


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** to find out more about our ISVA and advocacy services 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



ISVA and Advocacy

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

We work with women and men, young people (aged 13-19), children of 12 and under and their families.

We work across mid and north 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's Advocacy service

CARA provides an advocacy service, providing practical support to victims and survivors of sexual violence on, for example, financial, legal and housing issues.

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.”



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**