

About CARA



CARA (Centre for Action on Rape and Abuse) works with victims and survivors of sexual violence and child sexual abuse, providing independent, specialist support and promoting and representing their rights and needs

CARA is a registered charity working with adults of all genders, young people and children 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, Great Dunmow** and **Harwich**. We are also able to carry out home visits or offer remote support, using video links or telephone.

CARA's aims are to:

- Provide high quality, specialist support to victims and survivors of sexual violence and child sexual abuse
- Increase awareness and understanding of sexual violence and child sexual abuse and the impact they have on victims and survivors, challenging myths and misconceptions
- Promote and represent the rights and needs of victims and survivors, including advocating for a fairer criminal justice system

You can find out more about **CARA** and the work we do through our website:

www.caraessex.org.uk



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:
CARA (Centre for Action on Rape and Abuse)
Mailbox 302, Communications House,
9 St John's Street, Colchester, Essex CO2 7NN

Charity Number: 1124282
Company number: 6525343

You can contact **CARA** to find out more about our ISVA and advocacy services by:

- Calling our enquiry line:
01206 769795

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



ISVA

(Independent Sexual Violence Adviser)

CARA provides Independent Sexual Violence Adviser (ISVA) services for victims and survivors of sexual violence and child sexual abuse.

We work with adults, young people, children and their families.

We cover the Braintree, Chelmsford, Colchester, Maldon, Tendring and Uttlesford districts of Essex.

CARA's ISVA service

Independent Sexual Violence Advisers (ISVAs) provide emotional and practical support and information to victims and survivors of sexual violence who have reported to the police, or are considering reporting to the police.

If you have reported to the police, our team of qualified ISVAs can support you throughout the criminal justice process, working closely with the police and other agencies. The role of our ISVAs is to:

- Ensure your voice is heard
- Help you make the choices that feel right for you
- Accompanying you to important appointments and to court
- Support you with your next steps after the legal process is over, regardless of the outcome of the case.

If you are considering reporting to the police, our ISVAs can also help you, by:

- Providing you with impartial information to enable you to make an informed decision
- Offering an overview of police processes and what to expect if you do decide to report
- Supporting you in your next steps.

CARA ISVAs hold specialist, professional ISVA qualifications. Our ISVAs are completely independent of the police. They are not there to tell you what you should do, but will go through your options and give you accurate, impartial information to allow you to decide what is the right course of action for you at every step of the process. You do not need to tell the ISVA the details of your experience in order to have these conversations and they are confidential, unless there are concerns about your or someone else's safety.

Other CARA leaflets



-  **CARA** – Providing specialist **support** 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**
-  **Supporting CARA:** How you can help victims and survivors of sexual violence and abuse

How CARA helped

“Without your support, I couldn't have got through the past couple of months”

“You have helped me make sense of it all”

“Thank you for everything you have done especially being in court with me. If it wasn't for you I would not have gone through with it.”



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