accounting standards have been followed, subject to any material departures disclosed and explained in the financial statements;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charitable company 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 charitable company and to enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the charitable company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

**STATEMENT OF TRUSTEES' RESPONSIBILITIES - continued**

In so far as the trustees are aware:

- there is no relevant audit information of which the charitable company's auditors are unaware;  
and
- the trustees have taken all steps that they ought to have taken to make themselves aware of any relevant audit information and to establish that the auditors are aware of that information.

**AUDITORS**

The auditors, Robinson Rice Associates, will be proposed for re-appointment at the forthcoming Annual General Meeting.

Report of the trustees, incorporating a strategic report, approved by order of the board of trustees, as the company directors, on 31 March 2023 and signed on the board's behalf by:

Sandra Blower

S Blower - Trustee



## **Opinion**

We have audited the financial statements of Rape and Sexual Abuse Centre (RASA) Limited (the 'charitable company') for the year ended 31 March 2022 which comprise the Statement of Financial Activities, the Balance Sheet, the Cash Flow Statement and notes to the financial statements, including a summary of significant accounting policies. The financial reporting framework that has been applied in their preparation is applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice), including Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland'.

In our opinion the financial statements:

- give a true and fair view of the state of the charitable company's affairs as at 31 March 2022 and of its incoming resources and application of resources, including its income and expenditure, for the year then ended;
- have been properly prepared in accordance with United Kingdom Generally Accepted Accounting Practice, including Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland'; and
- have been prepared in accordance with the requirements of the Companies Act 2006.

## **Basis for opinion**

We conducted our audit in accordance with International Standards on Auditing (UK) (ISAs (UK)) and applicable law. Our responsibilities under those standards are further described in the Auditors' responsibilities for the audit of the financial statements section of our report. We are independent of the charitable company in accordance with the ethical requirements that are relevant to our audit of the financial statements in the UK, including the FRC's Ethical Standard, and we have fulfilled our other ethical responsibilities in accordance with these requirements. We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our opinion.

## **Conclusions relating to going concern**

In auditing the financial statements, we have concluded that the trustees' use of the going concern basis of accounting in the preparation of the financial statements is appropriate.

Based on the work we have performed, we have not identified any material uncertainties relating to events or conditions that, individually or collectively, may cast significant doubt on the charitable company's ability to continue as a going concern for a period of at least twelve months from when the financial statements are authorised for issue.

Our responsibilities and the responsibilities of the trustees with respect to going concern are described in the relevant sections of this report.

### **Other information**

The trustees are responsible for the other information. The other information comprises the information included in the Annual Report, other than the financial statements and our Report of the Independent Auditors thereon.

Our opinion on the financial statements does not cover the other information and, except to the extent otherwise explicitly stated in our report, we do not express any form of assurance conclusion thereon.

In connection with our audit of the financial statements, our responsibility is to read the other information and, in doing so, consider whether the other information is materially inconsistent with the financial statements or our knowledge obtained in the audit or otherwise appears to be materially misstated. If we identify such material inconsistencies or apparent material misstatements, we are required to determine whether this gives rise to a material misstatement in the financial statements themselves. If, based on the work we have performed, we conclude that there is a material misstatement of this other information, we are required to report that fact. We have nothing to report in this regard.

### **Opinions on other matters prescribed by the Companies Act 2006**

In our opinion, based on the work undertaken in the course of the audit:

- the information given in the Report of the Trustees for the financial year for which the financial statements are prepared is consistent with the financial statements; and
- the Report of the Trustees has been prepared in accordance with applicable legal requirements.

### **Matters on which we are required to report by exception**

In the light of the knowledge and understanding of the charitable company and its environment obtained in the course of the audit, we have not identified material misstatements in the Report of the Trustees.

We have nothing to report in respect of the following matters where the Companies Act 2006 requires us to report to you if, in our opinion:

- adequate accounting records have not been kept or returns adequate for our audit have not been received from branches not visited by us; or
- the financial statements are not in agreement with the accounting records and returns; or
- certain disclosures of trustees' remuneration specified by law are not made; or
- we have not received all the information and explanations we require for our audit.

### **Responsibilities of trustees**

As explained more fully in the Statement of Trustees' Responsibilities, the trustees (who are also the directors of the charitable company for the purposes of company law) are responsible for the preparation of the financial statements and for being satisfied that they give a true and fair view, and for such internal control as the trustees determine is necessary to enable the preparation of financial statements that are free from material misstatement, whether due to fraud or error.

In preparing the financial statements, the trustees are responsible for assessing the charitable company's ability to continue as a going concern, disclosing, as applicable, matters related to going concern and using the going concern basis of accounting unless the trustees either intend to liquidate the charitable company or to cease operations, or have no realistic alternative but to do so.

### **Our responsibilities for the audit of the financial statements**

Our objectives are to obtain reasonable assurance about whether the financial statements as a whole are free from material misstatement, whether due to fraud or error, and to issue a Report of the Independent Auditors that includes our opinion. Reasonable assurance is a high level of assurance, but is not a guarantee that an audit conducted in accordance with ISAs (UK) will always detect a material misstatement when it exists. Misstatements can arise from fraud or error and are considered material if, individually or in the aggregate, they could reasonably be expected to influence the economic decisions of users taken on the basis of these financial statements.

The extent to which our procedures are capable of detecting irregularities, including fraud is detailed below:

Because of the inherent limitations of an audit, there is a risk that we will not detect all irregularities, including those leading to a material misstatement in the financial statements or non-compliance with regulation. This risk increases the more that compliance with a law or regulation is removed from the events and transactions reflected in the financial statements, as we will be less likely to become aware of instances of non-compliance. The risk is also greater regarding irregularities occurring due to fraud rather than error, as fraud involves intentional concealment, forgery, collusion, omission or misrepresentation

Our audit response is based on:

- Enquiry of management, those charged with governance around actual and potential litigation and claims.
- Enquiry of Trustees of any issues arising
- Enquiry of entity staff in tax and compliance functions to identify any instances of non-compliance with laws and regulations.
- Reviewing minutes of meetings of those charged with governance.
- Reviewing financial statement disclosures and testing to supporting documentation to assess compliance with applicable laws and regulations.
- Auditing the risk of management override of controls, including through testing journal entries and other adjustments for appropriateness.

We have nothing to report in respect of the following matters where the Companies Act 2006 requires us to report to you if, in our opinion:

- Adequate accounting records have not been kept or returns adequate for our audit have not been received from branches not visited by us; or
- The financial statements are not in agreement with the accounting records and returns; or
- Certain disclosures of trustees' remuneration specified by law are not made; or
- We have not received all the information and explanations we require for our audit.

A further description of our responsibilities for the audit of the financial statements is located on the Financial Reporting Council's website at [www.frc.org.uk/auditorsresponsibilities](http://www.frc.org.uk/auditorsresponsibilities). This description forms part of our Report of the Independent Auditors.

Report of the Independent Auditors to the Members of  
Rape and Sexual Abuse Centre (RASA)  
Limited

**Use of our report**

This report is made solely to the charitable company's members, as a body, in accordance with Chapter 3 of Part 16 of the Companies Act 2006. Our audit work has been undertaken so that we might state to the charitable company's members those matters we are required to state to them in an auditors' report and for no other purpose. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than the charitable company and the charitable company's members as a body, for our audit work, for this report, or for the opinions we have formed.

A handwritten signature in black ink, appearing to read 'B Rice', with a stylized flourish above the name.

Beverley Rice (Senior Statutory Auditor)  
for and on behalf of Robinson Rice Associates  
93 Banks Road  
West Kirby  
CH48 0RB

31 March 2023



Rape and Sexual Abuse Centre (RASA)  
Limited

Statement of Financial Activities  
for the Year Ended 31 March 2022

	Notes	Unrestricted funds £	Restricted funds £	31.3.22 Total funds £	31.3.21 Total funds £
<b>INCOME AND ENDOWMENTS FROM</b>					
Donations and legacies	2	23,085	-	23,085	8,240
<b>Charitable activities</b>	4				
Provision of services		20,000	1,097,818	1,117,818	1,020,602
Other trading activities	3	-	-	-	645
<b>Total</b>		43,085	1,097,818	1,140,903	1,029,487
<b>EXPENDITURE ON</b>					
Raising funds	5	-	4,803	4,803	4,124
<b>Charitable activities</b>	6				
Provision of services		33,820	1,111,974	1,145,794	949,735
<b>Total</b>		33,820	1,116,777	1,150,597	953,859
<b>NET INCOME/(EXPENDITURE)</b>		9,265	(18,959)	(9,694)	75,628
<b>RECONCILIATION OF FUNDS</b>					
<b>Total funds brought forward</b>		146,363	48,464	194,827	119,199
<b>TOTAL FUNDS CARRIED FORWARD</b>		155,628	29,505	185,133	194,827

The notes form part of these financial statements

Rape and Sexual Abuse Centre (RASA)  
Limited

Balance Sheet  
31 March 2022

	Notes	Unrestricted funds £	Restricted funds £	31.3.22 Total funds £	31.3.21 Total funds £
<b>FIXED ASSETS</b>					
Tangible assets	14	2,131	26,997	29,128	33,785
<b>CURRENT ASSETS</b>					
Debtors	15	12,917	92,070	104,987	113,850
Cash at bank and in hand		169,473	(42,676)	126,797	82,364
		<u>182,390</u>	<u>49,394</u>	<u>231,784</u>	<u>196,214</u>
<b>CREDITORS</b>					
Amounts falling due within one year	16	(28,892)	(46,887)	(75,779)	(35,172)
<b>NET CURRENT ASSETS</b>		<u>153,498</u>	<u>2,507</u>	<u>156,005</u>	<u>161,042</u>
<b>TOTAL ASSETS LESS CURRENT LIABILITIES</b>		<u>155,629</u>	<u>29,504</u>	<u>185,133</u>	<u>194,827</u>
<b>NET ASSETS</b>		<u>155,629</u>	<u>29,504</u>	<u>185,133</u>	<u>194,827</u>
<b>FUNDS</b>	17				
Unrestricted funds				155,629	146,363
Restricted funds				<u>29,504</u>	<u>48,464</u>
<b>TOTAL FUNDS</b>				<u>185,133</u>	<u>194,827</u>

The financial statements were approved by the Board of Trustees and authorised for issue on 31 March 2023 and were signed on its behalf by:

Sandra Blower

S Blower - Trustee

Rape and Sexual Abuse Centre (RASA)  
Limited

Cash Flow Statement  
for the Year Ended 31 March 2022

	Notes	31.3.22 £	31.3.21 £
<b>Cash flows from operating activities</b>			
Cash generated from operations	1	46,877	40,157
Net cash provided by operating activities		46,877	40,157
<b>Cash flows from investing activities</b>			
Purchase of tangible fixed assets		(2,444)	(12,197)
Sale of tangible fixed assets		-	1
Net cash used in investing activities		(2,444)	(12,196)
<b>Change in cash and cash equivalents in the reporting period</b>		44,433	27,961
<b>Cash and cash equivalents at the beginning of the reporting period</b>		82,364	54,403
<b>Cash and cash equivalents at the end of the reporting period</b>		126,797	82,364

The notes form part of these financial statements

Notes to the Cash Flow Statement  
for the Year Ended 31 March 2022

1. RECONCILIATION OF NET (EXPENDITURE)/INCOME TO NET CASH FLOW FROM OPERATING ACTIVITIES

	31.3.22 £	31.3.21 £
<b>Net (expenditure)/income for the reporting period (as per the Statement of Financial Activities)</b>	(9,694)	75,628
<b>Adjustments for:</b>		
Depreciation charges	7,101	6,696
Loss on disposal of fixed assets	-	2,414
Decrease in stocks	-	8,000
Decrease/(increase) in debtors	8,863	(63,475)
Increase in creditors	40,607	10,894
<b>Net cash provided by operations</b>	<u>46,877</u>	<u>40,157</u>

2. ANALYSIS OF CHANGES IN NET FUNDS

	At 1.4.21 £	Cash flow £	At 31.3.22 £
<b>Net cash</b>			
Cash at bank and in hand	82,364	44,433	126,797
	<u>82,364</u>	<u>44,433</u>	<u>126,797</u>
<b>Total</b>	<u>82,364</u>	<u>44,433</u>	<u>126,797</u>



## **1. ACCOUNTING POLICIES**

### **Basis of preparing the financial statements**

The financial statements of the charitable company, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) 'Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Companies Act 2006. 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.

Grants offered subject to conditions which have not been met at the year end date are noted as a commitment but not accrued as expenditure.

### **Allocation and apportionment of costs**

All splits are based on the numbers of clients served by the particular costs - or in the case of supervision - actual costs itemised in invoices. In the case of funds to be split across boroughs, funds are split in accordance with population of the borough in question (%).

### **Tangible fixed assets**

Depreciation is provided at the following annual rates in order to write off each asset over its estimated useful life.

Freehold property	- in accordance with the property
Improvements to property	- 33% on cost
Fixtures and fittings	- 25% on reducing balance
Computer equipment	- 25% on cost

### **Taxation**

The charity is exempt from corporation tax on its charitable activities.

### **Fund accounting**

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

**1. ACCOUNTING POLICIES - continued**

**Fund accounting**

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.

**Hire purchase and leasing commitments**

Rentals paid under operating leases are charged to the Statement of Financial Activities on a straight line basis over the period of the lease.

**Debtors and creditors receivable / payable within one year**

Debtors and creditors with no stated interest rate and receivable or payable within one year are recorded at transaction price. Any losses arising from impairment are recognised in expenditure.

**2. DONATIONS AND LEGACIES**

	31.3.22	31.3.21
	£	£
Donations	23,085	8,240

**3. OTHER TRADING ACTIVITIES**

	31.3.22	31.3.21
	£	£
Training courses	-	595
Room hire	-	50
	-	645

#### 4. INCOME FROM CHARITABLE ACTIVITIES

		31.3.22 £	31.3.21 £
Commissioned work	Activity Provision of services	783,473	-
Grants	Provision of services	334,345	1,020,602
		<u>1,117,818</u>	<u>1,020,602</u>

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

	31.3.22 £	31.3.21 £
Grant Income	<u>334,345</u>	<u>1,020,602</u>

#### 5. RAISING FUNDS

##### Other trading activities

	31.3.22 £	31.3.21 £
Opening stock	-	8,000
Purchases	-	(8,000)
Hire of plant and machinery	4,803	4,124
	<u>4,803</u>	<u>4,124</u>

#### 6. CHARITABLE ACTIVITIES COSTS

	Direct Costs £	Support costs (see note 8) £	Totals £
Provision of services	<u>1,137,465</u>	<u>8,329</u>	<u>1,145,794</u>

#### 7. GRANTS PAYABLE

	31.3.22 £	31.3.21 £
Provision of services	<u>-</u>	<u>13,130</u>

In the year ended 31st March 2021 a grant was given to the organisation End Violence Against Women for the collected funds to hold CPS to account for their appalling failure to progress cases on a merits based approach.  
<https://www.crowdjustice.com/case/justice-after-rape/>

**8. SUPPORT COSTS**

	Finance	Governance	Totals
	£	costs	£
Provision of services	88	8,241	8,329
	<u>88</u>	<u>8,241</u>	<u>8,329</u>

**9. NET INCOME/(EXPENDITURE)**

Net income/(expenditure) is stated after charging/(crediting):

	31.3.22	31.3.21
	£	£
Depreciation - owned assets	7,101	6,703
Hire of plant and machinery	4,803	4,124
Deficit on disposal of fixed assets	-	2,414
	<u>11,904</u>	<u>13,241</u>

**10. AUDITORS' REMUNERATION**

	31.3.22	31.3.21
	£	£
Fees payable to the charity's auditors and their associates for the audit of the charity's financial statements	6,000	6,500
	<u>6,000</u>	<u>6,500</u>

**11. TRUSTEES' REMUNERATION AND BENEFITS**

There were no trustees' remuneration or other benefits for the year ended 31 March 2022 nor for the year ended 31 March 2021.

**Trustees' expenses**

There were no trustees' expenses paid for the year ended 31 March 2022 nor for the year ended 31 March 2021.

**12. STAFF COSTS**

	31.3.22	31.3.21
	£	£
Wages and salaries	811,979	605,247
	<u>811,979</u>	<u>605,247</u>

Salary costs include amounts paid to subcontracted workers.

They also include:

Employers National Insurance £56,060  
Employer Pension Contributions £11,685



## 12. STAFF COSTS - continued

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

	31.3.22	31.3.21
Management	8	8
Counsellors and support workers	25	19
	<u>33</u>	<u>27</u>

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

## 13. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

	Unrestricted funds £	Restricted funds £	Total funds £
<b>INCOME AND ENDOWMENTS FROM</b>			
Donations and legacies	8,238	2	8,240
<b>Charitable activities</b>			
Provision of services	85,780	934,822	1,020,602
Other trading activities	645	-	645
<b>Total</b>	<u>94,663</u>	<u>934,824</u>	<u>1,029,487</u>
<b>EXPENDITURE ON</b>			
Raising funds	-	4,124	4,124
<b>Charitable activities</b>			
Provision of services	7,676	942,059	949,735
<b>Total</b>	<u>7,676</u>	<u>946,183</u>	<u>953,859</u>
<b>NET INCOME/(EXPENDITURE)</b>	<u>86,987</u>	<u>(11,359)</u>	<u>75,628</u>
<b>RECONCILIATION OF FUNDS</b>			
Total funds brought forward	59,373	59,826	119,199
<b>TOTAL FUNDS CARRIED FORWARD</b>	<u>146,360</u>	<u>48,467</u>	<u>194,827</u>

**14. TANGIBLE FIXED ASSETS**

	Freehold property £	Improvements to property £	Fixtures and fittings £	Computer equipment £	Totals £
<b>COST</b>					
At 1 April 2021	41,500	16,920	21,565	50,078	130,063
Additions	-	-	-	2,444	2,444
	<hr/>	<hr/>	<hr/>	<hr/>	<hr/>
At 31 March 2022	41,500	16,920	21,565	52,522	132,507
	<hr/>	<hr/>	<hr/>	<hr/>	<hr/>
<b>DEPRECIATION</b>					
At 1 April 2021	23,240	16,920	18,879	37,239	96,278
Charge for year	830	-	667	5,604	7,101
	<hr/>	<hr/>	<hr/>	<hr/>	<hr/>
At 31 March 2022	24,070	16,920	19,546	42,843	103,379
	<hr/>	<hr/>	<hr/>	<hr/>	<hr/>
<b>NET BOOK VALUE</b>					
At 31 March 2022	17,430	-	2,019	9,679	29,128
	<hr/>	<hr/>	<hr/>	<hr/>	<hr/>
At 31 March 2021	18,260	-	2,686	12,839	33,785
	<hr/>	<hr/>	<hr/>	<hr/>	<hr/>

**15. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR**

	31.3.22	31.3.21
	£	£
Prepayments and accrued income	104,987	113,850
	<hr/>	<hr/>

**16. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR**

	31.3.22	31.3.21
	£	£
Other creditors	6,380	-
Accruals and deferred income	69,399	35,172
	<hr/>	<hr/>
	75,779	35,172
	<hr/>	<hr/>

**17. MOVEMENT IN FUNDS**

	At 1.4.21 £	Net movement in funds £	Transfers between funds £	At 31.3.22 £
<b>Unrestricted funds</b>				
General fund	143,942	11,094	-	155,036
Lime Culture for Truth Project	7,054	(1,828)	-	5,226
Education Service	(4,633)	-	-	(4,633)
	<hr/>	<hr/>	<hr/>	<hr/>
	146,363	9,266	-	155,629
<b>Restricted funds</b>				
Justice for Jane	132	(33)	-	99
Wirral Borough Council Safe House *	18,289	(852)	-	17,437
Rape Crisis Regional Funding *	82	(21)	-	61
Victims Fund Sefton (PCC from 1/10/14) *	45	(12)	-	33
Home Office Funding for ISVA *	295	(19)	-	276
Liverpool City Safe *	73	(18)	-	55
Rape Services Funding	3,574	(1,270)	-	2,304
SARC Counselling Funding *	34	(9)	-	25
PCC Victims and Witnesses Fund *	83	(20)	-	63
Children In Need for CHISVA Service	744	(204)	-	540
Wirral Borough Council Public Health	431	(121)	-	310
Wirral CSP	35	(8)	-	27
Jill's Fund	3,105	-	-	3,105
MOJ Male	-	1,109	-	1,109
MOJ Additional Funding	403	-	-	403
OPCC Contract	321	17,919	(30,000)	(11,760)
Proceeds of Crime Fund	1,838	(1,838)	-	-
RCEEW Digital Transformation Fund	152	576	-	728
NHS Funding for Counselling	-	(30,000)	30,000	-
Community Foundations for RADS	7,533	(7,533)	-	-
Big Lottery for Yoga Sessions	4,811	(4,811)	-	-
Steve Morgan Foundation	-	2,543	-	2,543
Merseyside Violence Reduction Partnership	306	(306)	-	-
MOJ Covid 19 fund to October 20	6,178	(2,059)	-	4,119
Thrive Sefton Council	-	1,994	-	1,994
Funding for children Cheshire NHS	-	3,000	-	3,000
Funding for Children Lilly Charity	-	1,200	-	1,200
OPCC Remote Counselling	-	1,833	-	1,833
	<hr/>	<hr/>	<hr/>	<hr/>
	48,464	(18,960)	-	29,504
<b>TOTAL FUNDS</b>	<hr/>	<hr/>	<hr/>	<hr/>
	194,827	(9,694)	-	185,133

## 17. MOVEMENT IN FUNDS - continued

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

	Incoming resources £	Resources expended £	Movement in funds £
<b>Unrestricted funds</b>			
General fund	23,085	(11,991)	11,094
Lime Culture for Truth Project	-	(1,828)	(1,828)
Merseycare	20,000	(20,000)	-
	<hr/> 43,085	<hr/> (33,819)	<hr/> 9,266
<b>Restricted funds</b>			
Justice for Jane	-	(33)	(33)
Wirral Borough Council Safe House *	(1)	(851)	(852)
Rape Crisis Regional Funding *	(1)	(20)	(21)
Victims Fund Sefton (PCC from 1/10/14) *	(1)	(11)	(12)
Home Office Funding for ISVA *	-	(19)	(19)
Liverpool City Safe *	-	(18)	(18)
Rape Services Funding	136,539	(137,809)	(1,270)
SARC Counselling Funding *	(1)	(8)	(9)
PCC Victims and Witnesses Fund *	1	(21)	(20)
Children In Need for CHISVA Service	26,007	(26,211)	(204)
Wirral Borough Council Public Health	49,920	(50,041)	(121)
Wirral CSP	1	(9)	(8)
MOJ Male	27,438	(26,329)	1,109
MOJ Additional Funding	91,481	(91,481)	-
OPCC Additional Funding for Counselling	44,566	(44,566)	-
OPCC Contract	502,500	(484,581)	17,919
Proceeds of Crime Fund	-	(1,838)	(1,838)
RCEEW Digital Transformation Fund	728	(152)	576
NHS Funding for Counselling	29,220	(59,220)	(30,000)
Community Foundations for RADS	-	(7,533)	(7,533)
Big Lottery for Yoga Sessions	-	(4,811)	(4,811)
Steve Morgan Foundation	10,426	(7,883)	2,543
Merseyside Violence Reduction Partnership	-	(306)	(306)
MOJ Covid 19 fund to October 20	-	(2,059)	(2,059)
MOJ ISVA Funding 1	44,121	(44,121)	-
MOJ CSA Uplift	46,423	(46,423)	-
Safer Streets	10,001	(10,001)	-
Liverpool City for Promotion	5,000	(5,000)	-
Thrive Sefton Council	2,000	(6)	1,994
Funding for children Cheshire NHS	3,000	-	3,000
Funding for Children Lilly Charity	1,200	-	1,200

Rape and Sexual Abuse Centre (RASA)  
Limited

Notes to the Financial Statements - continued  
for the Year Ended 31 March 2022

**17. MOVEMENT IN FUNDS - continued**

OPCC Remote Counselling	40,000	(38,167)	1,833
MOJ ISVA Funding 2			
	27,250	(27,250)	-
	<u>1,097,818</u>	<u>(1,116,778)</u>	<u>(18,960)</u>
<b>TOTAL FUNDS</b>	<u><u>1,140,903</u></u>	<u><u>(1,150,597)</u></u>	<u><u>(9,694)</u></u>

**17. MOVEMENT IN FUNDS - continued**

**Comparatives for movement in funds**

	At 1.4.20 £	Net movement in funds £	At 31.3.21 £
<b>Unrestricted funds</b>			
General fund	52,713	91,229	143,942
Lime Culture for Truth Project	8,909	(1,855)	7,054
Education Service	(2,249)	(2,384)	(4,633)
	<hr/> 59,373	<hr/> 86,990	<hr/> 146,363
<b>Restricted funds</b>			
Justice for Jane	176	(44)	132
Hoylelake Holistics	3,161	(3,161)	-
Wirral Borough Council Safe House *	19,128	(839)	18,289
Rape Crisis Regional Funding *	109	(27)	82
Victims Fund Sefton (PCC from 1/10/14) *	60	(15)	45
Home Office Funding for ISVA *	320	(25)	295
Liverpool City Safe *	98	(25)	73
Rape Services Funding	1,382	2,192	3,574
SARC Counselling Funding *	45	(11)	34
Liverpool *	13	(13)	-
PCC Victims and Witnesses Fund *	111	(28)	83
Children In Need for CHISVA Service	1,172	(428)	744
Wirral Borough Council Public Health	578	(147)	431
Wirral CSP	47	(12)	35
Jill's Fund	13,105	(10,000)	3,105
MOJ Additional Funding	-	403	403
OPCC Contract	30	291	321
Proceeds of Crime Fund	7,099	(5,261)	1,838
RCEEW Digital Transformation Fund	304	(152)	152
Community Foundations for RADS	7,533	-	7,533
Big Lottery for Yoga Sessions	6,782	(1,971)	4,811
Steve Morgan Foundation	(1,427)	1,427	-
Merseyside Violence Reduction Partnership	-	306	306
MOJ Covid 19 fund to October 20	-	6,178	6,178
	<hr/> 59,826	<hr/> (11,362)	<hr/> 48,464
<b>TOTAL FUNDS</b>	<hr/> <b>119,199</b>	<hr/> <b>75,628</b>	<hr/> <b>194,827</b>



**17. MOVEMENT IN FUNDS - continued**

Comparative net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
<b>Unrestricted funds</b>			
General fund	94,663	(3,434)	91,229
Lime Culture for Truth Project	-	(1,855)	(1,855)
Education Service	-	(2,384)	(2,384)
	<hr/> 94,663	<hr/> (7,673)	<hr/> 86,990
<b>Restricted funds</b>			
Justice for Jane	-	(44)	(44)
Hoylake Holistics	(1)	(3,160)	(3,161)
Wirral Borough Council Safe House *	1	(840)	(839)
Rape Crisis Regional Funding *	-	(27)	(27)
Victims Fund Sefton (PCC from 1/10/14) *	-	(15)	(15)
Home Office Funding for ISVA *	-	(25)	(25)
Liverpool City Safe *	(1)	(24)	(25)
Rape Services Funding	167,000	(164,808)	2,192
SARC Counselling Funding *	-	(11)	(11)
Liverpool *	-	(13)	(13)
PCC Victims and Witnesses Fund *	-	(28)	(28)
Children In Need for CHISVA Service	52,015	(52,443)	(428)
Wirral Borough Council Public Health	49,919	(50,066)	(147)
Wirral CSP	-	(12)	(12)
Jill's Fund	-	(10,000)	(10,000)
MOJ Additional Funding	34,001	(33,598)	403
OPCC Additional Funding for Counselling	25,618	(25,618)	-
OPCC Contract	448,502	(448,211)	291
Proceeds of Crime Fund	-	(5,261)	(5,261)
RCEEW Digital Transformation Fund	-	(152)	(152)
Big Lottery for Yoga Sessions	-	(1,971)	(1,971)
Steve Morgan Foundation	10,000	(8,573)	1,427
Merseyside Violence Reduction Partnership	7,334	(7,028)	306
MOJ Covid 19 fund to October 20	46,306	(40,128)	6,178
MOJ Covid 19 funds to March 21	47,250	(47,250)	-
Smallwood Trust	9,829	(9,829)	-
MOJ ISVA Funding 1	37,051	(37,051)	-
	<hr/> 934,824	<hr/> (946,186)	<hr/> (11,362)
<b>TOTAL FUNDS</b>	<hr/> 1,029,487	<hr/> (953,859)	<hr/> 75,628

**17. MOVEMENT IN FUNDS - continued**

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## 17. MOVEMENT IN FUNDS - continued

A current year 12 months and prior year 12 months combined position is as follows:

	At 1.4.20 £	Net movement in funds £	Transfers between funds £	At 31.3.22 £
<b>Unrestricted funds</b>				
General fund	52,713	102,323	-	155,036
Lime Culture for Truth Project	8,909	(3,683)	-	5,226
Education Service	(2,249)	(2,384)	-	(4,633)
	59,373	96,256	-	155,629
<b>Restricted funds</b>				
Justice for Jane	176	(77)	-	99
Hoylake Holistics	3,161	(3,161)	-	-
Wirral Borough Council Safe House *	19,128	(1,691)	-	17,437
Rape Crisis Regional Funding *	109	(48)	-	61
Victims Fund Sefton (PCC from 1/10/14) *	60	(27)	-	33
Home Office Funding for ISVA *	320	(44)	-	276
Liverpool City Safe *	98	(43)	-	55
Rape Services Funding	1,382	922	-	2,304
SARC Counselling Funding *	45	(20)	-	25
Liverpool *	13	(13)	-	-
PCC Victims and Witnesses Fund *	111	(48)	-	63
Children In Need for CHISVA Service	1,172	(632)	-	540
Wirral Borough Council Public Health	578	(268)	-	310
Wirral CSP	47	(20)	-	27
Jill's Fund	13,105	(10,000)	-	3,105
MOJ Male	-	1,109	-	1,109
MOJ Additional Funding	-	403	-	403
OPCC Contract	30	18,210	(30,000)	(11,760)
Proceeds of Crime Fund	7,099	(7,099)	-	-
RCEEW Digital Transformation Fund	304	424	-	728
NHS Funding for Counselling	-	(30,000)	30,000	-
Community Foundations for RADS	7,533	(7,533)	-	-
Big Lottery for Yoga Sessions	6,782	(6,782)	-	-
Steve Morgan Foundation	(1,427)	3,970	-	2,543
MOJ Covid 19 fund to October 20	-	4,119	-	4,119
Thrive Sefton Council	-	1,994	-	1,994
Funding for children Cheshire NHS	-	3,000	-	3,000
Funding for Children Lilly Charity	-	1,200	-	1,200
OPCC Remote Counselling	-	1,833	-	1,833
	59,826	(30,322)	-	29,504

Rape and Sexual Abuse Centre (RASA)  
Limited

Notes to the Financial Statements - continued  
for the Year Ended 31 March 2022

**17. MOVEMENT IN FUNDS - continued**  
**TOTAL FUNDS**

119,199	65,934	-	185,133
<u>          </u>	<u>          </u>	<u>          </u>	<u>          </u>

## 17. MOVEMENT IN FUNDS - continued

A current year 12 months and prior year 12 months combined net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
<b>Unrestricted funds</b>			
General fund	117,748	(15,425)	102,323
Lime Culture for Truth Project	-	(3,683)	(3,683)
Merseycare	20,000	(20,000)	-
Education Service	-	(2,384)	(2,384)
	<b>137,748</b>	<b>(41,492)</b>	<b>96,256</b>
<b>Restricted funds</b>			
Justice for Jane	-	(77)	(77)
Hoylake Holistics	(1)	(3,160)	(3,161)
Wirral Borough Council Safe House *	-	(1,691)	(1,691)
Rape Crisis Regional Funding *	(1)	(47)	(48)
Victims Fund Sefton (PCC from 1/10/14) *	(1)	(26)	(27)
Home Office Funding for ISVA *	-	(44)	(44)
Liverpool City Safe *	(1)	(42)	(43)
Rape Services Funding	303,539	(302,617)	922
SARC Counselling Funding *	(1)	(19)	(20)
Liverpool *	-	(13)	(13)
PCC Victims and Witnesses Fund *	1	(49)	(48)
Children In Need for CHISVA Service	78,022	(78,654)	(632)
Wirral Borough Council Public Health	99,839	(100,107)	(268)
Wirral CSP	1	(21)	(20)
Jill's Fund	-	(10,000)	(10,000)
MOJ Male	27,438	(26,329)	1,109
MOJ Additional Funding	125,482	(125,079)	403
OPCC Additional Funding for Counselling	70,184	(70,184)	-
OPCC Contract	951,002	(932,792)	18,210
Proceeds of Crime Fund	-	(7,099)	(7,099)
RCEEW Digital Transformation Fund	728	(304)	424
NHS Funding for Counselling	29,220	(59,220)	(30,000)
Community Foundations for RADS	-	(7,533)	(7,533)
Big Lottery for Yoga Sessions	-	(6,782)	(6,782)
Steve Morgan Foundation	20,426	(16,456)	3,970
Merseyside Violence Reduction Partnership	7,334	(7,334)	-
MOJ Covid 19 fund to October 20	46,306	(42,187)	4,119
MOJ Covid 19 funds to March 21	47,250	(47,250)	-
Smallwood Trust	9,829	(9,829)	-

**17. MOVEMENT IN FUNDS - continued**

MOJ ISVA Funding 1	81,172	(81,172)	-
MOJ CSA Uplift	46,423	(46,423)	-
Safer Streets	10,001	(10,001)	-
Liverpool City for Promotion	5,000	(5,000)	-
Thrive Sefton Council	2,000	(6)	1,994
Funding for children Cheshire NHS	3,000	-	3,000
Funding for Children Lilly Charity	1,200	-	1,200
OPCC Remote Counselling	40,000	(38,167)	1,833
MOJ ISVA Funding 2			
	27,250	(27,250)	-
	2,032,642	(2,062,964)	(30,322)
<b>TOTAL FUNDS</b>	<b>2,170,390</b>	<b>(2,104,456)</b>	<b>65,934</b>

**18. RELATED PARTY DISCLOSURES**

There were no related party transactions for the year ended 31 March 2022.

**19. OTHER FINANCIAL COMMITMENTS**

Operating Lease Commitments

A lease for rent for the Unit in Bootle was signed in February 2020 running to 30 September 2025.

The total rent due to be paid within one year are £42,751 (2021 £42,751)

There is a photocopier lease and the payments due in the next year are £6,287 (2021 £4,504).

The total of commitments due within one year is £49,038 (2021 £47,256).

The rent due more than one year is £127,310 (2021 £188,818).

Other rents are paid on rolling contracts.



## **20. FUNDS**

\* These funds relate to historic fixed asset capital donations.

### **PCC FOR MERSEYSIDE**

In partnership with RASASC, RASA successfully won the competitive tender to provide counselling and support for sexual violence survivors across Merseyside. This tender, valid for three years (April 2018 - April 2021) is to provide an ageless and genderless service to all five boroughs.

RASA clients reside in Liverpool, Wirral and Sefton Boroughs.

The full service includes the provision of Independent Sexual Violence Advisors (ISVA Service) for all five boroughs as well as a children's provision, pre-trial therapy, and counselling.

2062 new clients were welcomed into RASA service in this year - 1003 client cases were carried forward from the previous year - 3065 unique individuals in total were therefore seen in service in the year.

With the onset of Covid-19 in March 2020, a decision was made to extend, without re-tendering, this contract, for an additional 12 months to 31-03-2021

### **MINISTRY OF JUSTICE FUND FOR RAPE AND SEXUAL ABUSE SURVIVORS - RAPE SUPPORT FUND**

RASA achieved funding through the female Rape Support Fund administered by the Ministry of Justice for 3 years from April 2018 - March 2021. This allows us to work as counsellors and supporters for females over the age of 13. This valued fund compliments and ensures a full equitable service is available to all female survivors of sexual violence crimes in Wirral, Sefton and Liverpool.

### **MINISTRY OF JUSTICE CSE FUNDING UPLIFT**

As recipients of the Rape Support Fund, RASA was pleased to accept an uplift in funding to enable us to meet the challenges of increasing numbers of adult survivors of non-recent Childhood Sexual Abuse and Exploitation as a result of high-profile national media and the promotion of the Independent Inquiry into Child Sexual Abuse.

This allows us to provide additional support to adult survivors of non-recent Childhood Sexual Abuse and Rape. 792 such cases were referred or self-referred in this year.

### **WIRRAL BOROUGH COUNCIL PUBLIC HEALTH**

RASA is additionally commissioned to deliver counselling and support to adult victims of sexual violence living in Wirral. This commission was achieved in 2017 and runs from April 2017- March 2022. 553 new Wirral cases were referred in this year.

### **MINISTRY OF JUSTICE EXTRAORDINARY COVID-19 SUPPORT**

RASA was awarded funding under this emergency grant fund, to allow us to extend the ability of counsellors and ISVAs to provide effective remote support to try and keep the waiting lists and waiting times, steady throughout the pandemic. RASA used this funding to employ additional staff to provide appropriate support and assistance to those in need after becoming victims of sexual violence an abuse.

## **20. FUNDS - continued**

A second round of this funding was released for application and RASA was again awarded a similar value to allow sustained, enhanced and increased levels of counselling and support.

### **MINISTRY OF JUSTICE ISVA FUNDING**

Merseyside OPCC applied for additional ISVA funding on behalf of RASA and RASASC to allow us to enhance and improve our response to those individuals who wished to make reports to the police and be supported through the criminal justice system. Throughout this year, it was indeed essential to provide this additional support to such victims as justice systems were stalled and/or halted by the pandemic and survivors of rape and abuse needed considerably heightened support at this very difficult time.

### **OPCC COVID 19 FUNDING**

Merseyside OPCC applied for a small pot of funding to fill gaps in service required during the first 6 months of this year. RASA used this funding to provide remote, sessional counselling, allowing victims and survivors to achieve, or continue receiving, remote counselling from home.

### **CHILDREN IN NEED**

RASA is funded through Children in Need to deliver a Children's Sexual Violence Support Service. This is newly achieved funding and will build on the previous Children in Need funding that saw a Children's Service fully established for the boroughs of Sefton, Liverpool and Wirral. The service has been able to grow to meet demand.

This funding commenced on 01-10-2019 and is due to end on 30-09-2021

### **PROCEEDS OF CRIME FUND**

Funding achieved under this grant equips parents and carers with the skills and knowledge to spot the signs a child is being sexually abused or is in danger of such and enable them to effectively encourage disclosure and act on that disclosure to support the child safely and in their best interests.

In addition, the training aims to STOP abuse before it starts by equipping adults with the skills to recognise early warnings and empowering them to act effectively and promptly to protect the child from harm. This is a twelve-month funding opportunity.

This funding was awarded in late 2018 and was extended due to Covid-19. It will be fully expended in this year.

### **COMMUNITY FOUNDATION FOR MERSEYSIDE**

In December 2019, RASA was awarded funding to run an interim support service for clients awaiting counselling and support. The RADS (Reducing Anxiety, Depression and Stress) service uses clinical hypnotherapy in a group setting with the effect of stabilising survivors and holding them engaged in the recovery process. Due to restrictions under Covid-19, this funding has been extended to be expended in this year. This did not happen and at the close of the year, the balance remained the same.

**20. FUNDS - continued**

**STEVE MORGAN FOUNDATION**

At the outset of Covid-19, Steve Morgan Foundation offered emergency support for charities hit by sudden change and a need to carry on service delivery. RASA successfully applied for and received this funding which allowed us to purchase equipment to immediately commence remote working with clients. This funding was received right at the end of last year and was expended swiftly at the start of this one. It allowed us to quickly equip our counsellors and ISVAs with the necessary laptops and online platforms they required to carry on with their work, but remotely.

**SMALLWOOD TRUST**

To assist in the recovery process and to better retain clients during restricted access times and in the aftermath of lockdown, RASA developed appropriate clinical hypnotherapy courses to be delivered on site. These sessions were warmly welcomed by clients who found strength and support from being engaged in them.

**MERSEYSIDE VIOLENCE REDUCTION PARTNERSHIP**

This funding allowed a cohort of specifically trained counsellors to provide a trauma informed response to survivors of sexual violence, focussing on psych education, which includes physiological impact of trauma and developing an understanding how they have been impacted by the sexual violence experienced, developing positive coping strategies and resilience building. In addition to counselling, we offer Clinical Hypnotherapy, which is extremely successful at treating anxiety, depression, stress, and PTSD.

**RASA EDUCATION LIMITED**

The RASA Centre Training division formed as a separate Limited Company in June 2019 with the sole aim of supporting the work of RASA Merseyside and developing and strengthening the Training School Curriculum. In this year the training contributed 7% of RASA Income.

**SPORT ENGLAND**

RASA was awarded funding in early 2020 to run yoga courses for survivors of sexual violence. As we have been unable to carry out "in person" yoga classes in this year, we have adapted several sessions to become virtual and have requested a change in direction to allow us to provide a lasting online platform to endure beyond the limits of this grant.

**JILL'S FUND**

This public collection of donations is being held by RASA following the sudden and unexpected death of Jill Saward in January 2017. It has been held by RASA until such time as Jill's family determine it's most beneficial use for continuing the work Jill was unable to complete. Jill was a supported of RASA Merseyside for many years and was closely engaged, right up until the time of her death.

**MERSEY CARE**

This income is received from allowing sessional room hire within the RASA Centre.

**LIME CULTURE FOR TRUTH PROJECT**

RASA was commissioned by Lime Culture to deliver effective professional support to those individuals choosing to make representation to the IICSA.

**20. FUNDS - continued**

**HOYLAKE HOLISTICS**

RASA opened the West Wirral Centre in 2012 with a grant from the Big Lottery with the aim of creating a social enterprise to underpin the sexual violence support work we do in West Wirral. Hoylake Holistics runs as a shop providing holistic therapies to the general public, with

discreet facilities for survivors to access support.

However due to the circumstances resulting from COVID in 2020 the shop is unlikely to be able to continue past 2021.

**JUSTICE FOR JANE**

These funds are held in trust for the family of Jane Clough. They are donated funds to be used by the family to fund awareness raising and education around rape and domestic violence. The family retired from this role at the end of year to 31-03-2020 and requested that the small remaining balance be donated to RASA to be used as appropriate.

Rape and Sexual Abuse Centre (RASA)  
Limited

Detailed Statement of Financial Activities  
for the Year Ended 31 March 2022

	31.3.22 £	31.3.21 £
<b>INCOME AND ENDOWMENTS</b>		
<b>Donations and legacies</b>		
Donations	23,085	8,240
<b>Other trading activities</b>		
Training courses	-	595
Room hire	-	50
	<hr/>	<hr/>
	-	645
<b>Charitable activities</b>		
Commissioned work	783,473	-
Grants	334,345	1,020,602
	<hr/>	<hr/>
	1,117,818	1,020,602
<b>Total incoming resources</b>	<hr/>	<hr/>
	1,140,903	1,029,487
<b>EXPENDITURE</b>		
<b>Other trading activities</b>		
Opening stock	-	8,000
Purchases	-	(8,000)
Hire of plant and machinery	4,803	4,124
	<hr/>	<hr/>
	4,803	4,124
<b>Charitable activities</b>		
Wages	811,979	605,247
Rates and water	-	1,857
Insurance	10,397	7,059
Light and heat	9,222	6,889
Telephone	28,347	41,531
Postage and stationery	5,926	4,423
Advertising	12,081	-
Sundries	(181)	-
Rent	70,856	59,523
Survivor travel	236	615
Travel and expenses	1,453	235
Training	22,226	47,095
Carried forward	972,542	774,474

This page does not form part of the statutory financial statements

Rape and Sexual Abuse Centre (RASA)  
Limited

Detailed Statement of Financial Activities  
for the Year Ended 31 March 2022

	31.3.22 £	31.3.21 £
<b>Charitable activities</b>		
Brought forward	972,542	774,474
Canteen & household costs	22,787	16,773
Repairs and maintenance	7,466	7,137
Software and IT costs	7,694	22,604
Subscriptions	1,552	1,007
PPE equipment	-	1,042
Partner's payments	118,326	96,007
Freehold property	830	830
Fixtures and fittings	666	884
Computer equipment	5,602	4,991
Loss on sale of tangible fixed assets	-	2,414
Grants to institutions	-	13,130
	<hr/> 1,137,465	<hr/> 941,293
<b>Support costs</b>		
<b>Finance</b>		
Bank charges	88	69
<b>Governance costs</b>		
Auditors' remuneration	6,000	6,500
Accountancy and legal fees	2,241	1,873
	<hr/> 8,241	<hr/> 8,373
Total resources expended	<hr/> 1,150,597	<hr/> 953,859
<b>Net (expenditure)/income</b>	<hr/> (9,694)	<hr/> 75,628

This page does not form part of the statutory financial statements



Report of the Independent Auditors to the Members of  
Rape and Sexual Abuse Centre (RASA)  
Limited

**Opinion**

We have audited the financial statements of Rape and Sexual Abuse Centre (RASA) Limited (the 'charitable company') for the year ended 31 March 2022 which comprise the Statement of Financial Activities, the Balance Sheet, the Cash Flow Statement and notes to the financial statements, including a summary of significant accounting policies. The financial reporting framework that has been applied in their preparation is applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice), including Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland'.

In our opinion the financial statements:

- give a true and fair view of the state of the charitable company's affairs as at 31 March 2022 and of its incoming resources and application of resources, including its income and expenditure, for the year then ended;
- have been properly prepared in accordance with United Kingdom Generally Accepted Accounting Practice, including Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland'; and
- have been prepared in accordance with the requirements of the Companies Act 2006.

**Basis for opinion**

We conducted our audit in accordance with International Standards on Auditing (UK) (ISAs (UK)) and applicable law. Our responsibilities under those standards are further described in the Auditors' responsibilities for the audit of the financial statements section of our report. We are independent of the charitable company in accordance with the ethical requirements that are relevant to our audit of the financial statements in the UK, including the FRC's Ethical Standard, and we have fulfilled our other ethical responsibilities in accordance with these requirements. We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our opinion.

**Conclusions relating to going concern**

In auditing the financial statements, we have concluded that the trustees' use of the going concern basis of accounting in the preparation of the financial statements is appropriate.

Based on the work we have performed, we have not identified any material uncertainties relating to events or conditions that, individually or collectively, may cast significant doubt on the charitable company's ability to continue as a going concern for a period of at least twelve months from when the financial statements are authorised for issue.

Our responsibilities and the responsibilities of the trustees with respect to going concern are described in the relevant sections of this report.

### **Other information**

The trustees are responsible for the other information. The other information comprises the information included in the Annual Report, other than the financial statements and our Report of the Independent Auditors thereon.

Our opinion on the financial statements does not cover the other information and, except to the extent otherwise explicitly stated in our report, we do not express any form of assurance conclusion thereon.

In connection with our audit of the financial statements, our responsibility is to read the other information and, in doing so, consider whether the other information is materially inconsistent with the financial statements or our knowledge obtained in the audit or otherwise appears to be materially misstated. If we identify such material inconsistencies or apparent material misstatements, we are required to determine whether this gives rise to a material misstatement in the financial statements themselves. If, based on the work we have performed, we conclude that there is a material misstatement of this other information, we are required to report that fact. We have nothing to report in this regard.

### **Opinions on other matters prescribed by the Companies Act 2006**

In our opinion, based on the work undertaken in the course of the audit:

- the information given in the Report of the Trustees for the financial year for which the financial statements are prepared is consistent with the financial statements; and
- the Report of the Trustees has been prepared in accordance with applicable legal requirements.

### **Matters on which we are required to report by exception**

In the light of the knowledge and understanding of the charitable company and its environment obtained in the course of the audit, we have not identified material misstatements in the Report of the Trustees.

We have nothing to report in respect of the following matters where the Companies Act 2006 requires us to report to you if, in our opinion:

- adequate accounting records have not been kept or returns adequate for our audit have not been received from branches not visited by us; or
- the financial statements are not in agreement with the accounting records and returns; or
- certain disclosures of trustees' remuneration specified by law are not made; or
- we have not received all the information and explanations we require for our audit.

### **Responsibilities of trustees**

As explained more fully in the Statement of Trustees' Responsibilities, the trustees (who are also the directors of the charitable company for the purposes of company law) are responsible for the preparation of the financial statements and for being satisfied that they give a true and fair view, and for such internal control as the trustees determine is necessary to enable the preparation of financial statements that are free from material misstatement, whether due to fraud or error.

In preparing the financial statements, the trustees are responsible for assessing the charitable company's ability to continue as a going concern, disclosing, as applicable, matters related to going concern and using the going concern basis of accounting unless the trustees either intend to liquidate the charitable company or to cease operations, or have no realistic alternative but to do so.

### **Our responsibilities for the audit of the financial statements**

Our objectives are to obtain reasonable assurance about whether the financial statements as a whole are free from material misstatement, whether due to fraud or error, and to issue a Report of the Independent Auditors that includes our opinion. Reasonable assurance is a high level of assurance, but is not a guarantee that an audit conducted in accordance with ISAs (UK) will always detect a material misstatement when it exists. Misstatements can arise from fraud or error and are considered material if, individually or in the aggregate, they could reasonably be expected to influence the economic decisions of users taken on the basis of these financial statements.

The extent to which our procedures are capable of detecting irregularities, including fraud is detailed below:

Because of the inherent limitations of an audit, there is a risk that we will not detect all irregularities, including those leading to a material misstatement in the financial statements or non-compliance with regulation. This risk increases the more that compliance with a law or regulation is removed from the events and transactions reflected in the financial statements, as we will be less likely to become aware of instances of non-compliance. The risk is also greater regarding irregularities occurring due to fraud rather than error, as fraud involves intentional concealment, forgery, collusion, omission or misrepresentation

Our audit response is based on:

- Enquiry of management, those charged with governance around actual and potential litigation and claims.
- Enquiry of Trustees of any issues arising
- Enquiry of entity staff in tax and compliance functions to identify any instances of non-compliance with laws and regulations.
- Reviewing minutes of meetings of those charged with governance.
- Reviewing financial statement disclosures and testing to supporting documentation to assess compliance with applicable laws and regulations.
- Auditing the risk of management override of controls, including through testing journal entries and other adjustments for appropriateness.

We have nothing to report in respect of the following matters where the Companies Act 2006 requires us to report to you if, in our opinion:

- Adequate accounting records have not been kept or returns adequate for our audit have not been received from branches not visited by us; or
- The financial statements are not in agreement with the accounting records and returns; or
- Certain disclosures of trustees' remuneration specified by law are not made; or
- We have not received all the information and explanations we require for our audit.

A further description of our responsibilities for the audit of the financial statements is located on the Financial Reporting Council's website at [www.frc.org.uk/auditorsresponsibilities](http://www.frc.org.uk/auditorsresponsibilities). This description forms part of our Report of the Independent Auditors.

Report of the Independent Auditors to the Members of  
Rape and Sexual Abuse Centre (RASA)  
Limited

**Use of our report**

This report is made solely to the charitable company's members, as a body, in accordance with Chapter 3 of Part 16 of the Companies Act 2006. Our audit work has been undertaken so that we might state to the charitable company's members those matters we are required to state to them in an auditors' report and for no other purpose. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than the charitable company and the charitable company's members as a body, for our audit work, for this report, or for the opinions we have formed.

Beverley Rice (Senior Statutory Auditor)  
for and on behalf of Robinson Rice Associates  
93 Banks Road  
West Kirby  
CH48 0RB

31 March 2023