

# 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 offer trauma informed therapeutic and advocacy support to anyone who has experienced any form of sexual violence at any point in their life. We work with Adults and Children.

Your gender, gender fluidity, your race, your sexuality, your disability or neurodiversity, your religion, your yge or your socio-economic status will not be a barrier when accessing our free services.

We celebrate difference.

We deliver services across all of Lincolnshire. In Lincoln have a women and girls only centre and a Mr & Mx centre.

Our staff team is a multilingual, diverse mix of women who are all trained as specialists in sexual violence.

We are an independent organisation affiliated to Rape Crisis England and Wales, we are a Rape Crisis Professionally Approved service working in line with the Rape Crisis National Service Standards. We were established and registered as a CIO in 2013.



## Face to Face Services

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



## Remote Services

We deliver support via email, Zoom and telephone.

We run part of the national RCEW Helpline & Live Chat services.



## Children & Young People

We have a young persons specialist sexual violence support worker & a Children & young persons counsellor as well as our ChISVA all of our services are trauma informed and delivered by trained specialists across the entire county.



## Advocacy Services

We have an ISVA team made up of an ISVA Services Manager, a young persons and children's ISVA, & Black and minoritised survivors ISVA.



## Training & Group Work

We offer group work, training and advice for survivors, those supporting survivors personally & people in other organisations who are working with survivors.

# Strategic Overview

Our aims and objectives are informed by an assessment of the prevalence of sexual violence and the need for specialist support services for survivors in Lincolnshire. Access to specialist sexual violence support in Lincolnshire is limited and we are the only specialist sexual violence, non-statutory body providing multiple holistic specialist services as a single provider in the county. We work with all survivors of sexual violence.

We seek to make our service as accessible as possible by offering our services in a wide range of outreach venues; actively promoting our services and offering accessible venues. Our services are provided without discrimination regardless of Criminal Justice System involvement, and residency/immigration status.

## Lincolnshire

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

The population of Lincolnshire is 766,300 (Mid-year population estimate released by the Office for National Statistics (ONS) June 2020) This is an increase of 25,000 since 2017. The population is expected to grow to around 844,000 by 2041.

Lincolnshire's coast stands out as being amongst the most deprived 10% of neighbourhoods nationally. Pockets of the major towns and the East Coast of Lincolnshire show relatively higher levels of multiple deprivation in comparison with the rural areas of the county. The diversity of the population has increased in recent years as a result of new and emerging communities. As of the 2011 Census, 93% of residents identify themselves as White British, 4% as White Other (this is primarily made of Eastern European communities, which represents much in the agricultural, hospitality and tourist industries). The non-white population makes up of the total population in 2011 compared to 1.4% in 2001. These slight increases remain small in comparison to the national non-white population of 14%. Lincolnshire Rape Crisis delivers services across the entire county of Lincolnshire.

## The National Picture

Sexual violence affects huge numbers of individuals in the UK. The impact of sexual violence can be significant and long-lasting. 20% (1 in 5) of women and 4% (1 in 25) of men will experience a sexual offence in their lifetime, equivalent to 3.4 million female and 631,000 male victims. Furthermore, in a recent study, 3.1% of women (510,000) and 0.8% of men (138,000) aged 16 to 59 had experienced a sexual assault in the last year.<sup>1</sup> Approximately 85,000 women and 12,000 men (aged 16 - 59) experience rape, attempted rape or sexual assault by penetration in England and Wales alone every year; that's approximately 11 of the most serious sexual offences (of adults alone) every hour. Only around 15% of those who experience sexual violence report to the police.<sup>2</sup> The recent #metoo movement has further raised the profile of sexual violence. Whilst this rise in public attention and conversation enables more dialogue around support and prevention, it further increases demand on specialist rape crisis centres to support more survivors than ever before.



# OUR SERVICE VALUES



SUPPORTING - EMPOWERING - BELIEVING

01

## Feminism

We believe that sexual violence is both a cause and consequence of gender inequality. We are proud to be a feminist organisation and we will endeavour to fight for the rights of women and girls.

02

## Equality

is a fundamental human right. We recognise that our service users are discriminated against because of gender, ethnicity, religion, age, disability and sexual orientation. We are committed to fighting for equity and we will strive for inclusivity for all.

03

## Empowerment

We are committed to empowering you to be able to claim your rights and make the decisions, that affect your life. We support all service users using the empowerment model.

04 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.

05

## Respect

At Lincolnshire Rape Crisis everyone will be treated with dignity and respect. We will respect your individual life story and experiences.

06

## Trust

You can trust our services to be confidential and for us to provide appropriate and safe spaces. We work transparently and honestly. Our integrity and your trust in our services is a priority.

**We will always believe you.**

SUPPORTING - EMPOWERING - BELIEVING



## Our Mission

To support survivors of sexual violence, promote and advocate for their needs and work towards the elimination of sexual violence. This is underpinned by a feminist analysis of Violence Against Women and Girls



## Our Vision

Is a world free from sexual violence. For everyone to be free from the fear & experience of sexual violence and a society in which everyone has the freedom and choice to lead the lives they want.



## Our charitable purpose & organisational impacts

- Relieving the needs and preserving and protecting the physical, emotional, and mental health of survivors of sexual violence & those at risk of sexual violence within Lincolnshire. We will do this by providing specialist trauma informed counselling, advocacy, and support.
- Campaigning, education and awareness raising to educate the public about sexual violence.
- Reducing the risk of sexual violence through empowering women and girls.

# Our aims for the next 3 years



## **To increase the reach and support of our organisation by:**

providing a diverse range of effective services that meet the needs of survivors in Lincolnshire who are affected by sexual violence. Work more effectively across the county and increase our reach to minoritised groups.



## **To increase our awareness and education and promote intersectional & anti-racist feminism by:**

Raising awareness of the prevalence and impact of sexual violence on all communities. Promote our services and the need for specialist services to support all survivors in our county. Empower, share the voices of intersectional survivors & the reality of sexual violence. Change public attitudes about sexual violence. Promote and communicate our intersectional & anti-racist empowerment model.



## **Continue to meet demand and grow our services by:**

Ensuring the sustainability and development of our services.

# An Overview Of How We Work

We recognise that sexual violence affects people of all genders, but impacts women disproportionately.

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 inform all of our work**

Sexual violence is a cause and consequence of gender inequality.

Sexual Violence is not a stand alone experience but a manifestation of misogyny, the patriarchy and male privilege.

We believe all survivors

We provide a women-only space

We challenge myths and victim blaming throughout all 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 that we work with.






# OBJECTIVES

## 2024 - 2027

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



# 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 survivor needs, focussing 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.
- 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.

# 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

- This work will be underpinned by the voices of survivors and will be driven by their experiences.
- We will focus on communication strategies and to improve information provision for all survivors, raising awareness of the prevalence and impact of sexual violence on all communities.
- We will Promote our services and the need for specialist services to support all survivors in our county.
- We will empower and share the voices of intersectional survivors & the reality of sexual violence. With the aim to change public attitudes about sexual violence and promote and communicate our intersectional & anti-racist empowerment model.
- We will challenge myths around sexual violence with the public, partners and other agencies, prioritising work on the voices of intersectional survivors.

# Enabling Objectives

These objectives underpin our work and the ability to meet our other objectives.

- Ensure the consistent delivery of high-quality services and our ability to influence nationally and locally. Maintain healthy reserves and a sound income for the charity.
- Maintain structures and sustainability through the development of our fundraising strategy, business plan, and monitoring and evaluation frameworks.
- Maintain good working relationships with funders and commissioners. Develop new relationships with funders and commissioners.
- Seeking new meaningful projects and contracts that will contribute to the vibrancy of the organisation.
- Continue to develop and grow.
- Continue to work in collaboration with statutory and voluntary agencies, develop relationships with by and for organisations.
- Maintain LRC's position as the only specialist sexual violence support organisation in Lincolnshire.



# Contact us

**You can contact us in the following ways:**

**Office Telephone: 01522 716320**

**For referrals: [www.lincolnshirerapecrisis.org.uk](http://www.lincolnshirerapecrisis.org.uk)**

**For information on ISVA/Counselling/Support:**

**[support@lincolnshirerapecrisis.org.uk](mailto:support@lincolnshirerapecrisis.org.uk)**

**For administration and media enquiries: [info@lincolnshirerapecrisis.org.uk](mailto:info@lincolnshirerapecrisis.org.uk)**

**National Support line: Call free on 0808 500 2222**