

How you can support our work

Donate

to donate £10, text SWCT44 £10 to 70070
or visit localgiving.org/charity/swcts

Fundraise

contact us at office@swcts.org.uk or on social media, so we can support your fundraiser to be a great success!

Stay in touch



@swctsUK



@sheffieldwomenscounselling

and help us spread the word about our work :-)

Volunteer

visit swcts.org.uk to see our vacancies for volunteer roles

swcts.org.uk

Sheffield Women's Counselling and Therapy Service

office@swcts.org.uk 0114 275 2157 44 Daniel Hill, Sheffield, S6 3JF

Registered charity 1010129 Registered company 2443288



Annual Review

2016-2017

Sheffield Women's Counselling and Therapy Service (SWCTS) has been providing free counselling and psychotherapy services to women across the city for over 28 years. We provide specialist services for women who have been subject to abuse and trauma as children or adults, including sexual abuse, rape, domestic abuse, chronic neglect, emotional abuse, sexual exploitation, trafficking or torture.



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A message from our trustees

Dear friends,

It is an exciting time to be part of the community of organisations who provide a crucial lifeline for women who are survivors of abuse and trauma. As we see much more widespread public acknowledgement of the need to support survivors of abuse and to challenge cultures of abuse wherever we find them, we very much hope that this increased awareness will lead to stronger support for survivors' services.

As the demand for our service continues to grow, we are working to develop our capacity, and our ability to raise funds, so that we can help many more women in Sheffield each year. This includes working on raising our profile and engaging with our local community so they know how they can support us. We are also looking at how we can make increased use of digital tools to raise awareness of our service and ensure that supporters can easily get involved.

We are extremely grateful to all of our supporters, without whom, our work would not be possible:

- Our highly skilled volunteers who give so generously of their time, not only to deliver therapy, but to attend training, and supervision.
- Our funders and donors: The Big Lottery Fund, Sheffield Clinical Commissioning Group and the Tudor Trust
- Our dedicated team of staff and associates
- Our statutory and voluntary sector partners
- All of our hirers who support our work through renting therapy rooms from us
- All those who have attended our training events to learn about trauma focused therapy

Together, we are changing the lives of women in Sheffield for the better.

Thank you, and we look forward to working with you in 2018.

The SWCTS Board of Trustees:

Carol Jepon (Chair)
Pamela Marshall
Judith Dodds (Treasurer)
Ahmina Akhtar
Olivia Sinclair
Stephanie Allan
Teresa Allewell
Susan Bridgeford

The ongoing need for a specialist, women's counselling service, for survivors of abuse and trauma in Sheffield

11m
adult survivors
of abuse in
the UK

The NSPCC estimates that there are at least 11 million adult survivors of child sexual abuse in the UK, and over half a million children are abused in the UK each year - sexually, physically and/or emotionally. The Children's Commissioner believe that only one in eight victims of sexual abuse comes to the attention of statutory authorities (1).


Women are nearly four times as likely to be a survivor of childhood sexual assault, with 11% of women reporting this in the Crime Survey for England and Wales, a figure which the ONS believes is affected by under-reporting (2). It was estimated by the NSPCC in 2010, that 34,000 women in Sheffield are survivors of abuse.

more than
34k
women in Sheffield
are survivors of
abuse

If left unaddressed, the effects of abuse and trauma can be lifelong and devastating. SWCTS often works with women who have experience profound disadvantage in all aspects of their lives, before they access our services. We know that survivors of abuse and trauma can experience a range of effects including mental health issues, depression, anxiety, complex post-traumatic stress disorder, borderline personality disorder and dissociative personality disorder

1) "Estimating the Costs of Child Sexual Abuse in the UK" NSPCC (2014)

2) "Crime Survey England and Wales 2015-2016" Office for National Statistics (2016)



With your help, we can ensure that women in Sheffield who disclose abuse and trauma are given the support and care they need to rebuild their lives.

“This is the best experience of counselling I have ever had. The staff are warm and kind and completely non-judgemental. This is a much-needed and amazing service”

The impact of trauma and abuse

Survivors are at a greater risk of developing drug and alcohol addictions, eating disorders, and engaging in self harm to manage and regulate emotional pain. Some survivors enter abusive relationships in their adult lives and can be subjected to domestic violence. As such, those who have survived abuse are facing extreme disadvantage when it comes to health, family life, education, employment and engagement with the criminal justice system.

Is the tide turning?

It is impossible to miss the cultural and societal changes which are rapidly unfolding around us when it comes to the public conversation around abuse and trauma. We continue to see high profile cases of individual and institutional abuse, and an increase in survivors coming forward to disclose what has happened to them. People in all walks of life are being held to account for challenging abuse, and for tackling the cultures and attitudes which allow it to happen.

This sea-change is long overdue, and as more and more survivors are seeking help, and ready to talk about what has happened to them, our communities need to be ready to provide the kind of specialist, professional services which they need to process their traumatic experiences.



69%
of women in
prison were
abused as
children

How we help

An accessible, free service

We provide specialist services for women who have experienced trauma or abuse.

We particularly work with women who find it difficult to access other services, and access to our service is by self-referral, although many of our clients are signposted to us by other health and social care professionals, or by our community sector partners across the city.

1:1 therapy and therapeutic groups

We tailor the length of therapy and the therapeutic approach to the needs of each client.

We can offer short-term focused therapy or up to a year's therapy with an in-house psychotherapist, an associate therapist or a volunteer therapist. We also have a Therapeutic Group Worker offering pre and post-therapy group work and community outreach.

Providing specialist trauma focused therapy

We carry out comprehensive clinical assessments using Clinical Outcomes Routine Evaluation (CORE) and the Trauma Symptom Inventory (TSI 2), an internationally recognised tool providing a detailed assessment across more than 20 clinical and validity scales.

The majority of our clients are either "severe" or "moderately severe" on the CORE outcome measures. Many clients have either a formal diagnosis of a personality disorder or show significant personality disorder characteristics. Many of our clients also have long-term medical conditions or medically unexplained symptoms, as is often the case with patients who have experienced abuse and trauma.

A highly skilled and dedicated team

All of our staff and associates are fully qualified and experienced in working with trauma and abuse survivors. They are all members of relevant professional bodies (BACP, UKCP, HCPC) and receive clinical supervision and ongoing training and development. Our volunteer therapists are either qualified and working towards accreditation or in the final years of training on an accredited course. All receive regular clinical supervision.

Sharing our skills and raising awareness

We also disseminate our experience and knowledge of working with complex trauma throughout Sheffield, by hosting volunteer and trainee therapists, and holding specialist training events.

Our work in 2016-2017

We offered 113 "starting point" sessions.

We delivered 1085 therapy sessions across the year

48 women attended groups, including:

3 x 10week pre-therapy well-being courses

A weekly therapeutic yoga group

A monthly post therapy group

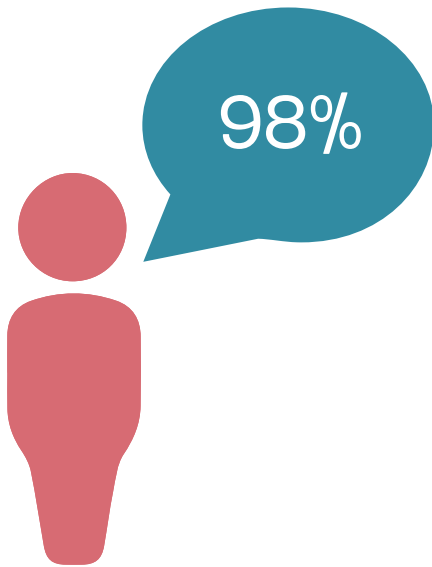
A weekly psychodrama therapy group

We recruited and trained three new volunteers in specialist trauma work, and held training for all therapists in safeguarding, and in trauma assessment.



What the women who use our service say:

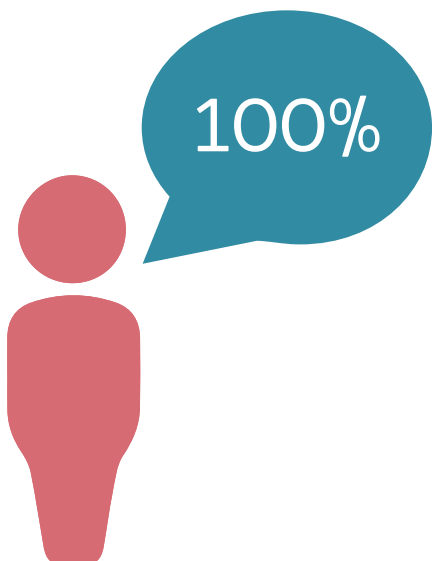
We've worked hard to increase the proportion of our clients from whom we obtain feedback to 93% of those who completed therapy. Of those:



- **would recommend SWCTS to a friend**
- **were happy with the response they received when they first contacted SWCTS**
- **were happy with the service they'd had from the office staff**
- **felt SWCTS was a comfortable place**
- **felt SWCTS was a welcoming place**

For each of these, 2% of clients marked "don't know" and 0% indicated negative responses.

**" I was at my lowest point in my life when i came to you, and from day one I realised what a proffessional and expert service you provide.
I, for one, dont know where I would have been today if it wasnt for SWCTS."**



- **experienced a decrease in their trauma-related symptoms.**

The life-changing impact of our work, as reported by the women who use our service

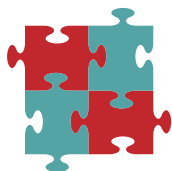
88% felt more
self confident

91% of our clients
felt they understood
themselves better
after completing
therapy



85%
felt they were
looking after
themselves
better

90% felt they were
tackling difficult
situations better



83% felt
less
isolated

78% were finding
it easier to attend
education,
training, work or
volunteering



88% were
coping better
with their
feelings

86% felt that therapy
had improved their
relationship with
other people



68% felt they
understood
other people
better

The life-changing impact of our work, as reported by the women who use our service

"I am now more self confident and able to continue my life feeling happier and stronger."

"I just cant thank SWCTS enough and especially my therapist. She has given me so much understanding and the tools to get on with the rest of my life, and I will be using them.
You have turned my life around. Thank you SWCTS"

"My time spent with SWCTS has greatly improved my quality of life and my relationship with loved ones. The service has been so professional, welcoming and has helped me understand myself better.

I would absolutely recommend the service, it's invaluable to the women of Sheffield
Thank you for all your support"

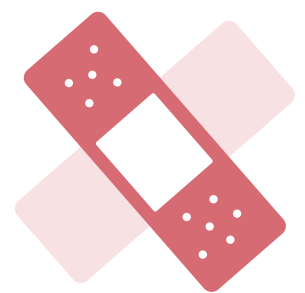
"Finding SWCTS has been the best thing i have ever done .
They provided a friendly professional service form day one and are worth their weight in gold!
Life Changing. Thank you so much."

"My therapist has been skilled and patient, kind and empathetic.
I could not wish for better.
She has enabled me to develop new coping skills and strategies that i will endeavour to build upon. "

"I never thought having therapy could help me,
I've carried such a burden for so long...
coming here has shown me
there's a light at the end of the tunnel"

"If it weren't for SWCTS i would have likely had to give up work, enter secondary mental health services or killed myself. At best i would still be miserable, barely functional and without any hope or clear path to improving that situation . Again I am thankful for the immeasurable foundational work my therapist and I have been able to do because of SWCTS Thankyou!"

Health impact as reported by our clients



- **40% of clients are visiting their GP less often than before they accessed our therapy**
- **55% noted an improvement in their physical health**
- **28% are visiting A&E less often than before.**

NB: <2% of clients reported an increase in these three health indicators, usually due to an adverse life event such as bereavement or a diagnosis of serious illness. The remainder reported "no change" or "don't know"

Our team in 2016-2017

Staff team:

Clinical Manager:

Miranda Atherton (until April 2017)

Business Development Manager:

Beth Longstaff (until September 2016);

Katherine Myles (from September 2016)

Senior Therapist: Gill Bradley

Therapeutic Group Worker: Alison Herbert

Administrative Officer: Anna Brown

Office Coordinator: Maura Sorenson

Finance and Monitoring Officer: Tracy Gill

Board of Trustees

Ahmina Akhtar (from April 2016)

Stephanie Allan (From June 2016)

Teresa Allewell (from July 2016)]

Susan Bridgeford

Heather Curtis (until December 2016)

Judith Dodds (Treasurer)

Catherine Grange (until December 2016)

Carol Jepson (Chair)

Pamela Marshall

Olivia Sinclair

Volunteer Therapists

Jo Clarke

Lara Myers

Tessa Keeble (until July 2016)

Penny Sutton

Lisa Macdonald

Carly Mountain

Maggie Jardine

Virginia Sherborne

Kat Sloane (until July 2016)

Pippa Crosby (from March 2017)

Helen Grimes (from March 2017)

Lise Jackson (from March 2017)

Associate Therapists

Alison Frost

Sarah Bull

Carol Sexty

Christine Cain

Susan Wilburn

Maire Lynch

Manisha Dickenson

Sarah Morley



Our plans and priorities for 2017-2018

Reviewing our service offer

We plan to look at our service offer as a whole, to see if we can make our service more accessible. We will be meeting as an organisation in February 2018 to explore this from a range of angles, including:

- the role that groups can play in our client journey. We've received excellent feedback for our groupwork, and would like to offer groups to more women each year.
- the potential to increase the availability of shorter term therapy where appropriate - we are already flexible in our offer, and we'd like to ensure that we're making the best use of our resources and experience to help the women on our waiting list, while preserving our specialism as a trauma service.

Raising our profile and engaging the community

This is a new area of development for us as an organisation. In 2017-2018 we plan to renew our communications strategy, and as part of that develop our website and our social media strategy.

We know that there are lots of people who would like to support us, so we plan to make it easier for them to do so. This vital work on our communications and profile, will lay the foundations for us to develop a supporter network of regular givers and community fundraisers.

Developing our trading income

We'd like to explore the potential to develop our unrestricted income from our therapy centre on Abbeydale Road. We plan to review what we offer, engage our current hirers in consultation so we can develop the quality of service we offer, as well carry out some renewals to the space. This work, alongside our communications strategy, will help us to attract new hirers, which in turn will fund our charitable work.

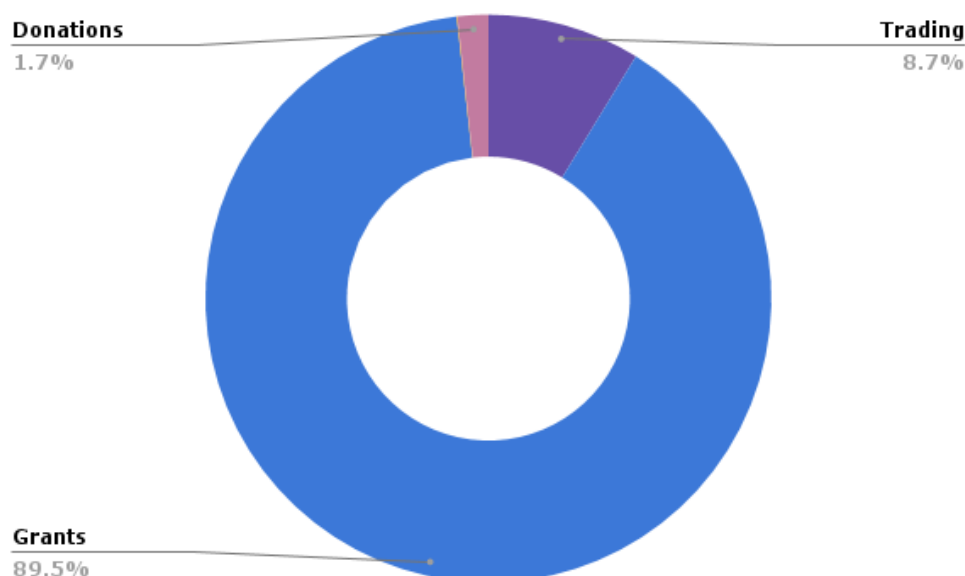
Continuing to develop client voice in the organisation

As we enter into the fourth year of our Big Lottery Fund grant, we're keen to build on our client engagement work, to offer a greater range of involvement and influencing opportunities for former service users. Our clinical team will review the work done on this so far, and draft a strategy for embedding client voice, across the organisation.

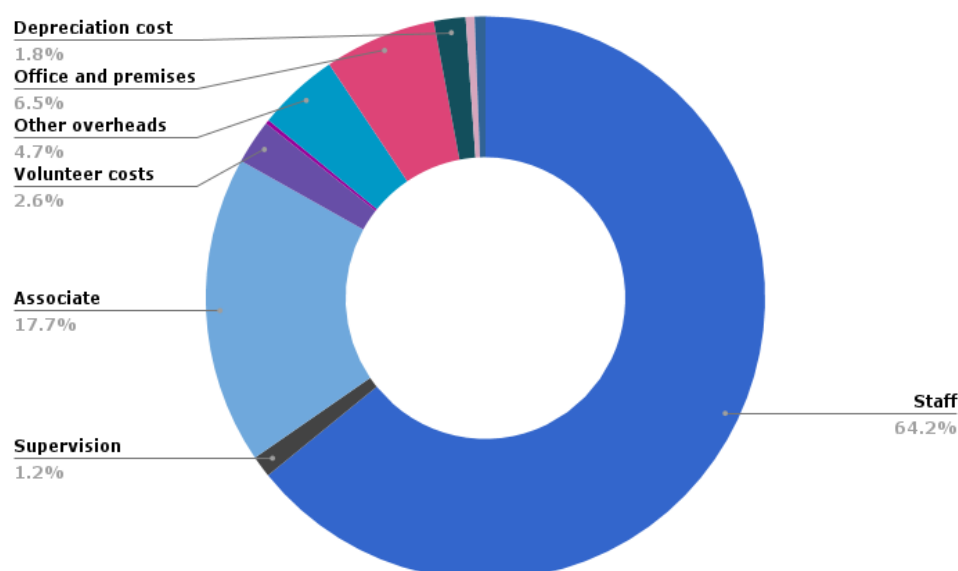
Financial Review 2016-2017

"I am so grateful that I was accepted for treatment at SWCTS.
I would never have otherwise been able to access psychotherapy as I could not afford a service with an associated cost."

Our total income was £242, 753



Our total expenditure was £235, 918



The board of trustees has set a reserves policy to cover five months' operating costs, and SWCTS has sufficient funds to meet this policy at 31st March 2017. Our full financial statements are currently subject to independent examination and will be filed on the charity commission's website by January 2018.

Income

2016-2017 was the third year of a five-year grant from the Big Lottery Fund's Reaching Communities programme, and this grant funded £96,549 of our budget this year.

The Sheffield Clinical Commissioning Group has continued to acknowledge the importance of our work in Sheffield, awarding us £88,633 towards our core budget in the last year. We were very pleased that the role we play as a specialist service continues to be recognised, and at time of print we have entered into a two year grant agreement with Sheffield CCG, until March 2019.

In addition to this, 2016-2017 was the last of a three year grant from the Tudor trust, of £32,000. At time of print, we have been awarded a continuation of this grant for 2017-2018, we are very appreciative of this continuation which funds our core staff posts.

In addition to this, we are continuing to grow our trading income, via the rental of therapy space from our premises on Abbeydale Road. Our income from this activity in 2016-2017 was £20,778. We are extremely grateful to all of our hirers for their custom and partnership. Also, in March 2017, we paid off the outstanding loan on our building, using income from our trading activity, so for 2017-2018 we won't have the cost of loan repayments, and all income can be used to fund our charitable work, and to develop and maintain the premises.

Expenditure

As a provider of specialist services, our therapist costs are our main expenditure. We strive to ensure a balanced team which includes senior and experienced, as well as trainee and newly qualified therapists. This means that we need paid roles as well as volunteers. We're proud to be a hub of learning for those volunteer therapists who come to us to develop their skills in trauma work, as part of an experienced and supportive team.

Thank you to our grant funders

