



SUPPORTING
HEALING
EDUCATING

2024/25 Impact Report



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S.H.E. UK

about us



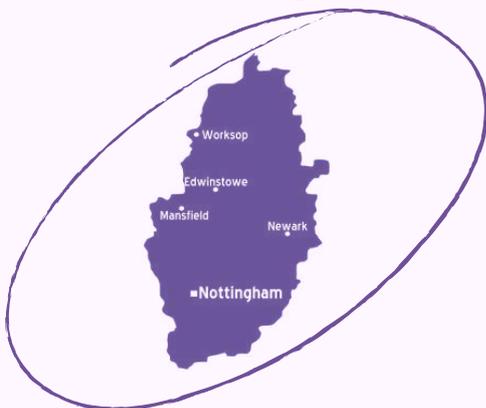
Trauma endured in childhood does not go away when a victim becomes an adult – instead it becomes deep-rooted and affects so many areas of a person’s life.

Starting as a self-help group in 1998, S.H.E. UK was set up by two survivors of childhood sexual abuse to support one another and create change. What started as Survivors Helping Each Other has since evolved into a professional, specialist organisation providing life-changing support to survivors of all genders aged 18 and above.



our vision

All survivors are met with compassion and openness, in a world where childhood sexual abuse is exposed, tackled and not associated with feelings of shame.



our mission

To improve the lives of adult survivors of childhood sexual abuse and more recent sexual violence and rape.

where we work

We are based in Mansfield and support survivors who reside within Nottinghamshire (including Nottingham city), with an outreach service in Worksop.

Introduction

from our Chair of Trustees and our CEO

Childhood sexual abuse is a significant issue in the UK.

According to the Crime Survey for England and Wales, approximately **7.5% of adults aged 18 to 74 reported experiencing sexual abuse before the age of 16** (1). This translates to around **3.1 million people**.

Additionally, in 2022/23 there were **86,962 sexual offences against children recorded by police in the UK** (2).

It is fair to say many instances of abuse go unreported, however. The hidden nature of these crimes makes it difficult to detect and address, emphasising the importance of local support services like ours.

These statistics highlight the critical need for continued support and intervention to protect children and help survivors heal.

At S.H.E. UK, we are receiving more referrals for support than ever in our history. Our waiting list continues to grow, with currently over 100 people waiting for our services. While waiting for 1:1 therapy, we continue to offer survivors regular **telephone support** and access to our **Lounge**, a unique peer support group. We have also **increased capacity within our therapy service** via our high quality **trainee therapist placement programme** – taking on between 10 and 16 trainees per year. We offer our trainees a comprehensive 30-hour induction, regular formal line management, and ongoing training.

In this report, you will find more about how we are supporting survivors of childhood sexual abuse, what we accomplished in 2024/25, and how we continue to evolve our work to meet the need.

Reena Pastakia, Chair of Trustees

Lisa Lenton, CEO

1. Office of National Statistics – March 2019

2. Freedom of Information request submitted by the NSPCC

Our approach

how we support



Peer-led: we put the people who use our services at the heart of all we do - we involve them in service development in a variety of ways, including our service user forum and use regular evaluations to ensure service users' voices are always at the heart of our evolution.

1. Healing

Process trauma through long-term therapy and a weekly peer support group.

2. Breaking the silence

Reduce feelings of isolation and shame in safe spaces where survivors can share their experiences without judgement.

3. Building resilience

Develop coping strategies that help survivors reclaim their lives, move forward with confidence, and be more present in the lives of those they care about.

4. Healthy boundaries and relationships

Improve external relationships and re-establish healthy connections with others.

5. Community and connection

Foster a sense of belonging and mutual support with fellow survivors

Promote a safer environment for future generations by creating a society that is more aware, compassionate, and proactive in preventing abuse.

6. Advocacy and awareness

Prevent abuse and ensure survivors' needs are met in a trauma informed manner.

Our impact *in numbers**

84% of clients report **improved health and wellbeing**

83% of clients report being **better able to cope with aspects of everyday life**

64% of clients report **increased feeling of safety**

95% of clients report **feeling better informed and empowered to act**

173

active service users

2408

1:1 therapy sessions

2062

support sessions

225

self-development sessions

76

assessments

236

referrals

“I am slowly feeling more comfortable to open up and talk, and as I do I’m releasing some of the things which I would normally keep to myself.”

- Survivor and S.H.E. UK client

Our impact *a client's story*

Our client, June* began therapy with a S.H.E. UK therapist at 5 months pregnant.

June experienced toxic and violent relationships in her adult life and was at the time in a relationship with someone consistently taking drugs. With four children already in foster care or in the care of a family member, June was told by social services that her newborn would be removed from her care immediately after birth.

June started weekly online therapy, where she began to address the childhood abuse she experienced and to understand the impact this had had on her adult life and ultimately on her ability to care for her children effectively.

June started to address her experiences during therapy and her therapist also attended regular meetings with social services. June worked hard and with our support, it was decided that June would have the opportunity to look after her baby, on a *Child Protection Plan* basis. Because of her effective engagement with services, the plan was soon reduced to *Child in Need*. A short time later, the child was completely taken off care orders.

Around this time, June and her eldest daughter reinitiated contact, first with supervision, however, her daughter eventually moved back to live with her.

With her therapy now completed, the therapist received this recent update:

In June's own words...

"Sorry it's been so long since we discussed an update. Well I have a really big one for you.

So not only did you save my life you gave me the tools to make a nice new one.

I have been successfully thriving over the last year with baby and eldest daughter while fighting through the dreaded court system for youngest daughter. Yesterday all my hard work and your guidance paid off and I am now a proud, happy, stable single mother to 3 beautiful children who all live in my beautiful home with me.

The work you do is amazing and so important you truly saved my life and gave me hope. I hope you and your family are well.

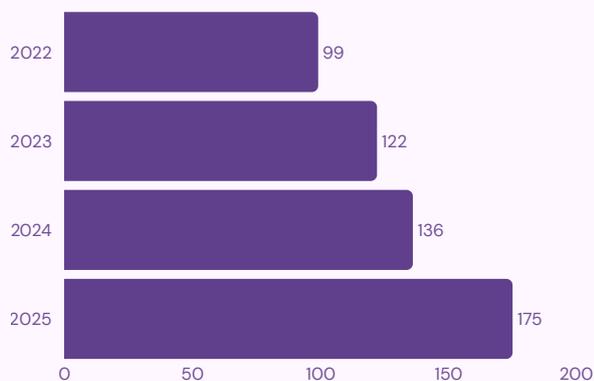
*all my love
June and family"*

* not her real name

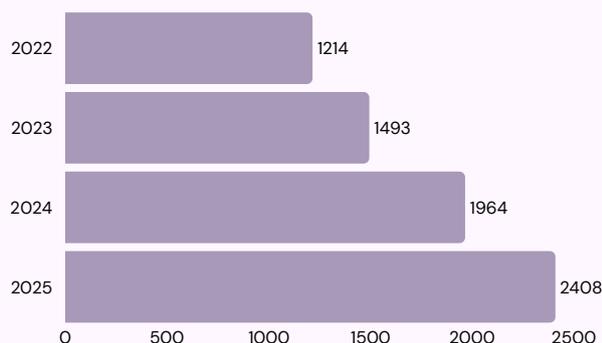
Our growth

the trajectory of our work

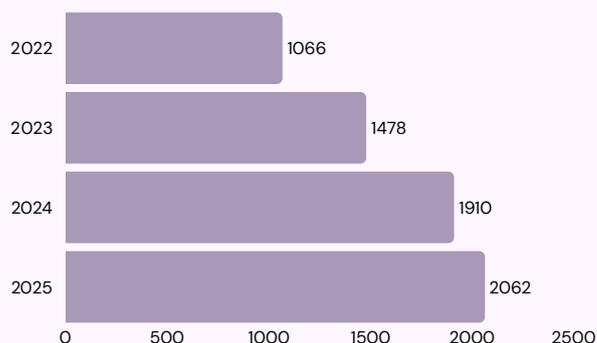
The number of clients we work with annually has grown by **176% since 2022**.



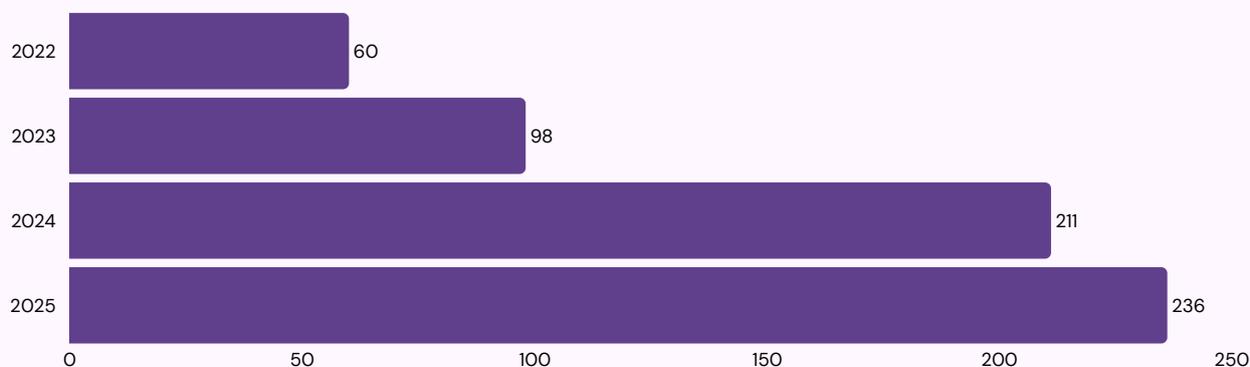
We delivered **nearly twice as many 1:1 therapy sessions** in 2025 as in 2022...



...and **nearly twice as many support sessions** too.



But as the need for our essential service is increasingly recognised, the **number of referrals we receive has quadrupled between 2022 and 2025**.



In 2026, we will focus on 'front-loading' our services, meaning more clients will be able to access pre-therapy support more quickly.

Recent highlights

£300,000 funding from The National Lottery Community Fund has been secured to help with longer term planning and stability. This represents our largest ever single fund and will be distributed across the next three years.



We are also focused on maximising therapist recruitment opportunities. Our gold standard trainee offer has led to significant increase in the trainee applications we receive, allowing us to work with top candidates each year.

Additionally, we successfully recruited 3 paid therapists to the staff team in the past 18 months, the first time finances have allowed for non-voluntary therapist positions.

One of our key pillars is “We Educate”. During 2024/25 our Trauma-Informed Practice Training was co-created and co-delivered with service users for professionals in our local area.

Hugely successful, the training was attended by local mental health services, NHS Talking Therapies, Adult Social Care, Children’s services and other community services.

As finalists for Charity of the Year at the Mansfield and Ashfield Business Network awards, our regional profile continues to grow.



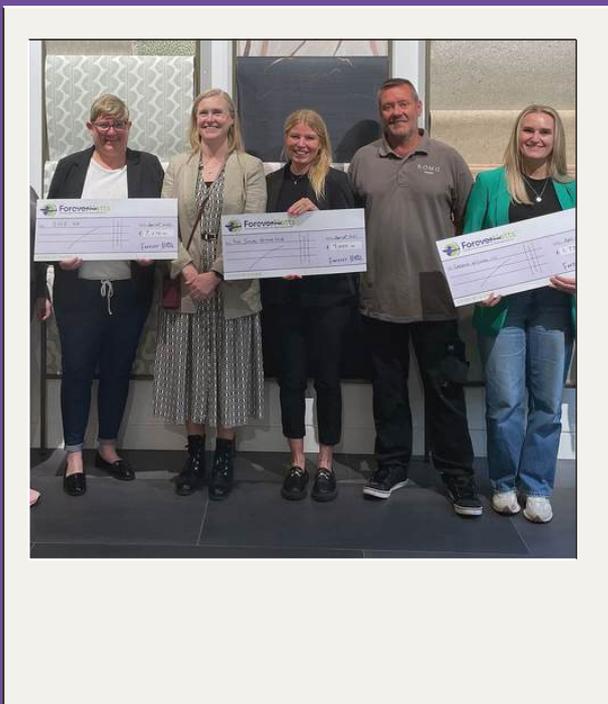
Highlights continued

Actor, Chris Harper, appeared on the 'Lorraine' show on Friday, June 7th. His portrayal of character, Nathan Curtis, in Coronation Street, enabled discussions on the (still) sensitive topic of sexual abuse to take place openly and reach audiences nationwide.

Chris, spoke about the national charities he supports, (NSPCC and Barnardo's), and mentioned he is also an **ambassador for S.H.E!** Chris is passionate about supporting smaller charities who empower survivors to move forward on their healing journey.



We eagerly anticipate our ongoing collaboration with Chris, aiming to spread awareness nationally about our work and its impact.



Thank you Romo Group!

The Romo Group Community Fund generously awarded SHE UK a grant of £7,270 to support our therapy services. Romo's commitment demonstrates how values-led local businesses can play a transformative role in strengthening community.

"It broke my heart to listen about surviving sexual abuse... Lisa from S.H.E. UK delivered such a powerful presentation that we all voted unanimously to grant the support to the charity."

A Focus on safeguarding

We have connected with one of the safeguarding teams within Nottinghamshire Police. Three staff visited us to learn about who we are and all we do.

Staff had the opportunity to attend training on Power, privilege and professional boundaries, which was run by the Snowdrop project and was well received.

We have conducted Safeguarding Reviews across the organisation, completing training for staff, trustees and volunteers, as well as implementing an updated Safeguarding Policy.

This all helps us strive towards a gold standard in safeguarding culture and practice.



Local connections

We are a part of **Mansfield CVS' newly created community working group**. We will be working in a more coordinated way to influence local stakeholders and decision makers by promoting the needs of the voluntary sector in Mansfield

Organisational strengthening

We completed the Pilotlight 360 programme, awarded as part of the Garfield Weston Foundation awards. It provided strategic support and leadership mentoring, culminating a reflective session on how far we've come and developments since we started the programme.

PCC consultation

We took part in a consultation commissioned by the Office of Nottinghamshire's Police and Crime Commissioner on the needs of survivors of sexual abuse and the providers working with them. We also linked the consultant with 4 of our clients who spoke to them to detail their experience of working with the Police and specialist support services.

Our people

Who make it all happen

Chief Executive

It's my privilege to lead the great work that we do at S.H.E. UK. I am responsible for ensuring that S.H.E. UK delivers our mission and vision and ultimately that the organisation is in the best position to deliver our specialist services, is sustainable and impactful.



Lisa Lenton



Rachael Cumberland

Operations Manager

My role as Operations Manager is very varied, I am the Lead Therapist at S.H.E. UK and I am responsible for managing our team of therapists and managing our trainee placement programme.

I am also a course facilitator and lead the running of our weekly peer group. In addition to this, I work closely with our CEO, Lisa, to develop our services and support funding applications to keep our charity going.

Therapist Co-ordinator

My role is to support our Trainee Therapists by providing the training and guidance they need to grow in confidence and develop their skills.

I am qualified therapist myself and I also work in our SHE-roes lounge group each week, empowering our clients to develop themselves and connect to our community.



Tina Sharpe



Ben Roper

Qualified Therapist & Telephone Support Worker

I am a qualified therapist, providing 1:1 therapy to clients across the Mansfield area (as well as far and wide online). I also assist with the telephone support service, as well as working on a few background projects within the charity.

Our people

Who make it all happen

Qualified Therapist & Telephone Support Worker

I am a qualified trauma therapist and provide 1:1 therapy for our clients who live in the Bassetlaw area. I have worked/been involved with S.H.E. UK for over 5 years now. I also provide telephone support to survivors on our waiting list.



Katie Page



Olivia Eve

Senior Support Worker

I am a Senior Support Worker, providing assistance to our weekly SHE-roes peer groups. I also provide telephone support to clients waiting to start therapy.

I am currently pursuing a BA in Counselling and training as a therapist at S.H.E. UK.

Office Administrator

I am responsible for ensuring all our paperwork is organised and I support the team with any queries – essentially my role is to ensure that the office side of things run smoothly. Outside of work, I love sport, almost all sport, watching and participating. I enjoy the cinema and like to read. But my favourite thing is to travel and see new places.



Jane Bellamy

Our trainees & volunteers

the beating heart of our charity

Our trainees and volunteers play a vital role in delivering the high quality service that we are so proud of.

S.H.E. UK offers a placement program for trainee therapists who are studying Level 4 and above in a relevant counselling qualification. This enables trainees to achieve their practice hours and we gain much needed capacity within the team. Our Trainees complete a 30 hour induction to our services, trauma and its impacts and our way of working.

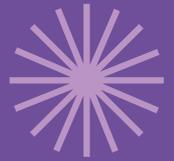
At S.H.E. UK, we believe that working with survivors of sexual abuse can take time to build a trusting therapeutic relationship. Therefore, we offer up to two years' worth of therapy to our clients. If a trainee decides to pursue a placement with S.H.E. UK, they must consider that a two-year commitment is required.

Often, when trainees qualify, they continue to volunteer with us, dedicated to our ethos of long-term support and our cause.

In 2024/25, trainees and volunteers gave the charity a massive **2017 hours** - all specifically supporting our therapy service and SHE-roes Lounge group.



We'd like to thank all of our donors and funders for their *generous support*



We are deeply grateful for it - it enabled us to provide long-term specialist services for survivors of sexual abuse to move forward on their healing journey.



Allen Lane Foundation
Boots Charitable Trust
Coalfields Regeneration Trust
Garfield Weston Foundation
J N Derbyshire
Jones 1986 Charitable Trust
Lloyds Bank Foundation Trust
National Lottery Community Fund
Office of Nottinghamshire Police
and Crime Commissioner
Postcode Places Trust (East of
England)
ROSA Fund
ROMO
Severn Trent Community Fund
The Big Give
The Tudor Trust
Thomas Farr Charity
Thoresby Charitable Trust