

Strategic Plan

2024 - 2027



**Lincolnshire Rape Crisis
& Sexual Abuse Services**
Supporting survivors in Lincolnshire



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An Introduction

Lincolnshire Rape Crisis is an Intersectional, Anti-Racist Feminist Organisation.

We provide trauma-informed therapeutic and advocacy support to individuals of all ages who have experienced any form of sexual violence at any stage in their lives. Our services are available to both adults and children.

We are committed to inclusivity - your gender identity, gender fluidity, race, sexuality, disability, neurodiversity, religion, age or socioeconomic status will never be a barrier to accessing our free services.

We celebrate diversity.

Our services extend across Lincolnshire. In Lincoln, we operate a women and girls-only centre, as well as a Mr & Mx centre.

Our team is composed of a multilingual and diverse group of women, all of whom are trained specialists in supporting survivors of sexual violence. As an independent organisation affiliated with Rape Crisis England and Wales, we are a Rape Crisis Professionally Approved service, working in alignment with the Rape Crisis National Service Standards.

Lincolnshire Rape Crisis was established and registered as a Charitable Incorporated Organisation (CIO) in 2013.

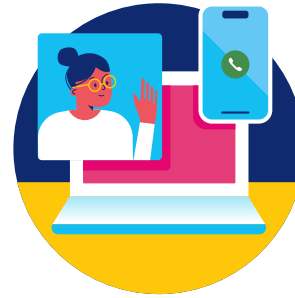
we support.

we empower.

we believe.

Our services

We support anyone who has experienced sexual violence at any point in their lives. This includes, rape, sexual assault & sexual abuse.



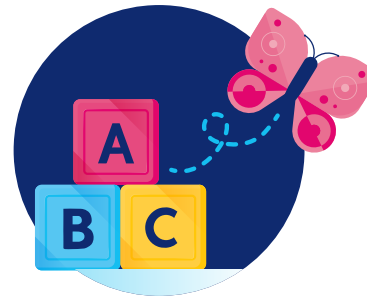
Remote Services

We deliver support via email, Zoom and telephone. We run part of the national RCEW 24hr Support line and Live Chat services.



Face to Face Services

Our face to face services are all trauma informed and delivered by trained specialists. Our services include sexual violence support, counselling and EMDR.



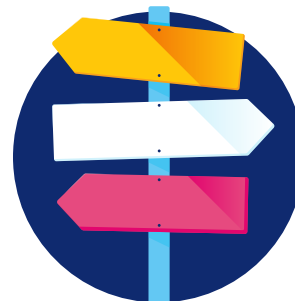
Children & Young People

We have a young person specialist sexual violence support worker and a children and young persons counsellor as well as our CHISVA. All of our services are trauma informed and delivered by trained specialists across the county.



Training & Group Work

We offer group work, training and advice to those supporting survivors personally and to professionals who are working with survivors.



Advocacy Support

We have an ISVA (Independent Sexual Violence Adviser) team made up of an ISVA service manager, a young persons and children's ISVA and Black and minoritised survivor advocate.

Strategic Overview

Our aims and objectives are guided by a thorough assessment of the prevalence of sexual violence and the critical need for specialist support services for survivors in Lincolnshire.

Access to specialist sexual violence support in the county is limited, and we are the only non-statutory organisation in Lincolnshire providing a comprehensive range of holistic, specialist services. We support all survivors of sexual violence, ensuring our services remain as accessible as possible.

To achieve this, we deliver support across a variety of outreach venues, actively promote our services, and provide accessible spaces to meet the diverse needs of survivors. Our services are offered without discrimination, regardless of involvement with the Criminal Justice System, residency or immigration status.



Lincolnshire

Lincolnshire is the second-largest county in England by area and is bordered by eight other counties: East Yorkshire, South Yorkshire, Nottinghamshire, Leicestershire, Rutland, Northamptonshire, Cambridgeshire and Norfolk. The county has over 50 miles of coastline, stretching from The Humber in the north to The Wash in the south.

As of the mid-year population estimate released by the Office for National Statistics (ONS) in June 2020, Lincolnshire has a population of 766,300, an increase of 25,000 since 2017. The population is projected to grow to approximately 844,000 by 2041.

Lincolnshire's coastal areas are among the most deprived 10% of neighbourhoods nationally. Pockets of major towns and the East Coast of Lincolnshire experience relatively higher levels of multiple deprivation compared to the county's rural areas.

The county's population has become increasingly diverse in recent years due to the emergence of new communities. According to the 2011 Census, 93% of residents identified as White British, while 4% identified as White Other - a group primarily composed of Eastern European communities, many of whom work in the agricultural, hospitality and tourism industries. The non-white population accounted for 2.7% of the total population in 2011, compared to 1.4% in 2001. Despite these increases, Lincolnshire's diversity remains low compared to the national non-white population of 14%.

Lincolnshire Rape Crisis provides services across the county.



The National Picture

Sexual violence affects a vast number of individuals in the UK, with profound and long-lasting consequences.

1 in 5 women (20%) and 1 in 25 men (4%) will experience a sexual offence in their lifetime, equivalent to approximately 3.4 million female and 631,000 male victims.

A recent study found that **3.1% of women (510,000) and 0.8% of men (138,000) aged 16 to 59 had experienced sexual assault in the past year.**

Every year in England and Wales, approximately **85,000 women and 12,000 men (aged 16–59) experience rape, attempted rape, or sexual assault by penetration.** This equates to 11 of the most serious sexual offences against adults occurring every hour.

Despite these alarming figures, **only 15%** of those who experience sexual violence **report it to the police.**

The recent **#MeToo** movement has played a key role in increasing awareness of sexual violence, fostering public dialogue around support and prevention. However, this heightened attention has also led to a growing demand for specialist rape crisis centres, as more survivors seek the support they deserve.

Our Service Values

we support.

we empower.

we believe.

Feminism

We believe that sexual violence is both a cause and a consequence of gender inequality. As a proud feminist organisation, we are committed to advocating for the rights of women and working towards a society free from gender-based violence.

Equality

Equality is a fundamental human right. We acknowledge that our service users may face discrimination based on gender, ethnicity, religion, age, disability, or sexual orientation. We are committed to fighting for equity and actively strive to create an inclusive and accessible service for all.

Empowerment

We are committed to empowering individuals to claim their rights and make informed decisions about their lives. Our approach is rooted in the empowerment model, ensuring that all service users receive the support they need to regain control and autonomy.

Choices

Offering you choice is paramount to our work at Lincolnshire Rape Crisis. We will be led by the choices that you make. We recognise and embrace you as the expert of you.

Respect

At Lincolnshire Rape Crisis, everyone is treated with dignity and respect. We respect your individual life story and experiences and we will always believe you.

Trust

You can trust our services to be confidential, providing safe and supportive spaces. We work with transparency and honesty, ensuring that our integrity and your trust in us remains our highest priority.



Our Mission

We are dedicated to supporting survivors of sexual violence, advocating for their needs and working towards the elimination of sexual violence. Our work is underpinned by a feminist analysis of Violence Against Women and Girls, recognising the deep-rooted inequalities that perpetuate gender-based violence.

Our Vision

A world free from sexual violence. Where everyone is free from the fear and experience of sexual violence and where all individuals have the freedom and choice to lead the lives they want.

Our Charitable Purpose & Organisational Impacts

- **Supporting Survivors:** Relieving the needs and protecting the physical, emotional and mental well-being of survivors of sexual violence and those at risk within Lincolnshire. We achieve this by providing specialist, trauma-informed counselling, advocacy and support.
- **Raising Awareness:** Campaigning, educating and increasing public awareness to challenge misconceptions and educate communities about sexual violence.
- **Preventing Sexual Violence:** Reducing the risk of sexual violence through empowerment, particularly for women and girls, fostering safety, autonomy, and resilience.

Our aims for the next 3 years

Expanding Our Reach and Support:

We aim to extend the reach and impact of our organisation by providing a diverse range of effective services that meet the needs of survivors across Lincolnshire. This includes working more effectively across the county and increasing accessibility for minoritised groups.

Raising Awareness and Promoting Intersectional, Anti-Racist Feminism:

We are committed to raising awareness of the prevalence and impact of sexual violence on all communities. This includes:

- Promoting our services and the importance of specialist support for all survivors.
- Empowering survivors, amplifying intersectional voices and shedding light on the realities of sexual violence.
- Challenging public attitudes and misconceptions about sexual violence.
- Advocating for and communicating our intersectional, anti-racist empowerment model.

Sustaining and Growing Our Services:

We will continue to meet increasing demand by ensuring the long-term sustainability and development of our services.



An overview of how we work

We recognise that sexual violence affects people of all genders but disproportionately impacts women. We are an intersectional, anti-racist, feminist organisation. This model of feminism informs our delivery, ethos, and growth.

We support. We empower. We believe.

The following principles inform all of our work:

- Sexual violence is both a cause and a consequence of gender inequality.
- Sexual violence is not an isolated experience but a manifestation of misogyny, patriarchy, and male privilege.
- We believe all survivors.
- We provide a women-only space.
- We challenge myths and victim blaming in all aspects of our work.
- If it is not intersectional feminism, it is not feminism.
- Women should lift women up.
- We are committed to being truly representative of the communities we serve.



Objectives

2024 - 2027

We believe in transparency and we want to communicate our objectives clearly. To ensure this we have divided our objectives into three categories.

01 Service Delivery Objectives

02 Awareness Raising Objectives

03 Enabling Objectives

24 - 27

01

Service Delivery Objectives

These objectives focus on our service delivery, our support and our reach.

- ✓ We will continue to offer meaningful, appropriate, and relevant support services to survivors across Lincolnshire.
- ✓ We will focus on delivering support appropriate to survivors' needs, focusing on increasing service provision, widening geographic reach, and reaching those in underserved communities, with a clear and strong focus on equity and inclusivity for minoritised survivors.
- ✓ We will continue to deliver and develop a high calibre of specialist, trauma-informed services to ensure that survivors can access a wide range of high-quality specialist services.

2024 - 2027

02

Awareness Raising Objectives

These objectives focus on campaigning, education, and awareness-raising to educate the public about sexual violence and work towards the prevention of abuse. This work will be underpinned by a feminist analysis of Violence Against Women and Girls.

- ✓ Our approach will be guided by the voices of survivors and driven by their lived experiences.
- ✓ We will focus on communication strategies to improve information provision for all survivors, raising awareness of the prevalence and impact of sexual violence across all communities.
- ✓ We will promote our services and highlight the need for specialist support for all survivors in Lincolnshire.
- ✓ We will empower survivors and amplify the voices of intersectional survivors, shedding light on the realities of sexual violence. Our aim is to change public attitudes and promote our intersectional, anti-racist empowerment model.
- ✓ We will challenge myths about sexual violence among the public, partners, and other agencies, prioritising the voices of intersectional survivors in this work.

03

Enabling Objectives

These objectives underpin our work and our ability to achieve our wider goals.

- ✓ Ensure the consistent delivery of high-quality services while strengthening our ability to influence policy and practice both nationally and locally.
- ✓ Pursue new, meaningful projects and contracts that contribute to the growth and vibrancy of the organisation.
- ✓ Maintain financial sustainability by ensuring healthy reserves and a stable income for the charity.
- ✓ Continue to develop and expand our work, collaborating with statutory and voluntary agencies, as well as fostering relationships with 'by and for' organisations.
- ✓ Strengthen organisational structures and long-term sustainability through the development of our fundraising strategy, business plan, and monitoring and evaluation frameworks.
- ✓ Maintain Lincolnshire Rape Crisis' position as the only specialist sexual violence support organisation in the county.
- ✓ Maintain strong relationships with existing funders and commissioners while actively developing new partnerships.

2024 - 2027



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For administration and media enquiries:

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0808 500 2222