



Stepping Stones



Stepping Stones North Wales is a charity and offers individual counselling, group work and support to adult survivors of childhood sexual abuse. They are an independent and confidential service with a staff team of four, fifteen volunteers covering admin, fundraising, social media, mentoring and events plus around 20 professionally qualified counsellors. Stepping Stones was established in 1984 and established as a charity in 1995, the aim being to achieve the following objectives : To protect and preserve the good health, both mental and physical, of persons who have been victims of sexual abuse & to advance the education of persons working with those who have been victims of child sexual abuse.

Referrals to the project can either be self-referrals or through their GP, community mental health teams, police and many more. Once a referral is received Stepping Stones will contact the individual to gather some information about their needs before inviting them for an initial assessment. One of the projects Stepping Stones provide is The Next Steps, which helps and supports victims of childhood sexual abuse alongside or after their counselling.

Results from the report

- The report showed 100% of clients are better able to cope thus they now have improved mental health
- 86% of clients have a feeling of reduced isolation after attending the next step project
- The report showed 100% of clients now have improved relationships with friends and family.
- The report showed 86% of client now have improved self-esteem
- Stepping Stones positively contributes to 'A more equal Wales' & 'A healthier Wales' elements of the Well-being of Future Generations (Wales) act 2015



"We have found it a most interesting and informative journey working with the Social Value Cymru Team, learning valuable ways in which we can evaluate the benefit of our service to people's lives and wider society. It has made us look at things differently and will enable us to produce better reports. We thank the team for their time, support and opportunities to share thinking and for the toolkit to enable us to continue to make more of an impact going forward".

Susan Roberts, Business Support Manager, Stepping Stones North Wales



svc@mantellgwynedd.com
www.mantellgwynedd.com/social-value-cymru.html

