



We Support. We Challenge. We Build.

Annual Report 2021-22

Charity registration - 1077484

Company number - 03792760

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Legal and administrative information

Charity name

SurvivorsUK Ltd

Charity registration no.

1077484

Company registration no.

03792760

Registered office and contact details

Unit F, The Bagel Factory
22 White Post Lane
London
E9 5SZ

Trustees

Thom Crabbe	(Chair - appointed 10 October 2021) trustee from 1 April 2021
Tanaka Mhishi	appointed 1 April 2021
David Raeburn	appointed 1 April 2021
Jemma Ansell	appointed 20 September 2022
Tahreen Dewan	appointed 20 September 2022
Samuel Peterson	appointed 20 September 2022
Nerissa Steel	appointed 20 September 2022
Daniel Mark Carr	(Chair - resigned 10 October 2021)
Emily McFadden	(Interim Co-Chair - appointed 10 October 2021) - resigned 15 February 2022
Rushna Alyas	appointed 1 April 2021 - resigned 13 October 2021
Sara Brennan	resigned 15 February 2022
Mark Brown	resigned 8 October 2021
Dr James Brock Chisholm	resigned 20 September 2022
Sami Heath Qasem	appointed 1 April 2021 - resigned 15 February 2022

Chief Executive

Gary Williams

Principal bankers

Unity Trust Bank
4 Brindley Place
Birmingham, B1 2JB

Independent auditor

Johnsons Chartered Accountants
1 - 2 Craven Road
Ealing
London, W5 2UA

Accountants

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

Welcome

Message from the Chair

I am very proud to be Chair of Trustees at SurvivorsUK and to introduce our Annual Report and Accounts for 2021-22.

Our organisation helps rebuild lives that have been shattered by the experience of sexual violence. This report sets out why we exist and what we have done this year to realise our aims and purpose. It is a powerful report, which I encourage you to read in full.

The last year has been one of significant transition and challenge at SurvivorsUK, including several changes in our staff team and on the Board. I'd like to thank all staff and trustees who have worked for or given time and skills to the organisation during the year, in particular to our outgoing Chief Executive, Alex Feis-Bryce. Special mention also goes to Emily McFadden, who stepped up as a brilliant Co-Chair during a demanding period for the organisation in the second half of the reporting year.

I am delighted that the organisation is rebuilding strongly with a new senior team, ably-led by our Chief Executive, Gary Williams, and new base at Hackney Wick. We are focussed on consolidating our core work, as well as maximising our impact and always driven by our values: to support, to challenge and to build. We are currently undertaking a refresh of our strategy for the new times we are in.

I shall end with grateful thanks to all our funders and supporters, without whom none of this would happen. From our major funders, to our individual supporters, every pound given helps us provide vital support to survivors.



[Thom Crabbe \(Dec 23, 2022 16:56 GMT\)](#)

THOM CRABBE
CHAIR OF TRUSTEES

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 2022.

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

Our vision

Every survivor of sexual violence, regardless of gender identity, is empowered to speak out and seek support

Purpose and aims

SurvivorsUK's objective is to provide practical and emotional support to men, boys and gender nonconforming 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 gender nonconforming 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 helping men, boys and gender nonconforming people navigate the impact of sexual violence. Nationally, we provide help and support through our website, telephone, online helpline services and Group Work. In London we provide face-to-face counselling, group work, 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 gender nonconforming 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, so they can deal with the devastating impact that sexual violence can have on all aspects of their life.

Our approach

SurvivorsUK has identified the three pillars which underpin our activities, communications, ethos, operations and identity:

We **Support**

At its core, our organisation will continue to offer services, designed to support our beneficiaries in crucial ways that are not delivered holistically elsewhere.

We will continually monitor and develop these services in order to assess and meet the needs of our beneficiaries, and will not fear adaptation, innovation and change. An empowerment approach forms the basis of all our services.

We **Challenge**

Our beneficiaries' needs, and the wider context of abuse and power, are not always acknowledged or understood by statutory services, and the general public does not consistently acknowledge their

existence.

We boldly challenge this invisibility, to raise awareness and ensure better service provision and support in the future.

We **Build**

The beneficiaries we support often feel isolated, so we connect them with each other in safer spaces, and build physical and online communities. We include friends, families and the general public to build communities of allies and supporters.

We focus on cementing and growing our presence into a firm foundation for a genuine movement for support and change.

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

The impact of rape and sexual abuse is enormous and can affect all aspects of people's lives.

The personal difficulties that survivors present to us are extensive, including: 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 a declared mental health diagnosis. It is common for survivors to present with dual diagnoses and complex mental health diagnoses such as personality disorders and psychosis. Many have been turned away or even banned from statutory and other third sector services.

We aim to highlight the need for greater awareness of how to respond to male and gender nonconforming 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. Very many present with complex, multiple and acute needs, 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.

In a context of increasing economic adversity and inequality we see that the exacerbation of our clients' acute and complex needs has a direct relationship on their capacity to recover from the repercussions of rape and sexual abuse in both the short and long terms. The significant disruption to clients who prefer face-to-face contact during the pandemic has a long-lasting legacy.

For the small minority of clients who choose to report their experiences to the police (3.9% as of our 2015, according to Silent Suffering, Supporting Male Survivors of Sexual Assault), continuing delays and logistical difficulties mean that many survivors see the impact of abuse extended or deferred, resulting in significant distress and higher levels of risk. This is compounded by a media landscape in which high-profile allegations of sexual violence against public figures can foreground harmful societal attitudes towards masculinity (for example, the assumption that men are 'strong' so they could have fought off the attacker), or that sexual violence against gay and bisexual men is acceptable.

The disproportionate impact of sexual violence on Black and transgender communities, coupled with widely reported police misconduct is a significant factor in damaging the ability of survivors to confidently access justice and support within the wider criminal justice and social care systems.

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 within an organisation's definitions or target groups. Others have been asked inappropriate questions or were treated as offenders rather than victims.

Our service users

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

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 gender nonconforming person at any time in their life.

Achievements and performance

Key impact 2021/22

- 2,673 people accessed our national online helpline for support this year
- Last year, SurvivorsUK supported over 973 survivors through our ISVA, Westminster Project, Groups and Counselling services
- Of those survivors directly supported, 161 are young people aged between 13-24 years old
- We supported 249 men, boys and gender nonconforming survivors in relation to the criminal justice system
- Approximately 60% of clients access more than one of our services, such as accessing the helpline or groups while on the counselling waiting list
- 97% of service users reported SurvivorsUK helped them feel more confident

SurvivorsUK services overview

The past year has been a challenging, but constructive one for SurvivorsUK. With the continuation of COVID-19 pandemic restrictions for much of the year, we have continued to provide services online and have actually increased the number of clients we are supporting. Whilst an online offer has worked well for many clients in Group Work, counselling, and is the norm our national web chat helpline, there are some clients for whom face-to-face support is vital. We have experienced reduced income in some areas and anticipate tough times ahead for voluntary sector funding with squeezed public sector budgets and the cost of living crisis.

As restrictions from the pandemic began to ease we finally took a lease on new premises in Hackney Wick, East London. This base is allowing for service teams to start coming together again and provides space for face-to-face contact with clients and meetings with policymakers and prospective supporters.

It has been a year of significant changes in the staff team. We have seen a change in Chief Executive and other key leadership roles during the year, which has been unsettling for both clients and staff. In the short term this has required reducing some activities and maintaining laser focus on our day-to-day service to clients.

After a period of sustained recruitment and rebuilding the team, we now have a strong management and service delivery team in place, with new staff members bringing energy and renewal across our services. New appointments in counselling provide specialist support to clients of Black, Asian, and Mixed Heritage and young clients, while new 'swift response' roles focus on providing interim intervention to new clients and reducing waiting times for support.

SurvivorsUK services continue to be very well regarded and valued by clients and funders. The following sections provide a more detailed update, service by service.

Spotlight: Group Work

Group Work provides different ways for service users to connect with other survivors, tell their truth and share experiences. We offer a wide range of groups that cater for a variety of service user needs – from emotional peer support to creative exploration – with group facilitators and fellow group members there for support.

Overview

The foundation of our groups is to provide emotional support, psychoeducation, and creative expression in a safe communal space for survivors and their loved ones to move through the healing process of the trauma of sexual violence and abuse.

Group programmes that were introduced at SurvivorsUK in the last two years have been successfully established and developed within this period, with regular weekly, fortnightly and monthly specialist groups (largely run online), based on the expressed needs of survivors.

There have been 14 group programmes facilitated by a dedicated Group Work facilitator, counsellors, and members of our Independent Sexual Violence Advisor (ISVA) team.

The CORE group

The CORE group is a bespoke, 12-week integrative therapeutic group intervention, tailored specifically to each cohort of survivors. It integrates different therapeutic modalities, including group psychotherapy theory, CBT, humanistic theories, and psychodynamic theories. Each group is facilitated by an accredited psychotherapist and another therapist or experienced group facilitator.

The group is based on 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 members full control of how they participate, within the group agreement. Survivors shape the course of the topics covered and are supported in exploring these areas with the facilitators.

This group was run with three cohorts per week, totaling nine groups over the last year.

Trauma information workshop

Over the two trauma information sessions we delivered in 2021/22, attendees fed back that they found the workshop to be very informative and helpful. Many spoke of feeling reassurance and encouragement to find out that their reactions to abuse and trauma were both “normal” and to be expected. They “no longer felt alone” and were grateful to have become a part of the SurvivorsUK community.

Key Developments

Specialist groups

Our specialist, bespoke groups for underrepresented populations such as BAM (Black, Asian & Mixed Heritage), Young People’s and Trans, Non-Binary & Gender Questioning survivors have continued and gathered momentum building on the previous two years. With regular attendance, the need to maintain supportive and healing spaces for survivors where experiences of sexual violence and abuse intersects with protected characteristics has proven crucial.

Lifting Lockdown/Tune-in Tuesdays

‘Lifting Lockdown’ was a group convening twice monthly throughout the year for survivors who have felt isolated under lockdown. As with the CORE and Get Together groups, we followed a format of themed sessions with the topics created by the survivors themselves in the check-in.

This group became ‘Tune-in Tuesdays’ when lockdown came to an end and now meets once per month. It is distinct to the Get Together group, in that it is more focused on individual and collective emotional exploration.

Philosophy

The Philosophy group met once per fortnight and was chaired by two facilitators, plus a philosophy scholar. In each session a different philosopher was discussed, although no prior philosophical knowledge was required for participation – only a keen interest to explore ideas. Up to 15 people attended each week and some of the questions raised proved relevant to society's view of sexual violence.

Dungeons & Dragons Group

The Dungeons & Dragons group is a facilitated role-playing gaming session which enables survivors to explore aspects of their personality and some of the impact of trauma through fantasy and roleplay.

The continuing success of this group is borne out in feedback from the 2021-22 cohort. Some participants stated that it had allowed them to safely explore gender and identity. Others reported feeling less isolated and more connected. Some players have found it an important part of managing their trauma and a safe escape from difficult or challenging thoughts and feelings.

Breaking The Pattern

During 2021/22 we started a group for survivors who have perpetrated or who have been at risk of perpetrating sexual abuse. Those involved found the sessions particularly helpful in how they viewed themselves. By acknowledging where they had harmed others they were better equipped to move on and proved to be a unique opportunity to speak openly.

The group ensures that clients who have sexual offending as a concern can access support separate from those who would find this triggering.

Speaking About Sex in The Context of Being a Survivor

This group stemmed from a recurring theme in CORE group sessions and was requested by survivors for further exploration within its own group. Three online sessions were piloted with a closed group of those who had expressed an interest in the subject. Themes included impact of sexual violence on sex, harmful sex, sex addiction, not having any sex, sober sex, and enjoying healthy sex in intimate relationships .

Groupwork impact	
New referrals	224 (+30%)
CORE group attendance	108 (+3%)
Ongoing CORE group attendance (average)	15 (-25%)
Get Together group attendance (average)	18 (-21%)
Tune-in Tuesdays group attendance	56 (+154%)
Dungeons and Dragons group attendance	10 (+66%)
Breaking The Pattern group attendance	5 (+66%)
Creative Writing group attendance	15 (-37%)
BAM group attendance	12 (no change)
Trans, Non-Binary and Gender Questioning group attendance	12 (-33%)
Surviving Chemsex group attendance	11
Speaking About Sex in the Context of Being a Survivor group attendance	7
Overall clients supported through Group Work	240 + open groups

Case Study

Client G, 38 years old, gay male. G was a survivor of both childhood sexual abuse, and adult sexual violence while involved in the Chemsex scene. Up until accessing Group Work he had never spoken about the childhood sexual abuse before.

G saw the impact of being involved in the Chemsex scene as overwhelming and negative. He had had two children from a previous female partner, a responsible job, good relationship with family and a wide circle of friends. However, he had been drawn towards the scene because, he felt, he had never dealt with his childhood trauma.

He had been concerned about talking about his substance misuse with other survivors as he was worried it might be seen as a “lifestyle choice” and therefore he was not as worthy of support. We assessed G for Group Work and after some discussion agreed that he might be best suited for our Surviving Chemsex group.

G found the environment was one where he could be totally honest about his life without fear of being judged. The first session was particularly challenging, but he soon realised that everyone shared his anxieties and fears. The sessions gave him confidence not “press the self-destruct button” in his life, rebuild his relationships and return to work, whilst finding non-harmful stimulation.

Through the confidence he has gained G now feels ready to join our 12 session CORE group programme. He feels he has got back in touch with his authentic self and has learnt not to respond to negative voices which have previously prevented him from moving forward.

Spotlight: Counselling Services

Our counselling services offer survivors the opportunity to speak in-depth about their experiences to a professional on a one-to-one basis. The sessions are trauma-informed, person-centred, and are led by the client and their needs.

Overview

The counselling team have been providing client-centred sessions to the service users that have been on the waiting list for the last few years. During 2021-22 counsellors supported over 400 clients and provided 3,023 sessions..

At the beginning of the 2021/22 period the counselling team consisted of eight individual counsellors and one-session support counsellor, fulfilling the equivalent of 5 full-time posts. Loss of funding meant we lost a few counselling team members, but at the end of this period we have rebuilt the counselling team to a full complement of 12 counsellors, including the development of new roles specialising in supporting Black, Asian and Mixed Heritage clients, Eye Movement Desensitisation and Reprocessing (EMDR) therapy, and Swift Response support (see key developments).

Demand for our service continues to outstrip our resources. We typically add a minimum of 20 cases to the waiting list every month, and only close a maximum of 10 cases per month. The compounding effects of the coronavirus pandemic and austerity have destabilised many of our clients’ mental health and access to other services, increasing demand upon our services and extending the length of counselling each client requires.

Swift Response Counselling Scheme

In February 2021 we piloted a ‘swift response’ counselling scheme to try and tackle the waiting list backlog for counselling, offering short-term intervention to support clients with a brief course of counselling, signposting, and information while waiting for regular counselling.

Clients on the waiting list were offered up to four stand-alone, individual support sessions with our dedicated waiting list support counsellor while they waited. This provided emotional support, practical assistance, and psycho-educational support. A resource pack was provided at assessment with tailored self-care exercises, signposting and information.

The feedback that clients gave was that a one-off session, although supportive and needed, wasn't enough to 'hold' them while they waited for therapy. Funding was therefore sought for a regular Swift Response team, which was secured in April 2022.

Key developments

BAM counsellor role

This role was developed to support our Black, Asian and Mixed Heritage clients, centred on their experience where race intersects with trauma. Through this role we intend to reach out and connect with more BAM clients and encourage them to use our services.

Young persons counsellor role

This role has been created to help address the lower numbers of young clients we receive, particularly in the 13-18 years old age group. The young persons counsellor will help to reach, engage and work with survivors in this age group. In order to achieve this, we recommend that SurvivorsUK work alongside Children and Adolescent Mental Health Services (CAMHS) for referrals.

EMDR counsellor

The Eye Movement Desensitisation and Reprocessing (EMDR) counsellor role has been reinstated, offering clients another trauma-informed method of support. EMDR encourages service users to briefly focus on the trauma memory while simultaneously experiencing bilateral stimulation (typically eye movements), which is associated with a reduction in the vividness and emotion associated with traumatic memories. This will be re-introduced to clients on the waiting list gradually.

Swift Response Team

The Swift Response team will provide up to 12 sessions to clients on the waiting list, with a view to either close their case if the support is adequate or put them back onto the waiting list for longer-term therapy. This will need to be developed based on client and staff feedback.

The team is to consist of 1 senior counsellor, 2 full-time Swift Response counsellors and a caseworker. At the time of writing (November 2022), the Swift Response counsellor and caseworker are being introduced to the waiting list gradually.

Counselling impact	
New referrals	231 (-52%)
Current waiting list	429 (-22%)
Counselling sessions delivered	3,023 (+3)
Overall clients supported	426 (-37%)

Spotlight: Independent Sexual Violence Advisor (ISVA) Services

Independent Sexual Violence Advisors support people who are considering reporting, or who have reported to the police. This might involve counsellor–client discussions, peer discussion in Group Work, and more focused conversations with the ISVA team.

Our service is open to boys, men, and gender nonconforming people over the age of 13 who are living in London or where the offence happened in London.

Overview

Our ISVA team currently consists of four ISVAs and during this period supported approximately 157 clients.

Since 2014, our ISVA team has ensured clients are able to make informed decisions about engaging with the criminal justice system. There is a strong evidence base that the existence of specialist ISVA services like ours increases the likelihood that survivors will report to the police and remain in the criminal justice process. We are also in the process of setting up an ISVA group in collaboration with Group Work, which will allow our clients who are engaging with the criminal justice system the opportunity to receive support in a group setting with and from their peers.

Over the last year there were significant changes to the ISVA team and services to ensure the survivors needs were being met. By removing the ISVA manager case load, the manager was able to focus on expanding the team, support policy reviews and effectively allocate cases. We secured funding for further staff and have recently recruited a new full-time Multiple Disadvantages ISVA, a full-time caseworker and a full-time Swift Response caseworker. This has effectively removed our ISVA waiting list, providing immediate benefit for clients.

We continue to work closely with Galop and many of our clients use Galop services. We are a member of Survivors Trust and through this network actively engage with a range of London-based services on a regular basis. As part of the London Gateway, we work extremely closely with all the other partner agencies and maintain referral pathways.

Key developments

ISVA welcome pack

We introduced an ISVA welcome pack, which provides our clients with information they may find useful whilst being supported by an ISVA. This is emailed out to every client and provides a list of resources, information about SurvivorsUK and lets them know what to expect from their ISVA.

SARANA Implementation

ISVAs now use a Sexual Assault Risk and Needs Assessment (SARANA) form on first contact with clients. The form enables an open and friendly conversation between the client and their ISVA while gathering information, reducing the number of professionals clients had to speak to before being allocated to an ISVA.

This change was motivated by concern that clients were being re-traumatised through having to repeat themselves to multiple professionals. By looking at how the referral process could flow in the best possible way, we have enabled a more compassionate and efficient experience for the client.

Online referral form

We introduced an online referral form that professionals, and clients alike could use to refer into our service. The form was made shorter and wording simplified to make it more accessible for all clients, especially those with learning needs. Our ISVA team has also created procedures for attending court and dealing with first disclosures, which will help staff in the delivery of our services as well as inducting new staff.

ISVA impact	
New referrals	100 (-33%)
Clients signposted to more appropriate service	22 (+12%)
Overall clients supported	249 (+164%)

Case Study

Client X, 47 years old, Gay, White British. X was referred to the ISVA team through Group Work services. X was supported by an ISVA for 7 months before being allocated to a new worker, due to his ISVA leaving the organisation.

Client X has substance misuse issues with previous history of suicide attempts, and is receiving support from another organisation. They have two ongoing police investigations, related to childhood abuse by a teacher and non-recent sexual violence by an ex-partner.

Client X came to us for emotional support through their ongoing police investigations, guidance around the criminal justice process, and advocacy support in speaking with police. They also requested support around financial worries. The stress of reporting severely affected their ability to work and they wanted support speaking to a GP regarding mental health.

During our support we provided information regarding criminal justice process and advocated with police, provided monthly check-in calls for emotional support and signposted for financial support with debts. We also provided information around CICA (Criminal Injuries Compensation Authority).

We provided a supporting letter to their GP to explain their anxiety and stress resulting from police investigation and the impact this was having upon their ability to work. X is currently receiving support through an external debt charity and is feeling less anxious regarding debts.

Client X has built a relationship with his new ISVA and often states that his ISVA “always goes above and beyond. She supports me with healthcare, benefits, emotionally and signposts me to a variety of points of help.”

Spotlight: Helpline Services

The online helpline is accessible through live chat (via our website and SMS) and email, 12-8PM, seven days a week. This service allows survivors of any age to speak with a trained emotional support worker (ESW) for up to 45 minutes a day. This is often the safest and first contact that someone makes when speaking about sexual abuse for the first time.

Although we are a service primarily for male and gender nonconforming survivors, we support their partners, family and friends of all genders.

Overview

During 2021/22 we received 2673 calls through our helpline, and have seen an overall increase in the number of callers disclosing both having experienced sexual violence and having harmed others sexually.

We welcome that these individuals are reaching out for support and work in a carefully tailored way to affirm them as survivors and the parts of them that are brave enough to recognise, acknowledge and seek to be accountable for harm they have caused. We also offer a group specifically for survivors who have harmed others (Breaking The Pattern), and in tandem we signpost into specialist services to address perpetration.

A frequent theme in conversations is supporting male survivors struggling with their sense of masculinity after abuse – a significant minority of whom in this context are vulnerable to radicalisation towards misogynistic hate crime. Creating space for these conversations continues to reaffirm the necessity of services that specialise in supporting men, both for the benefit of men themselves and for all those with whom they interact.

Transphobic narratives in the media continue to weaponise sexual violence to pit cis women against trans women. These experiences reiterate to us the need for the sexual violence sector to articulate clearly a unified analysis of patriarchy as the shared cause of the distinctive types of suffering each gender group experiences after sexual violence. In this way all groups' energy may be directed towards tackling the common causes of their different suffering.

Helpline impact	
Distinct callers	2673 (+11%)
Average weekly calls	51.4
People signposted to appropriate services	714

Positive outcomes

We know first-hand that when given the right support, male survivors need not either permanently internalise shame for having been abused, nor externalise feelings in problematic ways. We are proud to have continued to receive a high volume of positive feedback from people using our service demonstrating the success of its work.

Survivors we have worked with have found ways to make sense of their feelings, cultivate self-compassion, and to channel them into making a positive difference to the lives of their loved ones, communities and society.

One service user who was receiving frequent safeguarding and emotional support from us two years ago, who is now enjoying robust mental health, has himself gained employment within the sector delivering support to other survivors of sexual abuse. The availability to him of our gender-specialist support has, in his words, changed his life.

Webchat Case Study

For many male and gender nonconforming survivors of sexual abuse, speaking aloud (such as on the phone) about their abuse feels prohibitively stressful, or impossible to do in privacy. In the words of some of our callers (from our call log with only spelling fixed):

"I've been so unsure of what to do where to go and I've tried phone lines but when I'm triggered, I can't talk"

"I'm close to house-bound, especially in the winter. and I'm afraid to talk to someone on phone because I live in a flat and the walls are thin"

"I get accidentally misgendered on the phone too which doesn't help me feel safe as a trans person. Nobody ever asks pronouns and it's not their fault but it triggers me and I end up just hanging up"

"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 and the sinking depression feeling I get."

Spotlight: Westminster Project

The Westminster Project is a therapeutic outreach programme that engages homeless people in the City of Westminster. We deliver therapeutic services to people who have experienced trauma and live the history of that trauma in the context of homelessness. Now in its fourth year, this unique project brings therapy to those who would not be able to access traditional services due to systemic, structural, or psychological barriers to engagement.

Overview

Trauma-informed care is becoming more embedded in homelessness and statutory services in the UK, but there is still a long way to go. There still appears to be a gap in understanding in the role of childhood trauma leading to substance misuse and homelessness and the compounding of trauma, and this is reflected in service provision, policy and societal understanding.

The Holistic Therapy Outreach (HTO) role builds on the trauma-informed model but demonstrates greater flexibility in its approach by committing to meet clients exactly "where they are at", without the need for them to meet certain conditions or travel for engagement to happen. The HTO workers cover three

different temporary accommodation sites and visit rough sleepers.

A crucial element of the role is that each client has one supportive point of contact only. It is often the case that clients do not engage with services because they are “passed from pillar to post”, having to repeat painful, difficult or background information several times. 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. Additionally, managers and support workers in other services can refer clients who they feel may benefit and engage.

Key Developments

The HTO is now embedded within St. Mungo’s Westminster Move On and Resettlement Services (MORS), Compass Team, and Housing First services, allowing clients which may struggle with more traditional therapeutic interventions to access trauma-informed therapy. We are currently reviewing and streamlining our referral process so that clients can be better assessed to the HTO’s flexible model and meet the complex needs of service users.

Trauma clinics

The HTO service plays an important part in supporting homelessness service staff and helping them view their work with clients through a trauma informed lens. We have provided educational support to services across the borough, and can be tapped into in an informal manner, or through a more structured training programme.

As of October 2022, a rolling programme of three-hour training sessions is being delivered once per quarter, sharing specialist knowledge and best practices, including:

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

The HTO team is currently working on a comprehensive training about working with male survivors of child sexual abuse, tapping into SurvivorsUK’s years of expertise in this field.

Westminster Project impact	
Appropriate referrals	54 (+107%)
Existing clients	4
Trauma clinics delivered	7
Sessions delivered	143
Overall clients supported	58 (+123%)

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 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.

Financial review

During the current financial year the Charity incurred a deficit of £8,895 (2021: deficit of £89,207), decreasing total reserves at year end to £285,099 (2021: £293,994).

Of the reserves held at year end, £Nil (2021: £8,315) related to restricted funds and £285,099 (2021: £285,679) related to unrestricted funds.

Principal Funding Sources

The main funding sources during the year were:

- Ministry of Justice
- Mayor's Office for Policing and Crime (MOPAC)
- Lloyds Bank Foundation
- National Lottery Community Fund
- 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 £285,099 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 2022-23 and beyond.

Structure, governance and management

Governing document

SurvivorsUK 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 SurvivorsUK for the purpose of company law. Survivors (UK) articles of association require a minimum of three trustees. Directors meet at least 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 at least 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 by a management team of seven members of 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.	The charity has appointed a CEO who has a background in fundraising and income generation, who has been charged with broadening and deepening our range of funding streams.
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 20 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 auditor

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 auditor 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 auditor 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 15 December 2022 and signed on its behalf by:



Thom Crabbe (Dec 23, 2022 16:56 GMT)

THOM CRABBE
CHAIR OF TRUSTEES

Independent auditor's report

Opinion

We have audited the financial statements of SurvivorsUK Ltd (the 'charity') for the year ended 31 March 2022 which comprise the Statement of Financial Activities, the Balance Sheet, the Cash Flow Statement and notes to the financial statements, including a summary of significant accounting policies. The financial reporting framework that has been applied in their preparation is applicable law and United Kingdom Accounting Standards, including Financial Reporting Standard 102 the Financial Reporting Standard applicable in the UK and Republic of Ireland (United Kingdom Generally Accepted Accounting Practice).

In our opinion the financial statements:

- give a true and fair view of the state of the charity's affairs as at 31 March 2022, and of its incoming resources and application of resources, for the year then ended;
- have been properly prepared in accordance with United Kingdom Generally Accepted Accounting Practice; and
- have been prepared in accordance with the requirements of the Charities Act 2011.

Basis for opinion

We conducted our audit in accordance with International Standards on Auditing (UK) (ISAs (UK)) and applicable law. Our responsibilities under those standards are further described in the Auditor's responsibilities for the audit of the financial statements section of our report. We are independent of the charity in accordance with the ethical requirements that are relevant to our audit of the financial statements in the UK, including the FRC's Ethical Standard, and we have fulfilled our other ethical responsibilities in accordance with these requirements. We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our opinion.

Conclusions relating to going concern

In auditing the financial statements, we have concluded that the trustees' use of the going concern basis of accounting in the preparation of the financial statements is appropriate.

Based on the work we have performed, we have not identified any material uncertainties relating to events or conditions that, individually or collectively, may cast significant doubt on the company's ability to continue as a going concern for a period of at least twelve months from when the financial statements are authorised for issue.

In preparing the financial statements, the trustees are responsible for assessing the charity's ability to continue as a going concern, disclosing, as applicable, matters related to going concern and using the going concern basis of accounting unless the trustees either intend to liquidate the charity or to cease operations, or have no realistic alternative but to do so.

Auditor's responsibilities for the audit of the financial statements

We have been appointed as auditor under section 144 of the Charities Act 2011 and report in accordance with regulations made under section 154 of that Act.

The objectives of our audit are to identify and assess the risks of material misstatement of the financial statements due to fraud and error; to obtain sufficient appropriate audit evidence regarding the assessed risks of material misstatement due to fraud or error; and to respond appropriately to those risks. Owing to the inherent limitations of an audit, there is an unavoidable risk that material misstatements in the financial statements may not be detected, even though the audit is properly planned and performed in accordance with the ISAs (UK).

In identifying and assessing risks of material misstatement in respect of irregularities, including fraud and non-compliance with laws and regulations, our procedures included the following:

- We obtained an understanding of the legal and regulatory frameworks applicable to the Charity and the sector in which it operates. We determined that the following laws and regulations were most significant: The Charities Act 2011, UK GAAP, Occupational Health and Safety regulations, the Data Protection Act.
- We obtained an understanding of how the Charity are complying with those legal and regulatory frameworks and made enquiries to the management of known or suspected instances of fraud and non-compliance with laws and regulations. We corroborated our enquiries through our review of board minutes, other relevant meeting minutes and review of correspondence with regulatory bodies where appropriate.
- We assessed the susceptibility of the Charity's financial statements to material misstatement, including how fraud might occur.

Audit procedures performed by the audit team included:

- Identifying and assessing the controls management has in place to prevent and detect fraud;
- Understanding how those charged with governance considered and addressed the potential for override

Our responsibilities and the responsibilities of the trustees with respect to going concern are described in the relevant sections of this report.

Other information

The trustees are responsible for the other information. The other information comprises the information included in the trustees' annual report, other than the financial statements and our auditor's report thereon. Our opinion on the financial statements does not cover the other information and, except to the extent otherwise explicitly stated in our report, we do not express any form of assurance conclusion thereon.

In connection with our audit of the financial statements, our responsibility is to read the other information and, in doing so, consider whether the other information is materially inconsistent with the financial statements or our knowledge obtained in the audit or otherwise appears to be materially misstated. If we identify such material inconsistencies or apparent material misstatements, we are required to determine whether there is a material misstatement in the financial statements or a material misstatement of the other information. If, based on the work we have performed, we conclude that there is a material misstatement of this other information, we are required to report that fact.

We have nothing to report in this regard.

Matters on which we are required to report by exception

We have nothing to report in respect of the following matters in relation to which the Charities (Accounts and Reports) Regulations 2008 require us to report to you if, in our opinion:

- the information given in the financial statements is inconsistent in any material respect with the trustees' report; or
- sufficient accounting records have not been kept; or
- the financial statements are not in agreement with the accounting records; or
- we have not received all the information and explanations we require for our audit.

Responsibilities of trustees

As explained more fully in the trustees' responsibilities statement [set out on page 19], the trustees are responsible for the preparation of financial statements which give a true and fair view, and for such internal control as the trustees determine is necessary to enable the preparation of financial statements that are free from material misstatement, whether due to fraud or error, or override of controls or other

inappropriate influence over the financial reporting process;

- Challenging assumptions and judgments made by management in its significant accounting estimates and judgments;
- Identifying and testing journal entries, in particular journal entries posted with unusual account combinations; and
- Assessing the extent of compliance with the relevant laws and regulations.

There are inherent limitations in the audit procedures described above and the further removed non-compliance with laws and regulations are from the events and transactions reflected in the financial statements, the less likely we would become aware of it. Also, the risk of not detecting a material misstatement due to fraud is higher than the risk of not detecting one resulting from error, as fraud may involve deliberate concealment by, for example, forgery or intentional misrepresentations, or through collusions.

A further description of our responsibilities for the audit of the financial statements is located on the Financial Reporting Council's website at: www.frc.org.uk/auditorsresponsibilities.

This description forms part of our auditor's report.

Use of our report

This report is made solely to the charity's trustees, as a body, in accordance with Part 4 of the Charities (Accounts and Reports) Regulations 2008. Our audit work has been undertaken so that we might state to the charity's trustees those matters we are required to state to them in an auditor's report and for no other purpose. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than the charity and the charity's trustees as a body, for our audit work, for this report, or for the opinions we have formed.

Edmund Cartwright
[Edmund Cartwright \(Dec 23, 2022 17:13 GMT\)](#)

EDMUND CARTWRIGHT (SENIOR STATUTORY AUDITOR)
FOR AND ON BEHALF OF JOHNSONS, CHARTERED ACCOUNTANTS
DATED: 23 DECEMBER 2022

Statutory Auditor
Ground Floor
1 - 2 Craven Road
Ealing, London
W5 2UA

Statement of financial activities

Incorporating the Income and Expenditure Account & Statement of Realised Gains and Losses

For the year ended 31 March 2022

	Notes	Unrestricted Funds Year ended 31 Mar 2022 £	Restricted Funds Year ended 31 Mar 2022 £	Total Funds Year ended 31 Mar 2022 £	Total Funds Year ended 31 Mar 2021 £
Income from:					
Donations and legacies	3	52,508	979,213	1,031,721	956,772
Charitable activities	4	7,617	-	7,617	8,492
Total income		60,125	979,213	1,039,338	965,264
Expenditure on:					
Raising funds	5 & 6	30,608	-	30,608	19,470
Charitable activities:					
Delivery of counselling and other services	5 & 7	28,265	927,397	955,662	902,276
Awareness raising	5 & 8	1,832	60,131	61,963	132,725
Total expenditure		60,705	987,528	1,048,233	1,054,471
Net income/(expenditure) for the year		(580)	(8,315)	(8,895)	(89,207)
Reconciliation of funds:					
Total funds brought forward	13 & 14	285,679	8,315	293,994	383,201
Total funds carried forward	13 & 14	285,099	-	285,099	293,994

The notes on pages 27 to 41 form part of the financial statements.

Balance sheet**As at 31 March 2022**

	Notes	Total Funds	
		31 Mar 2022	31 Mar 2021
		£	£
Fixed assets			
Tangible fixed assets	10	180	1,386
Current assets			
Debtors and prepayments	11	213,435	132,442
Cash at bank and in hand		218,933	369,499
		432,368	501,941
Creditors -			
Amounts falling due within one year	12	(147,449)	(209,333)
Net current assets		284,919	292,608
Net assets		285,099	293,994
Funds of the charity			
Restricted funds	13 & 14	-	8,315
Unrestricted funds:			
General funds	13 & 14	285,099	285,679
		285,099	285,679
		285,099	293,994

The notes on pages 27 to 41 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.

They were approved and authorised for issue by the Board of Trustees on 15 December 2022 and signed on their behalf by:



Thom Crabbe (Dec 23, 2022 16:56 GMT)

THOM CRABBE
CHAIR OF TRUSTEES

Statement of cash flows

For year ended 31 March 2022

	Total Funds Year ended 31 Mar 2022 £	Total Funds Year ended 31 Mar 2021 £
Cash flows from operating activities:		
Net income/(expenditure) for period (as per SOFA)	(8,895)	(89,207)
Adjustments for:		
Depreciation charges	1,206	1,926
(Increase)/decrease in accounts receivable	(96,625)	93,783
(Increase)/decrease in accrued grant income	40,112	104,306
(Increase)/decrease in prepayments	(12,567)	1,657
(Increase)/decrease in premises deposit	(12,674)	3,149
(Increase)/decrease in other debtors	761	(761)
Increase/(decrease) in accounts payables	(5,739)	(25,623)
Increase/(decrease) in HMRC and pensions payable	(6,326)	8,207
Increase/(decrease) in accruals	7,283	1,085
Increase/(decrease) in deferred revenue	(56,295)	43,725
Increase/(decrease) in credit card	(807)	587
	(141,671)	232,041
Net cash used in operating activities	(150,566)	142,834
Change in cash and cash equivalents in period	(150,566)	142,834
Cash and cash equivalents at the beginning of the period	369,499	226,665
Cash and cash equivalents at the end of the period	218,933	369,499

The notes on pages 27 to 41 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 2022, 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 2022 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 Unit F, The Bagel Factory, 22 White Post Lane, London. E9 5SZ.

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	3/4 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

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

3. Income from donations and legacies

	Unrestricted Funds Year ended 31 Mar 2022 £	Restricted Funds Year ended 31 Mar 2022 £	Total Funds Year ended 31 Mar 2022 £
Grant income	10,000	950,320	960,320
Donations	42,508	28,893	71,401
	52,508	979,213	1,031,721

	Unrestricted Funds Year ended 31 Mar 2021 £	Restricted Funds Year ended 31 Mar 2021 £	Total Funds 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

4. Income from charitable activities

	Unrestricted Funds Year ended 31 Mar 2022 £	Restricted Funds Year ended 31 Mar 2022 £	Total Funds Year ended 31 Mar 2022 £
Counselling income	2,370	-	2,370
Other income from charitable activities	5,247	-	5,247
	7,617	-	7,617

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

5. Total expenditure

	Direct staff costs	Other direct costs	Indirect staff costs	Other indirect costs	Total costs
	Year ended 31 Mar 2022	Year ended 31 Mar 2022	Year ended 31 Mar 2022	Year ended 31 Mar 2022	Year ended 31 Mar 2022
	£	£	£	£	£
Expenditure on:					
Raising funds	22,357	1,486	1,954	4,811	30,608
Charitable activities					
Delivery of counselling and other services	708,016	36,425	61,017	150,204	955,662
Awareness raising	25,974	22,295	3,955	9,739	61,963
	756,347	60,206	66,926	164,754	1,048,233

	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

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 2022	Total costs Year ended 31 Mar 2021
	£	£
Staff costs	66,928	56,524
Administrative costs	32,590	132,149
Finance costs	17,967	16,706
Premises costs	36,944	37,819
Other staff costs	30,717	27,656
IT costs	26,618	11,335
Governance costs	19,918	2,610
	231,682	284,799

Governance costs includes:

	Total costs Year ended 31 Mar 2022	Total costs Year ended 31 Mar 2021
	£	£
Statutory audit	6,000	-
Independent examination	-	945
Insurance	758	206
Trustee meetings and recruitment	-	584
Strategic review	858	875
Legal costs	12,302	-
	19,918	2,610

6. Expenditure on raising funds

	Unrestricted Funds Year ended 31 Mar 2022 £	Restricted Funds Year ended 31 Mar 2022 £	Total Funds Year ended 31 Mar 2022 £
Direct staff costs	22,357	-	22,357
Direct other costs	1,486	-	1,486
Indirect costs	6,765	-	6,765
	30,608	-	30,608

	Unrestricted Funds Year ended 31 Mar 2021 £	Restricted Funds Year ended 31 Mar 2021 £	Total Funds 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

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

	Unrestricted Funds Year ended 31 Mar 2022 £	Restricted Funds Year ended 31 Mar 2022 £	Total Funds Year ended 31 Mar 2022 £
Direct staff costs	-	708,016	708,016
Direct other costs	-	36,425	36,425
Indirect costs	28,265	182,956	211,221
	28,265	927,397	955,662

	Unrestricted Funds Year ended 31 Mar 2021 £	Restricted Funds Year ended 31 Mar 2021 £	Total Funds 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

8. Expenditure on charitable activities – awareness raising

	Unrestricted Funds	Restricted Funds	Total Funds
	Year ended 31 Mar 2022	Year ended 31 Mar 2022	Year ended 31 Mar 2022
	£	£	£
Direct staff costs	-	25,974	25,974
Direct other costs	-	22,295	22,295
Indirect costs	1,832	11,862	13,694
	1,832	60,131	61,963

	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

9. Staff costs

	Total costs	Total costs
	Year ended 31 Mar 2022	Year ended 31 Mar 2021
	£	£
Gross salaries	741,110	645,106
Employer's NIC	60,763	52,214
Employer's pension	21,402	17,153
	823,275	714,473

The average headcount during the period was 33 persons (2021: 31 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 £107,281 (2021: £131,739).

10. Tangible fixed assets

	Computer equipment £	Total fixed assets £
Cost		
As of 1 April 2021	5,871	5,871
As of 31 March 2022	5,871	5,871
Accumulated depreciation		
As of 1 April 2021	4,485	4,485
Charge in the year	1,206	1,206
As of 31 March 2022	5,691	5,691
Net book value		
As of 1 April 2021	1,386	1,386
As of 31 March 2022	180	180

11. Debtors and prepayments

	Total 31 Mar 2022 £	Total 31 Mar 2021 £
Accounts receivable	179,132	82,507
Accrued grant income	-	40,112
Premises deposit	12,674	-
Prepayments	21,629	9,062
Other debtors	-	761
	213,435	132,442

12. Creditors: amounts falling due within one year

	Total	Total
	31 Mar 2022	31 Mar 2021
	£	£
Accounts payable	12,929	18,668
Credit card	1,237	2,044
HMRC payable	14,630	19,296
Pensions payable	2,744	4,404
Deferred revenue	105,201	161,496
Accruals	10,708	3,425
	147,449	209,333

Deferred income consists of the following deferred grants:

	Total	Total
	31 Mar 2022	31 Mar 2021
	£	£
As of 1 April 2021	161,496	117,771
Amount released to income in the year	(161,496)	(117,771)
Amount deferred in the year	105,201	161,496
As of 31 March 2022	105,201	161,496

13. Analysis of charity funds

	Balance brought forward Year ended 31 Mar 2022 £	Income received in period Year ended 31 Mar 2022 £	Resources expended in period Year ended 31 Mar 2022 £	Transfers between funds Year ended 31 Mar 2022 £	Balance carried forward Year ended 31 Mar 2022 £
Unrestricted funds					
General funds	285,679	60,125	(60,705)	-	285,099
	285,679	60,125	(60,705)	-	285,099
Restricted funds					
Bolt Burdon Kemp	-	28,893	(28,893)	-	-
City Bridge Trust	-	15,000	(15,000)	-	-
Henry Smith Foundation	-	12,375	(12,375)	-	-
Holistic Trauma Outreach Project	-	19,320	(19,320)	-	-
Lloyds Bank Foundation	-	33,333	(33,333)	-	-
London Crime Prevention Fund	-	117,096	(117,096)	-	-
Ministry of Justice - Website	-	149,463	(149,463)	-	-
MOPAC - Male Rape Support Fund	-	252,804	(252,804)	-	-
National Lottery Community Fund	8,315	98,002	(106,317)	-	-
NHS England	-	81,138	(81,138)	-	-
Oak Foundation	-	9,000	(9,000)	-	-
Peter Sowerby	-	25,000	(25,000)	-	-
Stavros Niarchos Foundation	-	9,000	(9,000)	-	-
Transformation Fund	-	128,789	(128,789)	-	-
	8,315	979,213	(987,528)	-	-
	293,994	1,039,338	(1,048,233)	-	285,099

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.

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

Restricted funds – Holistic Trauma Outreach Project

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

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 – Oak Foundation

This was a discretionary grant to support the counselling work.

Restricted funds – Peter Sowerby

This was a grant to support accessibility of the new website.

Restricted funds – Stavros Niarchos Foundation

This was a grant to support counselling salaries.

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 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
	<u>364,563</u>	<u>57,300</u>	<u>(136,184)</u>	<u>-</u>	<u>285,679</u>
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 Transformation Fund	-	87,337	(87,337)	-	-
	-	66,763	(66,763)	-	-
	<u>18,638</u>	<u>907,964</u>	<u>(918,287)</u>	<u>-</u>	<u>8,315</u>
	<u>383,201</u>	<u>965,264</u>	<u>(1,054,471)</u>	<u>-</u>	<u>293,994</u>

14. Analysis of net assets

	Unrestricted funds 31 Mar 2022 £	Restricted funds 31 Mar 2022 £	Total funds 31 Mar 2022 £
Fixed assets	180	-	180
Current assets	327,167	105,201	432,368
Current liabilities	(42,248)	(105,201)	(147,449)
	285,099	-	285,099

	Unrestricted funds 31 Mar 2021 £	Restricted funds 31 Mar 2021 £	Total funds 31 Mar 2021 £
Fixed assets	1,386	-	1,386
Current assets	332,130	169,811	501,941
Current liabilities	(47,837)	(161,496)	(209,333)
	285,679	8,315	293,994

15. Analysis of net debt

	As at 1 Apr 2021 £	Cash flows £	Other movements £	As at 31 Mar 2022 £
Cash and cash equivalents				
Cash at bank	369,499	(150,566)	-	218,933
	369,499	(150,566)	-	218,933

	As at 1 Apr 2020 £	Cash flows £	Other movements £	As at 31 Mar 2021 £
Cash and cash equivalents				
Cash at bank	226,665	142,834	-	369,499
	226,665	142,834	-	369,499

16. Other financial commitments

At 31 March 2022, the Charity had annual future minimum lease payments under non-cancellable operating leases (all for property) as set out below:

	Total	Total
	31 Mar 2022	31 Mar 2021
	£	£
In one year	50,694	-
In two to five years	190,103	-
	240,797	-

17. Trustee remuneration

During the year, no Trustee received any remuneration (2021: £Nil). No members of the Board of Trustees received reimbursement of travel expenses to meetings (2021: Nil).

18. Related party transactions

During the year there were no related party transactions (2021: £Nil).

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