


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



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

Charity Number: 1124282
Company number: 6525343

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



Our services

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.

CARA services



The services CARA provides for victims and survivors of sexual violence and abuse include:

- **ISVA (Independent Sexual Violence Adviser)** support through the criminal justice process and advocacy
- Specialist counselling for **adults**
- Specialist counselling and support for **young people**
- Play therapy for **children of 12 and under**, and support for their **families**
- A **women-only** social group
- **Workshops** and **training** on sexual violence, for professionals, schools and other agencies.

Other CARA leaflets

-  Specialist **counselling** 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 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

“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.”

“If I have flashbacks or nightmares now, it’s only very rare.”

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



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**