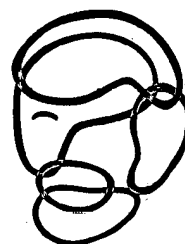


SURVIVORSUK

Men Overcoming Sexual Violence Together



SurvivorsUK Ltd Trustees Annual Report and Unaudited Financial Statements Year ended 31 March 2021

Charity registration - 1077484

Company number - 03792760



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Legal and administrative information

Charity name

SurvivorsUK Ltd

Previous operating names

Survivors U.K. and Survivors (UK) Limited

Charity registration no.

1077484

Company registration no.

03792760

Registered office and contact details

c/o Andy Nash Accounting & Consultancy Ltd
Units 24 & 25, Goodsheds Container Village
Hood Road
Barry, CF62 5QU

Trustees

Thom Crabbe	(Interim Co-Chair - appointed 10 October 2021) trustee from 1 April 2021
Emily McFadden	(Interim Co-Chair - appointed 10 October 2021)
Daniel Mark Carr	(Chair - resigned 10 October 2021)
Rushna Alyas	appointed 1 April 2021 - resigned 13 October 2021
Sara Brennan	
Mark Brown	resigned 8 October 2021
Dr James Brock Chisholm	
Tanaka Mhishi	appointed 1 April 2021
Sami Heath Qasem	appointed 1 April 2021
David Raeburn	appointed 1 April 2021

Chief Executive

Alex Feis-Bryce

Principal bankers

Unity Trust Bank
4 Brindley Place
Birmingham, B1 2JB

Independent examiner

Haines Watts
4 Claridge Court
Lower Kings Road
Berkhamsted, HP4 2AF

Accountants

c/o Andy Nash Accounting & Consultancy Ltd
Units 24 & 25, Goodsheds Container Village
Hood Road
Barry, CF62 5QU

Message from the Co-Chairs

SurvivorsUK, like the rest of the sector and indeed the world, has faced a challenging year.

The global pandemic of COVID-19, experienced during our last financial year March 2020 to March 2021 was something that had not been anticipated, and has meant huge and significant changes to all of our lives as we knew them.

The trustees are so proud of our staff team, led by our Chief Executive Alex Feis-Bryce, for their hard work, dedication, resilience, flexibility and determination to move our services online seamlessly. The staff team has ensured the ongoing support of our current clients, as well as new clients we have begun to support during the pandemic. Like many organisations some of our key income has been impacted alongside costs incurred to move services online

In spite of the challenges we are currently supporting more than 3000 survivors every year; and we have supported more than 5000 on their recovery journey since we started supporting our clients remotely.

Our staff team has continued to expand, which has given us the opportunity to support even more men and boys who have experienced sexual violence.

Alongside our front-line work and services supporting men and boys who have experienced sexual assault, we have continued work behind the scenes on other projects crucial to the future of the organisation.

We are excited about moving into our new office space in the next year, which will provide a comfortable environment for our staff to work, as well as space for some of our therapeutic services to return from remote, back to in-person. We understand that for many of our clients, they have appreciated the flexibility of remote counselling and we plan to adapt to the needs of our clients by adopting a hybrid and flexible approach.

We have just launched our new brand, which we feel really shows our core values, as well as being more engaging and accessible. We have received fantastic feedback on this from our clients.

SurvivorsUK has been a powerful success for 35 years this year, and we are determined to ensure the organisation continues to thrive. We are just about to launch our Challenge35 campaign, which aims to raise £35,000 to celebrate our birthday, and to secure funds to enable to continue our much-needed work, supporting men and boys who have experienced sexual violence and assault.

Our ultimate goal is to continue to develop and adapt our services to meet the needs of everyone - our existing beneficiaries and those we are yet to reach. We strive to create a community of support for our clients and their loved ones and, as we grow, we're delighted that we're moving ever closer to that goal.

Best wishes,



EMILY MCFADDEN & THOM CRABBE
INTERIM CO CHAIRS

Trustees annual report

The Board of Trustees, who are also Directors of the Charity for the purposes of the Companies Act, and Trustees for charity law purposes, submit their annual report and the financial statements of SurvivorsUK for the year ended 31 March 2021.

The Board of Trustees confirms that the annual report and financial statements of the Charity comply with current statutory requirements, including the Charity Act 2011, as well as the requirements of the Charity's governing document and the provisions of the 'Charities SORP (FRS 102) - Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) second edition (effective 1 January 2019)', the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102), and the Companies Act 2006.

Aims and objectives

Purpose and aims

SurvivorsUK's objective is to provide practical and emotional support to men, boys and non-binary people who have experienced sexual violence, and to promote any charitable purpose for the benefit of our clients and their friends, families and loved ones. We also work to raise awareness of the extent of sexual violence against men, boys and non-binary people – to encourage them to seek the help and support they want and to improve professional practice of those who work with them, such as the police, health and social care professionals. SurvivorsUK was established in 1986 and incorporated as a registered charity in June 1999. Today, the charity is the only specialist service in London to help men, boys and non-binary people navigate the impact of sexual violence. Nationally, we provide help and support through our website, telephone, online helpline services and groupwork. Additionally, in London we provide face to face counselling, groupwork, Independent Sexual Violence Advisors (ISVA), outreach and engagement services and clinics for legal advice and sexual health.

Our aim is to help any man, boy or non-binary person over the age of 13 who has experienced sexual violence feel empowered to speak about what has happened to them and to be able to access support, should they want it. When they do, we want to ensure they have access to the kinds of support that they want, so they can deal with the devastating impact that sexual violence can have on all aspects of life.

Delivering Public Benefit SurvivorsUK's objectives and activities fully reflect the purposes that the charity was set up to further. There is an inherent public benefit in raising public awareness of the extent of sexual violence against men and boys so that more feel confident to talk about their experiences, seek help, and access appropriate support.

The trustees have referred to the Charity Commission's guidance on public benefit when reviewing the charity's objectives and activities, and when planning activities.

Context

Since 2014 Operation Hydrant (the national policing response to non-recent child sexual abuse investigations concerning persons of public prominence, or in relation to those offences which took place within institutional settings) has 8820 victims on its register. Of these, 6156 identify as male and 19 are of unknown sex. Yet there remains an overwhelming number of unreported and unrecorded cases. A report, Silent Suffering, Supporting Male Survivors of Sexual Assault, which launched in November 2015, cited our research on the percentage of men who report their experiences of rape and sexual assault to the police (3.9%). This report shows that in the period 2010-2014, there were 26,483 recorded incidents of men being victims of sexual assault or rape. Taking into account that just 3.9% of men will report the crime to the police, the estimate of actual sexual assaults and rapes against men across the UK is 679,051 incidences from 2010-2014. The report also highlights a number of barriers to men reporting their experiences in a society where rape, sexual assault and sexual abuse remain taboo. Shame, guilt, isolation, fear of ridicule and not being believed are common barriers that prevent men and boys telling someone and seeking help. Further barriers include societal attitudes towards masculinity (for example, the assumption that men are 'strong' and should be able to fight so they could have fought off the attacker).

Clients have told us about their typically negative experiences seeking help from non-specialist organisations. Some report being turned away because their gender identity doesn't fit with the

organisation's definitions or target groups. Others have been asked inappropriate questions or were treated as offenders rather than victims. We aim to highlight the need for greater awareness of how to respond to male victims and survivors among professionals, and for improved responses so that those seeking help have a better experience.

Of the people we help directly, over half report that they were abused as children. Many present with complex, multiple and acute needs who are experiencing hardship or significant ill-health. The majority of our face-to-face service users are unwaged, on benefits or receiving a state pension. The impact of rape and sexual abuse is enormous and can affect all aspects of people's lives. Key issues that people present with include relationship difficulties, self-esteem issues, Post Traumatic Stress Disorder, sexual health problems, severe anxiety, depression, suicide attempts and suicidal thoughts, drug or alcohol problems, anger management issues or declared a mental health diagnosis. Many present with dual diagnoses and complex mental health diagnoses such as personality disorders and psychosis. Many have been turned away or banned from statutory and other third sector services.

Our service users

What do we mean by sexual violence?

We use the phrase 'sexual violence' to recognise that violence can take many forms, not just physical, and to include any unwanted or non-consensual act performed against a man, boy or non-binary person at any time in their life.

Who do we support?

SurvivorsUK was established as a service for male victims and survivors to cater for people not provided for by other services. We are an inclusive service and welcome anyone who identifies as male or non-binary.

Additionally we encourage those affected by sexual violence perpetrated against our client group, such as friends, family or loved ones, to contact us.

Achievements and performance

Online

Website and social media

SurvivorsUK's website is for many service users the first step in looking for help and support and is a valuable national resource for male and non-binary survivors throughout the UK. In addition to a national database of services and vital information about sexual violence, a key aspect of our website is our blog which gives a platform to survivors to tell their story anonymously. This can be extremely powerful for both the survivors speaking out about their experiences and anyone else who has experienced sexual violence who visits our website.

In 2020/21 our website had 212,485 visitors.

Throughout this financial year the team have been working on a rebranding project which will involve a web rebuild and a significant improvement in how our website integrates with our helpline. These projects are expected to be completed before the end of 2021.

	Facebook fans	Facebook	Twitter fans	Twitter	Instagram fans	Instagram
2020/21	5.2K	14.4K	9.1K	4K	2.5K	6.3K
% increase	+4%	-49%	+12%	+5%	+67%	+19%

Outreach and engagement

Numbers of outreach attendance is significantly lower due to the difficulties around COVID-19. A key factor which made our outreach work, which had previously been conducted mostly in person, more difficult this year was the fact that many organisations were no longer able to invite external speakers. We therefore shifted the focus to online outreach including recordings, webinars and video series for external organisations. The numbers of people reached directly, described below as "combined attendance", has therefore reduced during the pandemic but we are confident that the videos and online resources that have been produced have been widely disseminated to a large audience.

Outreach 2020/2021	
Outreach combined attendance	942 (-64%)
Number of Outreach sessions	72 (+14%)
Number of key contacts	88 (+9%)
Planning, Training & Workshop sessions	32 (-47%)

Service delivery

Key factors for service delivery in the year

Adapting to the global pandemic and lockdown

The global pandemic and the lockdown which has been in place for much of the period covered by this report has had a significant impact on our clients and staff and we were forced to quickly transition from delivering the majority of our services face-to-face to delivering all of our services remotely. This brought with it a number of logistical challenges but thanks to the hard-work and determination of our staff team and the resilience of clients we were able to ensure that all of our services were still being delivered throughout this period.

Staff and services

One of the salient changes in terms of service staff has been a significant expansion across the organisation. This has allowed exciting changes in terms of both the quantity but also the scope of services being delivered. Increased resources have also allowed for increased creativity but with no compromise in the passion, conviction and empathy with which we deliver our frontline services.

Service users

The lockdown has brought with it additional difficulties for many of our clients and this has meant that many are presenting with increased levels of risk and often greater support needs. Despite the difficult global context, we continue to see service users' resilience and survivorship and many survivors' desire to build a community of peer support and a mutuality of care.

The Counselling Service

Over the past year, the team worked together to maintain all counselling services using a remote delivery model, in response to the Covid-19 pandemic and the hiatus between SurvivorsUK premises. The majority of our clients have continued to receive their services via phone or video-calling, with a small number choosing to pause their support until we're able to resume face-to-face sessions. We continue to deliver our innovative counselling+ model offering a trauma-informed approach to meet the needs of vulnerable male and non-binary clients. We offer EMDR as part of our model. This intervention is currently being delivered by Support Counsellor, Salma Khanom, the second practitioner we have supported to gain their EMDR practitioner qualification.

The service has been sustained by seven funders/commissions with the stated intent to offer an alternative to the more limited provision available via the NHS, or other charities, and to ensure that rape crisis services

are accessible for non-binary people, boys and men.

Our team of Support Counsellors has continued to work responsively to meet clients' needs in terms of contact outside session times; flexibility of appointment times and counselling approach; and contact with other professionals in order to provide a wraparound service. Because our current funding is for provision to Londoners, we have restricted new referrals to people living in London since the end of 2020. We have continued counselling to those clients outside London who were already engaged, or waiting, prior to that time.

At the end of December 2020, we recruited our first Waiting List Support Counsellor, Leigh Graham funded by the Mayor's Office For Policing and Crime (MOPAC). Leigh's 1 year, full-time, post was created to pilot counselling support for the 200+ men and non-binary people waiting for weekly counselling with SurvivorsUK. Our 8 individual Support Counsellors fulfill the equivalent of approximately 4.5 full-time posts. The team is managed by the Counselling Lead, Elizabeth Noble, who also delivers a small number of clinical hours.

In addition to the counselling+ model, we have been testing an innovative approach to support for clients waiting for ongoing counselling. Wait times for counselling continue to grow due to the demand for our service. At time of writing around 280 people are on our counselling waiting list and most people are waiting around 15 months from assessment to the start of their counselling.

Since February 2021, our Waiting List Support Counsellor Leigh Graham has been delivering stand-alone, 50-minute counselling sessions to clients on the waiting list for regular counselling. The dual aims of this pilot initiative are:

- Support clients with brief counselling, signposting, and information while waiting for regular counselling
- Learn more about the needs of clients on our waiting list in order to shape future interventions for this group

Because of the one-off/very brief nature of the intervention, it is not appropriate to use pre and post outcome measurement tools. We do have powerful qualitative feedback from clients on their experience of accessing waiting list support sessions. This has been shared directly with clients at our Service User forum in February 2021. A majority of clients who have accessed sessions with Leigh have reported feeling supported, and appreciative of the space to talk. Clients state that one-off sessions enable them to release emotions and share thoughts in an environment of trust and non-judgement. A majority of clients accessing sessions so far have explicitly voiced strong endorsement for the concept of waiting-list support. All clients that Leigh has shared self-help resources and signposting information with have stated this was helpful. Clients have stated that self-help materials aid them in understanding their experience of trauma, and give them tools to keep themselves safe, mentally and physically.

Counselling Case study

Paul is a Black British, heterosexual cis-man in his forties. He came to SurvivorsUK seeking EMDR to help him with flashbacks resulting from childhood sexual abuse. When Paul started therapy, he described his flashbacks as like driving along and seeing billboard adverts by the roadside. He didn't remember a time in his life without flashbacks, and was prompted to seek help as they were becoming more vivid, and encroaching on all areas of his life. In addition to the sadness, anger, disgust and anxiety that his flashbacks prompted, Paul also experienced difficulties with focussing, and asserting boundaries.

After 20 sessions of counselling and EMDR, Paul reported a decrease in intensity of his flashbacks from 10/10 to 0/10. He also transformed his core belief that he was "unworthy of love" to a "firm belief that (he is) worthy of love and respect", which Paul stated was positively impacting his ability to identify and express his needs. Paul described improvements in his self confidence, and decreased anxiety and depression, as a result of his therapy.

At the close of counselling Paul said: "Counselling and EMDR work through Survivors has literally been life changing. I have lived with this horrible burden for over four decades and the work that my counsellor and I have done together has resulted in a paradigm shift in my sense of being. I finally feel able to make my own choices and live my own life".

Counselling	
New referrals	483 (+2%)
New clients assessed	555 (+305%)
Counselling Sessions Delivered	2,926 (+57%)
Overall Clients supported through counselling	685 (+34%)

Counselling	
Number of clients able to explore their feelings and problems	91% (+8%)
Number of clients who reported improved coping	92% (+24%)
Clients who completed a course of counselling (minimum 12 sessions)	78% (-7%)

The ISVA Service

The ISVA team has undergone some significant changes in the last financial year. We have significantly expanded the team recruiting an ISVA Coordinator, an additional ISVA post and a Caseworker which is the first of its kind at SurvivorsUK.

We have also worked hard to establish new service standards and procedures.

Changes implemented to the ISVA Service

- Triage assessment – creation and implementation of initial assessments for ISVA referrals.
 - Identifying complex cases for MD ISVAs.
 - Assessing risks and needs prior to ISVA contact.
 - Establishing whether the ISVA service is the appropriate service for the survivor.
 - Giving survivors a choice of gender of their worker.
 - Signposting/referring to other internal and external services.
- Elimination of ISVA waiting list – in April '20 there was a backlog of cases from December '19
- New service standards implemented:
 - New referrals contacted within 5 days to arrange (or complete if possible) initial assessment.
 - First ISVA contact within 1-2 weeks of allocation/completion of initial assessment.
 - Frequency of ISVA contact – minimum once a month check-in with clients to re-assess their needs and potential risks.
- Creation of ISVA information booklet – shared with clients after the initial assessment.

ISVA	
New referrals to ISVA Service	151 (+3%)
Overall clients supported through ISVA	94 (+17%)
Number of cases closed	75
Clients signposted to a more appropriate service	25

We also implemented new outcome measures for our ISVA service but saw improvements from the previous year where measures were comparable.

ISVA	
Clients report better health and wellbeing	94%
Clients feel more empowered and have better choice and control in their lives	97% (+16%)
Clients feel better able to access further support if they need it	84% (+12%)
Clients feel more informed about consent and their rights	78%

Service user feedback:

"I have been asking questions since I reported over two years ago and these first two times that I have spoken to you, I finally feel like my questions are being answered and I am starting to understand the process and what will happen next".

"Your regular contact is really nice, and I find it really reassuring. I am so very grateful for the support that you are providing to me."

"I actually felt a bit triggered when I saw your text message and then I wasn't going to answer your call. I am now so glad that I did. I did not realise that I was still allowed to access help from SurvivorsUK after withdrawing from the Police process. I am so grateful for the help and support that I can still receive."

"...I have to say you been a great support and I don't know where I would be if I didn't have that at times it's comforting and really reassuring"

The Casework Service

We started a new Caseworker service in January 2021, delivered by 1 newly recruited staff member (full-time role) under the management of the ISVA service.

Caseworker responsibilities include:

- Processing ISVA referrals.
- Triaging ISVA referrals (initial assessments booking and completion).
- Clinic26.
- Overseeing Civil Law Clinic bookings.
- Casework.

Casework support includes:

- Support, information, and advice around Housing.

- Referrals to GP, Mental Health and other support services.
- Information on Immigration and referrals to a specialist service.
- Support, information and advice on Finances and Benefits.
- Support around Employment and Education.
- General advocacy with other professionals involved in survivors' care.
- Police and Independent Office for Police Conduct (IOPC) complaints.
- Criminal Injuries Compensation Authority (CICA) scheme applications.

The Helpline service

Our national helpline services provide free, confidential support to men, boys (trans and cisgender) and non-binary people affected by sexual violence, by instant messaging (online and SMS) and email, 7 days a week.

With more survivors suddenly at home as lockdowns took hold, emails to the helpline service more than doubled compared to the previous year, and instant support via SMS text messaging increased significantly (by 13%), while live chats via our website reduced by a similar amount (12%). This is likely to reflect an increased reliance on mobile phones for private communication.

Helpline	
Distinct calls	2,408 (-5%)
Average weekly calls	46.2

In January the messaging provider WhatsApp came under global scrutiny for announcing a change to its privacy policy that would have affected our service users detrimentally, were we to accept it. As a result we took the difficult decision to stop advertising our WhatsApp number and to begin a managed transition away from the service, before the change would otherwise come into effect in May 2021. This accounts for a 24% drop in WhatsApp chats before the end of the 2020-21 financial year.

To compensate for the impending loss of WhatsApp we began scoping possible work with specialist software developers to make our website live chat service more accessible and user-friendly, work that we hope will come to fruition in 2021-22, subject to funding.

Those who get in touch with our helpline regularly tell us about the life-changing impact it had. Some examples below:

"This chat service is a really great thing ... I am leaving the chat in a much better headspace than when I went into it."

"It's great to know this is here to be honest. ... I really feel like you've listened and you understand and haven't judged me. I feel a glimpse of relief just in speaking to you."

"It's been a weight has lifted a bit having talked to you about my problems ... I'm really grateful just to write what I can't talk about"

"I must admit it has helped me talking. I don't feel hate towards myself as much."

"This service is a lifesaver. Chatting by text is a great way to communicate with someone which is intimate without being overwhelming."

"Helped me put things into perspective and made me feel like there is support out there if I need it."

Helpline	
Callers who responded to our post-chat survey said the person they spoke to was helpful	92% (+1)

Groupwork

Lockdown presented interesting new challenges for us all, including the Groupwork service. At the end of March 2020 we engaged the services of a freelance Zoom facilitator who is experienced both in facilitating groups on Zoom and in managing concerns such as safeguarding and security. During the year we adapted to the changing needs, both in how we deliver groups and the content of the groups.

We have been so grateful to our clients' commitment to the groupwork programme through this period and their flexibility in moving to an online platform. Almost 100% of the groupwork clients have stayed engaged with the programme during this transition.

We have engaged an external consultant to write an impact report regarding online working. We hope that this will provide information and guidance for other organisations as well as inform our online service for the future.

The core 12 session groups

The foundation of the Groupwork programme at SurvivorsUK is the 12 session closed group. This has continued and grown online through the last year. During April 2020-2021 we have delivered 12 core groups. We have found a smaller group size is preferable on Zoom so the average size is 8.

The core group is a bespoke integrative therapeutic group intervention. By this we mean that it is tailored specifically to survivors and it integrates different therapeutic modalities, including group psychotherapy theory, CBT, humanistic theories and psychodynamic theories.

The group ethos is respect, care, support and mutuality. Group members have all had situations of sexual violence in which trust and control were taken away and the ethos of the group is to give group members full control, within the group agreement, of how they participate. Trust and safety are crucial and at all times we work to create a safe space. We also work with an existential framework of honouring the trauma and encouraging each person to consider how they might want to make some sense of meaning in their lives so they can be the person they want to be.

Themes explored in the group include shame, anger, anxiety, depression, disclosure, sexuality, gender identity, confronting the abuser, suicide, self harm and self destructive behaviour, relationships, intimacy and many more.

Ongoing Group

Given our understanding of trauma informed support as the presence of a reparative connection, we want to create a space for group members to have a sustained relationship both with SurvivorsUK and each other. This is consistent with the idea of building communities rather than simply applying an intervention. The Ongoing Group is a monthly group open to anyone who has gone through the groupwork programme. Before lockdown this was attended by 8-15 people each month but in this reporting period the attendance has increased to an average of 20.

The BAM Group

At SurvivorsUK we are acutely aware that people from Black and Minority Ethnic Communities are under-represented within our population and we wanted to create a safe and dedicated space for these clients. This is a monthly open group for clients who self-identify as Black and Asian men who are also survivors. During the reporting period this group has become a crucial space for BAM clients to reflect on the death of George Floyd and the Black Lives Matter movement through the context of being a survivor. After George Floyd's death we dedicated our Instagram page for two weeks to the needs of BAM communities.

Trans & Nonbinary Group

Another under-represented group within our population are trans and nonbinary survivors. We have a

dedicated group for these clients, some of whom have also engaged with the core groups and others who wished to remain in a trans and nonbinary dedicated space. This is a monthly open group with a current membership of 12.

Creative Writing Group

We are very aware of the power of the written word and that for some people this is an easier mode of expression than speaking. We run a 6 week closed Creative Writing Group on an ongoing basis. In this reporting period we have delivered four six week programmes. The facilitators of this group have shown particular flair in translating this to an online format.

During the reporting period the Creative Writing group has expanded to include a monthly 'Open mic night' which is open to anyone who has attended the Creative Writing Group. This is an opportunity for service users to meet together, showcase their work and be nourished by others' creativity.

Get together

Since Dec 2018 we have been holding a monthly Get Together. This is open to any client currently receiving services or who is on the waiting list. The three stipulations of engaging are: Confidentiality, Respecting each other and 'all you have to do is show up'. The Get-together is designed to be an informal, unpressured opportunity for survivors to meet together for an informal chat. Before lockdown the average attendance was 15-20, during the reporting period this has risen to 20-25. We have adapted the format for Zoom. We gather, have a light-touch check in, and then there are themed break out rooms such as 'Social chat', 'Coping', 'Relationships with ourselves and each other', 'Expressing ourselves creatively' etc. In response to client feedback we have also introduced a breakout room check in for those who wish to take part in a more significant emotional discussion.

Festive season groups

We are aware that the Christmas / New Year season is a challenging one for many, and particularly this year in Lockdown. During the seasonal period we facilitated four additional group spaces, each of which were attended by 20-23 people.

Allies Group

We have become increasingly aware of the crucial role that allies (friends, family, loved ones) play in survivors' lives and twice a year we have offered a parallel space as part of the Ongoing Group. Prior to lockdown we were planning to launch a monthly open Allies' Group and we launched this during this last year. The take up was less than we had anticipated so we advertised it in a more targeted fashion and now have a viable group.

Service User panel

Whilst the Service User Panel isn't a formal part of the Groupwork Programme, attendance has hugely increased because of clients' engagement with other groups. We meet three times a year after the Get-Together which means that attendance is high from across all services and new members are supported by more established clients.

Trauma information workshop

Whilst our core groups have an element of psycho-education, this is not their principle focus, and we are also aware that many clients who are on the waiting list would appreciate some information about trauma, the impact of trauma and how to cope with some of the symptoms of trauma. To this end we hold a trauma information workshop three times a year. They are attended by an average of 20 people.

New groups

We wanted to adapt creatively to the pandemic and not stand still. As well as adapting the existing groups as outlined above, below are new ventures, groups and opportunities we have introduced during this last year.

Lockdown reach out / Lifting Lockdown / Surviving Lockdown

It is testament to the experience of the reporting year that this group has had three different names. 'Lockdown reach out' was a response to the group members of the groups who had to move online. They asked if they could continue fortnightly online until such time as we could meet face to face once again. We then extended the invitation list to all on the waiting list or who are receiving services through SurvivorsUK. As lockdown restrictions eased we renamed it 'Lifting Lockdown', hastily changing it once again to 'Surviving Lockdown' just before Christmas. It has continued as 'Surviving Lockdown' but with the intention of renaming it once again 'Lifting Lockdown' from April 2021.

The aim of this group is to provide a space for survivors to explore the impact of Covid and of lockdown through the lens of being a survivor. This group is typically attended by 20-23 people.

Dungeon & Dragons Group

This had been in the planning stages prior to lockdown but has been delivered online on a fortnightly basis from June 2020. The Dungeon and Dragons Group is an opportunity for clients who are currently on the assessed and waiting list to engage in a facilitated role playing game which will enable them to explore aspects of their personality and some of the impact of trauma through fantasy and role play. This has been a remarkably successful group and we have a sign up list ready for two more groups. An interview with the two facilitators for International Men's Day can be found here:

<https://www.facebook.com/SurvivorsUK/videos/one-of-the-therapy-groups-we-run-is-a-dungeons-and-dragons-therapy-group-where-s/711941059528412/>

We have also introduced a fortnightly Dungeons and Dragons Talking Group on the request of the D&D group participants. This allows group participants to reflect and discuss in a facilitated space what the game has brought up for them.

Breaking the Pattern

Prior to lockdown we were in the planning stages for starting a group for survivors who have perpetrated or who have been at risk of perpetrating sexual abuse. This is due to the difficulty some of these clients have in accessing group services. We had thought to delay this until we returned to face-to-face work, but as lockdown continued and demand for this group increased, we decided to pilot it online.

We consulted with specialist groups of practitioners working within the probation service as well as academics in creating both the content and format of this group. We have now created and delivered an eight-session closed group and are gathering participants for another. One of the facilitators has completed the StopSO course and the other has worked extensively in sexual health and in sexual health outreach, including with offenders. We have consulted with Stop It Now and with the Probation and Jigsaw workers connected with individual participants.

This is a challenging group to facilitate within an organisation for survivors, but we have seen a number of demonstrable benefits:

- It ensures that clients who have sexual offending as a concern are able to access support separately from clients who would find this extremely challenging
- It ensures that clients who have sexual offending as a concern aren't further silenced but are able to access a group in which they can speak about all aspects of themselves
- It is consistent with our ethic of hospitality and welcome to all

Young people's group

We have held an open monthly young people's group online from June 2020. We have 5 consistent members and 3 new referrals. We have also worked with our Community and Engagement Officer, Digital Communications Officer and ISVA Co-ordinator in advertising our services for 13-19 year olds.

Clinic26

Before lockdown Clinic26 was a monthly specialist sexual health clinic for survivors created in partnership between SurvivorsUK and the Royal London Hospital. We reinstated this as part of the groupwork provision in Nov 2020. It involves a group meeting followed by the opportunity for 1:1 appointments with a sexual health doctor, sexual health advisor, counsellor and / or caseworker. We have extended its remit and advertised it as a wellbeing clinic. Each clinic has been attended on average by 12 clients.

ISVA support group

Feedback both from clients and ISVAs stated that service users going through or who had gone through the Criminal Justice System had no opportunity to speak about the emotional impact of this journey. In Nov 2020 we started an ISVA support group which is a monthly open group attended by a maximum of 10 people.

There have been a number of one-off events which have been facilitated by the groupwork programme:

SurvivorsUK rebranding project

We have been engaged in a rebranding project in conjunction with ShapeHistory, a branding agency. Clients have been engaged in this process through the groupwork programme. We created a particular space for two art workshops that fed into the visual rebrand as well as several focus groups to discuss the wording and rebrand as a whole.

Training

We delivered training at York University on how effectively to deliver therapeutic groups online (see appendix 6) and for a consortium of third sector organisations School for Social Entrepreneurs. We have also held a workshop for Mankind in Brighton about how best they might deliver their groupwork programme online.

In addition we have responded to queries from a number of survivors organisations about how they might either adapt or create their groupwork model, including groups in Hereford and Bath & Avon.

We have had an ongoing contact with a survivors organisation in Lancashire who have both consulted us as to how best to support their young people on a 1:1 basis and referred them to our groupwork programme.

EastEnders

The EastEnders scriptwriter and production team worked in close collaboration with us on the Danny Dyer abuse storyline which was prominent particularly over the Christmas / New Year period 2020-2021. As well as consulting with staff on the script, we arranged for service users from the groupwork programme to meet with producers, scriptwriters and with Danny Dyer to advise on the storyline and character development. This is an example of an increasingly close relationship between the groupwork programme and our external communications and media teams. Below is a blog written by one of the groupwork members who participated in this process:

<https://www.survivorsuk.org/blog/press-release-survivorsuk-works-with-eastenders-on-csa-storyline-featuring-danny-dyer/>

Peer support update

Group itself creates the opportunity for mutuality of relationship and peer support. It is well documented that doing something for others is beneficial to mental health and group members' ability to support each other is of significant therapeutic benefit. This has the potential to continue beyond and outside the parameters of the group.

The following are examples of this:

- Many of the groups have continued contact as a group beyond the twelve sessions
- Many group participants have developed mutually supportive friendships beyond the life of the

group

- Group members have been able to support each other with specific concerns. For example, over Christmas one group member was housed in temporary accommodation which didn't include cooking facilities. Another group member arranged for us to deliver a food package to that person

Thrivers Peer led group

As a result of a hunger from the groups to create more spaces and forums to meet, one service user has set up a purely peer led group, Thrivers, of SurvivorsUK clients. This has now been brought under the umbrella of SurvivorsUK and will be a focus for the service user reps once they are appointed. Currently Thrivers exists on a Discord platform but we will extend this to face to face social groups once conditions allow.

Feedback

Examples of changes made in the last 12 months as a result of service user feedback:

- The development of the service user rep post and taking Thrivers under the umbrella of SurvivorsUK
- The development of the 'Talking group' as an extension of the Dungeon and Dragons Group
- Creating and maintaining the various Lockdown groups
- The creation of an ISVA support group

Established members at the get together

Established members of earlier groups attend both the Ongoing group and the Get-together and are informal peer mentors for those who are those who perhaps are attending the Get-together for the first time. On a number of occasions an attendee at the Get-together has asked to be referred into the groupwork programme as a result of speaking with established group members at the Get-together.

Podcast

Over the past year the Groupwork Co-ordinator and one of the Groupwork Facilitators have built on the 'Trauma Talks' project which has been a result of the groupwork programme.

These podcasts are affiliated with SurvivorsUK and are available to download for free, with accompanying support sheets about all aspects of trauma and the inter-relationship of different experiences of trauma. So far group members have been involved in recording podcasts on the following topics:

- Surviving child sexual abuse
- Surviving the prison system
- Trauma and intersectionality
- Trauma and chemsex
- Managing the Covid-19 pandemic and lockdown as a survivor of other trauma

These podcasts are available to survivors, interested parties and other professionals. A link to the Trauma talks website is:

<https://www.traumataalks.co.uk>

Research

At SurvivorsUK we often receive research requests and the group members have the opportunity, should they wish to, to feed into research in the area of sexual abuse. For some service users this is an invaluable

opportunity to express themselves and have their voice heard in a way which might make a difference both to services, general understanding and political response.

The ethos of the groups is about strength building. We continue to call the programme 'Groupwork' because it is work. We address painful, vulnerable areas of people's lives but always with the belief and knowledge that this is a journey on which we are engaged together to build resilience, integrate our pain and create a future in which we can be more fully who we are.

During this last year we have worked hard to make ourselves available online. We have adapted the groupwork programme for online provision, adapting the way in which groups are structured and run and considering access and barriers to online work for service users through lockdown. For example, we put one service user in touch with our zoom consultant so he could receive bespoke support in managing access to emails, downloading Zoom and linking into the group.

One of the significant benefits of online working is that our Groupwork programme now has a UK remit. This is something we will continue through a blended provision of online and face to face working as we come out of lockdown.

Our core impact reports and online surveys show that 80% of groupwork clients show improvement in wellbeing. This in addition to the qualitative feedback, very low drop-out rates and increased attendance are testament to the positive value of the groups in survivors' lives.

Quotes from service users

'Thank you always for your amazing input. It's worth saying, even if you hear it often. For me your interaction, manner and style simply could not be better. I hope that my appreciation is perhaps a source of nurture.'

'It ... feels secure - you do amazingly well organising so much for us...'

"Invaluable in helping me cope through lockdown - a lifeline"

'One thing that is stable in a world that is falling apart, don't have to say anything if you don't want.'

"Couldn't get through lockdown without SurvivorsUK"

Case study - P

P is a 67 year old who lives in Scotland and referred himself to the core groups. He had been taken into the care of a church elder at age 11 following the death of his mother and was sexually abused by him until his early 20s. He had also been removed from school and any contact with the outside world except for the church community. P managed to leave the abusers home in his 20s with the help of a friend from the church, but continued to live a very solitary life, remaining very dependent on the friend who had helped him leave. When P was assessed he said he had a computer but didn't know how to turn it on or how to access his email. We put him in touch with our Zoom consultant who worked out his computer was locked, sourced a local computer repair shop near him, called ahead to explain what was needed and then arranged for him to take the computer into the shop to be unlocked and for Zoom to be downloaded. She then arranged a 1:1 training session via the phone to explain how to access his emails and to access zoom. She reported that when he logged onto Zoom and saw her face, he was utterly astonished: 'There you are!!!' he cried! P went on to access the 12 session group, speaking for the first time about the years of sexual abuse and coercive control, meeting other men and creating relationships of friendship and trust. He described the group as utterly life changing.

Outputs

Groupwork	
Group sessions combined attendance	1857 (+115%)
New referrals	171 (+11%)
People who accessed the 12 session core group	105 (+7%)
People who accessed the Trans & nonbinary group	18 (+45%)
People who accessed the BAM Group	12 (+33%)
People who accessed Wellbeing day	N/A
People accessed the Creative Writing Group	24 (+50%)
An average of people who access each monthly Ongoing Group	20 (+40%)
An average of people who access each monthly Get-Together	23 (+14%)
People who accessed the Dungeon & Dragons Groups	6
An average of people who access Clinic26	12
An average of people attending the young people's monthly group	5
People who accessed Breaking the Pattern Group	3
An average of people attending the Trauma Information Workshop	20
An average of people attending the Lockdown groups	22
An average of people attending each monthly ISVA support group	8
Overall Clients supported through Groupwork	178 + all the clients who access the open groups

The Holistic Trauma Outreach Service in Westminster (HTO)

This service is now in its third year. The role of HTO worker was created in partnership with the Commissioner of Westminster Homelessness Services in response to a growing desire to be more flexible around outreach and support with the most vulnerable and marginalised in the local homeless population.

The HTO role exists to provide therapeutic services to a client group in a more flexible, informal and person-centred way. This role is defined by meeting clients "where they are at", without conditions or prerequisites.

The model is integrative, using an approach that best fits the client in the current moment, and offering interventions appropriate to the needs and lifestyle of each client. It involves techniques to help the client feel grounded and introduces appropriate information around trauma and the impact it has on the brain, mind and body.

The HTO worker can support the client to build practical coping strategies and offer them space to speak about what has happened to them. This is done at the client's pace and where they feel safe and provides an opportunity for them to create a narrative of their experience and to develop a connection with another person, through which healing and recovery can evolve.

Clients can (and are encouraged to) self-refer, and this can be done flexibly to reduce nervousness or "saying out loud" what has happened to them, until they feel safe to do so. After referral, the client and HTO worker agree a simple action plan, meeting place, contact methods and boundaries. Having only one point of contact enables consistency, so that clients do not get 'lost' over time when they change

accommodation, go to prison, return to sleeping rough, go to hospital or move to more independent living.

In addition to supporting clients directly, part of the role is to improve cross-sector professional knowledge and understanding of sexual violence-related trauma and to support staff. Sharing specialist knowledge and best practice is delivered through a rolling programme of 3 hour training sessions, including:

- the impact of trauma
- working creatively and courageously with clients who are at risk of suicide
- working with people with a potential diagnosis of personality disorder
- working with parents who have had children taken into care
- motivating the unmotivated

Informal support also occurs through conversations in services with individual staff members, about their wellbeing, for example, or supporting them in exploring how best to work with a client who has experienced trauma. This can be on an 'ad hoc' basis, when conversations arise naturally in which staff members can air concerns, or can be arranged more regularly through advice clinics and sessions.

This service has been challenging to deliver during the pandemic. The challenges have involved:

- Clients not finding phone contact helpful or meaningful
- Clients losing their phones or frequently changing numbers
- Poor reception or lack of private space to speak
- Loss of structure and contact with support workers made it harder for clients to remember and keep appointments

Despite the above challenges, 26 clients remained in regular phone contact, regular training sessions for support staff were held on Zoom and the trauma clinics, after being paused, were re-established on zoom and well attended.

Of the 26 clients, 6 are women and 20 are men. No clients identify as trans or nonbinary.

A service restructure meant that the HTO worker took on the role of service manager in May 2020. A decision was made not to recruit as it would be very difficult for a new member of staff to start in the role of HTO during a period of remote working. However, this meant that the existing HTO had less time to dedicate to the role.

In September 2020 we recruited Lee White from within the team and Cecilia Covella, both initially for one day and in March 2021 Cecilia increased their hours to two days. They are line managed and supervised by the Services Manager. Soon after they started in role, the extension of lockdown restrictions meant that all their work needed to be carried out by 'phone. They started face to face sessions at the end of March 2021.

Future Plans

SurvivorsUK plans to continue to consolidate for the medium term future whilst growing in a sustainable way to meet the ever-increasing demand for our services. The global pandemic and lockdown has had a significant impact on our clients and our services have adapted quickly to meet the changing needs of our clients. As the world returns to office working and face-to-face service delivery becomes safe once more we will carefully adapt our services once more to meet the needs of our clients. Meeting our clients where they are and adapting to provide the services they need is central to our ethos and it will remain so in the future.

We are also excited about the opportunities presented by our new website and rebrand which, we believe, reflect our personality and values as an organisation and will help us reach out to more male and non-

binary survivors in need of our support.

Financial review

During the current financial year the Charity incurred a deficit of £89,207 (2020: surplus of £61,948), decreasing total reserves at year end to £293,994 (2020: £383,201).

Of the reserves held at year end, £8,315 (2020: £18,638) related to restricted funds and £285,679 (2020: £364,563) related to unrestricted funds.

Principal Funding Sources

The main funding sources during the year were:

- Ministry of Justice
- Home Office
- Mayor's Office for Policing and Crime (MOPAC)
- City Bridge Trust
- Comic Relief
- Lloyds Bank Foundation
- Henry Smith Charity
- Westminster City Council

Reserves Policy

The Trustees have considered Charity Commission guidance on reserves and currently have a policy of holding £100,000 as a general reserve. During the next year the Trustees will be reviewing the current reserve policy and intend to move to a model based on current liabilities and commitments.

The year-end unrestricted reserve was £285,679 which is equivalent to just over three months' expenditure. These funds have been set aside in recognition of the risks inherent in receiving annual grants and the need to plan for the eventuality of multi-year grants coming to an end in 2021-22 and beyond.

A significant proportion of this will be spent on the aforementioned plans for an extension and refurbishment of our office space.

Structure, governance and management

Governing document

Survivors (UK) is registered under the Companies Act 2006 as a company limited by guarantee and not having a share capital.

SurvivorsUK is a registered charity constituted as a Limited Company under its Memorandum and Articles of Association. The charity registration number is 1077484 (England and Wales) and the company registration number is 03792760 (England and Wales).

Recruitment and appointment of Trustees

As set out in the Articles of Association, the Chair of Trustees is nominated at the Annual General Meeting.

The Trustees are also the directors of Survivors (UK) for the purpose of company law. Survivors (UK) articles of association require a minimum of three trustees. Directors meet every two months, with a quorum of

three trustees.

The objective is to have a range of appropriate skillsets across fields that are relevant to the Charity's objectives. When recruiting new trustees, consideration is given to the existing trustees' skills and experiences and trustees are sought with the additional skills required. Their appointment is by resolution of the Board of Directors/Trustees following which the required legal documentation is completed.

Trustee induction and training

On their appointment, new Trustees are provided with information, in the form of an induction pack, on their role as a Trustee. Ongoing training is provided as required.

Organisational structure

SurvivorsUK's Board of Trustees meets every 2 months and is responsible for the strategic direction and policy of the Charity, as well as oversight of the Charity's operations.

Board sub-committees are set up as required to consider specific issues. The day to day running of the Charity is delegated to the Chief Executive who is supported with a FTE of four staff who report to the CEO. The CEO in turn reports to the Chair of Trustees.

Remuneration policy

To set the salaries of all staff, the trustees undertake research to benchmark average remuneration packages in the local area and environs, and these are then discussed at appraisals.

Risk management

The Trustees have conducted their own review of the major risks to which the Charity is exposed, and systems have been established to mitigate those risks.

The main risks identified by the Trustees are currently:

Risk	Mitigation
Charity fails to replace funding as grants come to an end or becomes overly reliant on one funder leading to a significant drop in income.	<p>The Trustees are currently reviewing the reserves policy to ensure it is fit for purpose and provides a suitable cushion to protect the Charity from any sudden drop in income.</p> <p>In addition, towards the end of the financial year the Charity put in place plans to recruit a fundraising officer in the next financial year.</p>
The Charity fails to provide high quality advice leading to a negative impact on reputation and standing in the sector.	<p>The Charity will only employ accredited counsellors and also invests in clinical supervision for relevant staff to ensure all advice is provided at a consistently high level.</p> <p>In addition, the Charity invests heavily in training and support for all staff and holds weekly staff meetings to enable a safe space for staff to discuss relevant issues and concerns.</p>

Statement of Board of Trustees' responsibilities

The trustees are responsible for preparing the Trustees' Annual Report and the financial statements in accordance with applicable law and regulations. Company law requires the trustees to prepare financial statements for each financial year. Under that law they are required to prepare the financial statements in accordance with UK Accounting Standards and applicable law (UK Generally Accepted Accounting Practice), including FRS 102 The Financial Reporting Standard applicable in the UK and Republic of Ireland.

Under company law the trustees must not approve the financial statements unless they are satisfied that they give a true and fair view of the state of affairs of the charitable company and of the excess of expenditure over income for that period. In preparing these financial statements, the trustees are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charities SORP;
- make judgements and estimates that are reasonable and prudent;
- state whether applicable UK Accounting Standards have been followed, subject to any material departures disclosed and explained in the financial statements; and,
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charitable company will continue its activities.

The trustees are responsible for keeping adequate accounting records that are sufficient to show and explain the charitable company's transactions and disclose with reasonable accuracy at any time the financial position of the charitable company and enable them to ensure that the financial statements comply with the Companies Act 2006. They have general responsibility for taking such steps as are reasonably open to them to safeguard the assets of the charitable company and to prevent and detect fraud and other irregularities.

The trustees are responsible for the maintenance and integrity of the corporate and financial information included on the charitable company's website. Legislation in the UK governing the preparation and dissemination of financial statements may differ from legislation in other jurisdictions. In addition the trustees confirm that they are happy that content of the annual review in pages 4 to 24 of this document meet the requirements of both the Trustees' Annual Report under charity law and the Directors' Report under company law.

They also confirm that the financial statements have been prepared in accordance with the accounting policies set out in the notes to the accounts and comply with the Charity's governing document, the Charities Act 2011 and Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with FRS 102, The Financial Reporting Standard applicable in the UK and Republic of Ireland published on 16 July 2014.

Information provided to the independent examiner

Each of the persons who is a trustee at the date of approval of this report confirms that:

- so far as the trustee is aware, there is no relevant audit information of which the company's independent examiner is unaware; and,
- the trustee has taken all the steps he/ she ought to have taken as a trustee in order to make himself/herself aware of any relevant information and to establish that the company's independent examiner is aware of that information.

This confirmation is given and should be interpreted in accordance with the provisions of section 418 of the Companies Act 2006.

Preparation of the report

This report has been prepared taking advantage of the small companies exemption of section 415A of the Companies Act 2006.

This report was approved and authorised for issue by the Board of Trustees on DATE and signed on its behalf by:



EMILY MCFADDEN & THOM CRABBE
INTERIM CO CHAIRS

Independent examiner's report

I report to the Trustees on my examination of the accounts of SurvivorsUK Ltd (charity number 1077484, company number 03792760) for the year ended 31 March 2021 which are set out on pages 27 to 44.

Respective responsibilities of trustees and examiner

The Trustees (who are also the directors of the company for the purposes of company law) are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ('the 2006 Act'). The Trustees consider that an audit is not required for this year under section 144(2) of the Charities Act 2011 ('the 2011 Act') nor under Part 16 of the 2006 Act, and that an independent examination is needed.

Having satisfied myself that the accounts of the Company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, it is my responsibility to:

- examine the accounts under section 145 of the 2011 Act;
- to follow the procedures laid down in the general directions given by the Charity Commission under section 145(5)(b) of the Charities Act; and,
- to state whether particular matters have come to my attention.

This report, including my statement, has been prepared for and only for the Charity's Trustees as a body. My work has been undertaken so that I might state to the Charity's Trustees those matters I am required to state to them in an independent examiner's report and for no other purpose. To the fullest extent permitted by law, I do not accept or assume responsibility to anyone other than the Charity and the Charity's Trustees as a body for my examination work, for this report, or for the statements I have made.

Basis of independent examiner's statement

My examination was carried out in accordance with general directions given by the Charity Commission. An examination includes a review of the accounting records kept by the Charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from the Trustees concerning any such matters.

The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently no opinion is given as to whether the accounts present a 'true and fair' view and the report is limited to those matters set out in the statement below.

Independent examiner's statement

Since the Company's gross income exceeded £250,000 your examiner must be a member of a body listed in section 145 of the 2011 Act. I confirm that I am qualified to undertake the examination because I am a member of the Institute of Chartered Accountants in England & Wales, which is one of the listed bodies.

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination giving me cause to believe that in any material respect:

- accounting records were not kept in respect of the Company as required by section 386 of the 2006 Act; or,
- the accounts do not accord with those records; or,
- the accounts do not comply with the accounting requirements of section 396 of the 2006 Act other than any requirement that the accounts give a 'true and fair' view which is not a matter considered as part of an independent examination; or,
- the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable

in the UK and Republic of Ireland (FRS 102).

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

Haines Watts

SHAUN BROWNSMITH FCA

DATED: 22 December 2021

For and on behalf of Haines Watts Chartered Accountants
4 Claridge Court
Lower Kings Road
Berkhamsted
Hertfordshire, HP4 2AF

Statement of financial activities**Incorporating the Income and Expenditure Account & Statement of Realised Gains and Losses****For the year ended 31 March 2021**

		Unrestricted Funds	Restricted Funds	Total Funds	Total Funds
		Year ended 31 Mar 2021	Year ended 31 Mar 2021	Year ended 31 Mar 2021	Year ended 31 Mar 2020
	Notes	£	£	£	£
Income from:					
Donations and legacies	3	48,808	907,964	956,772	737,112
Charitable activities	4	8,492	-	8,492	21,905
Total income		57,300	907,964	965,264	759,017
Expenditure on:					
Raising funds	5 & 6	19,470	-	19,470	4,412
Charitable activities:					
Delivery of counselling and other services	5 & 7	101,747	800,529	902,276	595,974
Awareness raising	5 & 8	14,967	117,758	132,725	96,683
Total expenditure		136,184	918,287	1,054,471	697,069
Net income/(expenditure) for the year		(78,884)	(10,323)	(89,207)	61,948
Reconciliation of funds:					
Total funds brought forward	13 & 14	364,563	18,638	383,201	321,253
Total funds carried forward	13 & 14	285,679	8,315	293,994	383,201

The notes on pages 30 to 44 form part of the financial statements.

Balance sheet

As at 31 March 2021

	Notes	Total Funds 31 Mar 2021 £	Total Funds 31 Mar 2020 £
Fixed assets			
Tangible fixed assets	10	1,386	3,312
Current assets			
Debtors and prepayments	11	132,442	334,576
Cash at bank and in hand		369,499	226,665
		<u>501,941</u>	<u>561,241</u>
Creditors -			
amounts falling due within one year	12	(209,333)	(181,352)
Net current assets		<u>292,608</u>	<u>379,889</u>
Net assets		<u>293,994</u>	<u>383,201</u>
Funds of the charity			
Restricted funds	13 & 14	8,315	18,638
Unrestricted funds:			
General funds	13 & 14	285,679	364,563
		<u>285,679</u>	<u>364,563</u>
		<u>293,994</u>	<u>383,201</u>

The notes on pages 30 to 44 form part of the financial statements.

The financial statements have been prepared in accordance with section 415A of the Companies Act 2006 relating to small companies and FRS 102 Section 1A.

The charitable company is entitled to exemption from audit under section 477 of the Companies Act 2006 for the year ended 31 March 2021, and the members have not required the charitable company to obtain an audit of its financial statements for the year ended 31 March 2021 under section 476 of the Companies Act 2006.

The directors acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of accounts.

They were approved and authorised for issue by the Board of Trustees on DATE and signed on their behalf by:

E MCF

THC

EMILY MCFADDEN & THOM CRABBE
INTERIM CO CHAIRS

Statement of cash flows
For year ended 31 March 2021

	Total Funds Year ended 31 Mar 2021 £	Total Funds Year ended 31 Mar 2020 £
Cash flows from operating activities:		
Net income/(expenditure) for period (as per SOFA)	(89,207)	61,948
Adjustments for:		
Depreciation charges	1,926	1,777
(Increase)/decrease in accounts receivable	93,783	(92,029)
(Increase)/decrease in accrued grant income	104,306	(94,242)
(Increase)/decrease in prepayments	1,657	(3,429)
(Increase)/decrease in premises deposit	3,149	-
(Increase)/decrease in other debtors	(761)	-
Increase/(decrease) in accounts payables	(25,623)	27,418
Increase/(decrease) in HMRC and pensions payable	8,207	5,246
Increase/(decrease) in accruals	1,085	(4,310)
Increase/(decrease) in deferred revenue	43,725	74,331
Increase/(decrease) in credit card	587	(199)
	232,039	(85,437)
Net cash used in operating activities	142,832	(23,489)
Cash flows from investing activities:		
Purchase of fixed assets	-	(540)
Net cash used in investing activities	-	(540)
Change in cash and cash equivalents in period	142,832	(24,029)
Cash and cash equivalents at the beginning of the period	226,665	250,694
Cash and cash equivalents at the end of the period	369,497	226,665

The notes on pages 30 to 44 form part of the financial statements.

Notes to the financial statements

1. Accounting policies

Basis of preparation of the financial statements

The financial statements have been prepared in accordance with 'Charities SORP (FRS 102) - Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) second edition (effective 1 January 2019)', the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102), including Update Bulletin 2, and the Companies Act 2006.

The effect of any event relating to the year ended 31 March 2021, which occurred before the date of approval of the financial statements by the Board of Trustees has been included in the financial statements to the extent required to show a true and fair view of the state of affairs at 31 March 2021 and the results for the year ended on that date.

The functional currency of the Charity is sterling and amounts in the financial statements are rounded to the nearest pound.

The significant accounting policies applied in the preparation of these financial statements are set out below. These policies have been consistently applied to all years presented unless otherwise stated.

Going concern

The financial statements have been prepared on the going concern basis as the Board of Trustees is confident that future reserves and future income is more than sufficient to meet current commitments. There are no material uncertainties that impact this assessment, and the ongoing global COVID-19 pandemic has had no material impact on this assessment.

Legal status

SurvivorsUK Ltd is a charitable company registered in England & Wales and meets the definition of a public benefit entity. In the event of the Charity being wound up, the liability in respect of the guarantee is limited to £1 per member. The registered address is c/o Andy Nash Accounting & Consultancy Ltd, Units 24 & 25, Goodsheds Container Village, Hood Road, Barry, CF62 5QU

Fund Accounting

General funds are unrestricted funds which are available for use at the discretion of the Trustees in furtherance of the general objectives of the Charity and which have not been designated for other purposes.

Designated funds are unrestricted funds which have been designated for a specific purpose by the Trustees. The aim and use of each designated fund is set out in note 13 of the financial statements.

Restricted funds are funds that are to be used in accordance with specific restrictions imposed by donors or that have been raised by the Charity for particular purposes. The cost of raising and administering such funds are charged against the specific fund. The aim and use of each restricted fund is set out in note 13 of the financial statements.

Income

Income is recognised when the Charity has entitlement to the funds, any performance indicators attached to the item(s) of income have been met, it is probable that the income will be received and the amount can be measured reliably.

Donations are recognised in full in the Statement of Financial Activities when entitled, receipt is probable and when the amount can be quantified with reasonable accuracy. Gift aid receivable is included when claimable.

1. Accounting policies (continued from previous page)**Income (continued from previous page)**

Grant income is credited to the Statement of Financial Activities when received or receivable whichever is earlier, unless the grant relates to a future period, in which case it is deferred.

Income from charitable activities, including contract income and client fees, is credited to the Statement of Financial Activities when received or receivable whichever is earlier, unless it relates to a specific future period or event, in which case it is deferred.

Interest is recorded when it is receivable.

Expenditure and irrecoverable VAT

All expenditure is accounted for on an accruals basis and has been included under expense categories that aggregate all costs for allocation to activities.

Indirect costs, including governance costs, which cannot be directly attributed to activities, are allocated proportionate to total direct costs allocated to each project area, as outlined in note 5 of the financial statements.

Irrecoverable VAT is charged against the category of expenditure for which it was incurred.

Tangible fixed assets and depreciation

All assets costing more than £500 are capitalised unless funded by restricted grants and donations.

Tangible fixed assets are stated at cost less depreciation. Depreciation is provided at rates calculated to write off the cost of fixed assets, less their residual value, over their useful life, on the following basis:

Computers equipment	3 years
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Cash at bank and in hand

Cash at bank and in hand includes cash in hand, deposits with banks and funds that are readily convertible into cash at, or close to, their carrying values but are not held for investment purposes.

Debtors and prepayments

Trade and other debtors are recognised at the settlement amount after any trade discount is applied. Prepayments are valued at the amount prepaid net of any trade discounts due.

Creditors and accruals

Creditors are recognised where the Charity has a present obligation resulting from a past event that will probably result in the transfer of funds to a third party, and the amount due to settle the obligation can be measured or estimated reliably.

Critical estimates and judgements

In preparing financial statements it is necessary to make certain judgements, estimates and assumptions that affect the amounts recognised in the financial statements. The annual depreciation charge for tangible fixed assets is sensitive to changes in useful economic lives and residual values of assets. In the view of the Trustees in applying the accounting policies adopted, no judgements were required that have a significant effect on the amounts recognised in the financial statements nor do any estimates or assumptions made carry a significant risk of material adjustment in the next financial year.

1. Accounting policies (continued from previous page)

Financial instruments

Basic financial instruments are measured at amortised cost other than investments which are measured at fair value.

Pensions

The Charity operates a defined contribution pension scheme which is administered by an external independent pension provider. Contributions are recognised in the Statement of Financial Activities as they fall due.

2. Comparative statement of financial activities

		Unrestricted Funds	Restricted Funds	Total Funds
		Year ended 31 Mar 2020	Year ended 31 Mar 2020	Year ended 31 Mar 2020
	Notes	£	£	£
Income from:				
Donations and legacies	3	45,271	691,841	737,112
Charitable activities	4	21,905	-	21,905
Total income		67,176	691,841	759,017
Expenditure on:				
Raising funds	5 & 6	4,412	-	4,412
Charitable activities:				
Delivery of counselling and other services	5 & 7	13,847	582,127	595,974
Awareness raising	5 & 8	2,246	94,437	96,683
Total expenditure		20,505	676,564	697,069
Net income/(expenditure) for the year		46,671	15,277	61,948
Reconciliation of funds:				
Total funds brought forward	13 & 14	317,892	3,361	321,253
Total funds carried forward	13 & 14	364,563	18,638	383,201

3. Income from donations and legacies

	Unrestricted Funds	Restricted Funds	Total Funds
	Year ended 31 Mar 2021	Year ended 31 Mar 2021	Year ended 31 Mar 2021
	£	£	£
Grant income	3,860	879,668	883,528
Donations	44,948	28,296	73,244
	48,808	907,964	956,772

	Unrestricted Funds	Restricted Funds	Total Funds
	Year ended 31 Mar 2020	Year ended 31 Mar 2020	Year ended 31 Mar 2020
	£	£	£
Grant income	-	691,841	691,841
Donations	45,271	-	45,271
	45,271	691,841	737,112

4. Income from charitable activities

	Unrestricted Funds	Restricted Funds	Total Funds
	Year ended 31 Mar 2021	Year ended 31 Mar 2021	Year ended 31 Mar 2021
	£	£	£
Counselling income	4,565	-	4,565
Other income from charitable activities	3,927	-	3,927
	8,492	-	8,492

	Unrestricted Funds	Restricted Funds	Total Funds
	Year ended 31 Mar 2020	Year ended 31 Mar 2020	Year ended 31 Mar 2020
	£	£	£
Counselling income	21,580	-	21,580
Other income from charitable activities	325	-	325
	21,905	-	21,905

5. Total expenditure

	Direct staff costs	Other direct costs	Indirect staff costs	Other indirect costs	Total costs
	Year ended 31 Mar 2021	Year ended 31 Mar 2021	Year ended 31 Mar 2021	Year ended 31 Mar 2021	Year ended 31 Mar 2021
	£	£	£	£	£
Expenditure on:					
Raising funds	11,379	2,832	1,044	4,215	19,470
Charitable activities					
Delivery of counselling and other services	618,412	40,171	48,366	195,327	902,276
Awareness raising	28,158	68,720	7,114	28,733	132,725
	657,949	111,723	56,524	228,275	1,054,471
	Direct staff costs	Other direct costs	Indirect staff costs	Other indirect costs	Total costs
	Year ended 31 Mar 2020	Year ended 31 Mar 2020	Year ended 31 Mar 2020	Year ended 31 Mar 2020	Year ended 31 Mar 2020
	£	£	£	£	£
Expenditure on:					
Raising funds	-	3,429	249	734	4,412
Charitable activities					
Delivery of counselling and other services	422,128	41,088	33,604	99,154	595,974
Awareness raising	30,662	44,484	5,451	16,086	96,683
	452,790	89,001	39,304	115,974	697,069

Indirect costs have been allocated based on the proportion of direct costs attributable to each activity.

An analysis of costs of raising funds split between restricted and unrestricted funds can be found in note 6.

An analysis of charitable activities split between restricted and unrestricted funds can be found in notes 7 & 8.

An analysis of staff costs can be found in note 9.

Indirect costs includes:

	Total costs Year ended 31 Mar 2021 £	Total costs Year ended 31 Mar 2020 £
Staff costs	56,524	39,304
Administrative costs	132,149	33,881
Finance costs	16,706	14,624
Premises costs	37,819	26,164
Other staff costs	27,656	25,629
IT costs	11,335	10,473
Governance costs	2,610	5,203
	284,799	155,278

Governance costs includes:

	Total costs Year ended 31 Mar 2021 £	Total costs Year ended 31 Mar 2020 £
Independent examination	945	900
Insurance	206	605
Trustee meetings and recruitment	584	1,047
Strategic review	875	2,244
Other	-	407
	2,610	5,203

6. Expenditure on raising funds

	Unrestricted Funds	Restricted Funds	Total Funds
	Year ended 31 Mar 2021	Year ended 31 Mar 2021	Year ended 31 Mar 2021
	£	£	£
Direct staff costs	11,379	-	11,379
Direct other costs	2,832	-	2,832
Indirect costs	5,259	-	5,259
	19,470	-	19,470

	Unrestricted Funds	Restricted Funds	Total Funds
	Year ended 31 Mar 2020	Year ended 31 Mar 2020	Year ended 31 Mar 2020
	£	£	£
Direct other costs	3,429	-	3,429
Indirect costs	983	-	983
	4,412	-	4,412

7. Expenditure on charitable activities – delivery of counselling and other services

	Unrestricted Funds	Restricted Funds	Total Funds
	Year ended 31 Mar 2021	Year ended 31 Mar 2021	Year ended 31 Mar 2021
	£	£	£
Direct staff costs	-	618,412	618,412
Direct other costs	-	40,171	40,171
Indirect costs	101,747	141,946	243,693
	101,747	800,529	902,276

	Unrestricted Funds	Restricted Funds	Total Funds
	Year ended 31 Mar 2020	Year ended 31 Mar 2020	Year ended 31 Mar 2020
	£	£	£
Direct staff costs	-	422,128	422,128
Direct other costs	-	41,088	41,088
Indirect costs	13,847	118,911	132,758
	13,847	582,127	595,974

8. Expenditure on charitable activities - awareness raising

	Unrestricted Funds	Restricted Funds	Total Funds
	Year ended 31 Mar 2021	Year ended 31 Mar 2021	Year ended 31 Mar 2021
	£	£	£
Direct staff costs	-	28,158	28,158
Direct other costs	-	68,720	68,720
Indirect costs	14,967	20,880	35,847
	14,967	117,758	132,725

	Unrestricted Funds	Restricted Funds	Total Funds
	Year ended 31 Mar 2020	Year ended 31 Mar 2020	Year ended 31 Mar 2020
	£	£	£
Direct staff costs	-	30,662	30,662
Direct other costs	-	44,484	44,484
Indirect costs	2,246	19,291	21,537
	2,246	94,437	96,683

9. Staff costs

	Total costs	Total costs
	Year ended 31 Mar 2021	Year ended 31 Mar 2020
	£	£
Gross salaries	645,106	439,878
Employer's NIC	52,214	36,342
Employer's pension	17,153	15,874
	714,473	492,094

The average headcount during the period was 31 persons (2020: 18 persons).

No employee received employee benefits of more than £60,000 (2020: Nil).

The total employee benefits paid to key management personnel during the year was £131,739 (2020: £126,195).

10. Tangible fixed assets

	Computer equipment	Total fixed assets
	£	£
Cost		
As of 1 April 2020	5,871	5,871
As of 31 March 2021	5,871	5,871
Accumulated depreciation		
As of 1 April 2020	2,559	2,559
Charge in the year	1,926	1,926
As of 31 March 2021	4,485	4,485
Net book value		
As of 1 April 2020	3,312	3,312
As of 31 March 2021	1,386	1,386

11. Debtors and prepayments

	Total 31 Mar 2021	Total 31 Mar 2020
	£	£
Accounts receivable	82,507	176,290
Accrued grant income	40,112	144,418
Premises deposit	-	3,149
Prepayments	9,062	10,719
Other debtors	761	-
	132,442	334,576

12. Creditors: amounts falling due within one year

	Total	Total
	31 Mar 2021	31 Mar 2020
	£	£
Accounts payable	18,668	44,291
Credit card	2,044	1,457
HMRC payable	19,296	12,753
Pensions payable	4,404	2,740
Deferred revenue	161,496	117,771
Accruals	3,425	2,340
	209,333	181,352

Deferred income consists of the following deferred grants:

	Total	Total
	31 Mar 2021	31 Mar 2020
	£	£
As of 1 April 2020	117,771	43,440
Amount released to income in the year	(117,771)	(43,440)
Amount deferred in the year	161,496	117,771
As of 31 March 2021	161,496	117,771

13. Analysis of charity funds

	Balance brought forward Year ended 31 Mar 2021 £	Income received in period Year ended 31 Mar 2021 £	Resources expended in period Year ended 31 Mar 2021 £	Transfers between funds Year ended 31 Mar 2021 £	Balance carried forward Year ended 31 Mar 2021 £
Unrestricted funds					
General funds	364,563	57,300	(136,184)	-	285,679
	364,563	57,300	(136,184)	-	285,679
Restricted funds					
Bolt Burdon Kemp	-	28,296	(28,296)	-	-
City Bridge Trust	-	60,000	(60,000)	-	-
Henry Smith Foundation	10,323	49,375	(59,698)	-	-
Holistic Trauma Outreach Project	-	22,570	(22,570)	-	-
Lloyds Bank Foundation	-	41,667	(41,667)	-	-
London Crime Prevention Fund	-	145,069	(145,069)	-	-
Ministry of Justice - Website	-	149,463	(149,463)	-	-
MOPAC - Male Rape Support Fund	-	160,113	(160,113)	-	-
National Lottery Community Fund	8,315	97,311	(97,311)	-	8,315
NHS England	-	87,337	(87,337)	-	-
Transformation Fund	-	66,763	(66,763)	-	-
	18,638	907,964	(918,287)	-	8,315
	383,201	965,264	(1,054,471)	-	293,994

Restricted funds – Bolt Burdon Kemp

This is support towards an ISVA worker.

Restricted funds – City Bridge Trust

This is a three-year grant towards the full-time salary of the Director of Clinical Services, therapeutic programme and other costs to support adult male survivors of sexual abuse in the London area.

Restricted funds – Henry Smith Foundation

This is a three-year grant towards the counselling support for male survivors of sexual abuse.

Restricted funds – Holistic Trauma Outreach Project

This is funding from Westminster City Council for a holistic trauma outreach project.

13. Analysis of charity funds (continued from previous page)

Restricted funds – Lloyds Bank Foundation

This is a three year grant to support groupwork and counselling.

Restricted funds – London Crime Prevention Fund

This is a grant towards the counselling support for male survivors of sexual abuse via the Mayors Office for Policing and Crime.

Restricted funds – MOPAC – Male Rape Support Fund

A further one-year grant was awarded in 2019-2020 to continue funding the first male client specific Independent Sexual Violence Advisor in London.

Restricted funds – Ministry of Justice - Website

A further one-year grant was awarded in 2017-2018 to develop and run the National Male Survivor website and information project. This included the delivery of a national emotional support service using digital delivery methods.

Restricted funds – National Lottery Community Fund

This is a three year grant to support groupwork and counselling.

Restricted funds – NHS

This is a grant to support work with the NHS.

Restricted funds – Transformation Fund

This is a project co-ordinated by the Women and Girl's Network to support counselling work.

13. Analysis of charity funds (continued from previous page)

	Balance brought forward Year ended 31 Mar 2020 £	Income received in period Year ended 31 Mar 2020 £	Resources expended in period Year ended 31 Mar 2020 £	Transfers between funds Year ended 31 Mar 2020 £	Balance carried forward Year ended 31 Mar 2020 £
Unrestricted funds					
General funds	317,892	67,176	(20,505)	-	364,563
	<u>317,892</u>	<u>67,176</u>	<u>(20,505)</u>	<u>-</u>	<u>364,563</u>
Restricted funds					
Bolt Burdon Kemp	-	7,172	(7,172)	-	-
City Bridge Trust	-	45,000	(45,000)	-	-
Henry Smith Foundation	3,361	49,350	(42,388)	-	10,323
Holistic Trauma Outreach Project	-	30,840	(30,840)	-	-
London Crime Prevention Fund	-	136,926	(136,926)	-	-
Ministry of Justice - Website	-	149,464	(149,464)	-	-
MOPAC - Male Rape Support Fund	-	72,784	(72,784)	-	-
National Lottery Community Fund	-	102,052	(93,737)	-	8,315
NHS England	-	48,785	(48,785)	-	-
Transformation Fund	-	49,468	(49,468)	-	-
	<u>3,361</u>	<u>691,841</u>	<u>(676,564)</u>	<u>-</u>	<u>18,638</u>
	<u>321,253</u>	<u>759,017</u>	<u>(697,069)</u>	<u>-</u>	<u>383,201</u>

14. Analysis of net assets

	Unrestricted funds	Restricted funds	Total funds
	31 Mar 2021	31 Mar 2021	31 Mar 2021
	£	£	£
Fixed assets	1,388	-	1,388
Current assets	332,128	169,811	501,939
Current liabilities	(47,837)	(161,496)	(209,333)
	285,679	8,315	293,994

	Unrestricted funds	Restricted funds	Total funds
	31 Mar 2020	31 Mar 2020	31 Mar 2020
	£	£	£
Fixed assets	3,312	-	3,312
Current assets	424,832	136,409	561,241
Current liabilities	(63,581)	(117,771)	(181,352)
	364,563	18,638	383,201

15. Analysis of net debt

	As at 1 Apr 2020	Cash flows	Other movements	As at 31 Mar 2021
	£	£	£	£
Cash and cash equivalents				
Cash at bank	226,665	142,832	-	369,497
	226,665	142,832	-	369,497

	As at 1 Apr 2019	Cash flows	Other movements	As at 31 Mar 2020
	£	£	£	£
Cash and cash equivalents				
Cash at bank	250,694	(24,029)	-	226,665
	250,694	(24,029)	-	226,665

16. Other financial commitments

At 31 March 2021, the Charity had annual future minimum lease payments under non-cancellable operating leases (all for property) as set out below:

	Total	Total
	31 Mar 2021	31 Mar 2020
	£	£
In one year	-	20,187
	-	20,187

17. Trustee remuneration

During the year, no Trustee received any remuneration (2020: £Nil). No members of the Board of Trustees received reimbursement of travel expenses to meetings (2020: Four members totalling £482).

18. Related party transactions

During the year there were no related party transactions (2020: £Nil).

