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

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

1,672 PEOPLE
supported by our services.

5,126 HOURS
of support work, counselling, trauma therapy and EMDR psychotherapy delivered.

17,594
points of contact, including face to face, online, and over the phone.

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:

90% better understand their thoughts and behaviours.

80% are able to use strategies to self-soothe and ground themselves.

89% cope better with everyday life.

79% feel less shame, self-blame, and guilt.

84% cope better with feelings and emotions.

75% feel safer.

Based on 182 responses.

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

OUR IMPACT

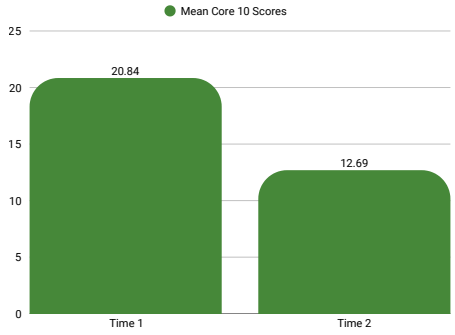
Independent Evaluation of *Survive*, by The University of York

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**.

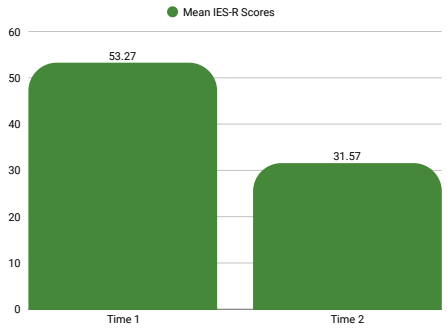
They found that the support provided by *Survive* had clearly **helped survivors to live healthier and happier lives**.

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**.

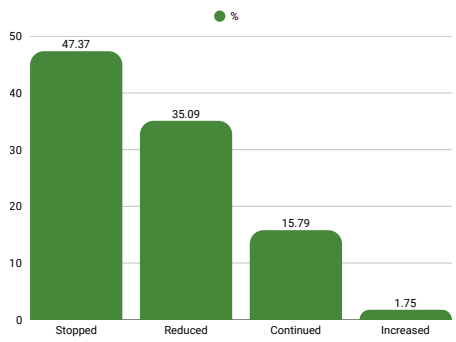
Based on matched pre/post data for 261 people.



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 139 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

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:

97% were able to build a trusting relationship with their practitioner

95% were satisfied with their overall experience of *Survive*.

97% thought their practitioner had the correct skills to work with their needs.

93% felt empowered, in control and able to make their own decisions.

97% felt supported, listened to, and understood.

Based on 182 responses.

"The support was definitely a lifesaver for me"