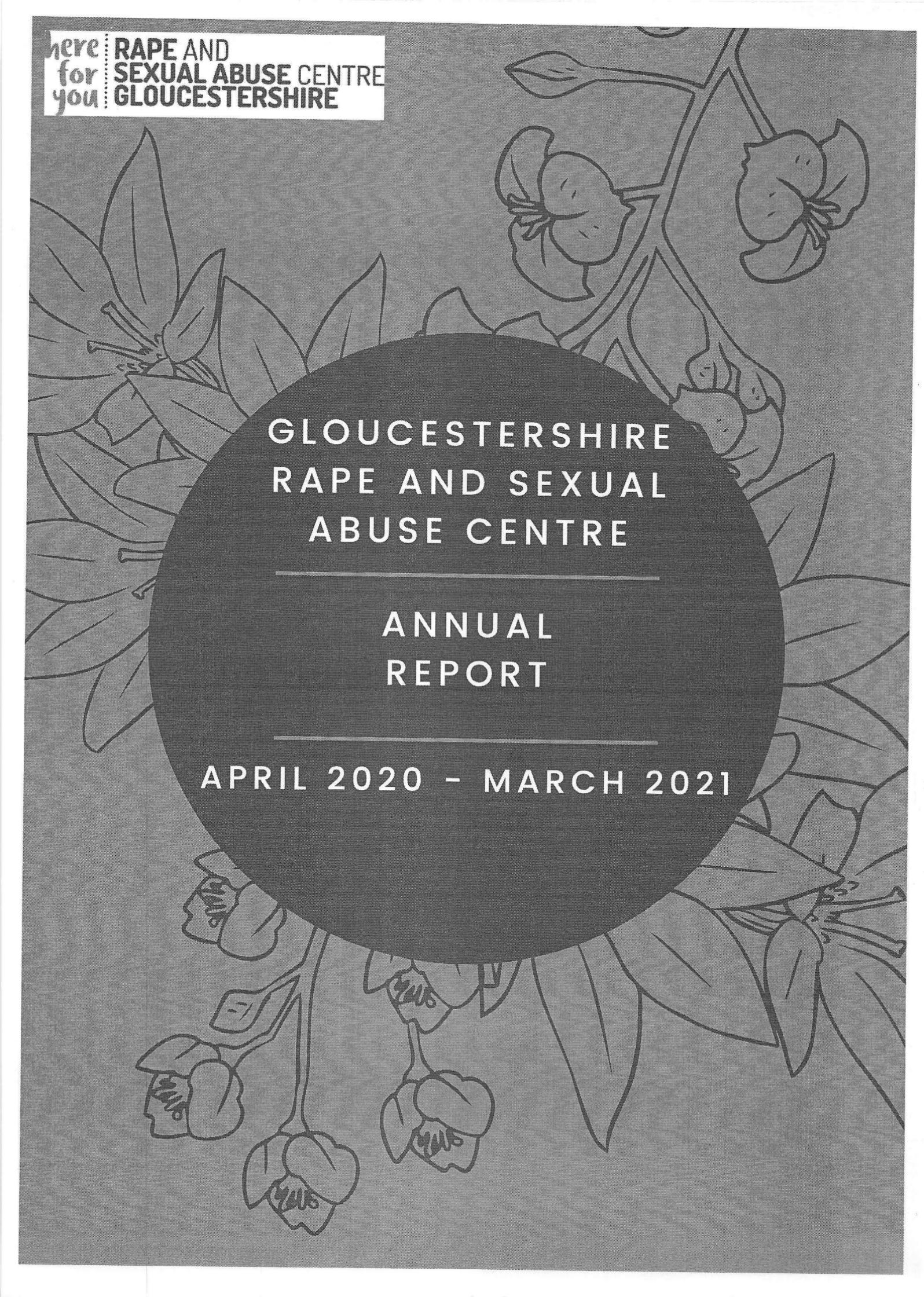


here for you: **RAPE AND
SEXUAL ABUSE CENTRE
GLOUCESTERSHIRE**



**GLOUCESTERSHIRE
RAPE AND SEXUAL
ABUSE CENTRE**

**ANNUAL
REPORT**

APRIL 2020 – MARCH 2021

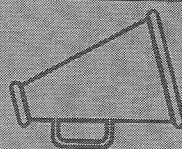
"Right from my assessment the huge burden that I had been carrying was lifted from my shoulders. I left there that day literally feeling like a different person! That was such a gift to me"

"This service has changed my life for the better, and I have decided to start volunteering with GRASAC, in the hope of repaying some of the kindness they have shown me"



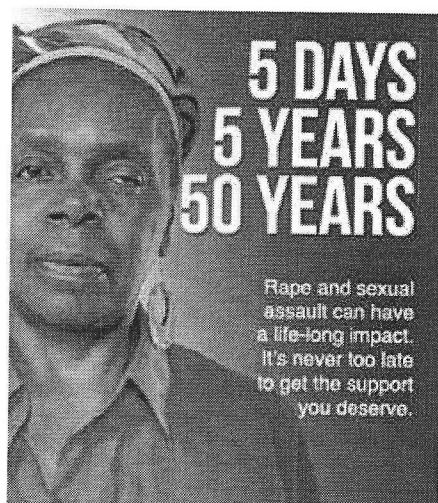
Sexual violence and older women

A guide for providing support



AIMS

- Relieve the emotional, psychological and/or physical distress of people who have experienced sexual violence, especially women and girls.
- Educate the public about the nature and extent of sexual violence and its impact, especially on women and girls.



We're here for you

RAPE AND
SEXUAL ABUSE CENTRE
GLOUCESTERSHIRE

01452 526 770
support@glasac.org.uk
www.glasac.org

FOREWORD BY THE CO-CHAIRS OF THE BOARD OF TRUSTEES

an
average
40
referrals
were
received
per month

On behalf of the board of trustees, it is our privilege to present GRASAC's 2020-21 annual report. GRASAC services continue to be free, confidential and non-judgemental and form part of a comprehensive care pathway for survivors of rape and sexual violence.

This has been a particularly difficult year, much of it spent in lockdown and a variety of restrictions on daily life. Increased rates of domestic abuse[1] and child abuse have been reported and we are only just beginning to understand sexual violence during the pandemic. Services, including GRASAC's, have seen a rise in contacts, estimated nationally to be about 62% above pre-pandemic levels[2]. The latest crime survey for England and Wales report estimated that there were 773,000 sexual assaults on people over 16 years between March 2020 and March 2021, 84% of them on female victims[3]. Based on their research, they estimate there are 1.6 million adults aged 16-74 years in England and Wales who have experienced rape or assault by penetration.

There has been considerable publicity for the excessively long waiting times for rape cases coming to court, together with the seemingly overly cautious approach to decision-making on sexual violence cases and low conviction rates. Notwithstanding these delays and challenges, GRASAC has continued to support women to go to court, which will no doubt have made a contribution to the 94.4% rape conviction rate in Gloucestershire, the highest in England and Wales.

We also recognise the great contribution of some of our surviving women, who have got involved in fundraising, becoming ambassadors and have the skills and power to effect change and attitudes to sexual violence. We are proud to be involved in partnerships with other local agencies to make our work more effective and also to be part of the global movement to end sexual violence.

During 2021-22 we will be reviewing and updating our business plan. In the last year the Black Lives Matter campaign has highlighted that there is a long path to achieving equality. As an organisation we are committed to involving under-represented groups in shaping the services and future direction of GRASAC. We look forward to finding new ways to improve our reach and impact.

MARY ROBINSON & DR LOUISE LIVESEY

Co-Chairs of the board of trustees

[1] Information from Office for National Statistics data releases

<https://www.ons.gov.uk/peoplepopulationandcommunity/crimeandjustice/articles/domesticabuseduringthecoronaviruscovid19pandemicenglandandwales/november2020>

[2] Information from Changing Lives Partnership:

<https://www.tnlcommunityfund.org.uk/media/insights/documents/Nowhere-To-Turn-FINAL-REPORT.pdf?mtime=20201202112932&focal=none>

[3] Information from Office for National Statistics data releases

<https://www.ons.gov.uk/peoplepopulationandcommunity/crimeandjustice/bulletins/sexualoffencesinenglandandwalesoverview/march2020>

"It only got BETTER! It felt very strange to me that once I started my one to one work, I always left feeling AMAZING! Don't get me wrong there were dark moments and very painful and difficult things to face but I NEVER left GRASAC feeling awful. I always felt so uplifted and positive"

**100% of clients
received the
information
they needed**

"Thank you for uncovering the real me. Thank you for EVERYTHING. You have changed my life for the better and that helps me and my children"

OVERVIEW OF THE YEAR BY CEO, MAGGIE STEWART

As any other organisation or business, GRASAC started the year and ended it under a series of lockdowns and easing of restrictions as the pandemic took hold at various times during the 12-month period.

However, as a victim support service, GRASAC was given written permission by The Ministry of Justice to keep the office open and this therefore resulted in a blended approach of face-to-face, video or telephone support to meet individual clients' needs.

Thankfully, GRASAC had very recently concluded a digital review that attracted funding, and therefore we were IT ready and there was no delay in staff being able to offer services remotely to clients. This has continued throughout the year.

Staffing the Service

During the year, the team has been extended and we have welcomed to the service an additional Independent Sexual Violence Adviser (ISVA), an Education and Training Officer and two Specialist Support Workers. During the same period, the ISVA caseload has increased significantly with clients being supported for much longer periods as a result of the slowing down of the court process. Gaining funding for the Specialist Support Workers has been very timely, as there has been an increase in referrals during the year. Thankfully, this resulted in a reduction in the number of clients waiting for GRASAC support which has reduced the wait times significantly from 36 weeks at the beginning of the year to 12 weeks on average across all services at the end of the year.

Lockdown in its various forms has also been an opportunity for staff to take part in additional on-line training offered to the sector and this has ranged from suicide prevention training to safeguarding and child protection delivered to all team members. Staff have been supported through this exceptional period through buddy groups, additional team and casework meetings, self-care and on-line support including the now well-used Zoom and Microsoft Teams!

**48% of
survivors
reported to
the police**

**Over 10,000
contacts with
survivors
across the
service**

**33% of all
ISVA
referrals
were for
children**

**Client
contact
increased
by 43%**

Casework

The responsive approach offered during the year has resulted in a variety of methods to support clients: face-to-face, video, telephone, e-mail, and text. Unfortunately, face-to-face group work was suspended during the period although GRASAC recommenced the friendship group online in February. Volunteers take the lead in providing this fortnightly support to clients.

Volunteers

GRASAC continues to be supported by a committed group of women that not only answer the helpline calls, they also take on the role of helping the service through fundraising as well as the friendship group noted above. In this exceptional year, it is appropriate to give a huge thanks to all the volunteers and their willingness to adapt to the ever-changing circumstances in which they have delivered a service.

Of course, trustees of GRASAC are also volunteers and I would also like to thank all trustees for their continued and unerring support of the service and the team during this unprecedented year.

Policy and Strategic Direction

In February 2020 the trustees agreed the business plan and strategy for the service for the following 3 years from April 2020 and this was clearly disrupted as a result of the pandemic affecting how, who and where services were delivered as well as impacting on GRASAC's ability to partner with key stakeholders.

However, GRASAC continues to be proactive and has submitted evidence to the Home Office in relation to the government's violence against women and girls strategy as well as continuing to pilot projects in relation to women over 55 and male emotional support.

As a service, GRASAC was invited to take part in a number of working groups and forums as grant givers sought first hand evidence of what grant holders are looking for in terms of grant scope, reporting and monitoring in the medium to longer term. These included involvement in discussions with senior staff from BBC Children in Need, NHS commissioners, Ministry of Justice and Lloyds Bank Foundation Trust. Being given the opportunity to comment and note requirements and concerns has been enormously helpful. Hopefully it will result in grants being offered for longer periods with less onerous reporting (in some cases) and a degree of flexibility when grants are offered to meet changing demands and needs.

Funding

During the year GRASAC has been able to secure extra funding in order to meet the additional costs of providing remote services and I would particularly like to acknowledge the support received from the Office of the Police Crime Commissioner and the opportunity to apply for much needed funding during the year.

This, together with additional funding from Lloyds Bank Trust during the year as well as the opportunity to successfully apply for additional extraordinary funding from the Ministry of Justice, Charities Aid Foundation and NHS England has been enormously beneficial to supporting GRASAC and enabling us to meet the ever-increasing need for the services we offer.

GRASAC has also been working in collaboration with the Barnwood Trust and through their individual grant programme, we have been able to support clients in financial hardship with one-off grants for much needed items – including children's clothing, beds, carpets, and basic food items. Clients have also been able to access foodbank vouchers through their caseworkers.

Preparing to move the GRASAC office

In September we started to look at more permanent and affordable accommodation. In this regard, moving premises is timely as a number of organisations and companies have vacated premises and this has given GRASAC an opportunity to consider a range of options. At the end of the financial year, suitable premises have been found and a lease signed for accommodation that offers ground floor support rooms, training room, kitchen and bathroom facilities and we look forward to moving into our new home at the beginning of the financial year.

MAGGIE STEWART

CEO

**45% of clients
have reported
mental health
needs**

**Over 740
ISVA
sessions
took place**

TRAINING

During the year we have concentrated on staff and volunteer training. This is an example of some of the topics covered.

Gambling harm and how to support clients

Action on adverse childhood experiences Child to parent violence Independent sexual violence advisor
Online counselling
Power programme Could you spot a loan shark?

Substance misuse Working with shame online

Disability
Introduction to section 28 pre-recorded cross examination Energy welfare
Domestic abuse

Why are women blamed for everything? Working with trauma in times of trauma Footsteps counselling
Financial abuse

Providing remote support The body and social media

Dealing with distress Eating disorder Suicide prevention

Problem solving circles Diploma in therapeutic counselling

Association of accounting technicians – level 3 practitioner Safeguarding

Women's empowerment and recovery Providing email support

What does research tell us about porn?

Violence against older women project

The Service

**1368
Emotional
Support
sessions
were
provided**

Our services are free, confidential and non-judgemental and form part of a comprehensive care pathway for survivors of rape and sexual violence.

The impact of sexual violence is both immediate and long-term. GRASAC's services enable survivors to manage the impact that sexual violence has on them, and to move on from their experiences.

We provide emotional and practical support as well as advocacy for survivors. We also provide advice and information to family, friends and professionals supporting survivors of sexual violence.

Case Study

The client was originally allocated to the Independent Sexual Adviser (ISVA) service as a 15-year-old girl. This was following a sexual assault by 2 unknown males who had vaginally and anally raped her. The incident was reported to Gloucestershire Constabulary and she was taken to the Sexual Assault Referral Centre (SARC) for a forensic medical examination. The following day she completed her Achieving Best Evidence interview (ABE).

At the plea and trial preparation hearing the defendants entered a not guilty plea, and a trial date was set for May 2020.

Due to the pandemic the trial was postponed until November 2020. The client felt her mental health had deteriorated as a result of the case and was diagnosed with depression when the trial was further delayed to 2021. The trial was heard in Bristol Crown Court in January and with the Officer in Charge a pre-trial visit to allay her fears was arranged.

The client and supporting ISVA attended Court in January and gave evidence from behind a screen. The defendants were convicted with sentences of 10 and 12 years.

Virtual
events were
held to
continue
to raise
awareness

Casework

Our Specialist Support Workers deliver a 24 session model of one-to-one support for survivors.

Our team of Independent Sexual Violence Advisors provide specialist advocacy supporting clients' journeys through the criminal justice system, where appropriate.

Support Pathways

Support is available through our telephone helpline, face-to-face sessions and via video. There is also ongoing telephone, text and email support services available to meet the clients' needs.

Fundraising

GRASAC's fundraising team is made up of volunteers and staff who have been fantastic in adapting their fundraising activities to meet the challenges faced during the year. The team are to be commended for delivering an online auction and raffle and online quizzes that kept us all entertained during times when we were not able to meet in person. Because the auction has been held previously, GRASAC was able to apply for lost funding and the total raised by the fundraising group during the year was a staggering £11,784.

As well as this, we were again approached by students at one of the Houses in Cheltenham College and have been their charity of the year. We are very grateful for this ongoing support. Other groups and individuals have also raised funds for GRASAC during the year.

Thanks also must go to individuals that have given one-off donations or have set up direct debits in GRASAC's favour. This is very much appreciated by staff and trustees.

FINANCIAL OVERVIEW

In 2020-21 GRASAC's funders were



The
Commissioner's
Fund
Breaking the cycle of crime



Ministry
of Justice



Gloucestershire
Clinical Commissioning Group

WORCESTERSHIRE
COMMUNITY FOUNDATION

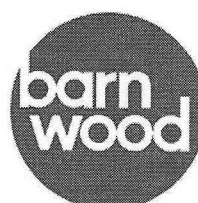


MAKING A DIFFERENCE TO YOUR COMMUNITY



LLOYDS BANK
FOUNDATION

England & Wales



CAF

Charities Aid Foundation



Gloucestershire
Community Foundation
Gloucestershire Gives



Donors also include the Souter Charitable trust and Ecclesiastical.
We thank all of our funders, donors and individual supporters this
year.

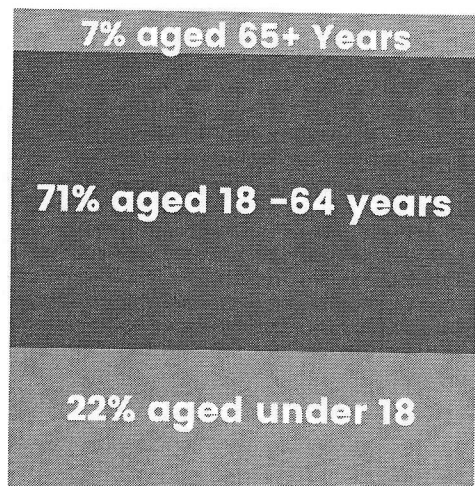
STATEMENT OF FINANCIAL ACTIVITY

GRASAC Statement of Financial Activities for the year ending 31 March 2021

Income:	
Police and Crime Commissioner	£344,129
Ministry of Justice	£104,615
NHS/CCG	£56,336
Lloyds Bank Foundation	£31,000
Charities Aid Foundation	£24,468
Children In Need	£24,357
Community Foundation Tampon Tax	£4,997
Comic Relief	£3,500
Restricted Funds carried over from 2019-20 (with funders permission)	£120,614
Donations and legacies	£29,208
TOTAL Income	£743,223
Expenditure:	
Staff costs	£396,120
Volunteer costs	£3,171
Office costs	£82,791
Administrative costs	£35,889
TOTAL Expenditure	£517,971
Net Income	£225,252
Unrestricted funds transferred to reserves	£24,123

WHO AND HOW WE HELP

Age

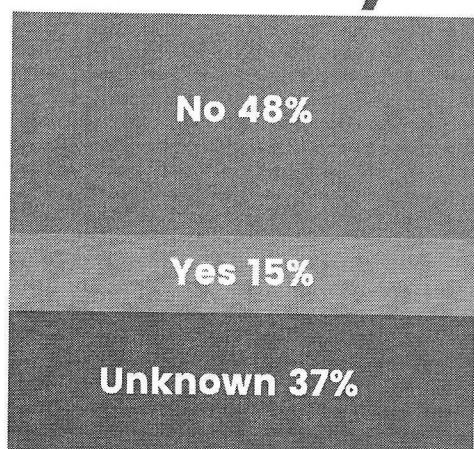


Gender



45 % of clients
have
experienced
multiple
assaults

Reported Disability



Experience



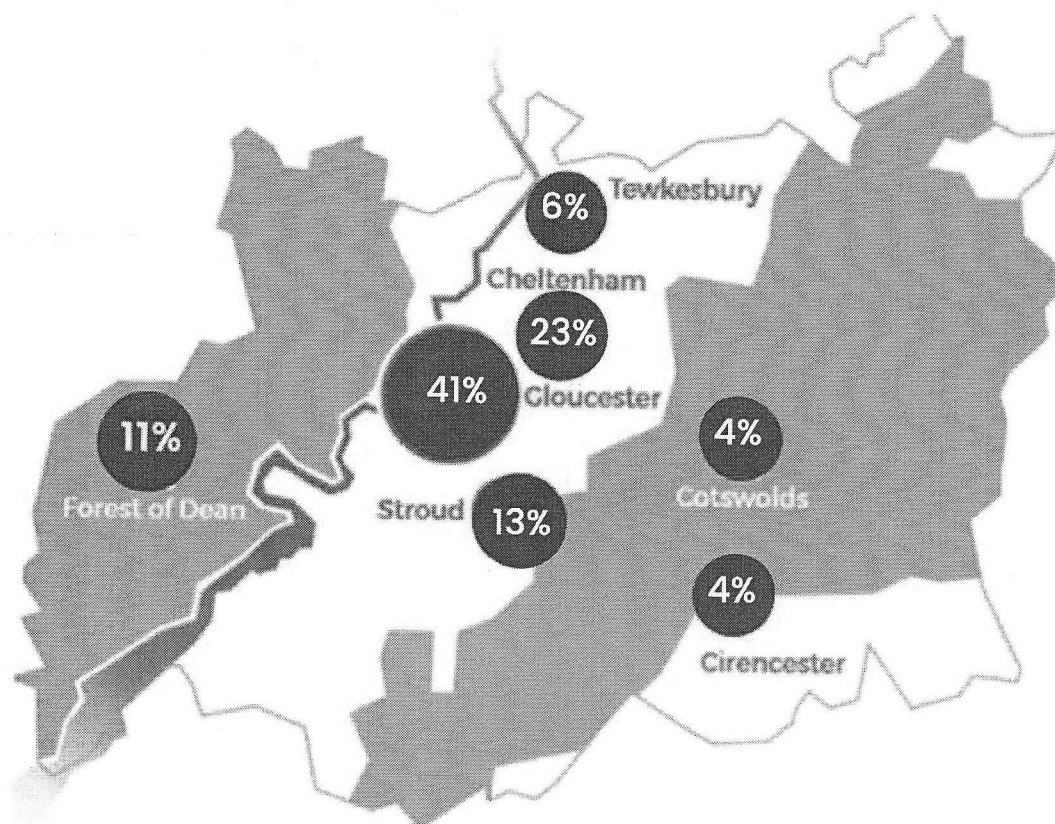
"Everything
has been
perfect
and it has
helped me"

WAITING LISTS

SNAP SHOT AS AT 31ST MARCH 2021

Waiting list name	Number on the waiting list at 31 st March 2021	Average time on waiting list
Adult Emotional Support	37	26 weeks
Child Emotional Support	4	9 weeks
Adult ISVA	6	3 weeks
Child ISVA	11	11 weeks
On hold – clients awaiting face to face support	16	NA

LOCATION OF CLIENTS SUPPORTED BY AUTHORITY AREA

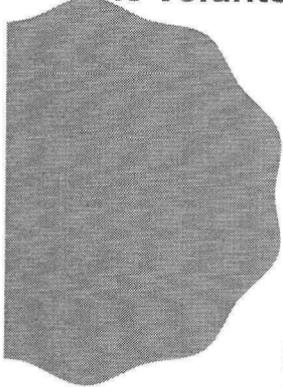


CLIENTS' REPORTED ADDITIONAL NEEDS

ISVA Service	Mar-20	Mar-21	Percentage Increase
Accommodation and Housing	3	66	2100%
Mental Health and Wellbeing	98	447	356%
Advocacy	8	207	2488%
Alcohol and Drug use	2	25	1150%
Employment and Education	24	129	438%
Finance	5	36	620%
Coping Mechanisms	19	121	537%
Harm from Others	13	97	646%
Health and Medical	10	72	620%
1:1 Meeting	42	118	181%

Specialist Support Work	Mar-20	Mar-21	Percentage Increase
Accommodation and Housing	4	6	50%
Mental Health and Wellbeing	32	45	41%
Advocacy	3	6	50%
Alcohol and Drug use	3	10	233%
Employment and Education	0	14	100%
Finance	5	10	50%
Coping Mechanisms	15	69	360%
Personal Safety	8	14	75%
Physical Health	15	25	67%
Emotional Support	57	161	182%

Gloucestershire Rape and Sexual Abuse Centre's board of trustees meets bi-monthly and is an active team in all aspects of our work from policy making to volunteering.



Mary Robinson – Co-Chair

I am an independent consultant in the international development sector. I have a background in human rights campaigning and NGO management and was previously Deputy Secretary General of Amnesty International. I became particularly interested in women's rights through my role as a member of the Independent Monitoring Board for local prisons. I am a Director of GCPS Consulting, which specialises in child protection and safeguarding. I am also an Independent Panel Member for the Judicial Appointments Commission.



Dr Louise Livesey – Co-Chair

I have a day job teaching Criminology at the University of Gloucestershire. My passion is challenging sexual violence through research, teaching and activism. I joined the trustee board in 2016.

Jo Adams – Treasurer

I am an ACA accountant with 20 years' finance experience. I want to use my skills to help GRASAC continue to be successful in the invaluable service it provides.

Vicky Boroughs

I have been a Trustee since GRASAC first moved to a management structure 9 years ago and have been proud to see it grow from strength to strength. At that time I was working for the public services' union UNISON, as the Regional Women's and Equalities' Officer. My focus there was primarily on empowering women, ensuring their voices were heard and that the union campaigned on issues relevant to them. Prior to that, I worked as a Probation Officer for over 20 years where as well as supervising a range of offenders, I also had a specific role liaising with victims of serious sexual and violent crimes. I am now retired and involved in a variety of activities including setting up a community project that aims to improve the health and wellbeing of individuals through nature-based activities. I'm hopeful that it will become a resource for GRASAC in the near future.

Jessica Smith

I currently work in the charitable sector, supporting pregnant women and new mothers in prison. Previously, I worked as a solicitor for nearly 10 years. I have been a volunteer with GRASAC since 2017 and I am passionate about using my skills and experience to help GRASAC to continue to meet its charitable objectives and strengthen this invaluable service. I am proud to be part of a feminist, women-led organisation providing support to women and girls subjected to sexual violence.

**Volunteers
have given
460 hours
to GRASAC**

Amy Norton

I am Head of Equality, Diversity and Inclusion at the Office for Students, the independent regulator for higher education in England. I am keen to combine my professional and personal commitment to tackling sexual violence

Helen Bromley

I am an HR and Communications professional with over 20 years experience in the financial services sector. I joined GRASAC as a Trustee in February 2021. I have also recently moved into the charity sector for my full-time employment.

Sam Hanly

I have been a volunteer with GRASAC since 2014 on both the helpline and providing one-to-one support. As a volunteer trustee, I act as a conduit between the board and volunteers.

Eleanor Hutchinson resigned from the board of trustees during the year. Eleanor's work has been invaluable and we take this opportunity to thank her on behalf of our staff, volunteers and survivors.

**100% of clients
received the
support they
needed**

**100% of clients
felt believed
and
understood**

**"I'd like to say that the ISVA
always made me feel very
comfortable. She was very
friendly and explained
everything very clearly"**

CONTACT DETAILS

Website: www.glosrasac.org

Email: info@glosrasac.org.uk

Phone: 01452 305421

Post: PO box 16, Gloucester, GL4 0RU

Helpline: 01452 526770

Support email:
support@glosrasac.org.uk

social media: [@glosrasac](https://www.instagram.com/glosrasac)

GLOUCESTERSHIRE RAPE & SEXUAL ABUSE CENTRE

INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF GLOUCESTERSHIRE RAPE & SEXUAL ABUSE CENTRE

I report to the trustees on my examination of the financial statements of Gloucestershire Rape & Sexual Abuse Centre (the charity) for the year ended 31 March 2021.

Responsibilities and basis of report

As the trustees of the charity you are responsible for the preparation of the financial statements in accordance with the requirements of the Charities Act 2011 (the 2011 Act).

I report in respect of my examination of the charity's financial statements carried out under section 145 of the 2011 Act. In carrying out my examination I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act.

Independent examiner's statement

Since the charity's gross income exceeded £250,000 your examiner must be a member of a body listed in section 145 of the 2011 Act. I confirm that I am qualified to undertake the examination because I am a member of The Institute of Chartered Accountants in England & Wales, which is one of the listed bodies.

Your attention is drawn to the fact that the charity has prepared financial statements in accordance with Accounting and Reporting by Charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) in preference to the Accounting and Reporting by Charities: Statement of Recommended Practice issued on 1 April 2005 which is referred to in the extant regulations but has now been withdrawn.

I understand that this has been done in order for financial statements to provide a true and fair view in accordance with Generally Accepted Accounting Practice effective for reporting periods beginning on or after 1 January 2015.

I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe that in any material respect:

- 1 accounting records were not kept in respect of the charity as required by section 130 of the 2011 Act;
or
- 2 the financial statements do not accord with those records; or
the financial statements do not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any
- 3 requirement that the accounts give a true and fair view which is not a matter considered as part of an independent examination.

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the financial statements to be reached.



Stephen Humphries ACA

Independent Examiner

Griffiths Marshall

Beaumont House
172 Southgate Street
Gloucester
GL1 2EZ

Dated

Gloucestershire Rape and Sexual Abuse Centre
Board of Trustees Annual Report and Financial Statements
Statement of financial activities for the year ended 31 March 2021

	Notes	Unrestricted Funds £	Restricted Funds £	Total Funds 2021 £	Total Funds 2020 £
Income and endowments from:					
Donations and legacies	2	15,487	17,521	33,008	23,242
Charitable activities	3	9,028	584,374	593,402	450,565
Other trading activities	4	-	-	-	2,040
Other		-	161	161	641
		<u>24,515</u>	<u>602,056</u>	<u>626,571</u>	<u>476,489</u>
Expenditure on:					
Raising funds	5	(232)	-	(232)	(2,123)
Charitable activities	6	-	(517,739)	(517,739)	(439,411)
		<u>(232)</u>	<u>(517,739)</u>	<u>(517,971)</u>	<u>(441,534)</u>
Net income/ (expenditure)		24,283	84,317	108,600	34,955
Transfers between funds		-	-	-	-
Net movement in funds		<u>24,283</u>	<u>84,317</u>	<u>108,600</u>	<u>34,955</u>
Reconciliation in funds					
Total funds brought forward		186,128	144,358	330,486	295,532
Total funds carried forward		<u>210,411</u>	<u>228,675</u>	<u>439,086</u>	<u>330,487</u>

The statement of financial activities includes all gains and losses recognised in the year. All income and expenditure derive from continuing activities.

Gloucestershire Rape and Sexual Abuse Centre
Board of Trustees Annual Report and Financial Statements
Statement of Financial Position as at 31 March 2021

	Notes	2021 £	2020 £
Current assets			
Debtors	11	6,567	6,317
Cash at bank and in hand		444,915	327,520
Total current assets		451,482	333,837
Creditors: amounts falling due within one year	12	(12,396)	(3,351)
Net current assets		439,086	330,486
Net assets		439,086	330,486
The funds of the charity			
Unrestricted funds		210,411	186,128
Restricted income funds		228,675	144,358
Total charity funds		439,086	330,486

The trustees are satisfied that the company is entitled to exemption from the requirement to obtain an audit under section 477 of the Companies Act 2006.

The members have not required the company to obtain an audit in accordance with section 476 of the Act.

The directors acknowledge their responsibilities for complying with the requirements of the Companies Act 2006 with respect to accounting records and the preparation of accounts.

The accounts have been prepared and delivered in accordance with the special provisions applicable to companies subject to the small companies regime.

Approved by the Board of Trustees on [] XXXX and signed on its behalf by:

Joanna Adams, Treasurer

Gloucestershire Rape and Sexual Abuse Centre
Board of Trustees Annual Report and Financial Statements
Statement of Cash Flows for the year ended 31 March 2021

	Notes	2021 £	2020 £
Cashflows from operating activities			
Net income for the reporting period		108,600	34,955
<i>Adjustments for:</i>			
Decrease/ (increase) in debtors		(250)	(4,650)
Increase/ (decrease) in creditors		9,045	(8,960)
		<u>117,395</u>	<u>21,345</u>
Change in cash and cash equivalents in the reporting period		117,395	21,345
Cash and cash equivalents at the beginning of the reporting period		327,520	306,176
Cash and cash equivalents at the end of the reporting period		<u>444,915</u>	<u>327,521</u>