



- [www.restitute.org](http://www.restitute.org)
- We call people caring in this incredibly demanding role, 3rd party victims of crime because they are forgotten victims. They are parents, carers, children, close friends and partners who step in to care when the worst happens, often for decades.
- Our work is changing lives. 100% of the people who have had support from Restitute say that their emotional well-being has increased and their ability to provide care and support for their loved one has improved.
- While many victims of crime prefer to refer to themselves as survivors, the lack of awareness, support and stigmatisation faced by people caring for survivor's means that their needs are often misunderstood, although primary victims are only too aware of the vital support that they offer. To the rest of society, they are the forgotten victims of crime. Through our work, we hope to change this.

## Our aims

- **To provide practical support to 3rd party victims of crime**  
We offer practical and personalised support to 3rd party victims of crime based in Suffolk and Norfolk. If you are outside our current working area, then the information in our **Help and Support** section of our website provides comprehensive and detailed information that should help.
- **To train organisations, businesses and other agencies**  
Restitute offers training to organisations, businesses and particularly those agencies that count victims of crime and their families amongst their service users. Our training is delivered by 3rd party victims of crime with lived experience of caring for someone who is a survivor of a serious sexual or violent crime.
- **To educate and raise awareness of the challenges and difficulties faced by 3rd party victims of crime.**  
3rd party victims of crime face stigmatisation and misunderstanding on a daily basis. They suffer guilt and shame that leads to isolation, mental health issues on top of the demands of caring for a loved one with complex needs. Our education and awareness raising work aims to bust myths and create more understanding and support across society.

## **We can help:**

- Parent, carers, siblings and other family members who support children who are survivors of sexual abuse
- Non-abusing partners or children of those arrested for sexual offences against children (including online)
- The loved ones of adults who have survived sexual assault as an adult or who were sexually abused as children
- Family and friends who are supporting someone who has suffered violence, including domestic violence.

*Deciding what to say and agreeing that with Drew was incredibly important. He needed to be in control of what we were saying about him. We chose a form of words that he was comfortable with and that made us all feel more confident.*

**Ellen, A Mum**

*During my exams I had to go and stay at a friend's house because things were so unpredictable at home. I couldn't guarantee getting a good night's sleep because of my sister's mental health.*

**Nathan, A brother**

*One minute I had a career, a social life and our life was fantastic – we were building a future. The next, I had to abandon my job and provide care for my partner. I wouldn't change that in any way but as his mental health has deteriorated, I have become more isolated, our finances have collapsed neither of us have any idea what the future will be. Apart from bleak.*

**Stefan, A partner**

*Restitute has offered support for us all but worked with my son. They helped with driving lessons which meant he could stay in school – the only bit of continuity left in his life apart from his siblings and mum and meant I no longer had to do the 110 mile round trip dropping him to school (as we had to flee our home) before work. It was unsustainable on top of everything else. My physical and mental health was suffering. I don't think I could have carried on. This practical roll your sleeves up support was like a life raft and enabled me to keep working so I could support my family financially as well as dealing with caring for everyone at home.*

**Leah, A mum**