



Victim First

Leicester, Leicestershire & Rutland

Spring Reflections and New Beginnings

As we step into spring, Easter brings a sense of renewal and fresh starts. It also marks the beginning of a new financial year and the start of Year 2 of our Victim First contract.

It's a perfect time to reflect on the achievements of the final quarter of Year 1 and look ahead with energy and purpose for the year to come.

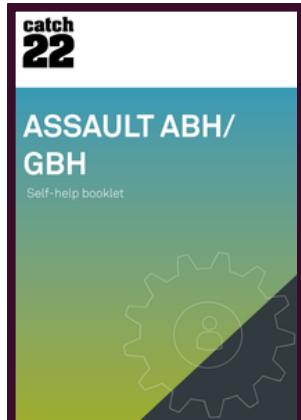
NEW

New Self-Help Booklets for Every Crime We Cover!

Victim First has launched a full set of self-help booklets—now available on our website. For every crime type we support, there is a dedicated booklet offering practical guidance, emotional support, and next steps to help individuals move forward.

These free, downloadable resources are tailored to the needs of victims and can be accessed anytime.

Go to our website, then crime types, find your self-help booklet there!



[Read More on our website](#)



Key Statistics: January – March 2025

- We had **237** individuals feel better to cope and build resilience to move forward with daily life following engagement with Victim First service.
- We received **20** restorative justice referrals.
- We have an **100%** overall satisfaction rate.

we had over
2500
positive contact made
with victims



These achievements reflect the dedication and compassion of our team—and the strength of those we support.

A Milestone Moment: Victims First's First Annual Conference

Victim First held its first Annual Conference—an inspiring event bringing together partners to share knowledge and strengthen support for victims of crime. Key highlights included a **Restorative Justice panel**, the launch of our **new service model**, and a **focus on empowering young victims** through Victim First Futures.

We're grateful to all who contributed, especially our speakers and organisers Jasmine Wilkinson and Manjeeta Sunnar-Atwal. Planning is already underway for the 2026 conference!



Community Spotlight: Promoting Well-being and Building Connections

Victim First has been out in the community this month, engaging with the public and professionals to raise awareness about the support we offer. Our team has taken part in a range of events focused on mental health, well-being, and community connection:

- VRN “With and For Young People” Conference
- University of Leicester Wellbeing Fair
- DMU Mental Health Day
- Winstanley School Self-Care Wellbeing Day

Through these events, we continue to strengthen local partnerships and ensure victims know where and how to access the support they deserve.



Community Work Spotlight

At the Health and Well-being Roadshow at Whitwick and Coalville Leisure Centre, one of our caseworkers shared valuable information with attendees—highlighting the importance of accessible support and promoting the work we do every day to support victims of crime.



Case Study

Emma was **referred to Victim First Futures** after being assaulted by a family member. She felt unsafe, anxious, and her confidence had been deeply impacted by ongoing bullying at home. Emma struggled with overthinking, poor sleep, and constant fear while out in the community.

Through a series of supportive sessions, Emma was provided with personal alarms, coping strategies, and self-help tools to manage anxiety and rebuild her sense of security.

She learned ways to stay safe with her sister and techniques to improve self-esteem and manage overthinking. Emma shared, **“I feel relieved—I’m coping much better now.”**

Her sleep and mood have significantly improved, and she no longer feels she needs continued support.

Staff Spotlight

Student Placement Experiences

Our team is made even stronger by the incredible contributions of our **student volunteers**. Here's a glimpse into their experiences:

Student Volunteer Insight:

“As a student placement at Victim First, I've really enjoyed supporting both the service and those who use it. One of my proudest moments was leading the Denim Day campaign on our Instagram, raising awareness and providing vital information for victims of sexual assault. It's been a privilege to be part of such impact work.”

Volunteer Contribution:

Two of our dedicated volunteers recently delivered an internal conference for fellow Catch22 volunteers, highlighting the Victim First service and the vital support we provide. The session was so well received that it inspired another volunteer to join the Victim First team—a true testament to the passion and quality behind the service.

victim1st

catch22 Victim Services

Victim First
Leicester, Leicestershire & Rutland

Myth Vs. Fact

Breaking Down Common Myths About Sexual Abuse and Violence.

Catch22 Victim First Service

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12 Q 2

victim1st There are a lot of myths about sexual violence that can make it harder for survivors to come forward. Let's break down some of the most... more

17 April

“Thank you so much for all your help. I appreciate you”

“Thank you for listening and for being there”

“The support has helped me to feel better about the offence”

The Voices of Victims