

Three Years of Restitute: Growth, Need and Impact



Introduction

Restitute provides high-intensity support to non-abusing parents, carers, partners, siblings and other family members affected by sexual abuse, sexual violence, domestic abuse and other serious violence. The service is independent of support offered to the primary victim. It works with family members who are often left trying to manage risk, police and court processes, safeguarding, school or work disruption, financial and practical pressure, and the wider impact of trauma on family life.

This document brings together three years of evidence to show the reach, profile and outcomes of Restitute's work. It looks at who received support, the recurring patterns of harm and need behind that support, and whether the quality and impact of the service held up as the number of people supported increased.

Insights from 3 years

903 families received high-intensity support

Percentage of female clients

85.3%

Clients who are victims of crime themselves

56%

Clients caring for a child victim

73%

Known male perpetrators

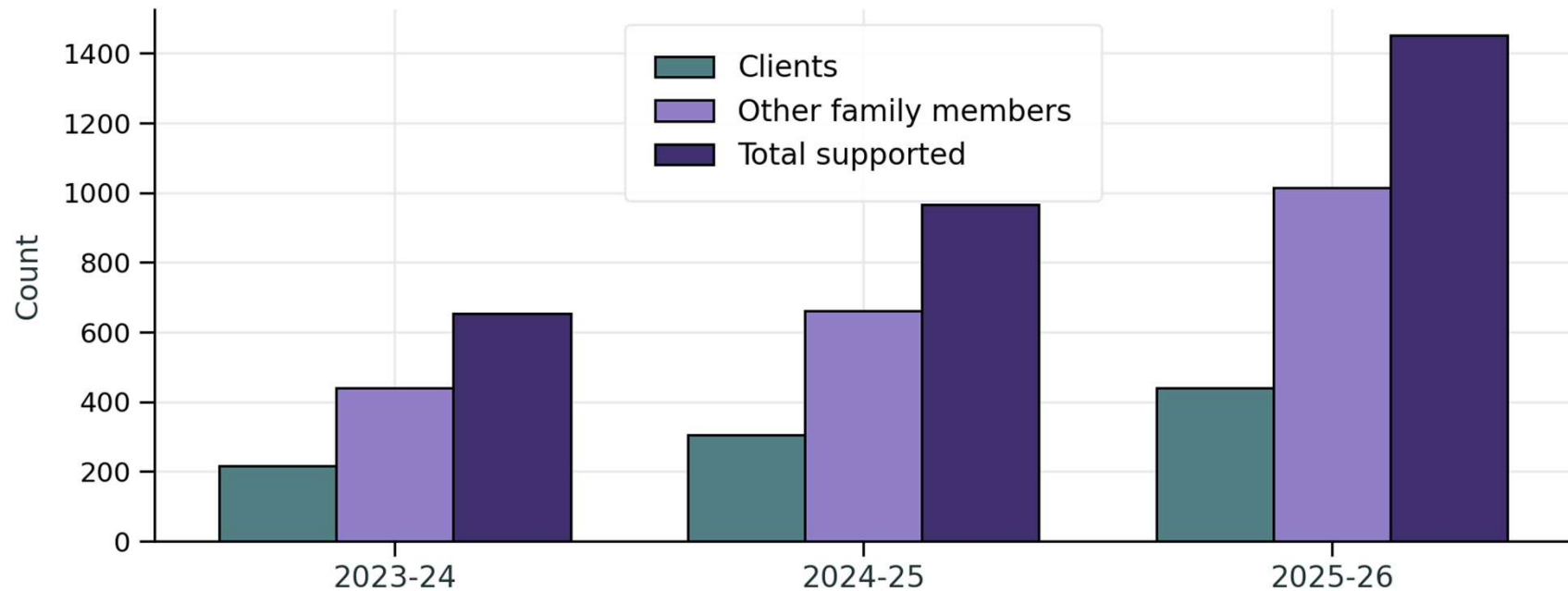
85%

What the data shows

Across the three-year period, Restitute supported more people while working with a broadly consistent pattern of harm, need and family impact. The client group remained recognisable and the main crime profile stayed stable.

People Supported Across 3 Years

Clients, Family Members & Total Supported



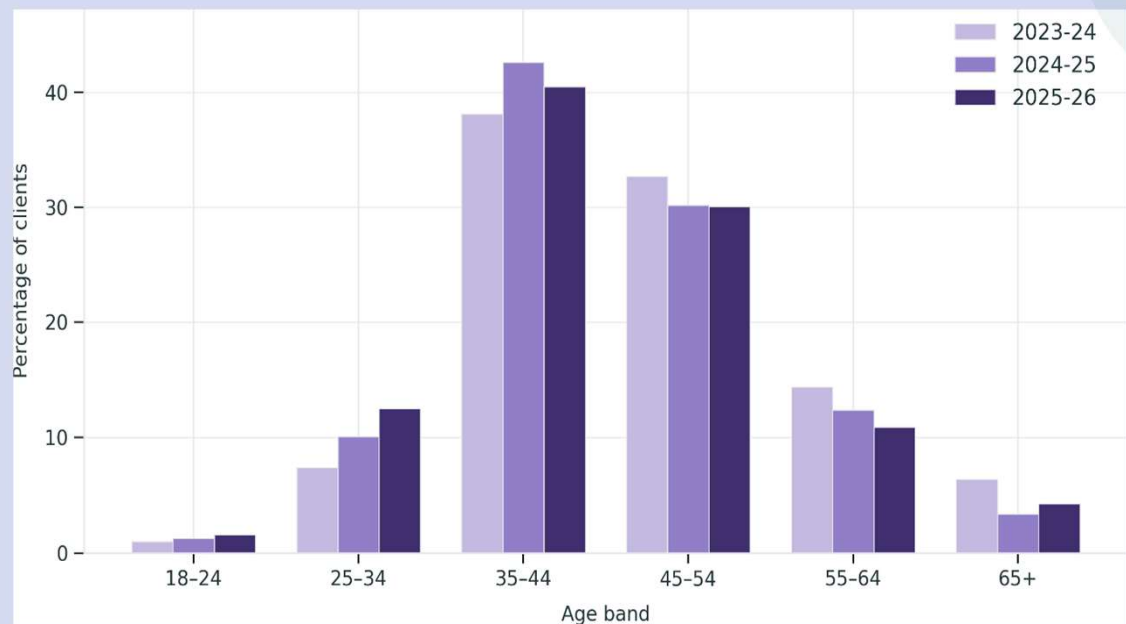
Growing reach, consistent client group

The client group changed little across the three years.

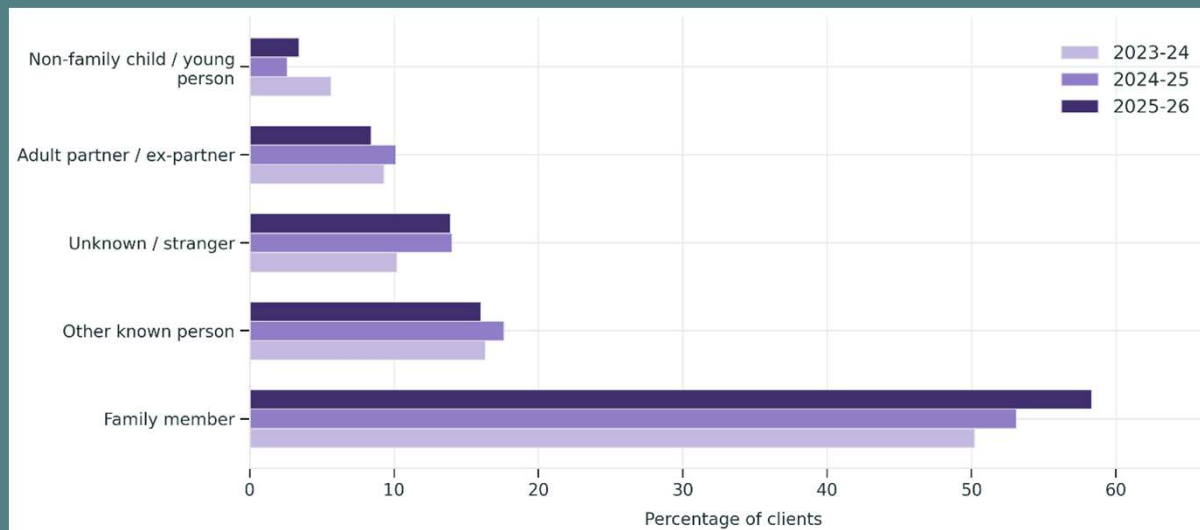
The age profile was stable, with the largest groups in the 35–44 and 45–54 bands reflecting that 73% of clients were parents caring for someone under 18.

The ethnic profile remained mainly White, with White British the largest group in each year. This partly reflects where Restitute began as the service started in East Anglia. When the work expanded into more diverse areas, the number of Black and Asian clients supported increased. The outcomes data suggests parity across all ethnicities.

Most clients identified as heterosexual, with smaller numbers identifying as lesbian, gay, bisexual or another sexuality. That profile is shaped by the cases coming into the service. Much of Restitute's work involves children harmed by fathers, stepfathers or other adult male carers. Many clients are therefore mothers who were in heterosexual relationships with the perpetrator.



Relationship-based harm

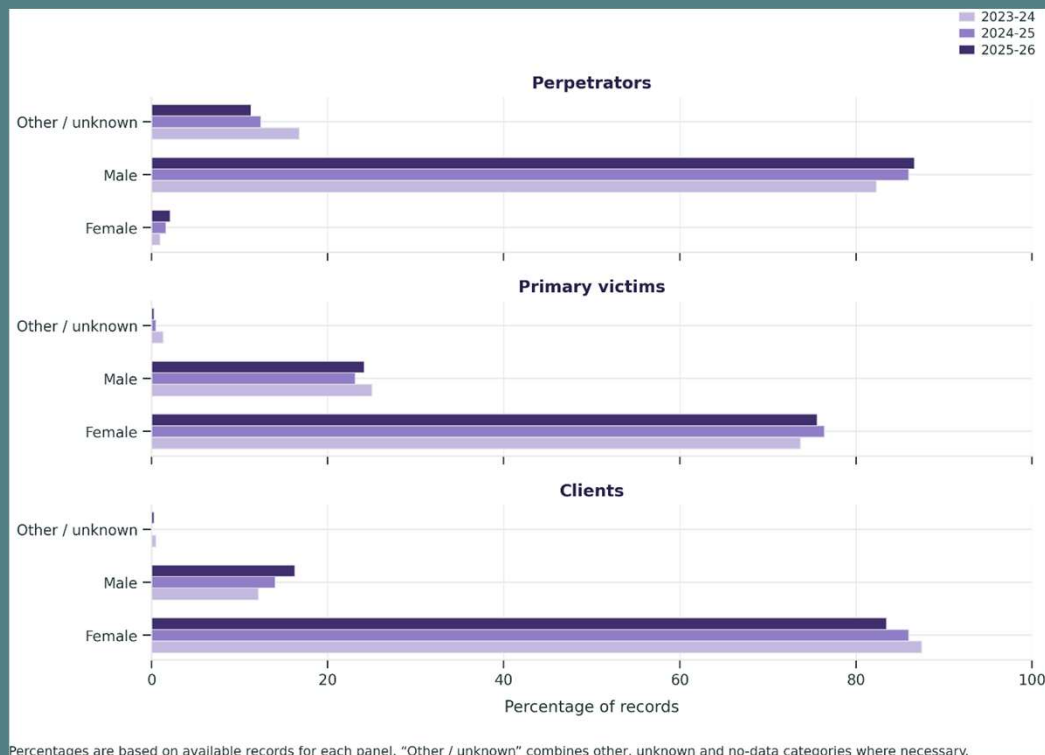


Family members were the largest perpetrator group in every year. Other perpetrator categories included adult partners or ex-partners, children or peers, other known people, and unknown people or strangers.

Most of Restitute's work was therefore dealing with harm inside families or other close relationships, not mainly harm from strangers.

Note: Categories are grouped from detailed perpetrator relationships. 'Not known / no data' is excluded from bars (2023-24: 8.4%, 2024-25: 2.6%, 2025-26: 0.0%).

Gendered pattern of harm and family support

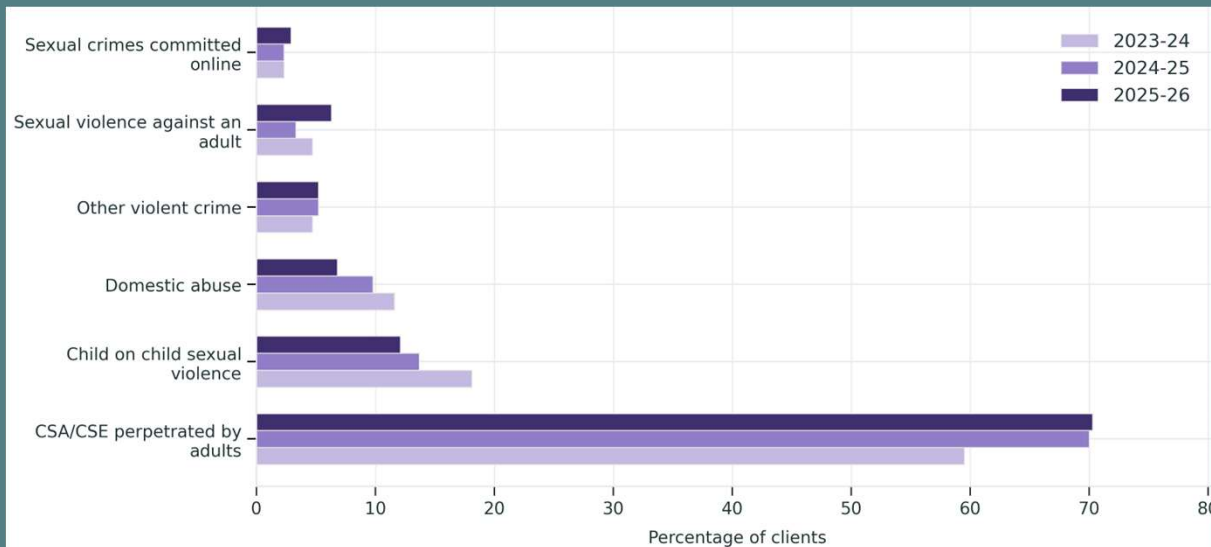


Percentages are based on available records for each panel. "Other / unknown" combines other, unknown and no-data categories where necessary.

Across all three years, clients were mainly female, making up 85.3% of the total three-year cohort. Most were non-abusing parents and carers supporting a primary victim who was also female.

Perpetrators were overwhelmingly male. Among perpetrators with recorded gender, fewer than ten were female across the full three-year period.

Crime affecting loved ones



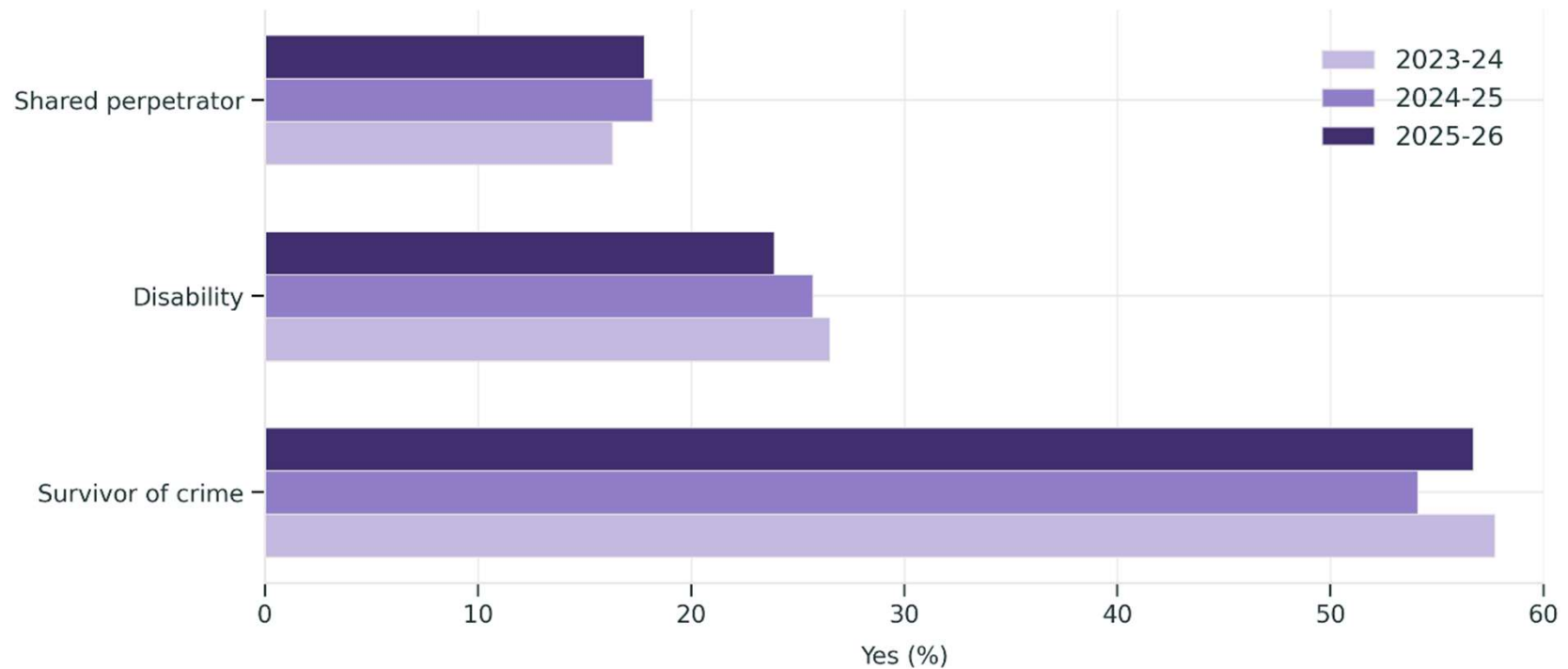
The grouped crime data shows the same picture. Child sexual abuse and exploitation perpetrated by adults was the largest category affecting loved ones across the period.

Domestic abuse, child-on-child sexual violence, sexual violence against an adult, online sexual crimes and other violent crime also appeared throughout. The overall pattern stayed much the same from year to year.

Note: Categories are multi-select and not mutually exclusive; a client may be counted in more than one category, so percentages may sum to more than 100%.

Overlapping needs and pressures

Many clients were dealing with more than one issue at once. A substantial number were victims of crime themselves. Some were also living with disability. In some cases, the same perpetrator had harmed both the client and the person they were caring for.



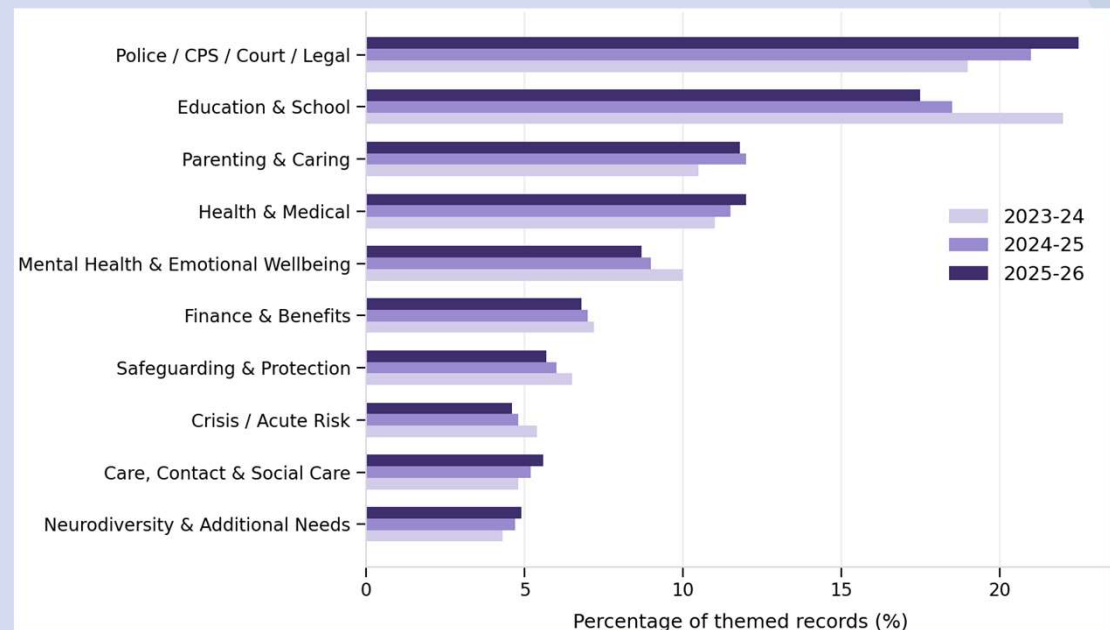
For disability and shared perpetrator, unrecorded responses were treated as absence of that characteristic in line with operational recording practice.

Consistent systemic challenges

Parents and carers often had to deal with safeguarding, school, criminal justice processes, conflict inside the home, relatives siding with the perpetrator, other children in the family struggling with what had happened, and severe financial hardship after disclosure or separation.

In some families, siblings believed the primary victim. In others, they did not, or blamed the primary victim for changes in contact or family life.

The recorded need themes show the same pattern. Legal processes, education, parenting and caring, health, emotional wellbeing, finance, safeguarding and crisis appeared across all three years with very little movement. Clients rarely came with one clean issue. Most were trying to hold several pressures at once.



What worked

From the start, Restitute was built around what lived experience told us would help and what families said they needed.

Everyone who came into the service received a one-to-one support worker.

Some also needed direct practical help to make life safer or more manageable, and a smaller group were assessed as needing referral for therapeutic intervention.

One-to-one support worker


Everyone who worked with Restitute had an assigned one-to-one support worker and could work with that person for up to a year. Support was proactive and based on planned appointments, not on clients having to keep asking for help or start again each time something changed. Over time, the support worker got to know the client and their family situation so they did not have to tell the whole story in one go or repeat themselves to different people. They could say more as trust built and as and when they were ready.

Clients were often overwhelmed at the point support began and did not know what to do first. The support worker helped them work out what was urgent, what could wait, and what they needed to do next. This could be, for example, police interviews, court hearings, child protection meetings, school meetings, social care involvement, housing problems or financial pressure. It could also mean helping a client hold the line when relatives sided with the perpetrator or helping them manage what was happening inside the home when other children were angry, confused or blaming the primary victim for what had changed.


Some clients were trying to hold things together while the primary victim was in acute distress, struggling with their mental health, self-harming, refusing school or showing behaviour that was hard to manage. Some were also dealing with intimidation, isolation and family fallout. The support worker stayed with them throughout, knew the detail and helped them deal with what was in front of them. They also provided encouragement, reminded them of what had been achieved and celebrated successes large and small.

Practical help

Some clients needed practical help to make life safer or simply keep things going. In some cases that meant security equipment after threats, stalking or intimidation. In others it meant replacing basic household items, dealing with the state of the home after the perpetrator had gone, or helping a family manage when faced with financial crisis following the removal or arrest of a main earner in the household.



Across the three-year period, Restitute made 468 practical support grants worth just over £29,000. This included 101 grants for food, fuel and electricity, alongside security items, beds, bedding and household essentials. Spend was highest in 2023–24, when cost of living pressure was at its worst in the UK. Many were already trying to absorb the financial consequences of the crime committed against their child or loved one, with very little room to absorb another crisis.



Some items were not about practicality and flowers were one example. For clients who often felt blamed, isolated or ashamed, receiving flowers showed care and respect. Christmas hampers mattered in a similar way. They helped some families materially, but they also showed care at a difficult and stressful time of the year.

Therapeutic intervention

Only a minority of clients were assessed as needing referral for therapeutic intervention: 11.6% in 2023–24, 8.6% in 2024–25 and 9.2% in 2025–26. The proportion stayed fairly steady across the three years.

Clients may have been deeply distressed by what had happened, but distress is not the same as needing clinical therapy. Clients worked first with a one-to-one support worker, and any decision about therapy came later. For many, the immediate need was to get some control back: over routines, what happened next, and how they cared for their loved one. Being able to challenge decisions, ask for explanations and hold professionals to account helped many re-establish themselves as the adult in the family. Any decision about therapy then rested on whether it was needed, wanted and timely.

The University of Suffolk evaluation supports this. Clients who received therapy showed the same overall pattern of improvement in wellbeing as those who did not, suggesting that support workers were identifying the right clients for therapy.

Outcomes

Despite increasing numbers of clients, the quality of Restitute’s work has remained strong, showing significantly improved outcomes for parents, carers and families.

