

CSAASS

CHESTER SEXUAL ABUSE
SUPPORT SERVICE

IMPACT REPORT 2023

WHAT CSASS CLIENTS HAVE SAID ABOUT OUR SERVICE

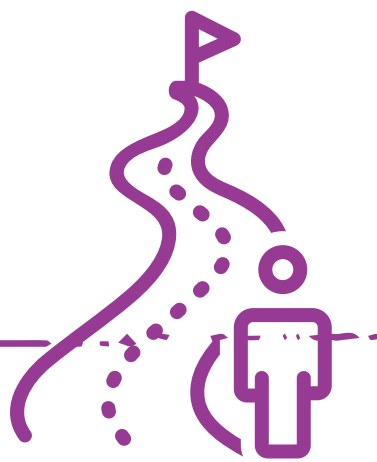
"I never felt judged."

"I am forever grateful for what this service provided."

"CSASS has changed my life in more ways than one. I never thought something could have such an incredible impact."

"Just being able to talk openly with someone without feeling ashamed or judged. My counsellor helped me to process what happened and how to deal with my feelings."





GOAL 1

Survivors are making progress towards recovery

A wider range of survivors of sexual violence and abuse supported by our specialist services, including women-only services, are making progress towards recovery.



91%

OF CLIENTS REPORTED IMPROVED HEALTH AND WELLBEING



2076

SUPPORTLINE PHONE CALLS, LIVECHATS, SESSIONS AND GROUP ACTIVITIES

WELL BEING GROUPS CONTINUE TO PROVIDE STRATEGIES FOR SURVIVORS

"I left counselling feeling empowered and confident in my own skin."

"Some days can be hard, but I always feel like CSASS has my back."

"The trip to the cinema is just what I was looking for."

My counsellor helped me to process what happened and how to deal with my feelings.



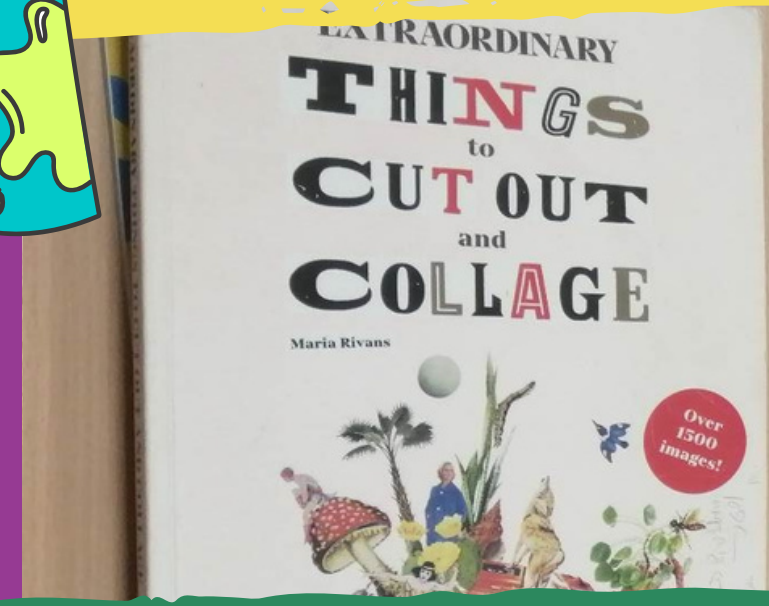


'Being able to talk and express things has made me feel more human'.

'A safe space to be myself'.



We would like to congratulate Georgina and all the survivors who have contributed to work to the powerful and emotional art exhibition at St Mary's Creative Space.



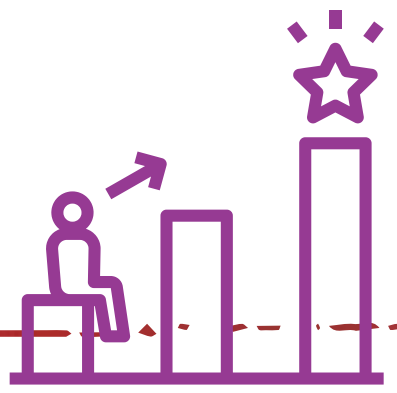
Art Therapy



"It's very relaxing and really interesting . . . Very grateful to CSASS for all they offer."



We're also very grateful to Georgina for leading art therapy sessions for Saturday Social and for our drop-in at Tomorrow's Women.



GOAL 2

Survivors and supporters have the information and confidence to access support

We're reaching more, and a wider range of survivors.

Screening of Joyride & Social for survivors at Storyhouse



Storyhouse Women

We attended and built awareness of our service amongst the guests.



#WEBELIEVEYOU STICKERING
Where women will take a moment in the bathroom and see our service.



University of Chester

Attended the University's Welcome Fair to raise awareness of sexual abuse



GOAL 3

The causes of sexual violence are challenged

Attitudes and behaviours that lead to sexual violence are widely understood and challenged in the area we serve



#IWD23 BAKE SALE AS QPH SCHOOL
As instigated by the students themselves.



SCHOOLS WORK

We have been working with students and staff at Blacon and Queens Park Schools on developing awareness and culture change.



RECLAIM

THE NIGHT

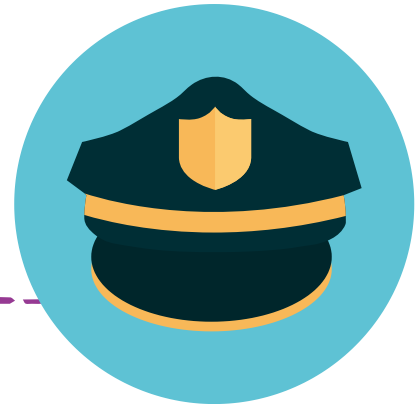


WHITE RIBBON DAY



Sponsored Walk





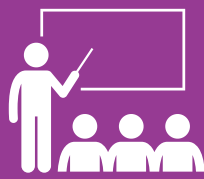
A LITTLE MORE ON OUR PCC FUNDED BYSTANDER TRAINING



Safer Streets is funded from the Government's Safer Streets Fund following the killing of Sarah Everard and was secured by John Dwyer, Cheshire Police and Crime Commissioner.



Funding was secured to run Bystander Training, the aim of which is to empower everyone to recognise and challenge attitudes and behaviours that lead to sexual violence.



We are working in partnership with our sisters in RASASC and West Mercia to deliver West Mercia's Purple Leaf established and successful bystander training programme.

14 SESSIONS OF TRAINING AND EDUCATION BOOKED SO FAR

CSASS BYSTANDER TRAINING

Funded By



Police & Crime
Commissioner
for Cheshire



Supported By

**COMMUNITY
FUND**



GOAL 4

We have the resources and knowledge we need to be effective, safe, sustainable and accountable



Incorporation

We established the new charity (Chester Sexual Abuse Support Service CIO) Charity number: 1201913. Members in 2022 agreed to transfer the assets of CSASS to this new charity, which we hope to complete in the next few months.

We sent five team members to the Rape Crisis England and Wales annual conference building solidarity with our sisters nationally, and learning from inspiring women!

The former MP for Chester, resigned after sexually harassing a female staff member. Following advice, we stuck to our crisis communications plan – removed photos, and wrote a statement for the website and social media.



Sam Dixon MP - Question in Parliament

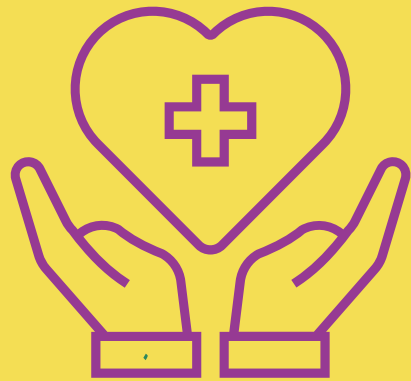


I asked the Minister what the Government is doing to enhance the work that organisations like CSASS are already doing in schools across Chester to improve...

We were very grateful when our MP raised a question in Parliament, from us and the young women at Queens Park High School, about the seriousness of catcalling and microaggressions in school. Sam highlighted the important work we have been doing to change culture in schools.. Sam has been a consistent and important supporter of our work also attending our Reclaim The Night demonstration. We are grateful for such passionate solidarity and friendship.

WHAT DID WE DO IN 2022/23 TO IMPROVE?

Health, Safety and Wellbeing



- Upgraded air conditioning to improve wellbeing in our office and counselling room.
- Our annual office risk assessment helped us identify a need to make our fire escape information clear and accessible.
- Staff have attended up to date training on health and safety.
- In response to the cost of living crisis, trustees agreed an 8% salary rise for all staff, along with increases in freelance and expenses claim rates.



Environmental Sustainability



- We have completed digitising all our record keeping.
- Engaged with our landlord, encouraging energy efficiency and a green energy supplier.
- We are investing in IT and remote working systems to reduce unnecessary travel.



WHAT DID WE TO IN 2022/23 TO IMPROVE?



Safeguarding

- We have improved our record keeping, to help us demonstrate our team's up to date training.
- Safeguarding polices have had their annual review, and all safeguarding concerns recorded and managed, with the safety of children and vulnerable adults prioritised.
- Our office volunteer, Sigrid, created new accessible signage for the office, to make it easier and clearer for volunteers to know what to do if they have a safeguarding concern.





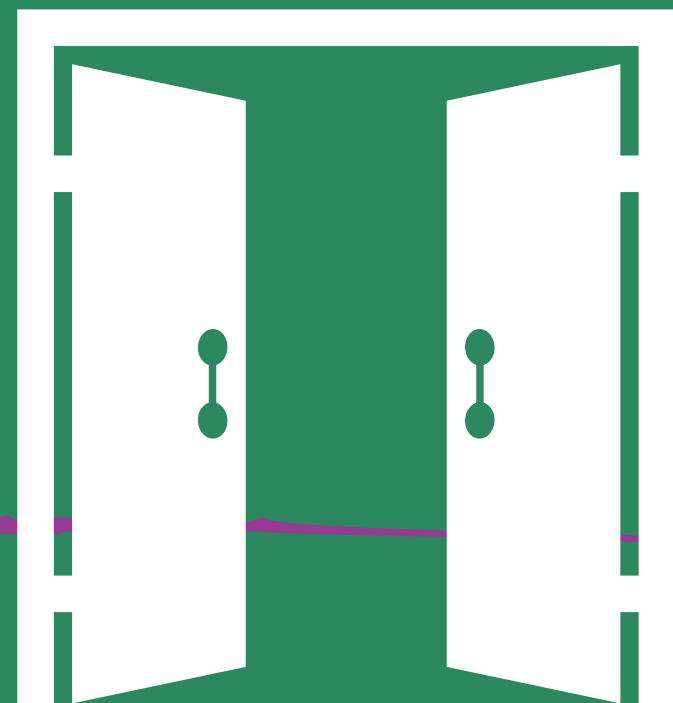
LISTENING TO CLIENT FEEDBACK

What did we change at CSASS in response to feedback from our clients?

LISTEN.
LISTEN...

We've had feedback about the locations of our socials and walks. We've been asked to hold events and walks in the city centre to make them more accessible.

We held a cinema trip and a walk and talk in the city centre and received positive feedback from the clients about the diversification of the locations.



After feedback from our clients that they felt unsafe in the public spaces outside our centre, encountering clients attending another charity service in our building. We worked with partner organisations, to build understanding of the needs of survivors attending therapy.

The response was very good and there has been an improvement in the feeling of safety around the entrance.

DIVERSITY



We are proud of the varied age range and the gender diversification of our board of trustee and we hope that this means that our service is enriched because of this lived experience.



We continued to support Chester Pride with a stall at this year's event.

We supported the University of Chester's Diversity Fair

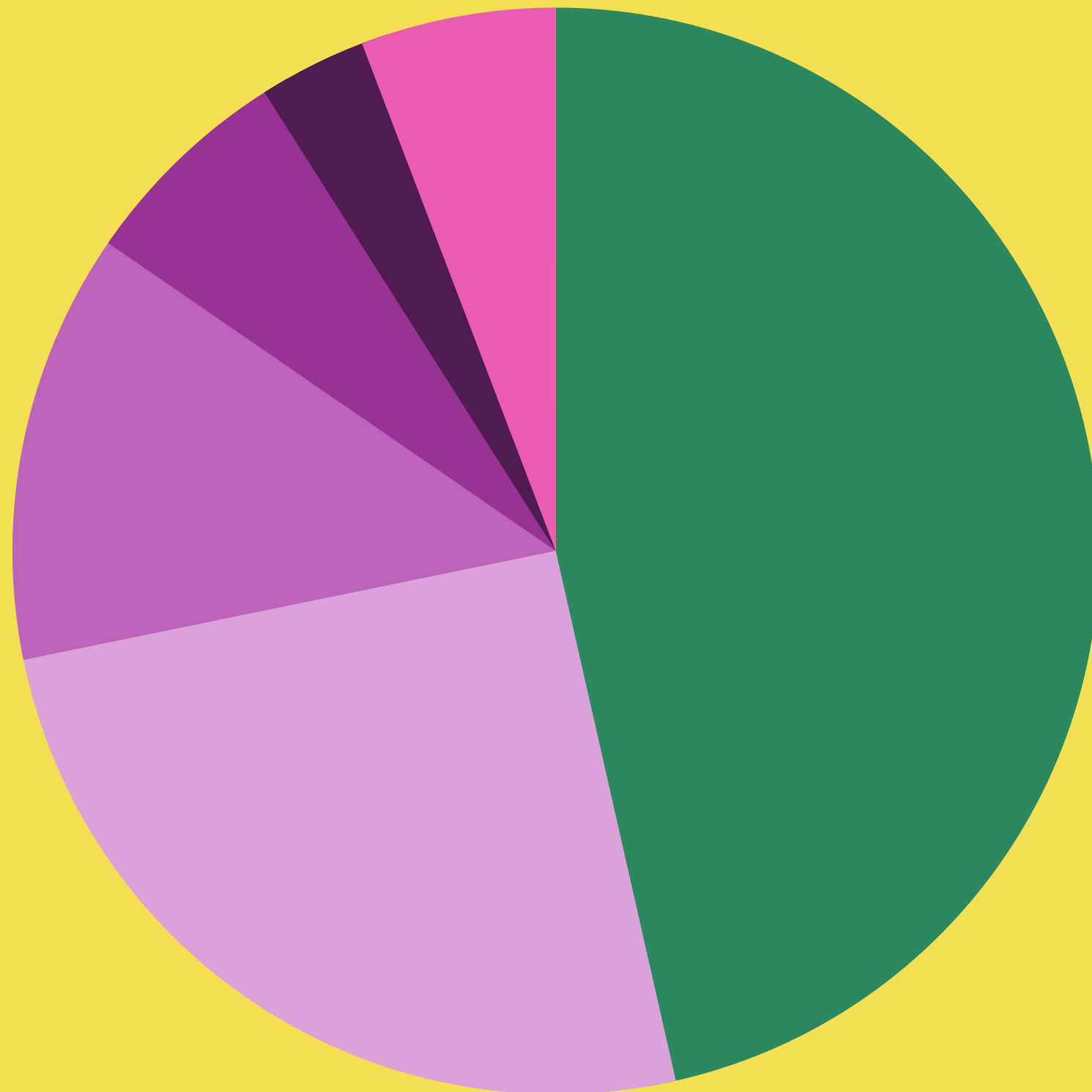


CSASS is a committed, feminist, women-led organisation.

#WEBELIEVEYOU social media campaign with a deliberately diverse set of imagery which generated positive results



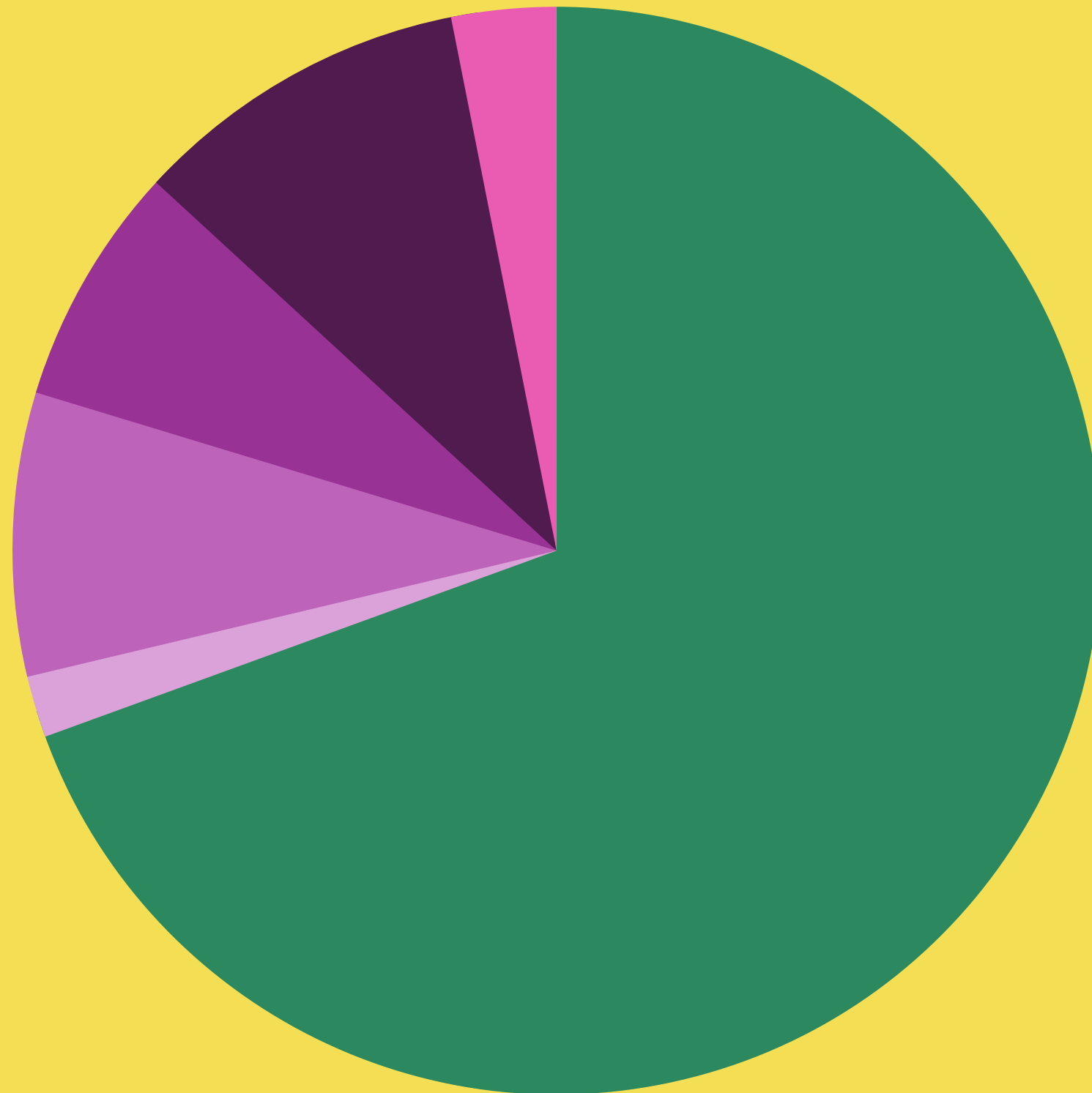
INCOME 2022/23



	Rape Support Fund Ministry Of Justice £72,543.70
	The National Lottery Community Fund £39,566.00
	Police And Crime Commissioner Cheshire £20,000.00
	Tesco Golden Token Community Grant £10,000.00
	Community Foundation Lancashire £5,000.00
	Other grants, donations and interest (inc unrestricted funds) £9,067.64

TOTAL
£156,177.34

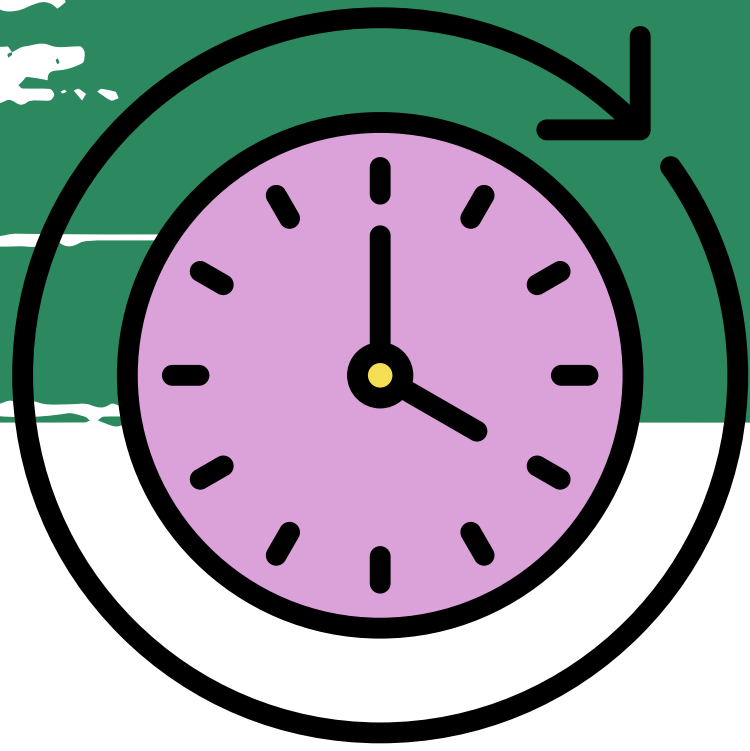
EXPENDITURE 2022/23



- Staffing costs and expenses
£105,353.89
- Outreach Projects
£2,774.10
- IT/phone and communications
£12,780.81
- Premises, office and misc
£10,831.31
- Counsellor and Supervisor fees
£15,252.00
- Training and volunteer support
£4,717.97

TOTAL
£151,710.08

FUTURE PLANS



CSASS will be BETA testing a new version of DPMS (our secure, specialist client database) in 2023

Following the Reclaim The Night event in 2022, we listened to feedback about being more inclusive and reaching a wider audience with our message. We commit to listening to more lived experience and working to constantly improve our service.

Integrations

After a very successful integration of online donation services to our website, generating record donations over Christmas, we intend to develop more accesible and user friendly ways to support CSASS.



Communications and Fundraising

Looking ahead, with our newly recruited Communications and Fundraising Officer in place, we will be expanding our technology and have upgraded our licence with Donorfy to do this. Donorfy will play a big part in the launch of our new supporter scheme which is under development.





OUTREACH



RECLAIM THE NIGHT



Chester Cheerleaders, the Vixens are known locally for fundraising for many good causes.

This Autumn the group completed a sponsored walk and raised £150 for CSASS. The competitive cheerleading team have also discussed being part of Storyhouse Women in for the Festival Weekend, 11th/12th March 2023, with one of their Championship Winning displays.

Thank you Chester Vixens for helping to promote CSASS and raise funds for the work supporting survivors of sexual abuse.



THANK YOU Chester Vixens



TESCO
Community Grants



Ministry
of Justice



Cheshire West
Voluntary Action
Championing the community sector


COMMUNITY
FOUNDATION
For Lancashire
GROWING STRONGER COMMUNITIES TOGETHER



Arnold Clark
COMMUNITY
FUND

NHS
Cheshire and Wirral
Partnership
NHS Foundation Trust


COMMUNITY
FUND



Police & Crime
Commissioner
for Cheshire