

About CARA



CARA (Centre for Action on Rape and Abuse) is a registered charity providing independent, specialist support to victims and survivors of any type of sexual violence

CARA works with adult women and men, young people (aged 13-19) and children of 12 and under from across mid and north Essex.

We provide our services from our head office in **Colchester** and from outreach premises in **Braintree, Chelmsford, Clacton-on-Sea** and **Great Dunmow**.



CARA's aims are to:

- Provide support to victims and survivors of sexual violence
- Increase awareness and understanding of sexual violence, and its impact on victims and survivors, challenging the myths and misconceptions that surround it.

You can find out more about **CARA** and the work we do through our website: www.caraessex.org.uk



Charity Number: 1124282
Company number: 6525343



Supporting us

CARA works with women and men, young people and children who are victims and survivors of any type of sexual violence or abuse, either recently or in the past.

We work across mid and north Essex.

You can contact **CARA** by:

- Calling our enquiry line: **01206 769795**
- Filling in our online self-referral form: Visit www.caraessex.org.uk

GPs, social workers, mental health workers, police officers and other professionals can refer clients to **CARA** using our online referral form for professionals. You can find it on our website: www.caraessex.org.uk

How YOU can support CARA

Donate to CARA

The services that CARA provides are free to all who need them.

We rely on grants and donations to support our work. If you would like to make a donation to support CARA's work, you can:

- Go to our website www.caraessex.org.uk and click on the donate button
- Send a cheque made payable to CARA to: PO Box 548, Colchester CO1 1YP

You can make a one-off donation, or set up a regular payment to support our work.

Gift Aid

If you are a UK tax payer and you Gift Aid your donation, CARA can reclaim tax on your donation – increasing the value of every £1 you donate to £1.25 for CARA. For **cheque donations**, just fill in our **Gift Aid form** available on our website and send it to us with your cheque. For **online donations**, both **Charity Choice** and **Virgin Money Giving** are authorised to collect gift aid on our behalf, so all you need to do is select the Gift Aid option as you donate.

Fundraise for CARA

We welcome anyone who wants to fundraise for CARA, and will support your fundraising if we can – we can provide collection boxes and buckets if you need them, and we will publicise fundraising events through our website Newsfeed and our Twitter feed.

Fundraising pages can be set up through our pages on **Charity Choice** and **Virgin Money Giving**. You can find links to our pages on our website.

If you'd like to fundraise for CARA, please contact Sarah on **01206 367881** or by e-mailing sarah@caraessex.org.uk

Volunteer for CARA

Volunteers have always been and will remain a vital part of CARA's work. We currently rely on the support of over 20 volunteer counsellors, advocates, administrators and fundraisers.

If you are interested in volunteering for CARA, go to our website for details of our current volunteer vacancies.



You can contact CARA by:

- Calling our enquiry line: **01206 769795**
- Filling in our online self-referral form: Visit www.caraessex.org.uk

GPs, social workers, mental health workers, police officers and other professionals can refer clients to CARA using our online referral form for professionals. You can find it on our website: www.caraessex.org.uk

Other CARA leaflets



CARA – Providing specialist support for victims and survivors of sexual violence and abuse



ISVA (Independent Sexual Violence Adviser) and advocacy services for victims and survivors of sexual violence and abuse



Specialist counselling for victims and survivors of sexual violence and abuse



Specialist support for young people



Specialist support for children who have been sexually abused, and their families