

## 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 also offer remote support, using video links and 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** by:

- Calling our enquiry line:  
**01206 769795**
- Filling in our online self-referral form:  
Visit [www.caraessex.org.uk](http://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](http://www.caraessex.org.uk)



## Our services

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

We cover the Braintree, Chelmsford, Colchester, Maldon, Tendring and Uttlesford districts of 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 under 12**, and support for their **families**
- Specialist **advocacy** and **integrated support** for service users with complex needs
- A **women-only** online social group
- Monthly drop-in groups for **all genders**
- **Workshops** and **presentations** on sexual violence for professionals, schools and other agencies
- Support for **relatives of victims and survivors** including parents and carers, partners, siblings and other close family members.

**CARA** seeks to be an inclusive organisation that actively encourages, supports and values diversity. We try to make our services as accessible and inclusive as we can and to recognise and address discrimination in all its forms.

## 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

“CARA has shown me the path to lead a new life. I no longer face challenges alone as I know I’m not the only one.”

“I no longer feel so angry. I understand my feelings better and why I feel the way I feel.”

“I was believed and not judged which allowed me to talk and open up like I hadn’t before. I no longer want to spend my life hiding away from the world.”



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