



# SUPPORT FOR SURVIVORS OF RAPE AND SEXUAL ABUSE IMPACT REPORT 2025 - 2026

## Foreword from CEO, Ms Mags Godderidge

In the last year, we continued to see as many adult survivors of rape, sexual assault and child sexual abuse as possible within our current resources. High demand and increased costs led us to close our waiting list to new, unfunded self-referrals for much of the year. However, *Survive* was still very much open and we continued to help around 100 survivors a week get their lives back on track.

We know what we do works – and we are delighted to share the results of an Independent Evaluation of our data by The University of York alongside feedback from those who have used our services.

Of course, we could not achieve anything without our people and our funders: we are extremely grateful to our people for the incredible work they do and to our funders for their ongoing support of *Survive* and the survivor community.

Mags Godderidge,  
*Survive* | Chief Executive Officer

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## Accredited by The Survivors Trust

*Survive* remains the only specialist sexual violence agency in York and North Yorkshire that has achieved conformance with The Survivors Trust UKAS Accredited National Services Standards.

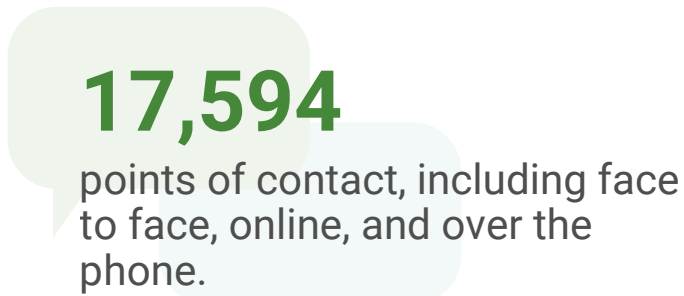
The Survivors Trust accreditation aligns with the newly introduced UKAS inspection of Sexual Assault Referral Centres (SARCs) to create an externally verified and unified approach to quality assurance inspection across sexual violence services nationally.

The accreditation independently validates the quality and safety of our work, assuring survivors, commissioners and funders. And being the only accredited service locally reinforces our position as the region's specialist provider of sexual violence services.



***"I wouldn't be here without this help."***

## OUR CLIENTS

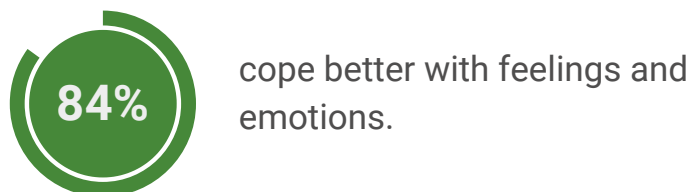
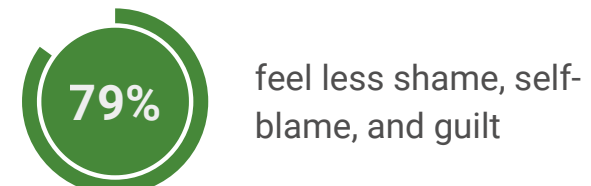
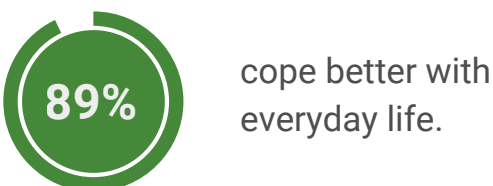
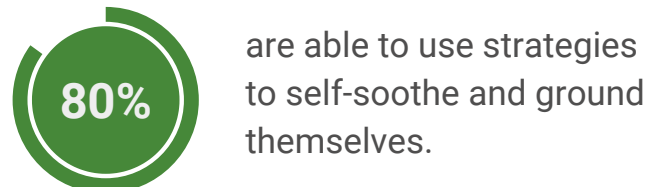
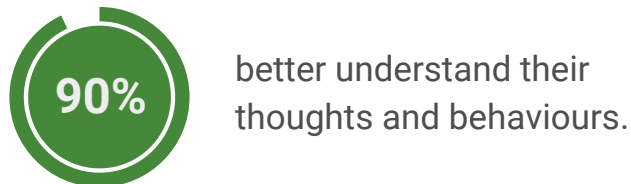


All delivered by

**13.87 full time  
equivalent staff**

***"I will be grateful for the rest of my life."***

**The impact of our specialist services and trauma-specific interventions on our clients:**



Based on 182 responses.

***"Without Survive I wouldn't have been able to get  
through the rest of my life"***

# OUR PEOPLE

Despite the increased demand for our services, we achieved a great deal this year thanks to the hard work, dedication and commitment of our 13.87 FTE staff.

We have over 250 years of collective experience supporting survivors of sexual trauma. We can competently work with complex trauma, attachment disorders and dissociative identity disorder.

*“For a small charity, Survive works really hard to support its people”*

*“Working for Survive enables me to offer a service that is fully in line with my personal values, which is a really enriching part of my life”.*



Disability Confident Committed Employer



Real Living Wage Employer



Paid for Training



Paid for Clinical Supervision



Health Benefits Scheme



Established Peer Support Group



agreed they receive help and support from their colleagues.



know and understand Survive’s mission and values.



can recognise signs of vicarious trauma, fatigue or burn out and know what to do and how to signpost to helpful sources.



agreed Survive is a great place to work.



are clear about what is expected of them in their role.



agreed Survive provides a safe and inclusive working environment.

Being a happy, supportive workplace enables us to retain skilled trauma-specialist staff, ensuring survivors receive consistent, high-quality support.

*“I cannot thank everyone at Survive enough.”*

# OUR IMPACT

## Independent Evaluation of *Survive*, by The University of York

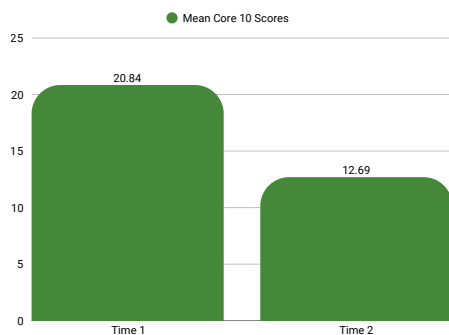


This year, Dr Nathalie Noret and Dr Susan Hillyard from The University of York reviewed *Survive*'s data and its outcome for survivors.

They found *Survive* **significantly reduced symptoms of psychological distress and significantly reduced trauma** in adult survivors of rape, sexual assault, and/or Child Sexual Abuse. Their research showed how *Survive* has helped survivors **cope with their experiences, adapt and move forward**.

They found that the support provided by *Survive* had clearly **helped survivors to live healthier and happier lives**.

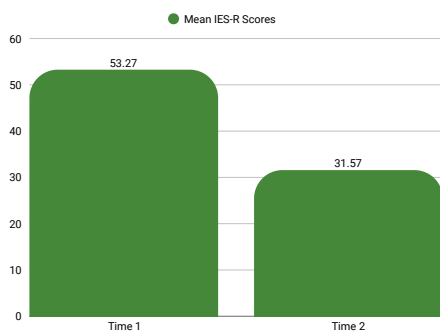
### Quantitative data found:



#### CORE-10 Scores

The Clinical Outcomes in Routine Evaluation (CORE-10) evaluates psychological distress in a person. The analysis of anonymised *Survive* data by The University of York found that psychological distress reduced significantly following involvement with *Survive*. **On average, people moved from moderate to severe psychological distress to mild distress.**

Based on matched pre/post data for 261 people.

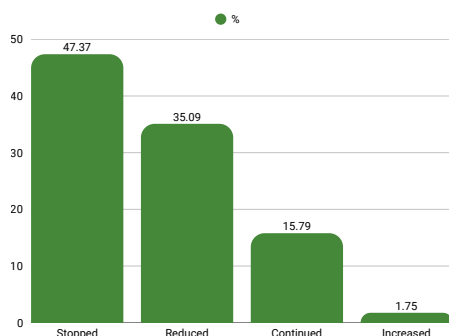


#### IES-R Scores

The Impact of Event Scale – Revised (IES-R) assessment evaluates the level of trauma experienced by a person following an incident/s. The analysis of anonymised *Survive* data by The University of York found that symptoms of trauma significantly reduced following involvement with *Survive*. **On average, people moved from PTSD and suppressed immune system functioning to partial PTSD.**

Based on matched pre/post data for 261 people.

### Reduced reliance on NHS Mental Health services



82% (N=47) of people on an NHS-pilot pathway stopped or reduced their use of NHS Mental Health Services after accessing *Survive*.

***“...this service has changed my life.”***

# OUR IMPACT

## Qualitative data found:

Clients felt acknowledged, listened to and respected, and less isolated. They felt seen as an individual.

*Survive* helped clients address related mental health concerns and reflect on their behaviours and feelings.

*Survive* provided clients with strategies and methods of dealing with sexual trauma.

*Survive* assisted with referrals to and engagement with other support services.

*Survive* helped clients develop and maintain healthy and productive relationships.

Clients were able to visualise a happier, healthier future.

View the full report at: [www.survive-northyorks.org.uk/the-impact-of-survive-an-independent-evaluation](http://www.survive-northyorks.org.uk/the-impact-of-survive-an-independent-evaluation)

# OUR ORGANISATION

*Survive* is truly trauma informed. We create safe spaces for survivors to talk about what happened – often for the first time; we validate their experience/s by believing them; we vindicate by reminding survivors that what happened was not their fault; and we build trust by ensuring survivors feel heard, respected, and understood. We are committed to working in a holistic, person-centred way.

The impact of our person centred, trauma informed approach means:



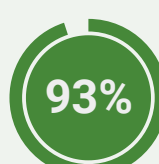
were able to build a trusting relationship with their practitioner



were satisfied with their overall experience of *Survive*.



thought their practitioner had the correct skills to work with their needs .



felt empowered, in control and able to make their own decisions.



felt supported, listened to, and understood .

Based on 182 responses.

*“The support was definitely a lifesaver for me”*

## OUR STAKEHOLDERS (partners, funders, and communities)

**Survive raised £264,000** through trust funds, individual donors, appeal letters, fundraising events and applications — covering 41% of our expenditure for 2025–26 and directly enabling hundreds of survivors to access free, specialist trauma support.

We secured multi year funding from The National Lottery, The Dashlight Foundation and The Leathersellers, giving us vital stability to plan ahead and reduce waiting times.

97.5% of all expenditure is invested in frontline delivery, with just 2.5% invested in raising funds.

**Lifetime cost of ONE survivor in  
York/North Yorkshire = £264,000**



**Average cost of Survive  
counselling = £640**

### Support from York Rotary

We were delighted to receive the news that York Rotary had nominated *Survive* as their chosen charity for 2026's Dragon Boat Race.

The Dragon Boat Race, held in July each year along the River Ouse, provides a high-profile opportunity to support local charities in York's community.

Not only will their support bring much-needed funds to *Survive*, but it also sends a clear message to survivors of sexual violence and abuse living in York and further afield: *"What happened is not your fault. You are worthy of help and support. We stand with you."*



#TeamSurvive at the Dragon Boat Race 2025

***"...the difference between life and death"***

## Shame Ends Here

At the start of Sexual Violence Awareness Week 2026, *Survive* was delighted to support local artist, **Lucy Churchill** and artist group, **Make Your Mark** in their innovative art installation. The powerful combination of demonstrable facts and personal perspectives presented in a succinct and visually impactful way enlighten people who haven't experienced sexual violence, and bear witness to those who have.



The project included:

- The 1,436 incidents reported to North Yorkshire Police during one year (1 Oct 2023 - 31 Sept 2024) represented in a striking map-based artwork
- A hand-made 'Book of Testimonies' with survivors' contributions
- A short evocative film featuring survivors' personal reflections
- A pamphlet of data and additional information for visitors to take.

Please visit [www.lucychurchill.com/shame-ends-here/](http://www.lucychurchill.com/shame-ends-here/) to find out more.

## Experts united at *Survive* Conference to address the impact of Sexual Violence

As the year came to a close, we were preparing for a conference, entitled *Sexual Trauma: Prevalence, Impact, and What Works for Recovery*.

The event provided a valuable opportunity for commissioners, professionals, practitioners, and the wider community to deepen their understanding of sexual trauma and engage with current research and best practice. Dr Nathalie Noret presented The University of York's independent evaluation of *Survive*'s impact.

The conference also featured a series of expert speakers from across the UK, offering insights into the physical, psychological, and emotional effects of sexual violence, alongside evidence-based approaches to supporting survivors.

Speakers included:

**Professor Alexis Jay OBE**, Chair of the Independent Inquiry into Child Sexual Abuse (IICSA).

**Fay Maxted OBE**, Chief Executive of The Survivors Trust.

**Duncan Craig OBE**, CEO of We Are Survivors.

**Jeremy Bacon**, Third Sector Lead at the British Association for Counselling and Psychotherapy.

**Dr Jacqui Lovell**, Director at the Survivor Research Network.

*"Survive saved my life, and are helping me rebuild a new healthy and safe one."*

**With thanks to our supporters, including:**

The Ministry of Justice (MoJ)  
York and North Yorkshire Combined Authority (YNCA)  
National Lottery Community Fund  
Dashlight Foundation  
The Leathersellers  
Health Lottery  
The Kenneth Hargreaves Charitable Trust  
The Charles and Elsie Sykes Charitable Trust  
Norman Collinson Charitable Trust  
York Common Good  
Shears Trust  
Charlie Dallas Lancaster  
Noble Charitable Trust  
Keith Howard Foundation  
Portakabin  
Jack Brunton Charitable Trust  
Isabel Ward Charitable Trust  
Hillcote Trust  
The Metis Trust  
Earl Fitzwilliam Charitable Trust  
Purey Cust Trust  
Souter Charitable Trust  
Whitwam Family Charitable Trust  
YNCA Mens' Mental Health  
Liz & Terry Bramall Charitable Trust

**And all those who donated, fundraised,  
and gave their time to our cause.**



**[www.survive-northyorks.org.uk](http://www.survive-northyorks.org.uk)**

Registered charity 1069129  
Company registered in England & Wales 03455000  
BACP Membership 00104488