

## 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**. If appropriate, we also 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](http://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](http://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 the support we provide for children and families 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](http://www.caraessex.org.uk)



## Children and Families

**CARA** provides specialist support for children who have been affected by sexual abuse, either recently or in the past. We can also provide one-to-one sessions for parents and carers of children who have been sexually abused, to help them to support their children through the difficult emotions they are facing.

We work from our premises in Chelmsford, Clacton-on-Sea and Colchester, providing services to children and families from across mid and north Essex.

## Play therapy

From our premises in Chelmsford, Clacton-on-Sea and Colchester, **CARA provides play therapy for children who have been sexually abused. This service is usually offered to children who are at primary school, but may be appropriate for some older children too.**

Our specialist child and family practitioners provide child-led play therapy sessions on a weekly basis, usually for a period of up to 20 weeks. Sessions give children the opportunity to process what has happened to them and make sense of the complicated and confusing emotions they may be experiencing. Our practitioners work from our purpose-designed therapeutic playrooms, using a range of techniques including sand play, art and imaginative play.

## Support for parents and carers

**Our Child and Family Practitioners can provide one-to-one sessions for parents and carers of children who have been sexually abused, to help them to support their children through the difficult emotions they are facing.**

If issues have triggered or relate to parents' or carers' own experiences of sexual violence or abuse, we might suggest they access our **specialist adult counselling service.**

**CARA** is an organisational member of the **British Association for Counselling and Psychotherapy (BACP)**. We abide by the BACP Ethical Framework for the Counselling Professions and are subject to the Professional Conduct Procedure.

## 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**
-  **Supporting CARA:** How you can help victims and survivors of sexual violence and abuse

## How CARA helped

“A big thank you for helping my little boy become a happy little boy again.”

“I cannot thank you enough. The change is amazing and the work you do is outstanding.”

“You have helped her feel more secure and confident.”



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