



Victim First

Leicester, Leicestershire & Rutland

Victim First FUTURES

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QUARTERLY NEWSLETTER

Reflections

As the new academic year begins, we move into a busy and exciting term - the perfect time to reflect on all that's been achieved and look forward to what's coming up.

We're thrilled to welcome our new student placements, Leah and Joy, who will be joining our team to support our key projects, events and victim-centred support.

This term we're continuing our delivery of SHUSH project sessions in schools across Leicestershire, helping young people build awareness and resilience around important topics.

We also aim to strengthen our links with local universities by attending freshers events and promoting our bookable support sessions we offer to students throughout the academic year.



Community Engagement

We were delighted to attend Fresher Week events at both the University of Leicester (UOL) and De Montfort University (DMU) from the 24th to the 26th of September. These events provided a fantastic opportunity to meet new and returning students and share the support services we offer.

We provide free, confidential bookable support sessions for students and staff at the University of Leicester, Loughborough and De Montfort, who have been a victim or witness of a crime - whether recently or in the past. These sessions offer a safe, non-judgemental space to talk, access emotional and practical support and help navigate next steps.

We're excited to continue working with our local universities to ensure that students and staff receive the support they deserve.

University Support Sessions

- [find out more about our bookable support sessions](#)



Key Statistics: July-September

We had

2230

positive victim contacts made



We had an **93%** overall satisfaction rate



280 individuals felt better equipped to cope and build resilience after engaging with Victim First



We delivered **4** positive Restorative Justice outcomes



Victim First University Support

Victim First have partnered with all 3 local Universities to provide support sessions on campus for students and staff impacted by crime



LEICESTER
STUDENTS'
UNION



Loughborough
University



Healthy
DMU
Enhancing your wellbeing

Visit our website
<https://victimfirst.org/contact-us/> or scan
the QR code to book a support session





Case Study

A young person was referred to Victim First after experiencing severe emotional distress and nightmares following a violent armed robbery at their family home - leaving the entire family traumatised and deeply affected.

The children were 'not themselves', struggling to eat, sleep and carry out their everyday activities, anxious the incident might happen again. Victim First provided one-to-one support for the children and worked closely with their school to deliver regular in-school sessions - giving the children a safe space to talk about the incident, process their emotions and rebuild their confidence. Nightlights were also provided to promote a sense of security at home especially during the night when their anxiety was heightened.

Over time, the children slowly began returning to their usual routines, feeling less scared and more secure. Ongoing communication with the school and parents ensured additional support was in place. This approach successfully helped the family to move forward, establishing a safer and more stable environment for the children.

Supported by - Jas



Partner Focus: NHS Talking Therapies

We recently connected with NHS Talking Therapies, who shared details of the fantastic support they offer to people aged 16+ across LLR. The Service supports those experiencing mild to moderate anxiety, low mood, or depression.

Referral is quick and easy by calling **0330 094 5595** or visiting their website Leicester, Leicestershire & Rutland - NHS Mental Health - Self Referral - Vita You'll be invited to an assessment where a clinician will explore your needs and help identify the most suitable therapy based on what you'd like support with. Therapy typically ranges from 8-12 weeks, with additional support options available if needed.

Feel free to contact us at Victim First **0800 953 9595** if you would like support in making a referral.

"Felt reassured and supported from initial contact to the very end"

"Daniel was excellent. Without him, I wouldn't be in the position I am now - comfortable, happy at home and able to return stress-free".



Staff Spotlight

We are pleased to highlight the success of **Wiktor**, who recently completed his student placement with us and quickly became a valued member of the team.

During his time with us, Wiktor showed a clear enthusiasm for data analysis and reporting. He embraced every opportunity to learn and applied his skills in a practical setting.

We are delighted to announce that Wiktor will now be joining us in a part-time role as an **Administrator**. We look forward to seeing his continued growth and the positive impact he will bring to the team.



New Resource Launch: Easy Read Documents

We're excited to announce the launch of our new Easy Read Documents, designed to make our services more accessible and inclusive for people with learning disabilities.

We recently held a fantastic session with the Melton Learning Disability Action Group, working together to review and redevelop these resources. Co-created in collaboration with individuals whose lived experience and valuable insights have helped shape a resource that is clear, meaningful and truly user-focused.



If you would like to download an online version of our easy read document please visit:
<https://victimfirst.org/how-we-can-help/easy-read-information/>

Victim Voices



victim1st



Victim First