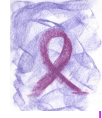


Portsmouth Area Rape Crisis Service

Annual Report
1st April 2010—31st March 2011



Specialist Services Addressing
Sexual Violation



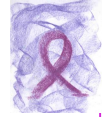
Mission Statement

Portsmouth Area Rape Crisis Service (PARCS) aims to reduce the incidence of sexual violation, promote healthy relationships and alleviate the physical, emotional and psychological distress associated with rape and sexual abuse/exploitation.

PARCS work with women and men aged 13 and above who are resident in Portsmouth and South East Hampshire.

The charity provides free specialist support, counselling and psychotherapy to survivors of sexual abuse and raises awareness of the issues surrounding sexual exploitation through local campaigns and the provision of education, consultation and training.

PARCS work is undertaken by a small team of paid staff and volunteers.



For financially supporting PARCS work, we thank:

Portsmouth City Council
Hampshire County Council
Hampshire Police Authority
Havant Borough Council
Big Lottery
Children in Need Grant (Funding for counselling for young people in SE Hampshire)

Generous and much appreciated, donations were received from:

3 people who give by Direct Debit
All those who raised money for and donated to Purple Ribbon

To our clinical consultants and supervisors we are very grateful, thanks to:

Mary Burner, Julie Fry, Stella Ridley, Richard Simpson & Susan Willis

For again hosting free of charge, our annual volunteers bash we are immensely grateful to:

Karen and David Moore, The American Bar, Portsmouth

For their skilled and professional advice and support we acknowledge:

Nick Gross of Coffin Mew & Clover
S Johnston & Co (Accountant)

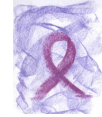
For their generous support in maintaining PARCS computer network and website we thank:

The Really Helpful IT Company and Jamie Temple

For generously providing their time to train PARCS staff and volunteers:

Zoe Jackson, Shonagh Dillon, Tonia Earey (EIP Team) and DS Fiona Holland
(Crystal Unit)

**Finally, to each dedicated individual who has given their time, energy and skill to volunteer and work with PARCS and collectively have made PARCS the highly respected and professional organisation that we are today, we extend our unfaltering gratitude
..... Thank you**



Chairman's Introduction

They say that time seems to pass more quickly as you get older. I can certainly vouch for that. It hardly seems any time since I was writing last year's introduction.

There is always something that needs to be done; to be introduced; or to be refined, as we adapt to a changing funding climate. The Board of Trustees understands this and we have made many changes and improvements to our service over the past year, which we believe delivers just that.

Delivering value has to be done in conjunction with providing an excellent service. Neither one in isolation is effective. So we are very fortunate to have Kim Hosier as our new Centre Director. We have seen many good friends move on this year, for career or other reasons, but the ethos of PARCS remains, thanks to Kim's leadership. And just in case she ever finds a moments rest, we have also made her our Company Secretary.

I would like to thank Sal, Penny and Tora for their significant contribution to PARCS over many years. We are sorry to see them go but wish them well in all they do in the future.

My thanks go to fellow trustees Lyndsey and Carolyn, who have made excellent contributions supporting the organisation. Both Andrew Gilbert and Lee Miller left the Board recently. I shall miss not only their valued contributions but also their friendship.

Although for obvious reasons I have highlighted some individuals, all our staff and volunteers are equally dedicated, regardless of changes and upheavals which they face. I would like to thank them all for their work. They make a great team.

You can read about other developments at PARCS elsewhere in this report.

Last, but by no means least, my thanks also go to our funders, who make it possible for us to deliver our service:-

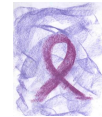
Portsmouth City Council, Hampshire County Council, Children in Need & Hampshire Police Authority

We very much value your continued financial support and the interest you take in PARCS

Best wishes.

John Paton
Chair – PARCS Board of Directors.

Centre Director



Portsmouth Area Rape Crisis

Portsmouth Area Rape Crisis Service (PARCS) provides information, emotional support, counselling and psychotherapy to survivors of sexual violation no matter how long ago the abuse happened. The charity also runs a community based outreach programme in Portsmouth and provides specialist training, consultation and supervision to professionals.

The specialist services (which cover Portsmouth and South East Hampshire) are provided by a small team of dedicated staff and volunteers.

Adult Counselling and Psychotherapy (Portsmouth and South East Hampshire)

The counselling and psychotherapy service offers therapy to both women and men who have experienced sexual abuse whether as children, adults, or both. Prior to accessing counselling clients are offered an assessment appointment to assess their needs and to ascertain what type of therapeutic support would be most appropriate. PARCS offers both short and long term counselling and psychotherapy.

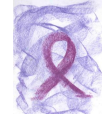
Counselling is reviewed on a regular basis through the use of CORE (Clinical Outcomes for Routine Evaluation).

From 1st April 2010 - March 2011 we undertook 4592 counselling sessions.

Young People's Counselling (Portsmouth and South East Hampshire)

The young persons' service provides a safe, non-judgemental space where young people (aged 13-18 years) can begin to explore and make sense of what has happened to them. Sexual abuse is still very much a hidden crime and young people often feel isolated and unable to talk to friends or family. PARCS supports young people to work at their own pace using whatever medium (clay, paint, sand trays and puppets) will support them in beginning the process of talking about what has happened to them. The charity is also able to offer webcam and telephone counselling where appropriate. Specialist sexual abuse counselling supports young people in challenging the unhelpful thoughts, feelings and behaviours, often associated with sexual exploitation and consequently develop increased resilience. Young people report feeling more resourced and positive at the end of counselling.

From 1st April 2010 - March 2011 we 1042 counselling sessions.



Centre Director

Counselling for Parents/Carers

PARCS provides short-term counselling for the parents and carers of young people who are accessing the service.

Helpline (Portsmouth and South East Hampshire)

Portsmouth Area Rape Crisis provides emotional support for survivors of sexual violation, their family and carers. It also sign posts callers onto other services where appropriate. The helpline is open three times a week and has a dedicated helpline for women and men aged 18 years and above.

From 1st April 2010 – March 2011 PARCS received **832** calls via the help lines.

Young Persons Outreach Project (Portsmouth)

PARCS provides a community based outreach programme to young people aged 13 -24 year. The outreach project focuses on a wide range of sex and relationship issues with a particular focus upon the prevention of rape and sexual abuse.

This year our Outreach Worker has delivered a number of workshops which have covered a wide range of topics. This has included sexual bullying, internet safety (delivering CEOP Ambassador training), the delay programme and developing empathy and listening skills. The Outreach Worker designs interactive programmes which use a variety of methods including Art and Drama. These programmes are continually reviewed based on evaluation and feedback from young people, their carers and professionals.

The Outreach worker has also undertaken specific work with 'hard to reach' young people who are at greater risk of sexual exploitation. This has included working with the Youth Offending team and young people who are in the care of the local authority.

From 1st April 2010 – March 2011 PARCS worked with **1461** young people.

Volunteering

PARCS has approximately 50 volunteers working with the service at any one time. Volunteers staff the help-line, provide counselling, administrative support, and act as trustees. PARCS provides regular training, supervision and management support to its team of volunteers. We owe them a BIG THANK YOU for their ongoing dedication and commitment to the service.

Centre Director



Purple Ribbon

Purple Ribbon is the fundraising and promotional arm of PARCS. Purple Ribbon aims to raise additional funding for the service and promotes the specialist services provided by the charity to the local community.

Partnership Working

PARCS is committed to multi-agency and partnership working with a wide range of related agencies in the city and surrounding area. The charity works with local schools, colleges and the University, CAMHS, sexual health services, adult mental health services, substance misuse services, the police, the SARC, the Early Intervention Project and a wide range of third sector agencies. Partnership working ensures that the needs of survivors of sexual abuse are met. PARCS is a member of the SARC management group, White Ribbon, The Domestic Violence Forum, the Volunteer forum, the PHSE Co-ordinators group, the Serious Sexual Offenders Reduction Group. PARCS attends regular meetings with Basingstoke, Winchester, Southampton and Guildford Rape Crisis Centres. The charity is an organisational member of the British Association for Counsellors and Psychotherapists and the Survivors Trust.

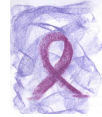
The charity has provided CEOP training to professionals throughout the city and provided specialist training to professionals and volunteers.

April 2010 - March 2011 - An Overview

During April 2010 - March 2011 PARCS installed and modernised its IT and telephone system supported by a grant from the Big Lottery. We re-organised the office space to create an additional counselling room, a self-contained client waiting room, a shared office space and a volunteer and staff room. PARCS have introduced CORE and developed the measures we use to assess the effectiveness of the young persons' services. Purple Ribbon has raised additional funding to update our website and support the services provided to young people. Finally, working with Dr Nina Burrowes PARCS have reviewed the effectiveness of our outreach programme.

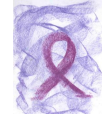
April 2011 - March 2012 - Future Plans

PARCS aims to consolidate existing services over the coming financial year, continuing to prioritise sustainability and ensuring that our funds remain stable during an economically challenging time. The charity will continue to assess how best to use its resources to meet its mission statement. PARCS has the following plans for the forthcoming year:



Projects for April 2011 – March 2012

- ⇒ Create and install a more effective data base.
- ⇒ Deliver the findings of Dr Nina Burrowes research at a Conference to celebrate our 30th year of providing specialist services to survivors of sexual abuse/exploitation.
- ⇒ Continue to target 'hard to reach groups' of young people through our outreach programme.
- ⇒ Re-design and update our website.
- ⇒ Design and deliver a group programme beginning with a 'Mindfulness group' and a psycho-education group.
- ⇒ Continue to address our waiting list - this is proving an ongoing challenge given an increase in the numbers of survivors seeking support.



PARCS Statistics

PARCS provides services to residents in Portsmouth and across South East Hampshire. The following statistics provide a snapshot of the work undertaken for the period April 2010 – March 2011.

Counselling Hours

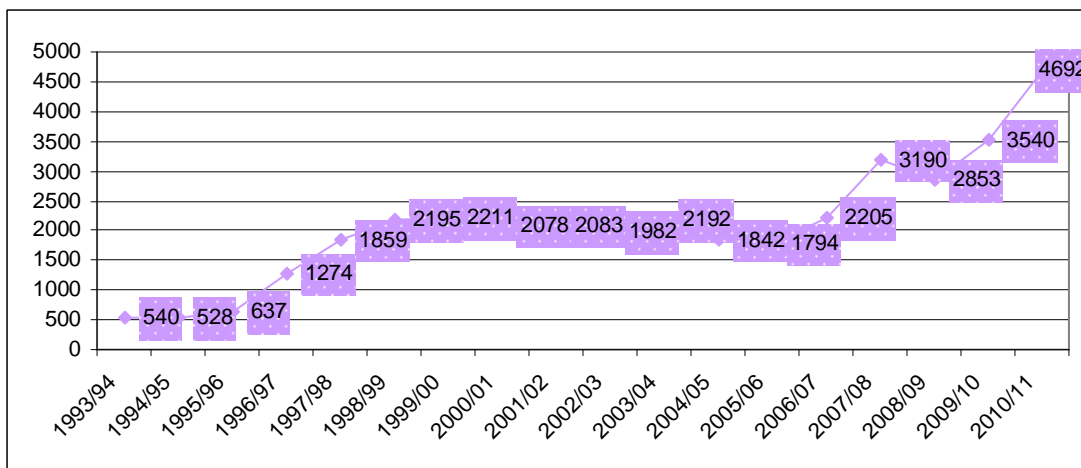


Fig 1 Number of counselling hours provided

PARCS has provided counselling to 235 young people and adults throughout April 2010 to March 2011. Volunteers and staff have increased the number of counselling hours provided by 32% for this period.

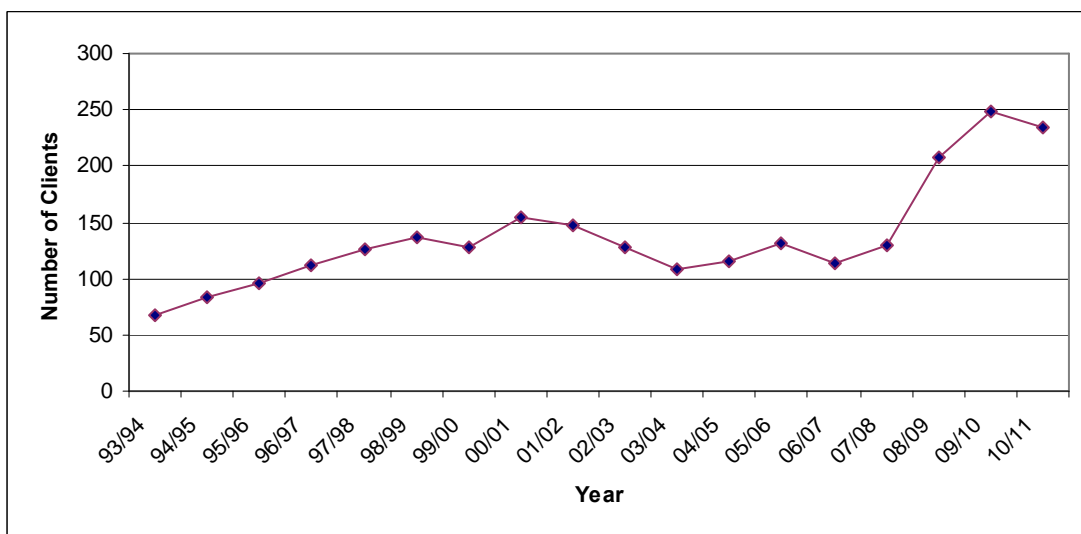
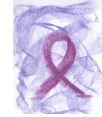


Fig 1 Number of clients counselled or receiving counselling



PARCS Statistics

Referrals

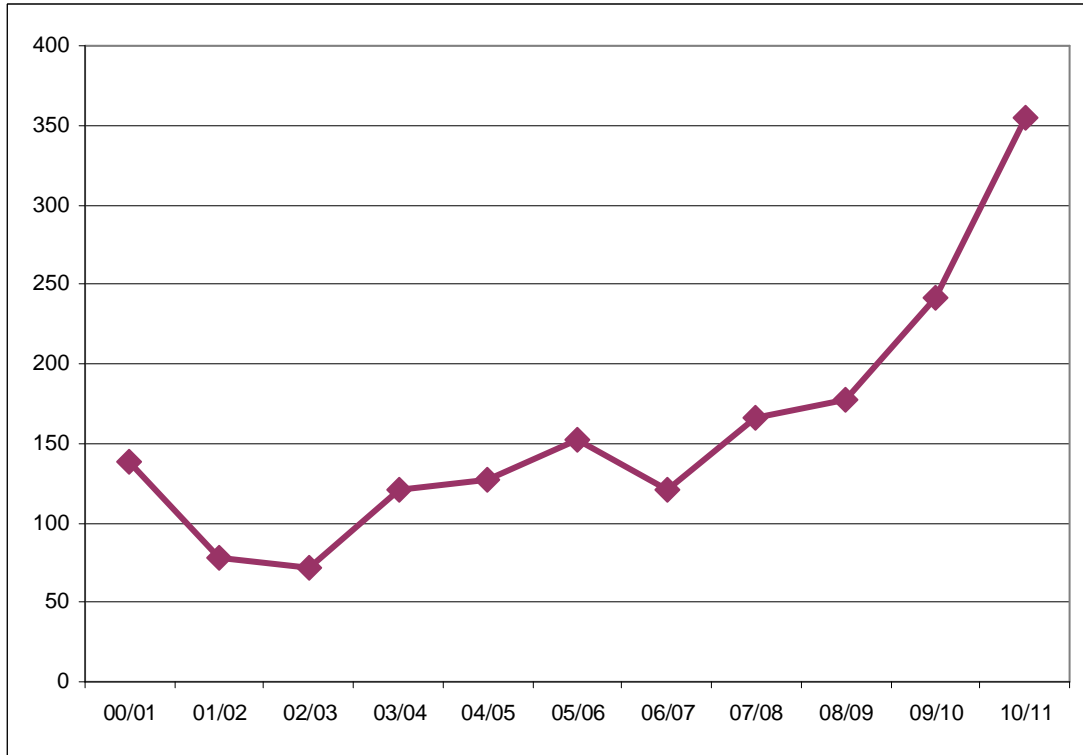


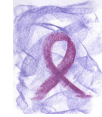
Fig 3 Number of New Referrals

PARCS has seen a 47% increase in the number of referrals for counselling. This represents an increase of 10% compared with the previous year's figure of 37%

PARCS counselling service for young people in South East Hampshire has seen a steady increase in the number of referrals. The new service is in its second year and is funded by a grant from Children in Need.

Service Area	Number of Referrals
Portsmouth (aged 18+)	170
Portsmouth (aged 13-25)	48
South East Hampshire	81
South East Hampshire (aged 13-18)	56

Fig 4 Number of New Referrals by service area



PARCS Statistics

Referral Source

PARCS has seen a steady increase (34%) in the number of health referrals. This includes the Sexual Abuse Referral Centre (SARC) which is based in Cosham, Portsmouth. The charity also receives a number (27%) of self referrals from women and men who were seeking the specialist counselling and support provided by the service.

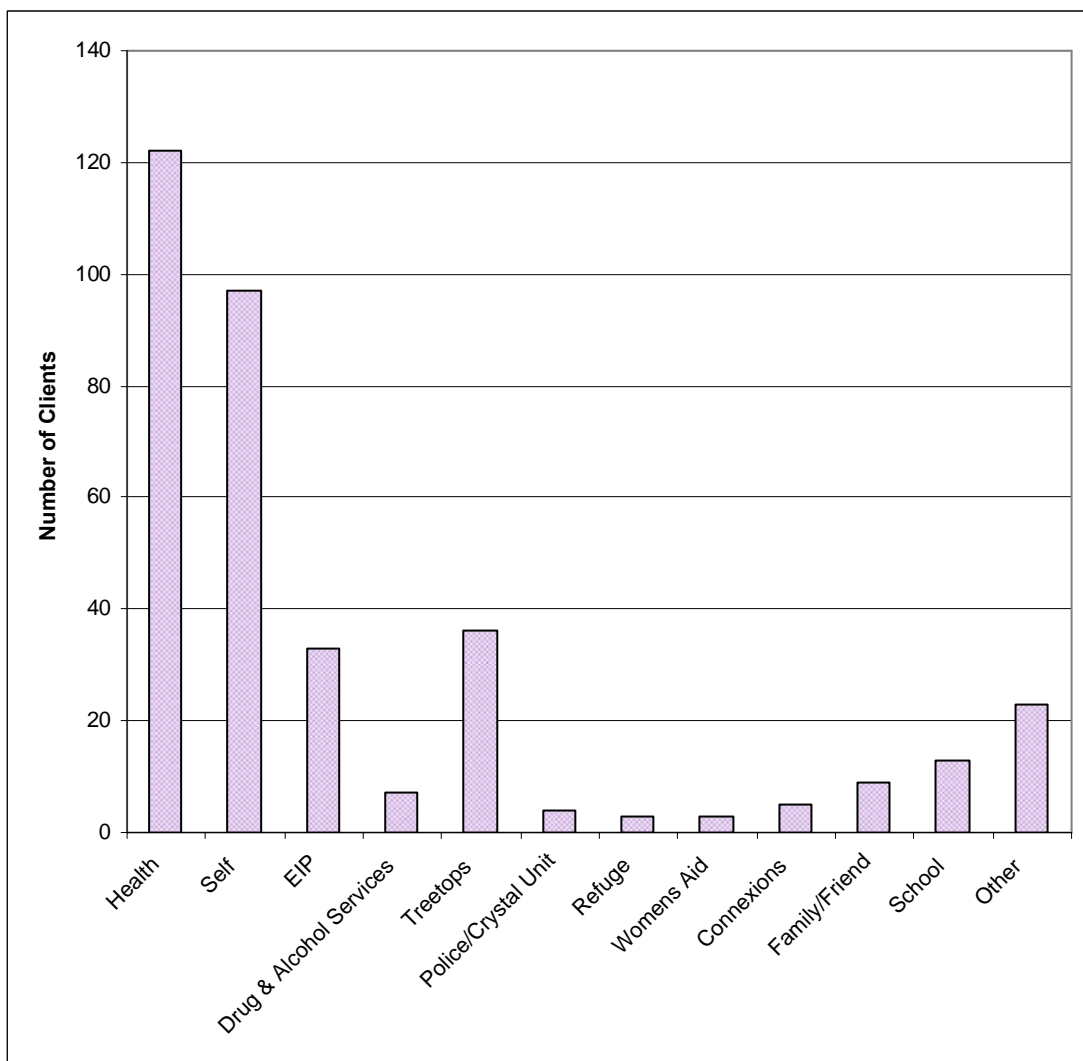
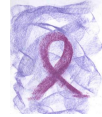


Fig 5 Source of Referral



PARCS Statistics

Clients Area of Residence

PARCS provides services for the residents of Portsmouth and South East Hampshire. Figure 6 (below) shows the area of residence for all clients seen and/or referred for face to face counselling.

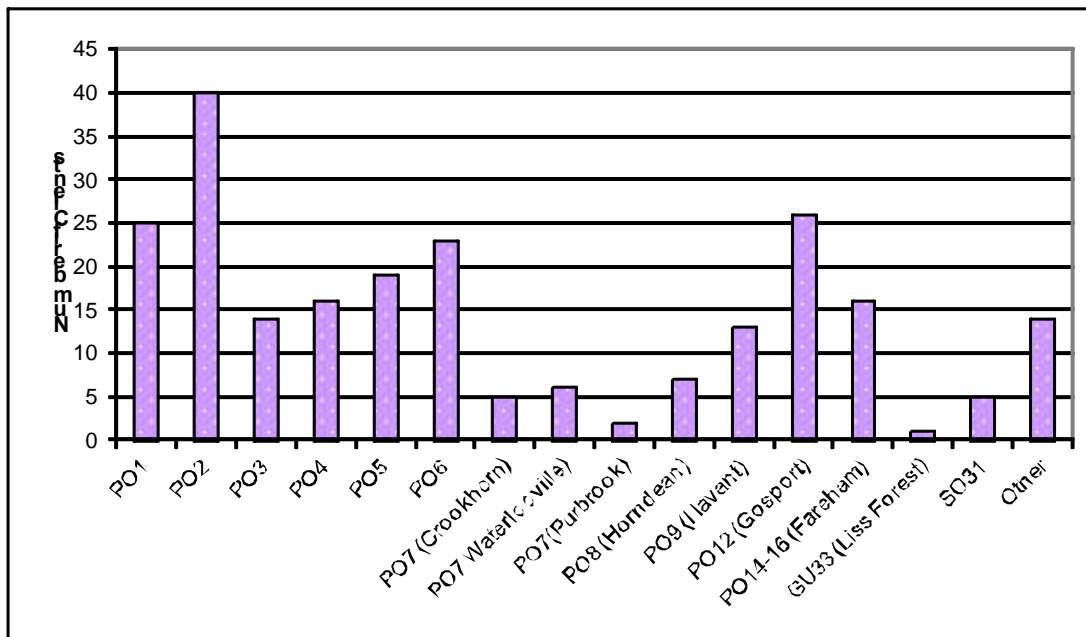


Fig 6 Face to face referrals area of residence

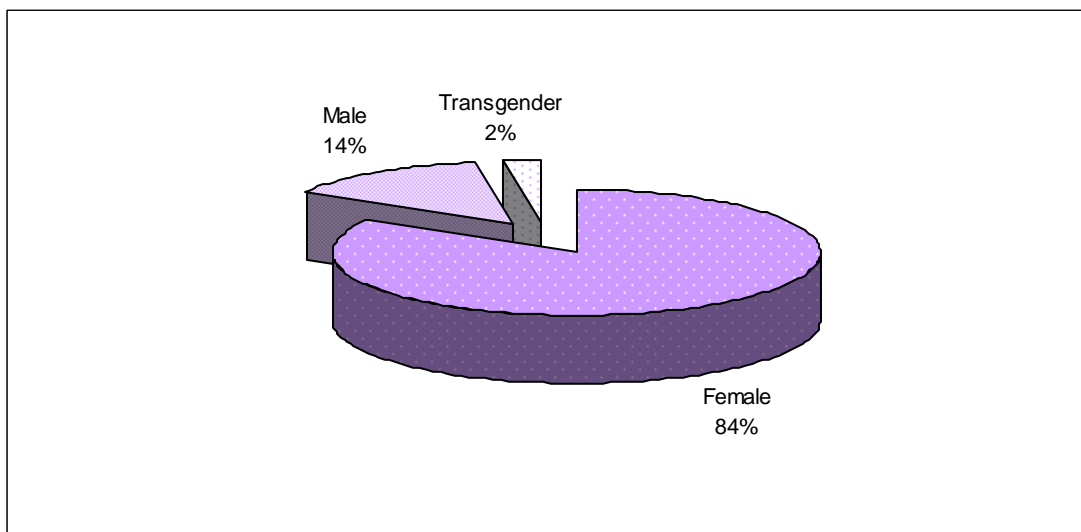
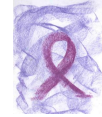


Fig 7 Gender



PARCS Statistics

PARCS continues to monitor access to the services it provides. The information below is based on data provided by clients and/or agencies who refer to the service

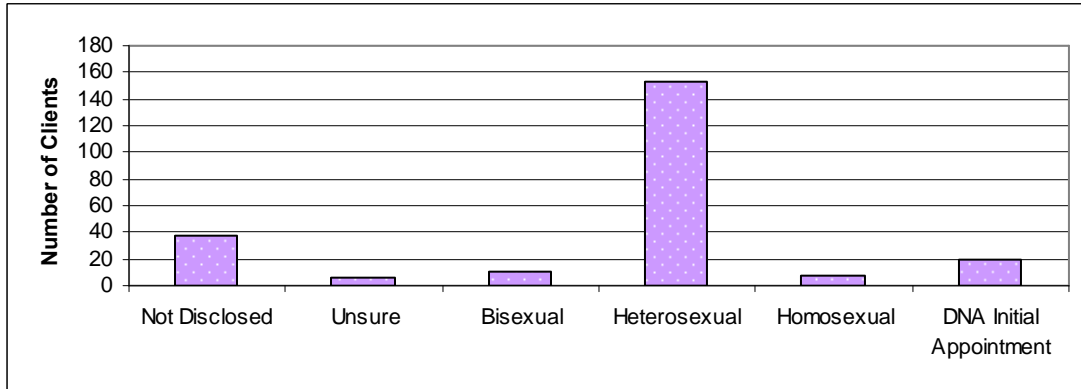


Fig 8 Clients Sexual Orientation

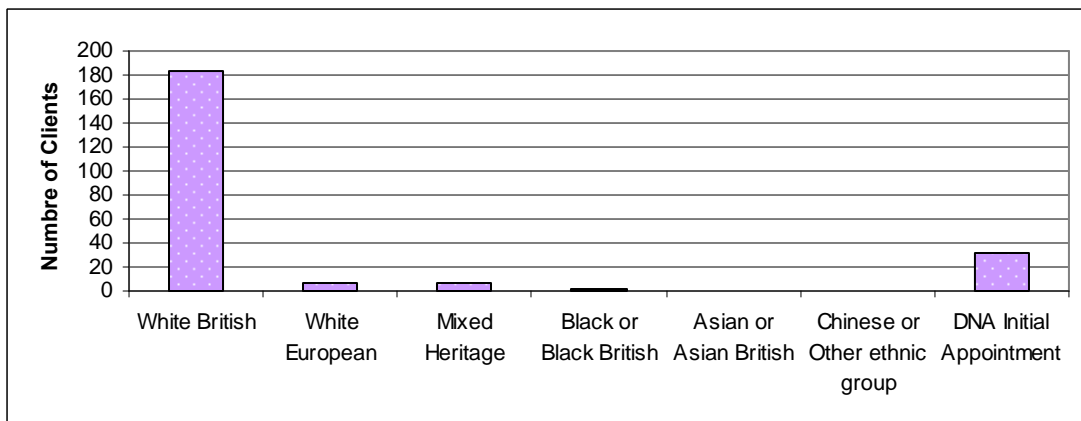


Fig 9 Clients Ethnicity

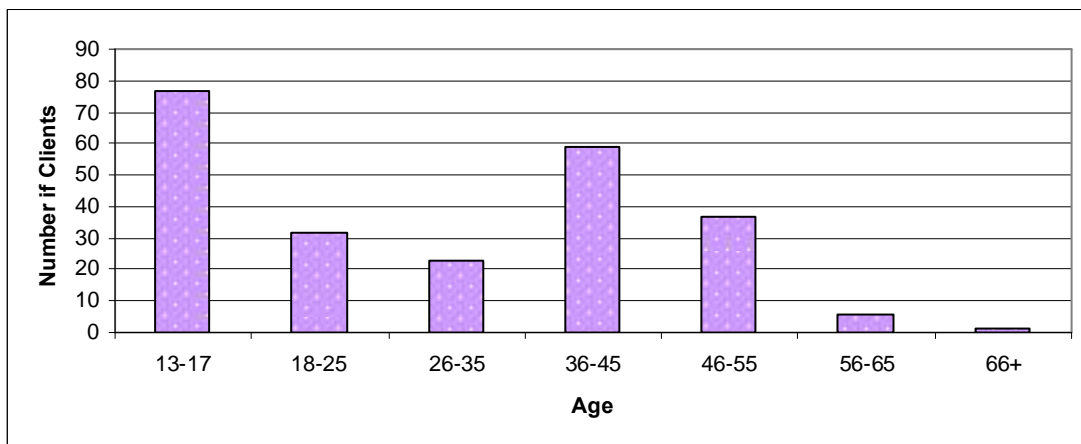
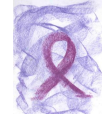


Fig 10 Age of service users



PARCS Statistics

Disability

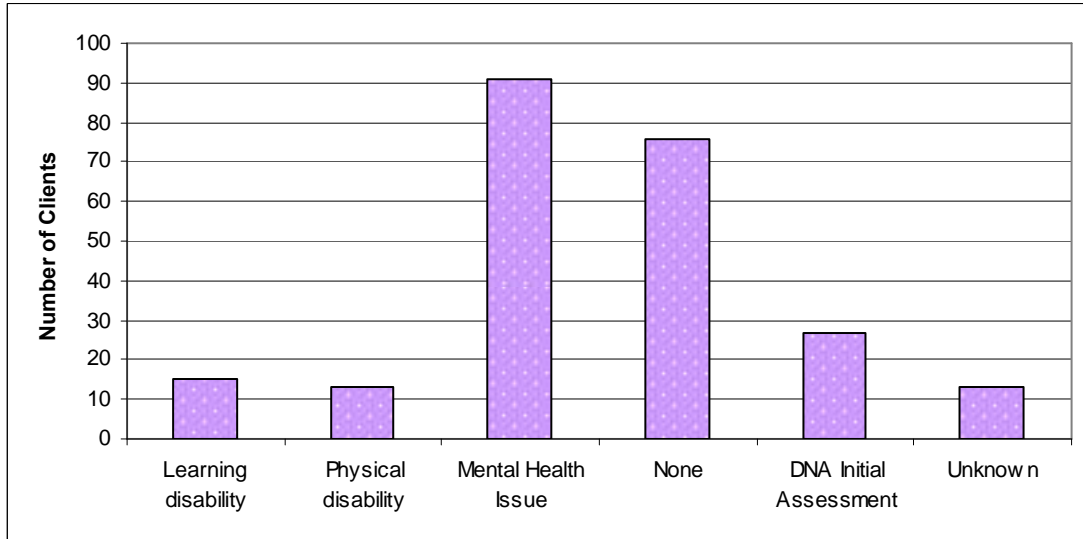


Fig 11 Shows the number of clients accessing the service with a disability

Reason for Referral

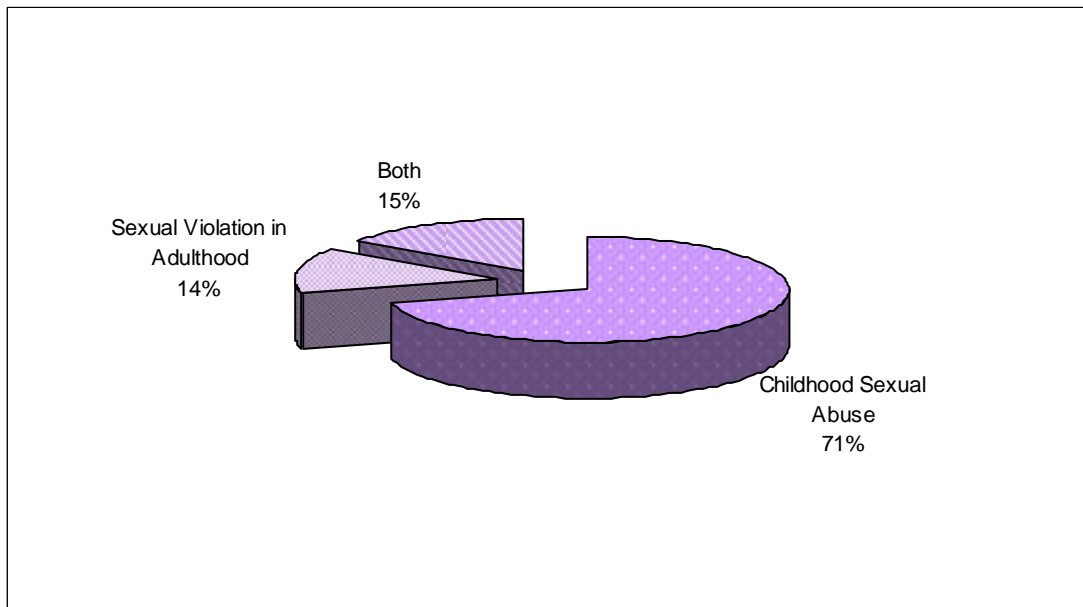
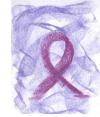


Fig 12 Reason for referral



PARCS Statistics

Childhood Sexual Abuse

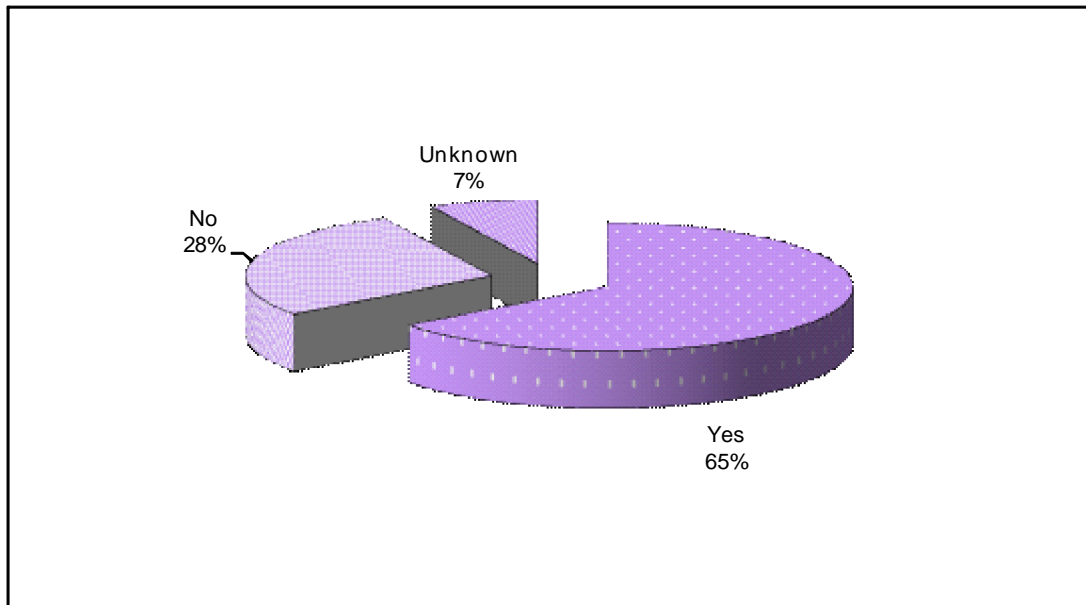


Fig 13 Was the abuse ongoing (i.e took place on more than 3 occasions)

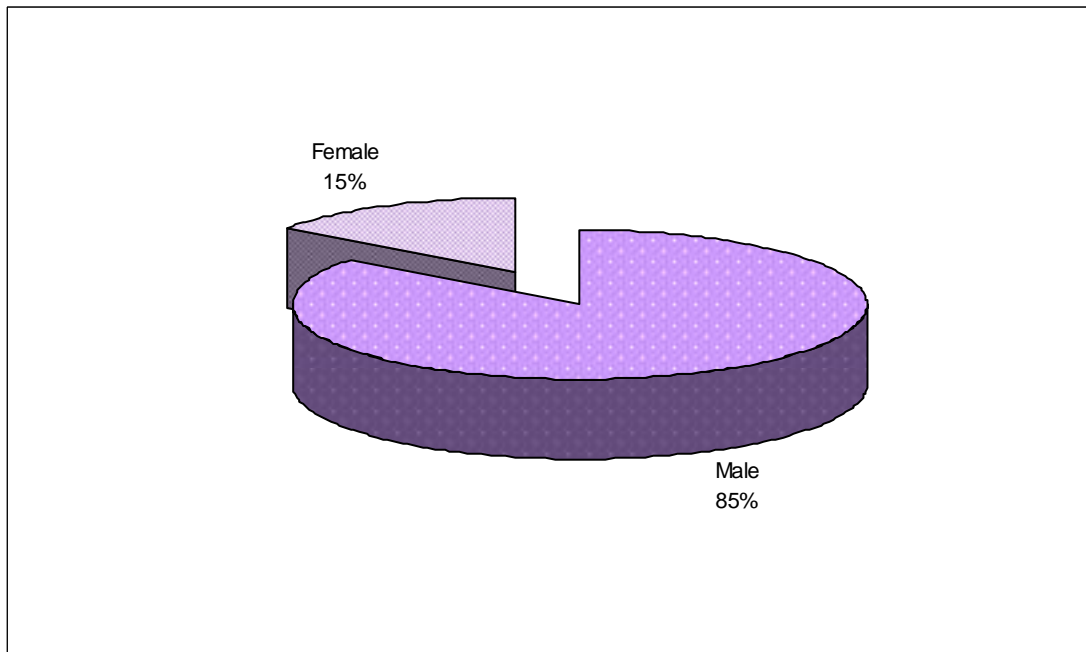
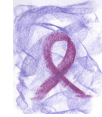


Fig 14 Ongoing childhood abuse - gender of perpetrator



PARCS Statistics

Childhood Sexual Abuse

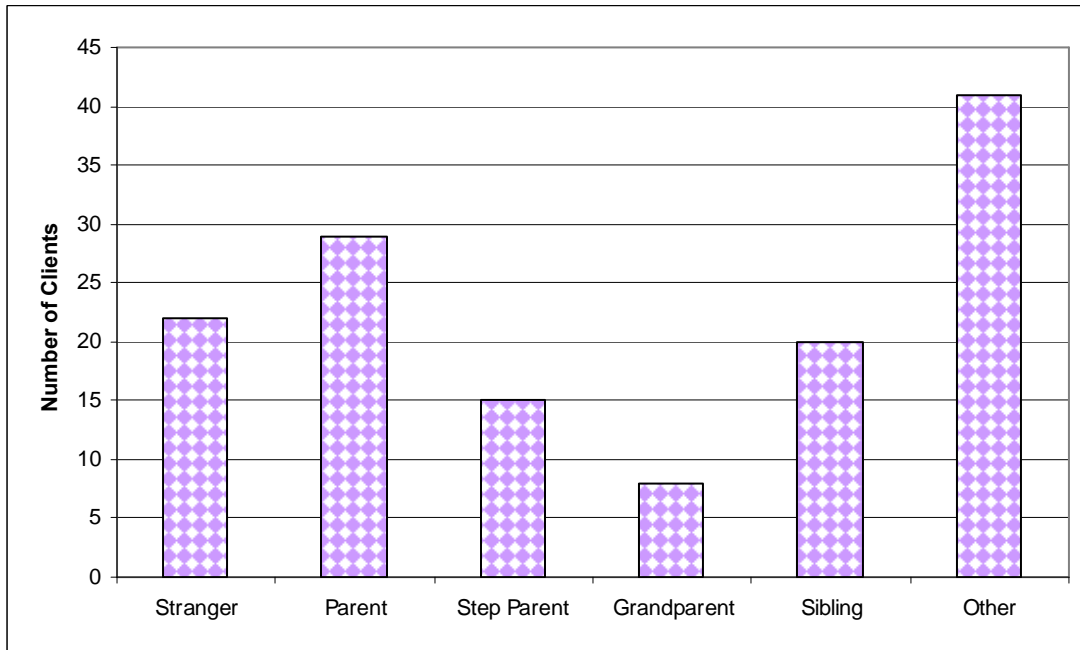


Fig 15 Relationship between client and male perpetrator

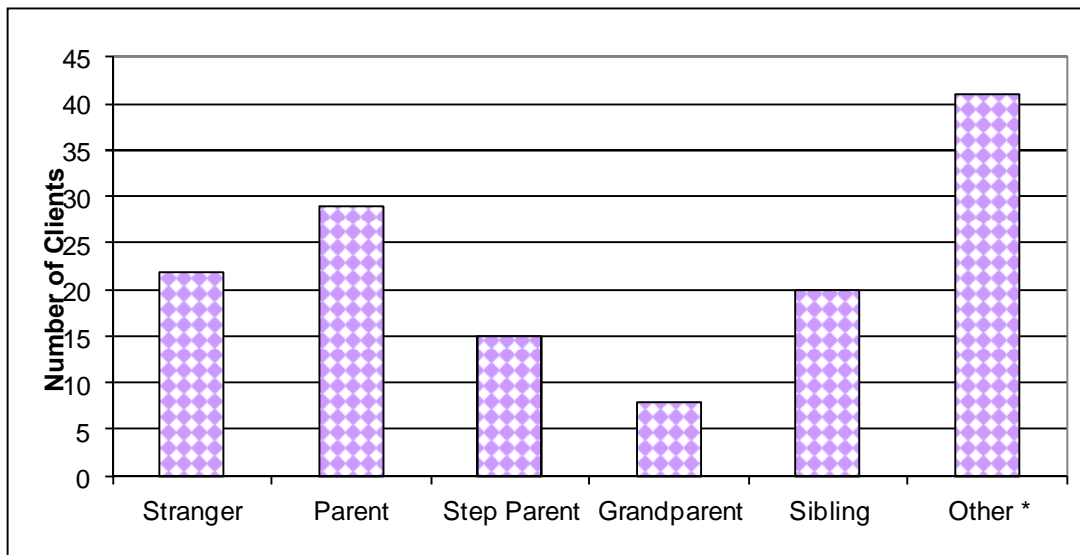
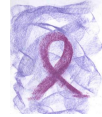


Fig 16 Relationship between client and female perpetrator

* Other can include, neighbour, friend and professional



PARCS Statistics

Childhood Sexual Abuse

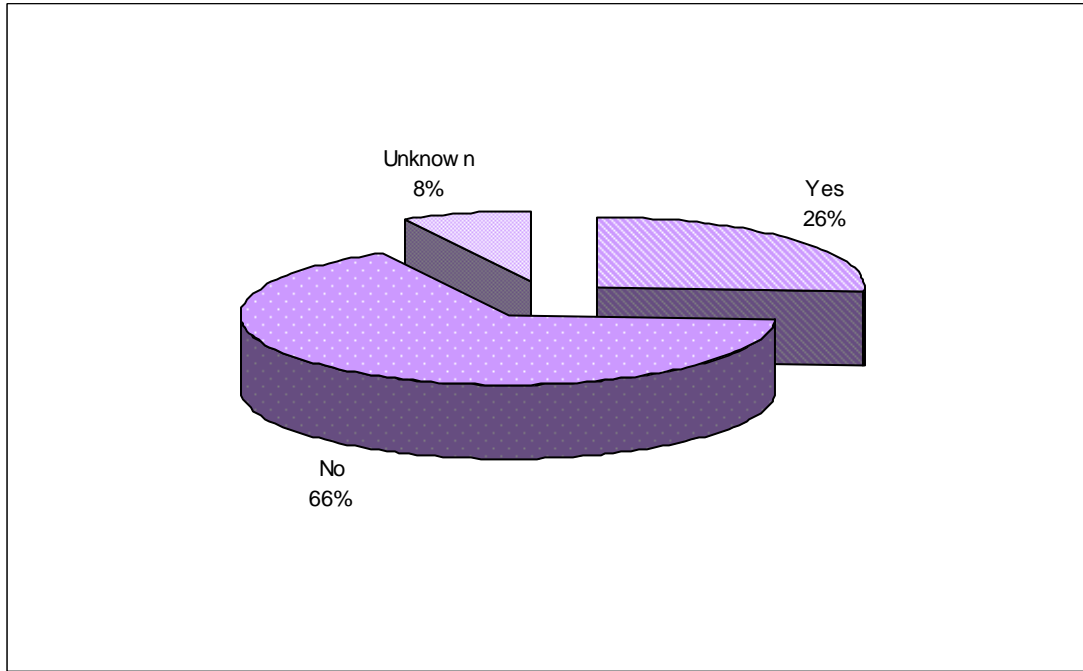


Fig 17 Was abuse reported to the police?

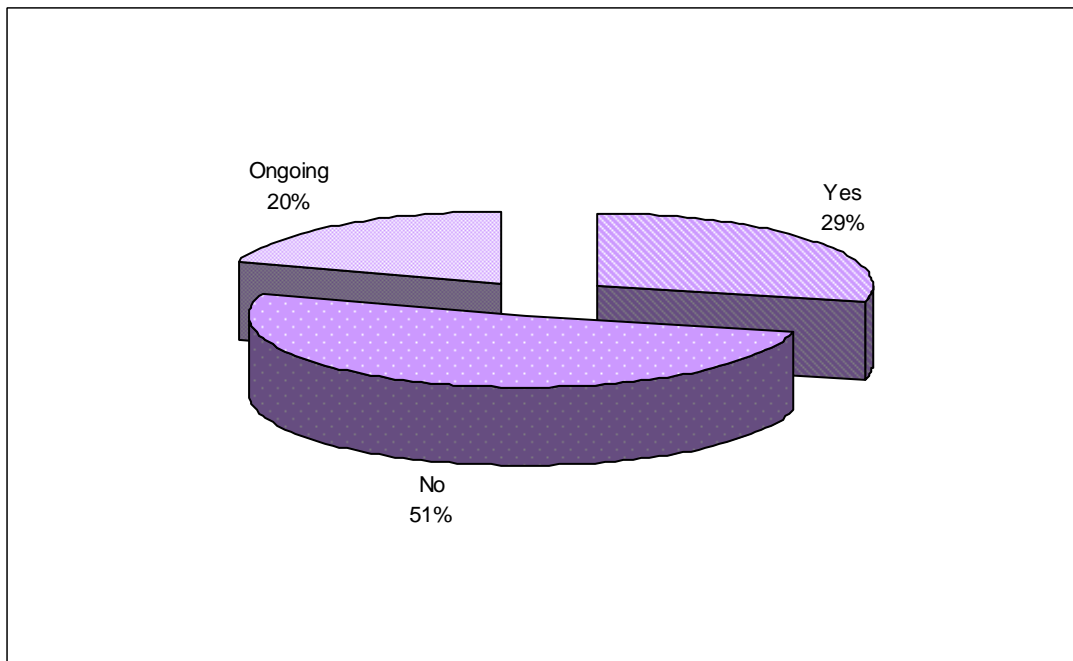
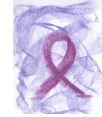


Fig 18 Did the case go to Court?



PARCS Statistics

Childhood Sexual Abuse

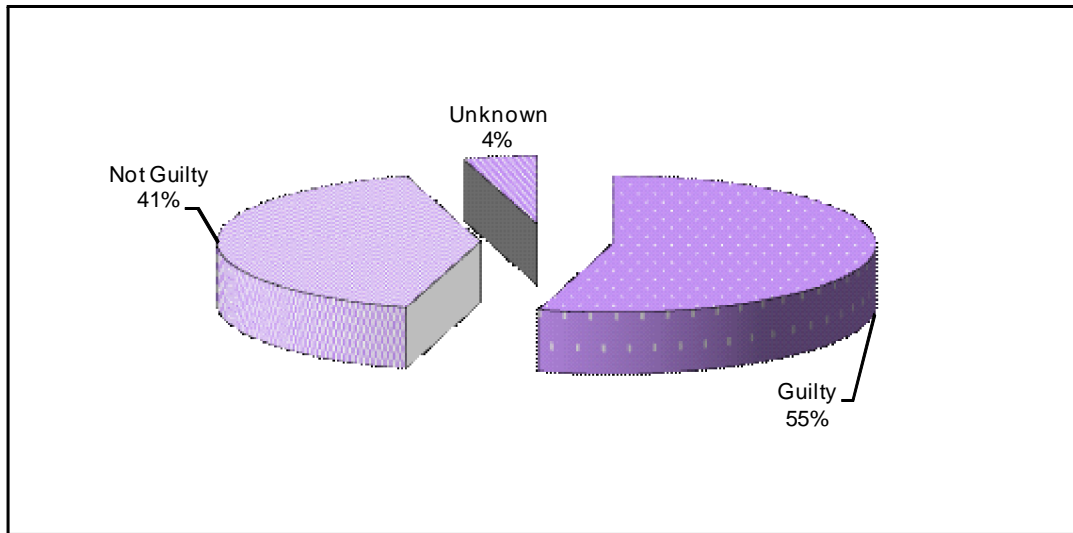


Fig 19 Was the perpetrator found guilty or not guilty?

Sexual Violation in Adulthood

29% of service users seen for face to face counselling in 2010/11 had been sexually violated in adulthood.

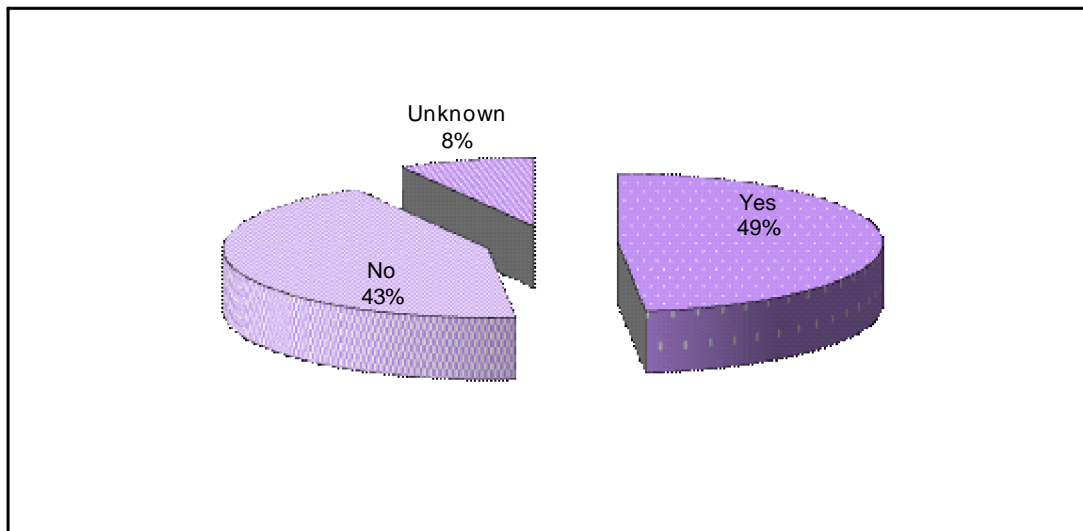
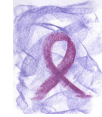


Fig 20 Was the abuse ongoing?



PARCS Statistics

Sexual Violation in Adulthood

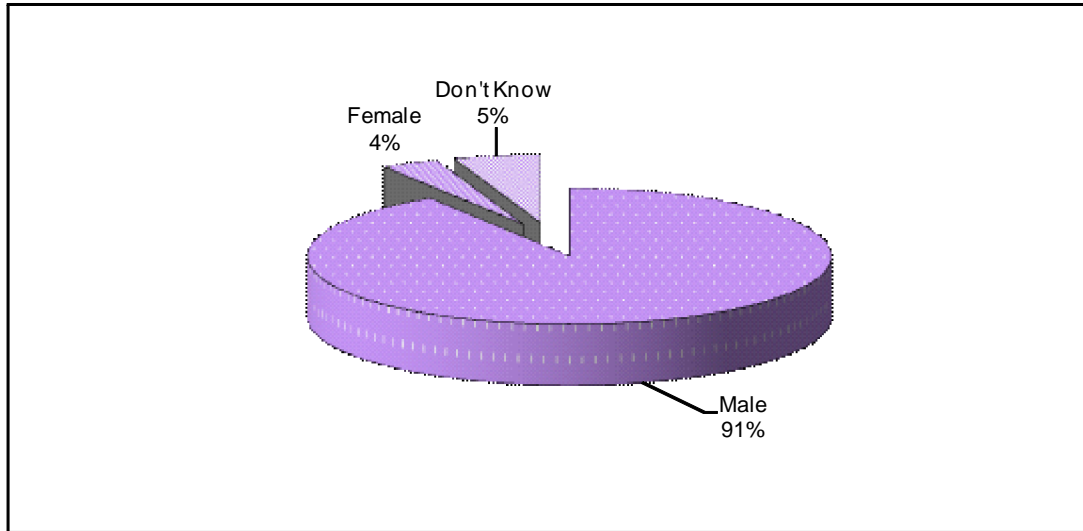


Fig 21 Perpetrator of ongoing abuse

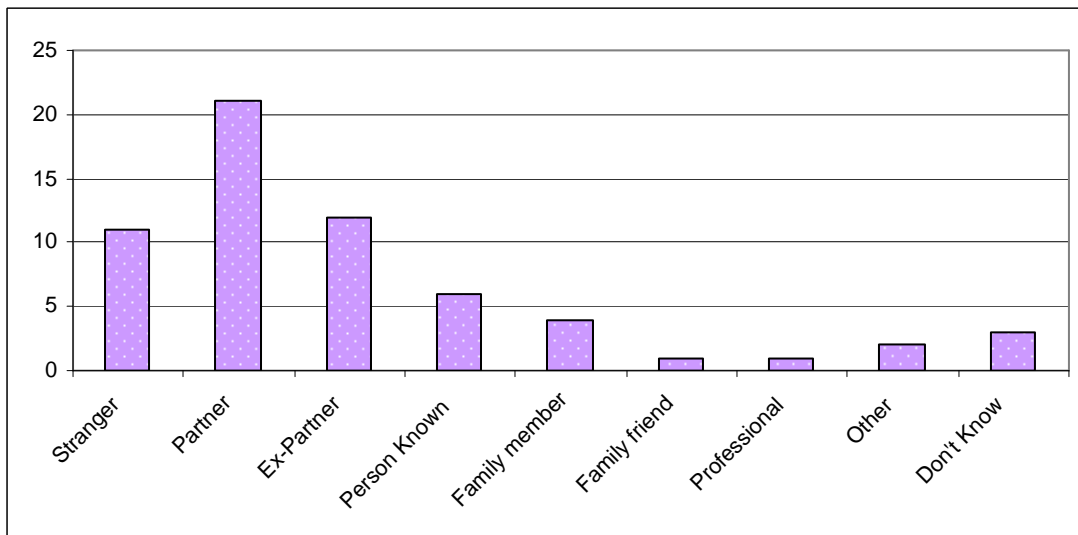
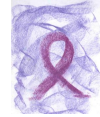


Fig 22 Perpetrator relationship to client



PARCS Statistics

Sexual Violation in Adulthood

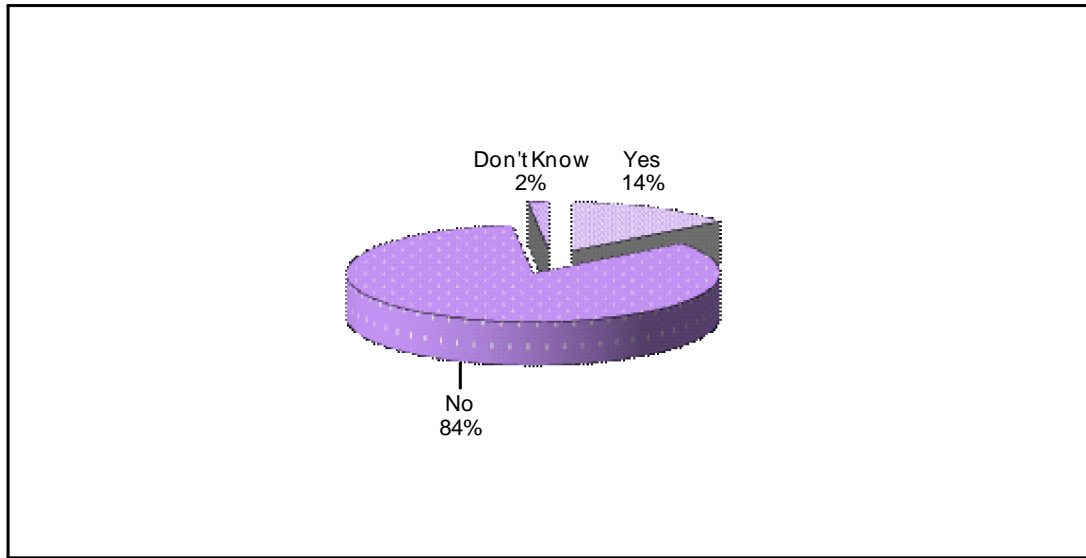


Fig 23 Reported to the police?

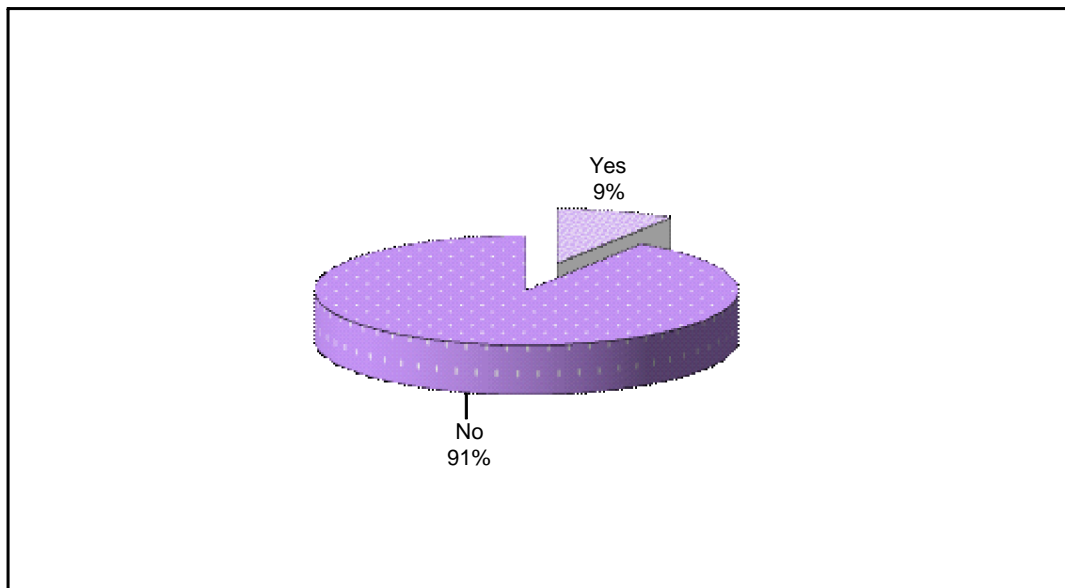
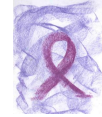


Fig 24 If reported did the case go to court?



PARCS Statistics

Sexual Violation in Adulthood

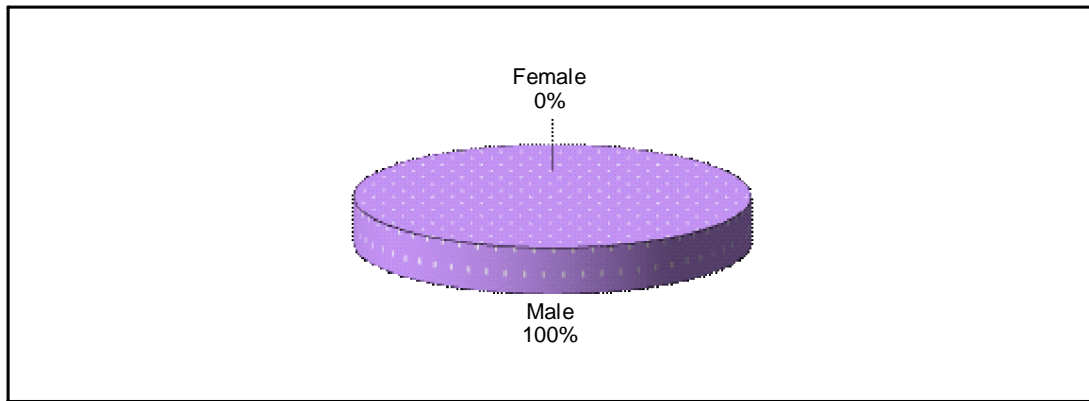


Fig 25 Gender of perpetrator –one or more incidents

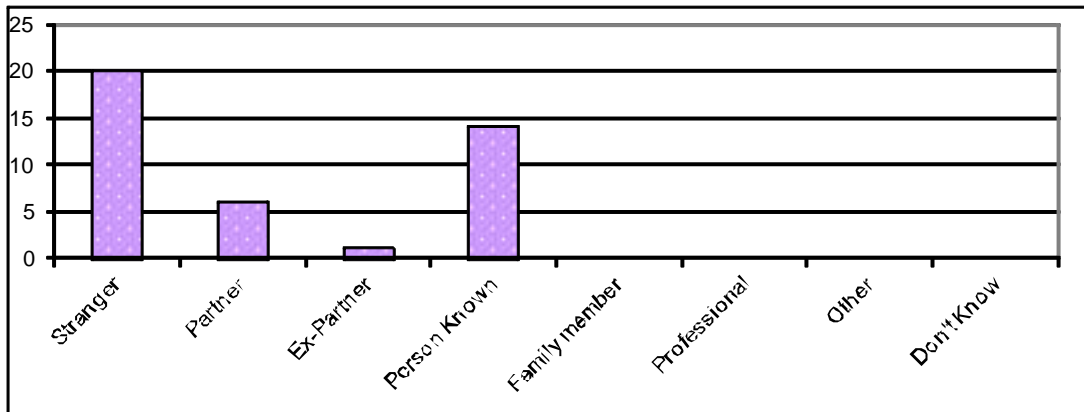


Fig 26 Perpetrators (of one or more discrete incidents) relationship to client

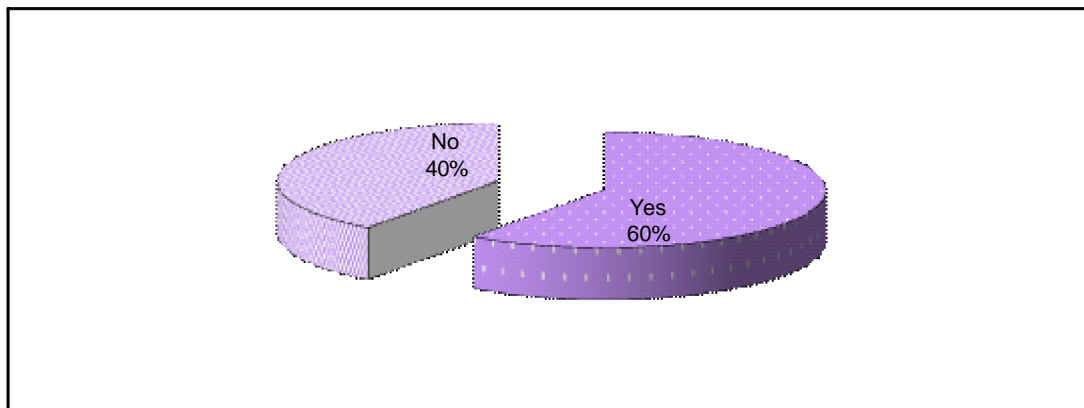
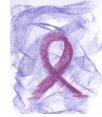


Fig 27 Reported to the police?



PARCS Statistics

Sexual Violation in Adulthood

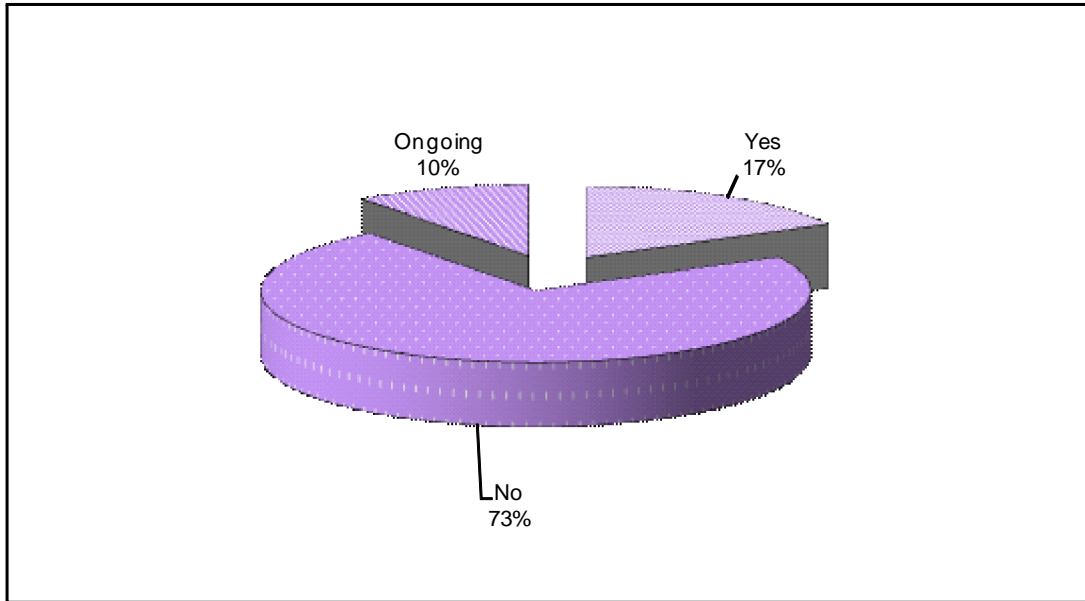


Fig 28 Did the case go to court?

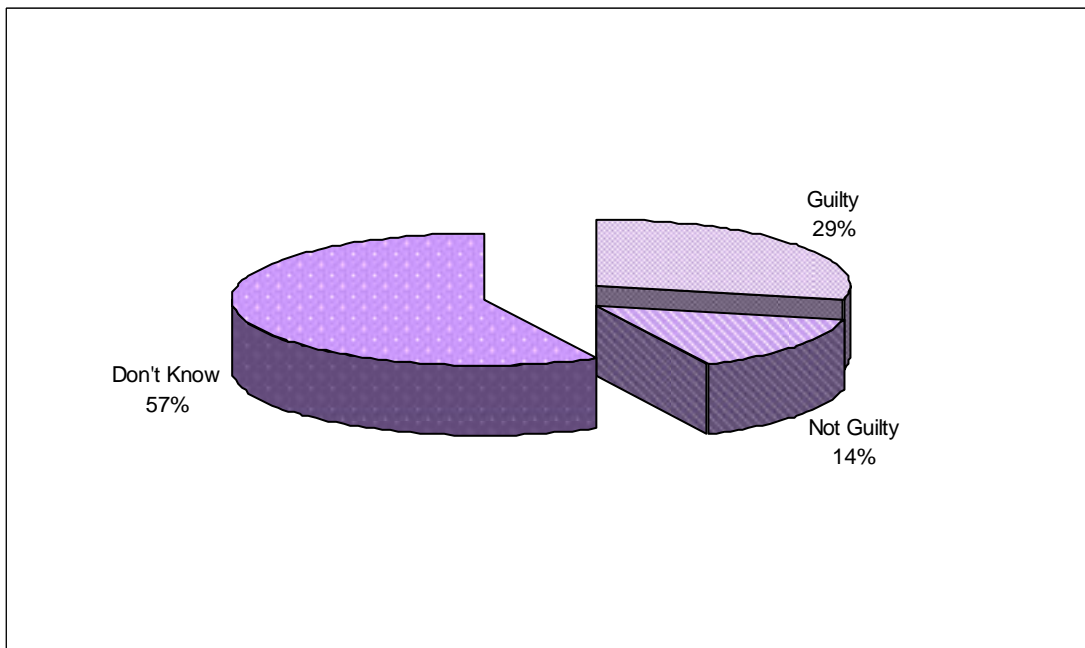
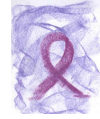


Fig 29 Verdict

PARCS Statistics



Waiting list

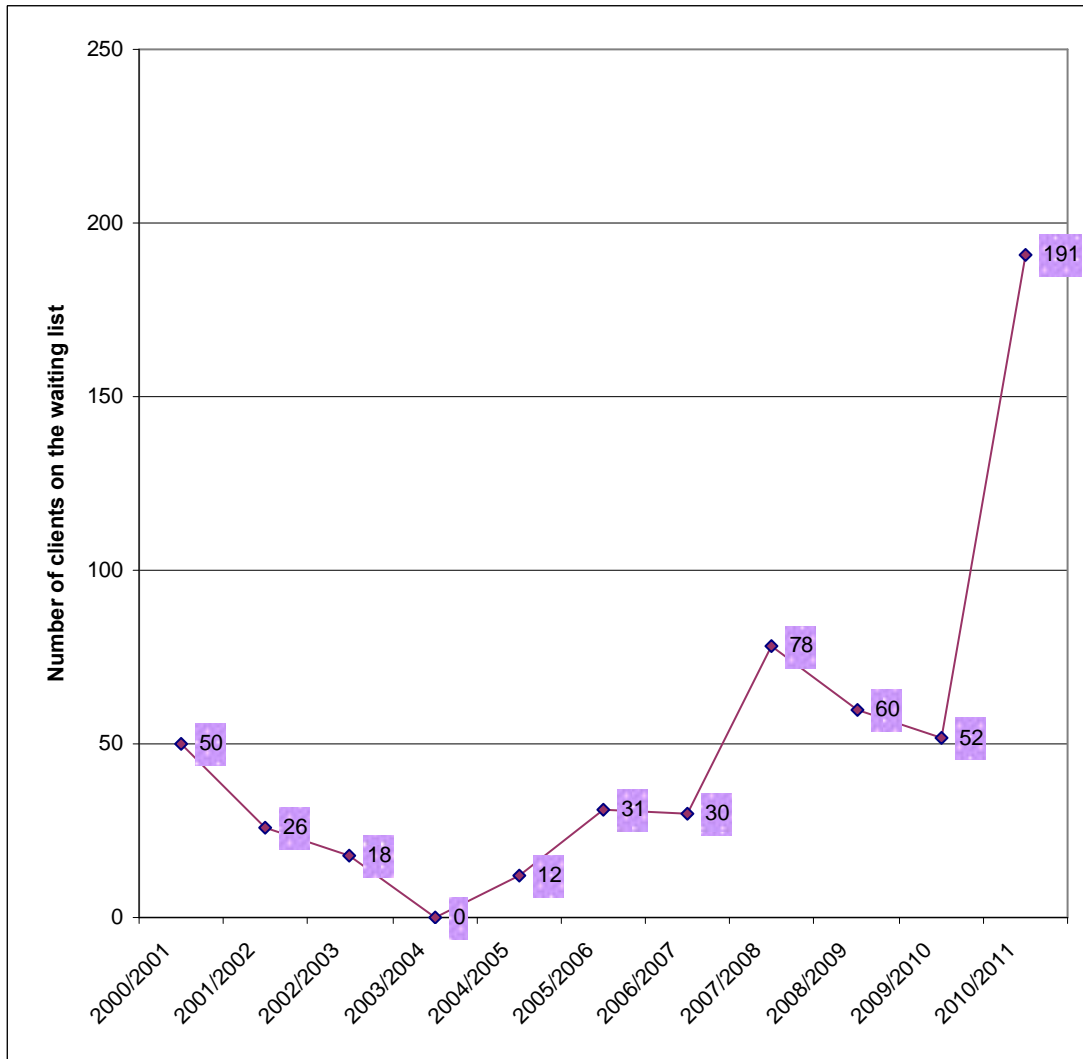
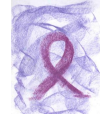


Fig 30 Number of people on waiting list at April 2011

The number of clients on the waiting list has increased by 267%, this reflects the increase of referrals (up by 467%) for the same period.

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PARCS Statistics

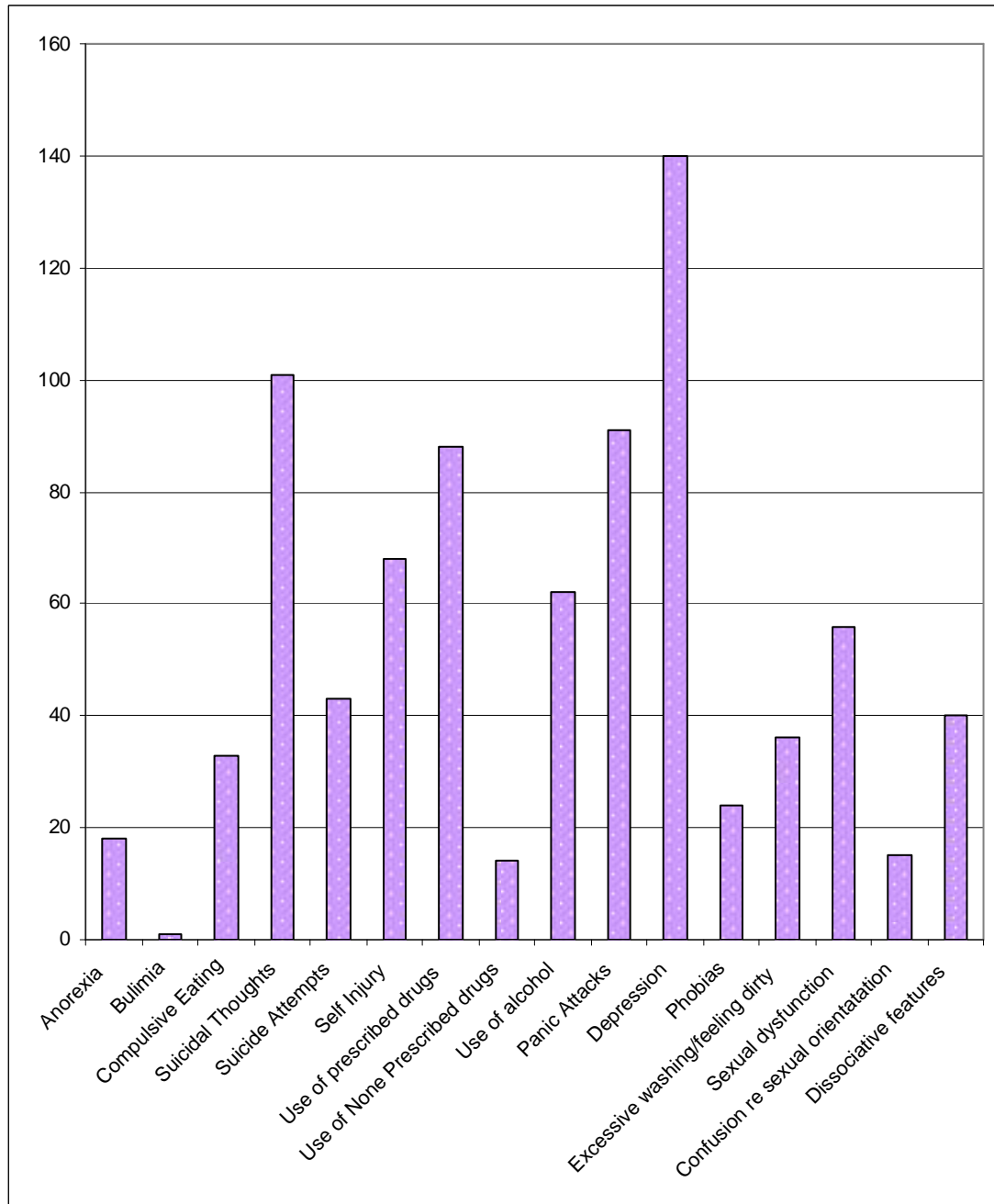
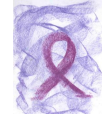


Fig 31 Mental Health Issues



PARCS Statistics

Telephone Helpline

PARCS telephone help lines provide telephone support to women and men survivors of sexual violation and their friends and families. The lines are open for 8 hours per week and are staffed by volunteers who attend regular supervision with a paid member of the staff team.

In 2010/2011 832 calls were received on the crisis line. After a large percentage increase in the calls for the period 2009/2010 the number of calls received are remaining steady at approximately 800 – 850 per year.

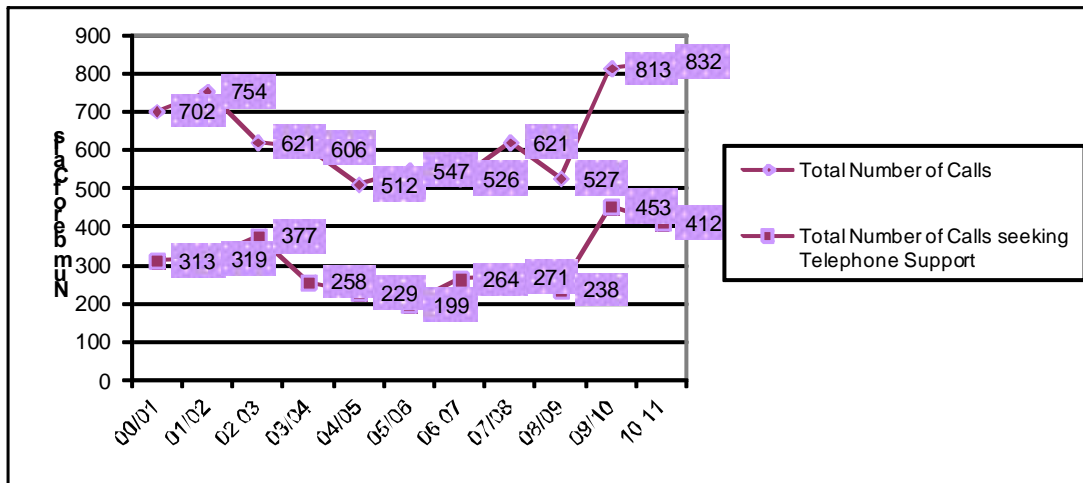


Fig 32 shows calls received and number of support calls

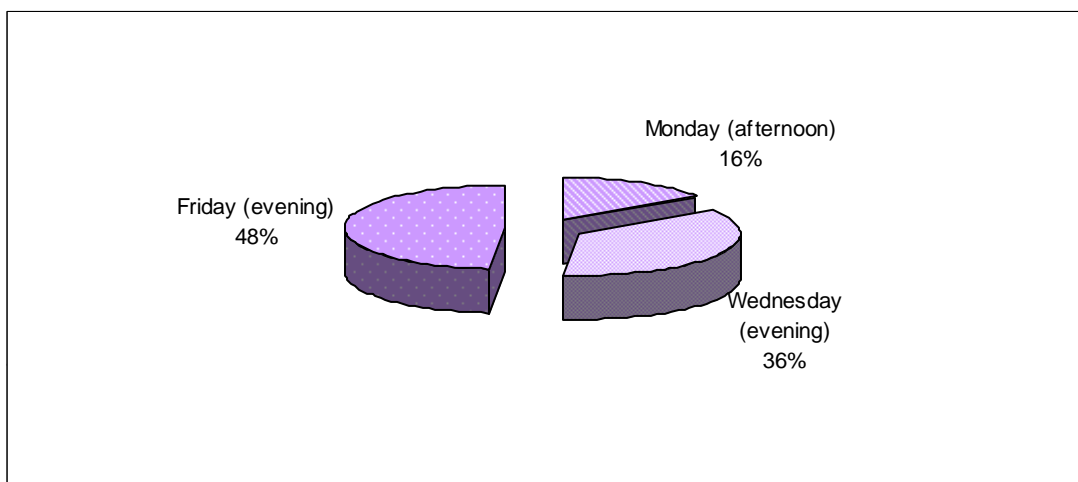
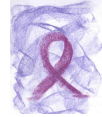


Fig 33 percentage of calls on specific days



PARCS Statistics

Telephone Helpline

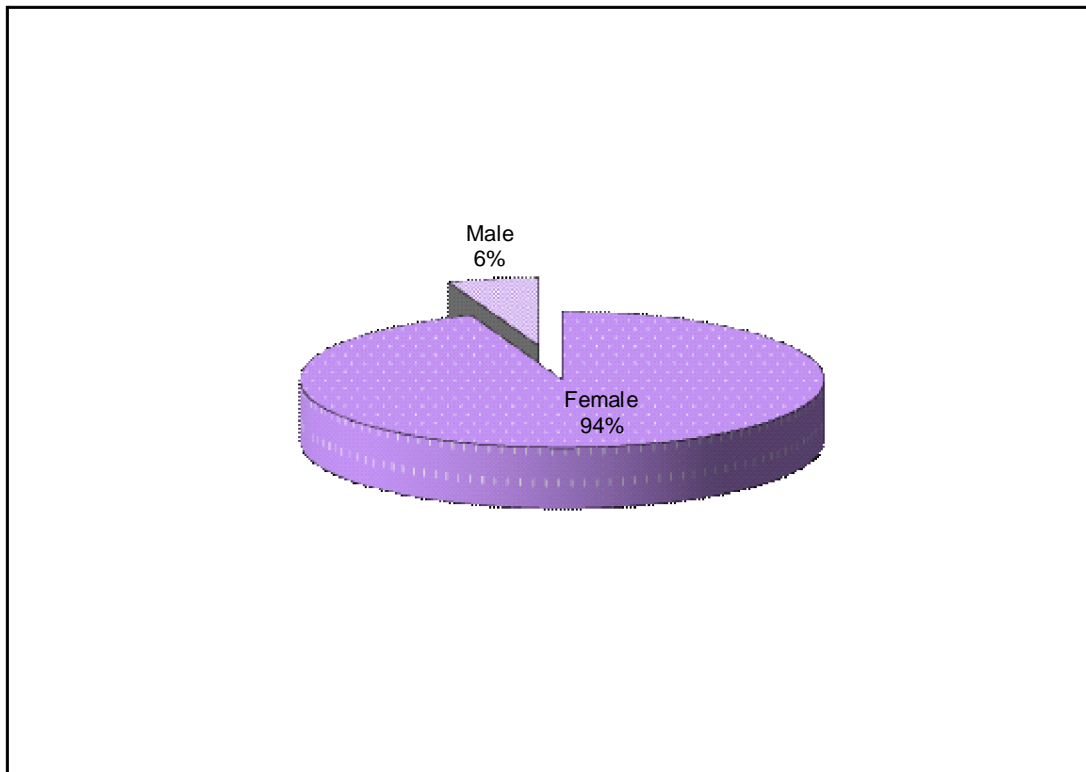
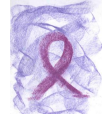


Fig 34 Gender of callers



PARCS Statistics

Evaluating the Therapeutic Work

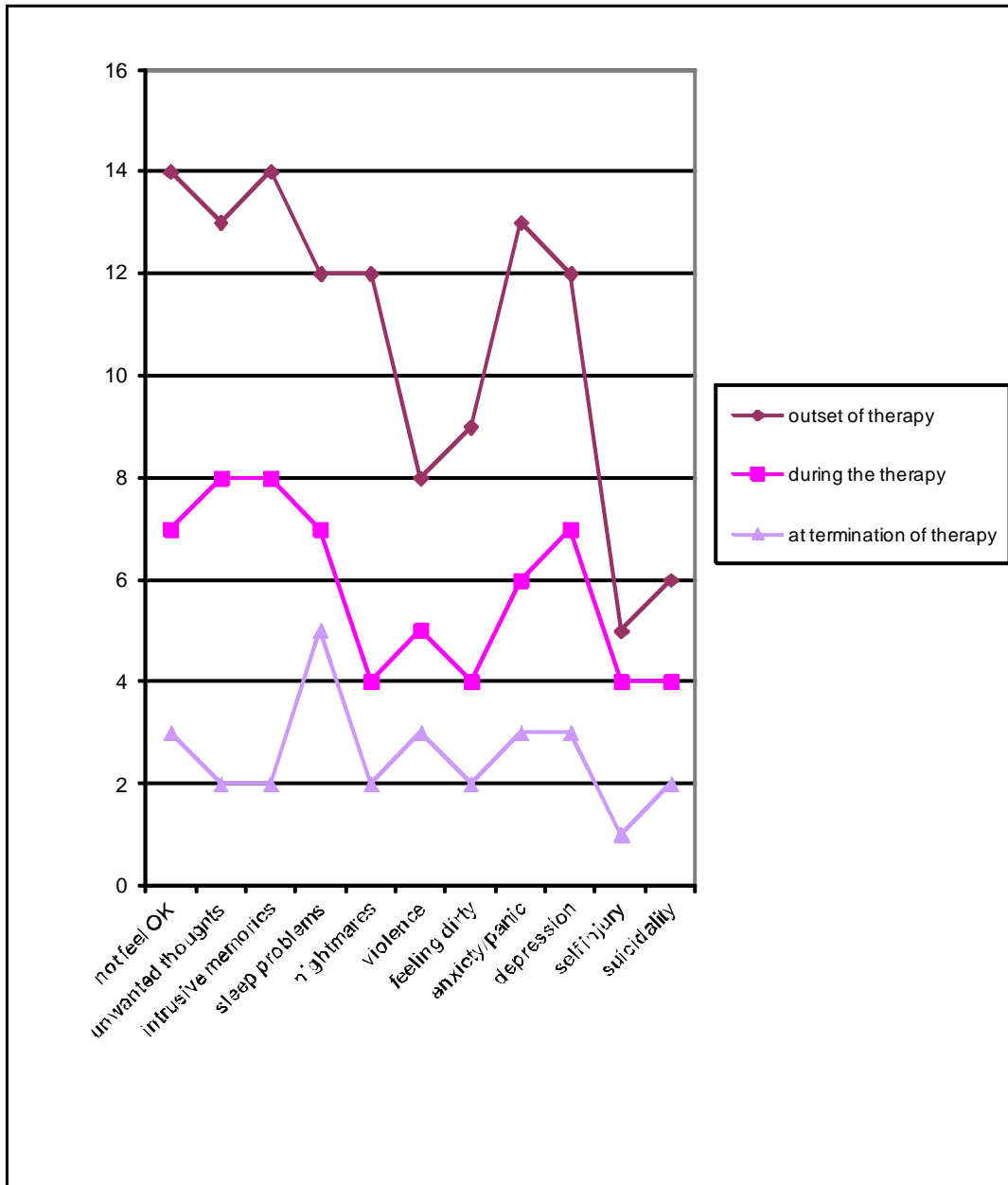
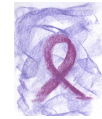


Fig 41 Effectiveness of therapy

PARCS Statistics



The Outreach Service – Young People

During the period April 2010—March 2011 the PARCS Outreach Worker engaged with 1461 young people and delivered a number of workshops which have covered a wide range of topics. This has included sexual bullying, internet safety (delivering CEOP Ambassador Training), the delay programme and developing empathy and listening skills. The Outreach Worker designs interactive programmes which use a variety of methods including Art and Drama.

Below are some of the comments from the young people who attended these workshops.

Sexting Session.

'I thought that was brilliant - I want to take that (session) home to go through it with my son.'

Teacher

Tailored session promoting the work of PARCS and Children in Need.

'Gemma, thanks for coming...you were brilliant...see you soon

Teacher

Sexting Session.

'I have a learnt a lot myself from this'

Young Person

Consent Session

I've never thought about what I actually want from my boyfriend before.'

Young Person

CEOP Presentation

'That's made me think, that film with the boy meeting that guy over the gaming, because I do that - I mean, I talk via gaming and I would probably have done that - thought it was a boy and gone to meet him. . . When it's put like that it's scary.'

Male Young Person

Sexting Session

'We saw that (Dee clip) in IT but I didn't know it was about sexting. Now I can see the consequences.'

Young Person

Lea Rape Crisis Service Young Persons' Outreach Project

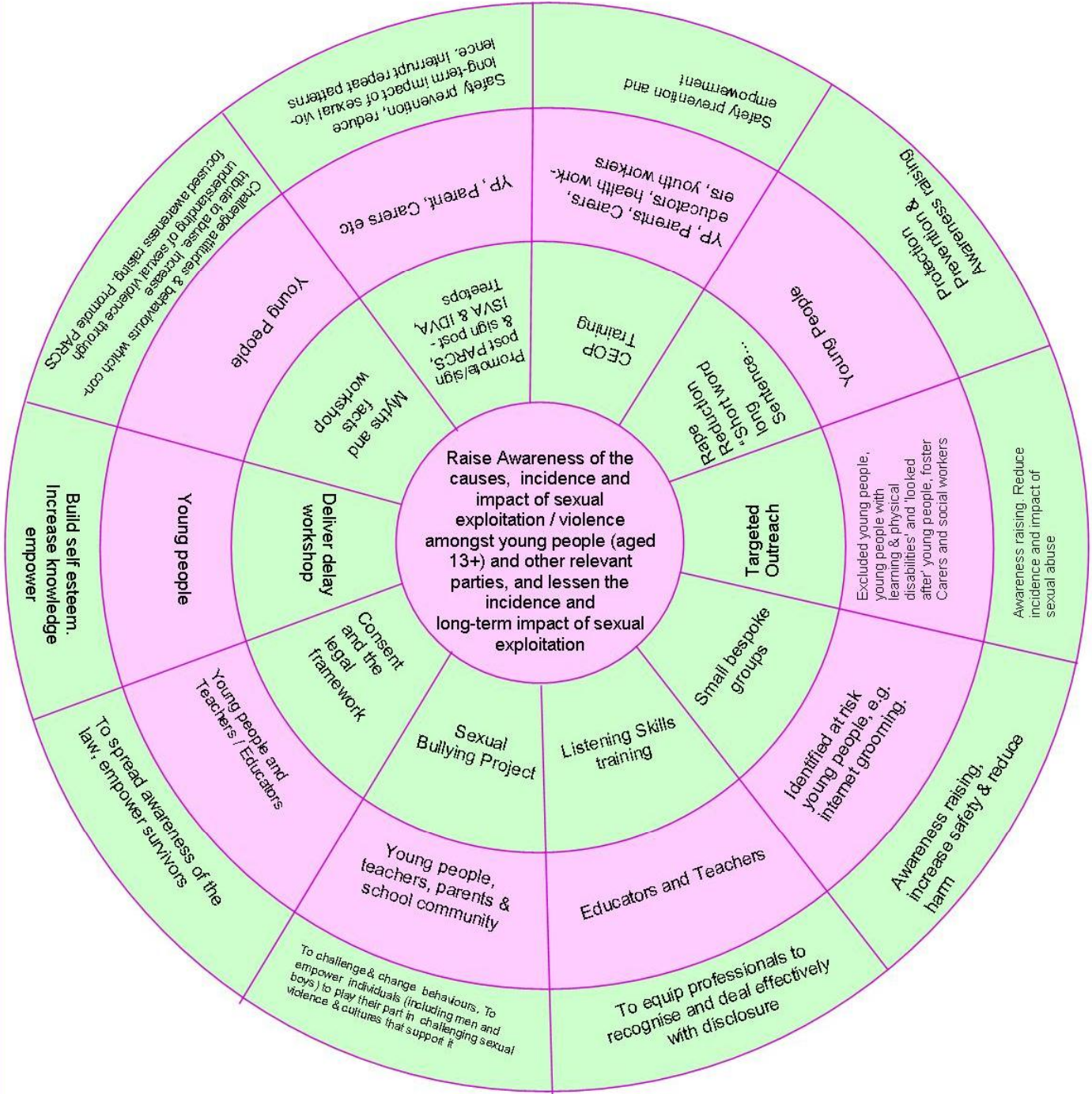
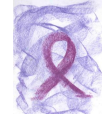


Diagram illustrating the aims and objectives of the Outreach Programme



Statistical Overview

Service activity

- ⇒ PARCS staff and volunteers provided **4592** hours of counselling and psychotherapy in 2010/11. This is an **25%** increase on last year
- ⇒ **197** women and **38** men (**235** in total) were seen and/or referred to PARCS during 2010/11.
- ⇒ **832** calls were taken by the PARCS helpline

Reason for referral

- ⇒ **71%** of the women and men who received face to face counselling during 2010/11 had been sexually abused during their childhood.
- ⇒ **14%** had been sexually violated in adulthood
- ⇒ **15%** had experienced sexual violations in both childhood and adulthood.

Counselling - Young People

- ⇒ PARCS provided **1042** hours of counselling and received **137** new referrals

Oureach - Young People

- ⇒ **1461** attended workshops facilitated by PARCS

Forums / Meetings

PARCS is represented at the following meetings:

SARC Management Group Meetings
Sex and Relationships Education Forum
Volunteer Managers Meetings
Serious Sexual Offences Priority Group at Fratton Police Station
White Ribbon Meetings.
Domestic Violence Forum
Domestic Violence and Children Sub-group
Violence Against Women Community Consultation Group.

Client Feedback



I've been coming to PARCS for just over a year now and I've had so much help and understanding. If it was not for them I would be still be on Anti-depressants or worse in a mental hospital. Their work is invaluable!! Talking through what has happened is really good as you don't have to keep it a secret anymore. PARCS help you get on with your life!!! Sorts out your issues or makes them easier to understand.

It takes a special person with specialist skills to be able to sit and listen to nightmares, horrors, strange emotions, fears, tears, tantrums, anxiety, stress, thoughts, feelings, subconscious, unconscious...the list goes on!

All of those experiences to be able to open and share for just one hour. Outside of this service there are only limited options that perhaps do not have the time or expertise to sit and listen to your most inner hidden self and reach your depths of despair.

Too true that so often the help available is often medication, alcohol or as previously stated mental hospital. None of which truly help to heal. We need someone to listen and someone to care! So please LISTEN to us and support us!

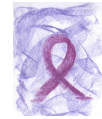
I have always been in envy of those who give their time and heart into helping and caring for others, not just in organisations but in general day to day life.

Today and many times before you have helped a dear and close friend of mine, for this I thank you from the bottom of my heart. Without your help I know the worst would happen.

There should be more awareness of groups like this to help, to take the edge off the suffering people go through every day.

PARCS is a place where people listen and understand, unlike my family who want to just brush it under the carpet. If I didn't have PARCS and Ken I'm sure eventually I would have cracked. I've lost everything in my life through gambling, caused through abuse and its great to have someone understand that I gamble to escape not cause I wanted to. Thank you Ken and PARCS, without you I dread to think. To all here keep your chin up, life can only get better!!!!

PARCS, especially Kim my counsellor has saved my life. If it wasn't for her support, understanding and insight I would have ended my life years ago. Through PARCS I can see a future, I will never be able to say thank you enough. PARCS is a life saving service. My gratitude always.



Comments from PARCS team and Volunteers

Working as a face to face volunteer counsellor at PARCS, I have realized how hard it must be for clients to have the courage to seek help and come and talk to a counsellor about their pain and trauma they have endured and suffered through being sexually abused.

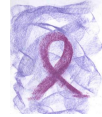
I realize how hard PARCS works at being a safe, reliable containing place for clients to come and get the support they so need and how the staff work so hard to keep the organisation going and how supported I have felt as a counsellor working with such difficult and traumatic issues.

*Lucy
Face to face volunteer counsellor*

I have now been at PARC for just over 6 months and am really enjoying my time here. I joined PARC because I was aware that there is a shortage of male counsellors in this line of work and wanted to give both woman and men a chance to work with a male therapist. I have been very supported by the whole team here and feel like I have been here much longer. I am proud to be part of this organisation as a volunteer counsellor.

*Ken
Face to face volunteer counsellor*

After working within the Education Sector for the past 12 years, joining the PARCS team in August 2011 has been a transitional process for me. To be the PARCS supervisor of a team of completely devoted and contentious crisis line volunteers, who give their time to up-hold such a vital part of Portsmouth Area Rape Crisis Service by offering an on-going crisis line service to survivors of Sexual Abuse and Rape is an amazing honour
*Beccs
Senior Counsellor / Helpline Supervisor*



Comments from PARCS team and Volunteers

Volunteering for PARCS is a crucial step for myself to gain experience of working in a serious but friendly office, undertaking the day to day activities involved with running a charitable business, including completing statistical data which is vital in order to secure further funding. This will then in time secure the future of the project that is PARCS.

It is a pleasure to work with and among some of the most dedicated and professional people that are committed to their work and quite often are thrown into the most difficult of circumstances that their clients have to deal with. To be able to make a difference even in the smallest way possible, to provide assistance where needed and support for the things that I am able to do, to take away some of the tedium and mundane tasks that are a part of all business. The little things that can be put off but are necessary to the big things that need teamwork. If easing the pressure by taking on these tasks and doing them well allows the team more time to do what they do best then that is where my motivation and reward comes from, and there are free biscuits too.

Jenny

Administration volunteer

This annual report was written, designed and produced by
the PARCS Team.

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