

# **Annual Report 2022-23**

Charity registation - 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 Tanaka Mhishi

David Raeburn

Jemma Ansellappointed 20 September 2022Tahreen Dewanappointed 20 September 2022Samuel Petersonappointed 20 September 2022Nerissa Steelappointed 20 September 2022

## **Chief Executive**

Gary Williams

## **Principal bankers**

Unity Trust Bank 4 Brindley Place Birmingham, B1 2JB

## **Independent auditor**

SBM Associates Limited, trading as SBM & Co 24 Wandsworth Road London SW8 2JW

#### **Accountants**

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

# Welcome

#### Message from the Chair

I am delighted to present Survivors UK's Annual Report and Accounts for the financial year 2022/23. Throughout the year, we have remained committed to offering a comprehensive range of support services to survivors in Greater London, while also extending our reach across the UK through awareness campaigns and our online helpline service. Despite facing challenges in meeting the high demand for our services in some areas, we have maintained financial stability, with our income slightly exceeding our expenditure.

In our ongoing efforts to enhance our impact, we are actively exploring plans to diversify our funding sources and seeking collaborative opportunities with sector partners. With the addition of a dedicated communications role, we are expanding our presence on social media, elevating our profile in relation to pertinent news and policy agendas.

A heartfelt thank you goes out to all our funders and supporters, many of whom have steadfastly stood by Survivors UK for many years. Your unwavering support is the foundation upon which all our work rests. I also extend my gratitude to our exceptional staff team, who have adeptly navigated hybrid ways of operating in the post-pandemic world.

As we continue to evolve to meet the needs of our clients, we now offer face-to-face support at more locations, complementing our existing online services. I encourage you to delve into the details of our services and finances for the year, and I sincerely hope that you will continue supporting this remarkable organisation in every way you can.

Thom Crabbe (Dec 18, 2023 14:08 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 2023.

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 people with male and non-binary identities, or anyone who thinks we're the right fit for them. 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 non-binary person at any time in their life.

# **Achievements and performance**

#### **Key impact 2021/22**

- 2,827 people have benefitted from our National Online Male Survivors Helpline this year, with 87% of post-chat survey respondents saying they would recommend the service to others.
- Last year, SurvivorsUK supported over 1,280 survivors through our ISVA, Westminster Project, Groups and Counselling services.
- A total of 248 clients attended our group work sessions.
- We have actively participated in several MOPAC redesign sessions for the reporting and care pathway for survivors of sexual violence, representing the voices of our male and non-binary clients within this reform. This review is an ongoing part of Operation Soteria Bluestone, which is due for launch in Summer 2023.
- Development of Prison Link Worker role, delivering counselling and advocacy support to prisoners in three different London prisons, and improving awareness and understanding of sexual violence and the specific needs of male survivors among London prisons staff.
- The counselling team have teamed up with Mankind, We Are Survivors, West Yorkshire Survivors and First Step to deliver therapy to clients that live across the UK and outside of the areas otherwise served by the consortium members.
- Two of our ISVAS were nominated by LimeCulture as part of their LimeLight Awards, recognising the exceptional standard of service they provide to survivors. Spotlight: Group Work

## **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.

In the last year SurvivorsUK has successfully continued and enhanced various group programs that cater to the expressed needs of survivors. These programs include regular weekly, fortnightly, and monthly specialist groups, predominantly conducted online to ensure accessibility.

During this time we have run 14 group programmes facilitated by a dedicated Group Work facilitator,

along with 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.

During March 22 to April 23, we continued with our cycle of having two parallel groups running consecutively on Monday and Friday evenings. In this period, we therefore delivered nine unique groups each with around 12 attendees from diverse backgrounds and of different experiences.

#### **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.

#### Tune-in Tuesdays

This monthly group has been conducted consistently over the course of the year, adapting from its initial purpose of providing support to survivors who experienced feelings of isolation during the lockdown period. This time of reflection has brought about a mix of both painful and positive experiences for participants.

In this group, we adhere to a structured format consisting of themed sessions. The topics for these sessions are generated by the survivors themselves during the check-in process. Since the number of attendees can reach up to 20 individuals, the check-in is often divided between the two facilitators. Subsequently, the identified topics are explored further within smaller groups, and each session concludes with a grounding exercise.

#### ice&fire participatory theatre group

This participatory group project developed as an extension of the creative writing group, in collaboration with ice&fire theatre group, which amplifies the voices of marginalised communities. The group provides a platform for clients to share experiences and they have collaborated on A Survivors Manifesto, meditating on the experience of being a survivor and how this informs their worldview.

The project started in May 2022 and has conducted 16 sessions thus far during this period. Facilitators are present to provide psychological and emotional support throughout the process. The sessions involve a combination of writing and performance, encompassing various forms such as poetry, prose, improvisation, clowning, and acting. The group concluded in the summer of 2023 with a group performance held in a theatre.

#### **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.

During this period two D&D groups have met every two weeks on alternating weeks, facilitated by counsellor Lee White and professional games master Lloyd. In addition to the game group, there is a monthly talking group that allows participants to discuss and delve into any issues that may have arisen during the game sessions and how they relate to their own experiences of sexual trauma.

Between April 2022 and March 2023, there have been a total of 40 Dungeons and Dragons game groups and 11 talking groups conducted. These sessions have continued to prove popular and beneficial to clients in reshaping childhood dynamics through gameplay and working through conflicts in a secure and collaborative space.

#### **Surviving Chemsex**

This group stemmed from a recurring theme in group discussions, where we recognised that a significant number of our clients spoke about being victims of sexual violence whilst involved in the Chems scene, or had already been survivors of abuse and later been drawn towards the scene.

This group had unique issues which were not always understood in a wider context. It has been facilitated by two practitioners who have experience of working with those with issues around substance misuse. The group has between six and eight weekly sessions and to date we have run four separate programmes. All intakes are then also invited to a monthly ongoing Chemsex group as isolation, stigma, triggers, and the fear of returning to the Chems scene are all prevalent.

#### **Allies Group**

The vicarious effects of trauma can have a huge burden upon the people supporting the survivor – partners, family members, friends – who often themselves lack support and community. The Allies group is a safe space for people of any gender who are supporting a male or non-binary survivor to congregate.

The group has been meeting on a monthly basis over the past year. The attendance has varied, with an increase in new referrals towards the end of 2022. Currently, we have a consistent group of 9 individuals who attend the sessions intermittently. The topics covered in the group have encompassed areas such as maintaining confidentiality, self-care for allies, disclosure, understanding trauma and its symptoms, and family dynamics, among others.

Groupwork impact				
New referrals	215 (-4%)			
CORE group attendance	88 (-18%)			
Ongoing CORE group attendance (average)	12 (-20%)			
Get Together group attendance (average)	12 (-33%)			
Tune-in Tuesdays group attendance	77 (+38%)			
Dungeons and Dragons group attendance	13 (+33%)			
Creative Writing group attendance	10 (-33%)			
BAM group attendance	10 (-16)			
Trans, Non-Binary and Gender Questioning group attendance	4 (-66%)			
Surviving Chemsex group attendance	20 (+81%)			
Speaking About Sex in the Context of Being a Survivor group attendance	8 (+12%)			
Overall clients supported through Group Work	248 + open groups			

#### Case Study

R originally made contact with one of the groupwork facilitators through a series of ZOOM calls. As a survivor of childhood and adult sexual abuse he had always felt his life had been blighted by the idea that by having two different abusers he was somehow responsible for what had happened.

Logically he knew that he was not to blame – he said he could think it but he could not feel it. He also had a distrust of men and was worried about going to a group where everyone identified as male or non-binary. However, he decided he had nothing to lose but to give it a go and was advised that if it didn't work out it should not be seen as a failure on his part.

R was initially reluctant to open up in the sessions, saying that his working-class background had never allowed for an environment where men should talk. However, once he started talking, he felt listened to and understood for the first time ever. He told the group that his parents' reaction to his childhood abuse – they had responded by telling him never to speak to them again, citing that he had always been a 'difficult child' – had been more traumatic than the abuse itself.

He found the reception from the group in not just believing him but understanding him to be quite overwhelming. At first he needed regular contact from a facilitator between sessions. However, as the 12 session programme progressed he gained confidence in telling his story. He also enjoyed being in the company of a diverse group of men, saying that many of his pre-conceptions about males of different cultural and educational backgrounds, different ages and sexualities had caused him to see males in a different way and that the brotherhood of survivorship offered a far greater reach than the restrictive circles he had previously engaged with.

By the end of the sessions R had moved away from his family feeling that he had created a new one of his own built on the values of compassion, trust and empathy.

# **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.

#### <u>Overview</u>

The counselling team have been providing client-centered sessions to the service users that have been on the waiting list for the last few years. During 2022-23 counsellors supported 730 clients and provided 2409 sessions.

At the beginning of the 2022-23 period the counselling team consisted of five individual counsellors and one-session support counsellor, fulfilling the equivalent of 3.5 full-time posts. By the end of the year we have rebuilt the counselling team to a full complement of 12 counsellors, including the development of new roles specializing in supporting Black, Asian and Mixed Heritage clients, Eye Movement Desensitization and Reprocessing (EMDR) therapy, young people and Swift Response support (see key developments).

Demand for our service continues to outstrip our resources. We typically add around 10- 20 cases to the waiting list every month, and only close a maximum of 10 cases per month. The residual impact of the coronavirus pandemic and austerity continue to be felt by many of our clients, their mental health and access to other services. This has increased demand upon our services and extended the length of counselling each client requires.

## **Key developments**

#### **Swift Response Team**

The Swift Response team provide up to 12 sessions to clients on the waiting list, with a view to either closing 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 Swift Response team were introduced in November 2022 and have started to offer 6-12 sessions to

clients currently on the waiting list for counselling. Currently we have two counsellors working their way through the clients from 2021 and 2022 to offer spaces to clients waiting the longest. Eventually, they will be offering clients that come to our service the support they need straight from assessment.

#### BAM counsellor role

We currently have two counsellors offering our Black, Asian and Mixed Heritage clients counselling spaces. This role was developed to centre on the experience of race intersecting with trauma. These roles allow us to connect with more BAM clients and encourage them to use our services.

### Young persons counsellor role

We now have three counsellors trained to support our young clients, including one specific role that was created to address the needs of our young clients, particularly in the 13-18 years old age group. The young persons counsellor helps to reach, engage and work with survivors in this age group.

#### **EMDR** counsellor

Our Eye Movement Desensitisation and Reprocessing (EMDR) counsellor offers clients another traumainformed 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.

Our EMDR counsellor is currently working with 14 clients from the current waiting list, offering 12 sessions of EMDR therapy with the potential of another 12 sessions of talking therapy. This allows the client to have a holistic journey after experiencing intense trauma therapy.

#### **Prison Link Worker**

Sexual violence in prisons has long been ignored, leaving men without adequate support. Over the past year we have been part of a committee with HM Prison Service, Metropolitan Police and NHS England to create a Service that reflects the serious sexual assaults within prisons in London.

The Prison Link Worker role has been developed to raise awareness amongst prison staff of the appropriate responses to sexual violence and gather evidence about the needs of male survivors in prison to inform future service provision. Project findings will be disseminated among relevant organisations within the rape/sexual assault sector and more widely (e.g. mental health, homelessness, HIV charities, drug and alcohol services, LGBT+).

This role was introduced in Summer 2023, and will work in close partnership with three London prisons, providing counselling and advocacy support to prisoners and building understanding with prison staff. The project has been met with great enthusiasm by the prisons our Head of Services has visited, and we anticipate many positive outcomes moving forward.

Counselling impact				
New referrals	271 (+17%)			
Current waiting list	350 (-18%)			
Counselling sessions delivered	2409 (-20%)			
Overall clients supported	730 (+71%)			

#### Case Study

Client X experienced CSA from a family member at ages 5 and 8. His father left when he was young, and his mother's new partner was abusive. He witnessed violent incidents as a child and grew up in a culture where violence was normalised and not spoken about. The client experienced suicidal ideation and struggled with alcohol and drugs from a young age.

During the initial session the client spoke about the last 2 months of his drinking before he became sober. He blacked out and hurt people, which he does not remember, and had lost friendships because of it. The client said that his guilt, shame and anger towards himself for his behaviour while he was still drinking was the most significant thing that he needed to work through. He also said that he would like to work on improving confidence and self-esteem and (romantic) relationships.

Our counsellor worked with the client using a theoretical integration of Person Centred and Psychodynamic therapy within the framework of the three-stage Trauma Model, including letter-writing exercises which proved a significant step in the client being able to process the trauma from his childhood. The client also asked to learn tools that he could use outside of the sessions. We introduced a 'self-compassion pause' exercise which the client was able to use at various points when he felt overwhelmed.

As a result of the sessions the client felt more able to disrupt negative cycles that he had felt trapped in previously. He became able to notice and sit with his emotions, to do what he needed to look after himself, and also became more able to ask for help from others when he needed it.

During the sessions the client started to reconnect with his passion for performing and took part in an audition for a show, which was a very big step for him. The client seemed to experience a significant shift in his feelings around his previous behaviour while he was still drinking. He said that he had allowed himself to release some of the weight that he had been carrying and seemed to be able to view his past behaviour in a different way with more compassion for himself.

The client said that he felt ready to end counselling and that he was happy with the progress that he had made. The client also provided written feedback stating that:

"I feel I have reclaimed a part of myself I thought I had lost or could only reach with a few drinks/drugs before. I feel confident in myself and ready to live the life I want to live. I also know how to ask for help if and when I fall down in the future."

# 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.

Case Workers can provide practical support to anyone who is not currently going through the criminal justice process. They can assist with areas such as applying for housing, employment, financial support, and finding and accessing other support services.

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

#### **Overview**

During this period our ISVA and Case Work team supported approximately 265 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 support increases the likelihood that a survivor will report to the police and remain in the criminal justice process. In addition to our one to one ISVA service, we also offer an ISVA group in collaboration with Group Work, which allows our clients who are engaging with the criminal justice system the opportunity to receive support in a group setting with and from their peers.

The upcoming launch of Operation Soteria Bluestone recognises the barriers our clients face and the importance of receiving the correct support and where ISVAs play a vital role.

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 other 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**

#### **Team expansion**

We have seen significant improvements to the ISVA/Case Work team over the last year – nearly doubling in size to ensure our clients receive the support they deserve.

Our ISVA team is now restored to full capacity, consisting of six ISVAs (four full-time, two part-time). We have also introduced two full-time Case Workers to provide practical support to clients who may not yet be engaged in the criminal justice process, expanding our client remit.

With our expanded, hardworking team, we have been able to reduce our ISVA waiting list to zero, ensuring clients receive immediate support. Our ISVA Manager has continued to work closely with London Survivors Gateway to ensure appropriate referrals are reaching us in a timely fashion.

# **ISVA LimeLight Awards**

Two of our ISVAs were recognised for their excellent work with nominations for awards by LimeCulture, the UK body for ensuring high quality of service to survivors of sexual violence.

Laura Nulty was shortlisted for the Award for Outstanding Achievement by an ISVA Supporting Adults, while Marcia Brabbs was nominated for the Vicky Bardsley Prize, recognising Outstanding Achievement by an ISVA Supporting Children and Young People.

The LimeLight awards were presented at the National ISVA Conference. To be nominated among our colleagues in the sector signifies the continued exceptional service that our ISVAs offer to the clients we support.

ISVA impact				
New referrals	70 (-33%)			
Overall clients supported	265 (+6.5%)			

#### Case Study

Client G, 54 years old, heterosexual, Black British. G was referred to the Case Worker service through a third party. Client G is a survivor of childhood sexual abuse. They have substance misuse issues and struggle with anxiety and PTSD, with a previous history of suicide attempts.

G came to us for practical support regarding the unsuitable state of their current housing. They shared difficulties that they found integrating into their community and also a need for mental health support with their anxiety and PTSD.

During our support we provided assistance with housing, requesting a housing application form for Hackney Council (12 week wait) and contacting Hackney Housing Advice team for additional support around private renting advice and finding a suitable home. We also referred G to Peter Bradford Housing for specialised housing alongside mental health support.

In addition to accessing mental health support, we signposted to yoga, boxing and spoken word interests in G's local area to help with community integration and positive mental health. We provided mental health resources around topics of discussion, such as combatting negative self-talk, healthy coping mechanisms and setting healthy boundaries.

G sometimes found it difficult in trusting support services and was often hesitant to seek or accept help, creating barriers in the support process. Substance misuse also exasperated his mental health issues. By working with the client, though, the Case Worker was able to help G access help despite these

#### difficulties.

G was set up with an appointment with Hackney Housing Advice team to discuss his housing issues and what support they can provide, with a housing application to be provided in this appointment. The client has also continued support through Turning Point for his substance misuse issues.

G now has a focus on his 'happiness diet', introducing small changes into his life to improve his mental health. They were extremely grateful for the Case Work service and said although they may not yet be in the best place, he "can see the clouds clearing."

# **Spotlight: Helpline Services**

The online helpline is accessible through live text chat (via our website and SMS) and email, 12-8PM, seven days a week. This service allows survivors aged 13 and over 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 non-binary survivors, we support their partners, family and friends of all genders.

#### **Overview**

During 2022-23 we received 2,827 calls through our helpline, marking a 5.8% increase on the previous year.

A frequent theme in conversations is supporting male survivors struggling with their sense of masculinity after abuse. Creating space for these conversations continues to reaffirm the necessity of services that specialise in supporting men.

The proportion of respondents to the post-chat survey who reported finding the person they spoke to helpful increased slightly from 93.7% to 94.2%, and the proportion who said they would recommend the service to someone else increased from 84.3% to 87%.

Helpline impact	
Distinct calls	2827 (+5.8%)
Average weekly calls	54.4

#### **Positive outcomes**

We know first-hand that when given the right support, male survivors are less likely to internalise shame for having been abused, or externalise feelings in problematic ways. We are proud 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 their energies 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 and 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.

#### **Helpline Service User Feedback**

"This place is unique and a must for those who suffer alone"

"This is so brilliant! What a wonderful resource. I'm so pleased and reassured that I have found you in my recovery process."

"I have been in regular sessions with my GP and had independent therapists from IHTT but I never felt being heard or listened to. The way you have responded to me, I felt I always needed this sense of mutual understanding. ... Thank you once again for making me feel heard."

"So happy I have found you today. Thank you a lot. You made me realise it's not my fault"

"I will personally advertise your service"

"I was really grateful to feel safe, accepted and supported as a transgender, queer man. I often feel as though men's spaces aren't meant for people like me, but this was an important and necessary exception."

"Having someone listen and care. The empathy, the validation, the acceptance. The safety of it also. I feel protected here."

"Many thanks for your help. You saved me! You should win an award"

# **Spotlight: Westminster Project**

The Westminster Project is a therapeutic outreach programme that engages homeless people in the City of Westminster. Now in its fifth 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 subsequent compounding of trauma, and this is reflected in policy and service provision.

The Holistic Therapy Outreach (HTO) role builds on the trauma-informed model, demonstrating 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 St. Mungo's Westminster Move On and Resettlement Services (MORS) have up to 87 residents at one time, between the Westminster projects, training flats, and Scott Lodge in Hounslow. Since late April 2022, 46 clients have been referred to or have in some way interacted with the service. As is to be expected, engagement varies greatly between these clients.

Our Holistic Trauma Outreach counsellors hold between 10 – 14 cases, who they see either weekly or biweekly. Both HTO workers work once a week in the project. The therapy sessions take place in numerous locations, tailored around the client's needs, from coffee shops and green spaces to accommodation or on the street where the client is currently staying. The sessions vary from relational therapy to providing

psychological tools to help clients manage CPTSD.

The work we have done during this period on the referral process should mean that referrals are better assessed to the HTO, Compass and Housing First flexible model. The HTO service plays an important part in supporting staff and helping them view their work with clients through a trauma informed lens.

Westminster Project impact				
Appropriate referrals	46 (-15%)			
Sessions delivered	164 (+15%)			
Overall clients supported	46 (-20%)			

#### **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 achieved a surplus of £91,885 (2022: deficit of £8,895), increasing total reserves at year end to £376,984 (2022: £285,099).

Of the reserves held at year end, £57,254 (2022: £Nil) related to restricted funds and £319,730 (2022: £285,099) 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 £250,000 as a general reserve based on three months expenditure. The board continue to regularly review the reserve policy to ensure it covers current liabilities and commitments.

The year-end unrestricted reserve was £319,730 which is slightly higher than this requirement, but not excessive, especially in light 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 2023-24 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.	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.
	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.

# 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 income over expenditure 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 14 November 2023 and signed on its behalf by:

Thom Crabbe (Dec 18, 2023 14:08 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 2023 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 2023, 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 are obtained is sufficient and appropriate to provide a basis for our opinion.

#### **Other Matter**

The financial statements of the Company for the year ended 31 March 2022 were audited by another auditor who expressed an unmodified opinion on those statements on 23 December 2022.

#### **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.

#### 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 20], 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.

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 the Act and relevant regulations made or having effect thereunder.

Our objectives are to obtain reasonable assurance about whether the Charity financial statements are free from material misstatement, whether due to fraud or error, and to issue an auditor's report that includes our opinion. Reasonable assurance is a high level of assurance but is not a guarantee that an audit conducted in accordance with ISAs (UK) will always detect a material misstatement when it exists.

Misstatements can arise from fraud or error and are considered material if, individually or in the aggregate, they could reasonably be expected to influence the economic decisions of users taken on the basis of these financial statements.

Irregularities, including fraud, are instances of non-compliance with laws and regulations. We design procedures in line with our responsibilities, outlined above, to detect material misstatements in respect of irregularities, including fraud. The extent to which our procedures can detect irregularities, including fraud is detailed below:

Our approach was as follows:

To identify risks of material misstatement due to irregularities we assessed events or conditions that could lead to irregularities. Our risk assessment procedures included:

- enquiring of Trustees and management and inspection of policy documentation as to the Charity's policies and procedures to prevent and detect irregularities, as well as whether they have knowledge of any actual, suspected, or alleged fraud or breaches of relevant laws and regulations.;
- · reading Board minutes; and
- · using analytical procedures to identify any usual or unexpected relationships.

We identified areas of laws and regulations that could reasonably be expected to have a material effect

on the financial statements from our general commercial and sector experience through discussion with the Trustees and management (as required by auditing standards). We communicated with the Trustees and management the policies and procedures in place regarding compliance with laws and regulations.

We identified the legal and regulatory frameworks that are applicable to the entity and determined that the most significant are those that relate to the Charities Act 2011, The Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and the Republic of Ireland (the SORP), Occupational Health and Safety regulations, the Data Protection Act, and relevant tax legislation.

In addition, we have considered provisions of other laws and regulations that do not have a direct effect on the financial statements but compliance with which may be fundamental to the company's ability to operate or to avoid a material penalty. We identified the following areas as those most likely to have such an effect: employment law, recognising the nature of the Charity's activities and its legal form. Auditing standards limit the required audit procedures to identify non-compliance with these laws and regulations to enquiry of the Trustees and management and inspection of regulatory and legal correspondence, if any. Therefore, if a breach of operational regulations is not disclosed to us or evident from relevant correspondence, an audit will cannot be relied upon to detect that breach.

We communicated identified laws and regulations and potential fraud risks to all engagement team members and remained alert to any indications of fraud or non-compliance with laws and regulations throughout the audit.

Based on the results of our risk assessment we designed our audit procedures to identify non-compliance with such laws and regulations identified above and assessed the extent of compliance with these laws and regulations as part of our procedures on the related financial statement items.

The engagement partner considers the engagement team collectively had the appropriate competence and capabilities to identify or recognise non-compliance with laws and regulations.

As required by auditing standards and considering possible pressures to meet internal key performance indicators and our knowledge of the control environment, we perform procedures to address the risk of management override of controls and the risk of fraudulent revenue recognition, in particular the risk that income is recorded in the incorrect accounting period and the risk that management may be in a position to make inappropriate accounting entries.

We assessed the risks of material misstatement in respect of fraud as follows:

- our audit team discussed whether there were any areas that were susceptible to misstatement as part of our discussion on fraud; and
- we challenged assumptions and judgements made by management in their significant accounting estimates and judgements.

Based on the results of our risk assessment we designed our audit procedures to identify and to address material misstatements in relation to fraud, including, designing appropriate audit procedures, including:

- incorporating an element of unpredictability in the selection of the nature, timing, and extent of our audit procedures;
- identifying journal entries and other adjustments to test based on risk criteria and comparing the identified entries to supporting documentation;
- inspecting the relevant income agreements and their accounting to confirm their recognition in line with the SORP for different revenue streams;
- inspecting stock count sheets;
- · obtaining third party bank confirmations; and
- assessing the design and effectiveness of controls in place over areas such as procurement and cash.

We considered the extent to which the audit was considered capable of detecting irregularities: There are inherent limitations in the audit procedures described above and the further removed non-compliance with laws and regulations is 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 from error, as fraud may involve deliberate concealment by, for example, forgery or intentional misrepresentation, or through collusion.

A further description of our responsibilities is available on the FRC's website at: <a href="https://www.frc.org.uk/auditorsresponsibilities">https://www.frc.org.uk/auditorsresponsibilities</a>. 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.

STEPHEN MCALPINE (SENIOR STATUTORY AUDITOR)

Courses

FOR AND ON BEHALF OF SBM ASSOCIATES LIMITED (STATUTORY AUDITORS)

DATED: 15 DECEMBER 2023

24 Wandsworth Road London SW8 2JW

# Statement of financial activities

# Incorporating the Income and Expenditure Account & Statement of Realised Gains and Losses For the year ended 31 March 2023

		Unrestricted	Restricted	Total	Total
		Funds	Funds	Funds	Funds
		Year ended	Year ended	Year ended	Year ended
		31 Mar 2023	31 Mar 2023	31 Mar 2023	31 Mar 2022
	Notes	£	£	£	£
Income from:					
Donations and legacies	3	50,475	1,051,642	1,102,117	1,031,721
Charitable activities	4				7,617
Total income		50,475	1,051,642	1,102,117	1,039,338
Expenditure on:					
Raising funds	5 & 6	15,844	9,422	25,266	30,608
Charitable activities:					
Delivery of counselling and other services	5 & 7	-	927,456	927,456	955,662
Awareness raising	5 & 8		57,510	57,510	61,963
Total expenditure		15,844	994,388	1,010,232	1,048,233
Net income/(expenditure) for the year		34,631	57,254	91,885	(8,895)
Reconciliation of funds:					
Total funds brought forward	13 & 14	285,099	-	285,099	293,994
Total funds carried forward	13 & 14	319,730	57,254	376,984	285,099

The notes on pages 29 to 43 form part of the financial statements.

# Balance sheet As at 31 March 2023

		Total		Total
		Funds		Funds
		31 Mar 2023		31 Mar 2022
Notes		£		£
10		-		180
11	147,114		213,435	
_	357,205	_	218,933	
	504,319		432,368	
12	(127,335)	_	(147,449)	
	_	376,984	_	284,919
		376,984	_	285,099
13 & 14		57,254		-
13 & 14	319,730	_	285,099	
	_	319,730	_	285,099
		376,984	_	285,099
	10 11 - 12 -	10 11 147,114 357,205 504,319  12 (127,335)	Notes £  10 - 11 147,114 357,205 504,319  12 (127,335) 376,984 376,984 376,984 13 & 14 319,730 319,730	Funds 31 Mar 2023  Notes  £  10  -  11  147,114  213,435  357,205  218,933  504,319  432,368  12  (127,335)  (147,449)  376,984  376,984  376,984  376,984  13 & 14  57,254  13 & 14  319,730  285,099

The notes on pages 29 to 43 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 14 November 2023 and signed on their behalf by:

Thom Crabbe (Dec 18, 2023 14:08 GMT)

THOM CRABBE
CHAIR OF TRUSTEES

# **Statement of cash flows**

# For year ended 31 March 2023

		Total		Total
		Funds		Funds
		Year ended		Year ended
		31 Mar 2023		31 Mar 2022
		£		£
Cash flows from operating activities:				
Net income/(expenditure) for period (as per SOFA)		91,885		(8,895)
Adjustments for:				
Depreciation charges	180		1,206	
(Increase)/decrease in accounts receivable	66,953		(96,625)	
(Increase)/decrease in accrued grant income	-		40,112	
(Increase)/decrease in prepayments	(632)		(12,567)	
(Increase)/decrease in premises deposit	-		(12,674)	
(Increase)/decrease in other debtors	-		761	
Increase/(decrease) in accounts payables	(2,109)		(5,739)	
Increase/(decrease) in HMRC and pensions payable	10,146		(6,326)	
Increase/(decrease) in accruals	(2,089)		7,283	
Increase/(decrease) in deferred revenue	(25,000)		(56,295)	
Increase/(decrease) in credit card	(1,062)	_	(807)	
	-	46,387	_	(141,671)
Net cash used in operating activities	-	138,272	_	(150,566)
Change in cash and cash equivalents in period		138,272		(150,566)
Cash and cash equivalents at the beginning of the period	_	218,933	_	369,499
Cash and cash equivalents at the end of the period	_	357,205	_	218,933

The notes on pages 29 to 43 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 2023, 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 2023 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 economic environment 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

#### Cash at hank 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	Restricted	Total
		Funds	Funds	Funds
		Year ended	Year ended	Year ended
		31 Mar 2022	31 Mar 2022	31 Mar 2022
	Notes	£	£	£
Income from:				
Donations and legacies	3	52,508	979,213	1,031,721
Charitable activities	4	7,617		7,617
Total income		60,125	979,213	1,039,338
Expenditure on:				
Raising funds	5 & 6	30,608	-	30,608
Charitable activities:				
Delivery of counselling and other services	5 & 7	28,265	927,397	955,662
Awareness raising	5 & 8	1,832	60,131	61,963
Total expenditure		60,705	987,528	1,048,233
Net income/(expenditure) for the year		(580)	(8,315)	(8,895)
Reconciliation of funds:				
Total funds brought forward	13 & 14	285,679	8,315	293,994
Total funds carried forward	13 & 14	285,099	-	285,099

# 3. Income from donations and legacies

	Unrestricted Funds	Restricted Funds	Total Funds
	Year ended	Year ended	Year ended
	31 Mar 2023	31 Mar 2023	31 Mar 2023
	£	£	£
Grant income	16,200	1,037,297	1,053,497
Donations	34,275	14,345	48,620
	50,475	1,051,642	1,102,117
	Unrestricted	Restricted	Total
	Funds	Funds	Funds
	Year ended	Year ended	Year ended
	31 Mar 2022	31 Mar 2022	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
4. Income from charitable activities	Hana akulaka d	Do atribato d	Takal
	Unrestricted	Restricted	Total
	Funds Year ended	Funds Year ended	Funds
	31 Mar 2023	31 Mar 2023	Year ended 31 Mar 2023
	51 Mai 2025 £	51 Mai 2025	£
Counselling income	_	-	
Other income from charitable activities			
other meetine from chantable activities			
	Unrestricted	Restricted	Total
	Funds	Funds	Funds
	Year ended	Year ended	Year ended
	31 Mar 2022	31 Mar 2022	31 Mar 2022
	£	£	£
Counselling income	2,370	-	2,370
Other income from charitable activities	5,247	-	5,247
	7,617	-	7,617

# 5. Total expenditure

	Direct	Other	Indirect	Other	
	staff	direct	staff	indirect	Total
	costs	costs	costs	costs	costs
	Year ended				
	31 Mar 2023				
	£	£	£	£	£
Expenditure on:					
Raising funds	19,336	815	812	4,303	25,266
Charitable activities					
Delivery of counselling and other services	699,780	39,927	29,808	157,941	927,456
Awareness raising	34,655	11,214	1,847	9,794	57,510
	753,771	51,956	32,467	172,038	1,010,232
	Direct	Other	Indirect	Other	
	staff	direct	staff	indirect	Total
	costs	costs	costs	costs	costs
	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

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	Total
	costs	costs
	Year ended	Year ended
	31 Mar 2023	31 Mar 2022
	£	£
Staff costs	32,468	66,928
Administrative costs	22,217	32,590
Finance costs	16,613	17,967
Premises costs	68,724	36,944
Other staff costs	20,672	30,717
IT costs	37,367	26,618
Governance costs	6,444	19,918
	204,505	231,682

#### Governance costs includes:

	Total	Total
	costs	costs
	Year ended	Year ended
	31 Mar 2023	31 Mar 2022
	£	£
Statutory audit	5,622	6,000
Insurance	822	758
Strategic review	-	858
Legal costs		12,302
	6,444	19,918

# 6. Expenditure on raising funds

	Unrestricted	Restricted	Total
	Funds	Funds	Funds
	Year ended	Year ended	Year ended
	31 Mar 2023	31 Mar 2023	31 Mar 2023
	£	£	£
Direct staff costs	12,125	7,211	19,336
Direct other costs	511	304	815
Indirect costs	3,208	1,907	5,115
	15,844	9,422	25,266
	Unrestricted	Restricted	Total
	Funds	Funds	Funds
	Year ended	Year ended	Year ended
	31 Mar 2022	31 Mar 2022	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

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

	Unrestricted	Restricted	Total
	Funds	Funds	Funds
	Year ended	Year ended	Year ended
	31 Mar 2023	31 Mar 2023	31 Mar 2023
	£	£	£
Direct staff costs	-	699,780	699,780
Direct other costs	-	39,927	39,927
Indirect costs		187,749	187,749
	_	927,456	927,456
		-	_
	Unrestricted	Restricted	Total
	Funds	Funds	Funds
	Year ended	Year ended	Year ended
	31 Mar 2022	31 Mar 2022	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

# 8. Expenditure on charitable activities - awareness raising

	Unrestricted	Restricted	Total
	Funds	Funds	Funds
	Year ended	Year ended	Year ended
	31 Mar 2023	31 Mar 2023	31 Mar 2023
	£	£	£
Direct staff costs	-	34,655	34,655
Direct other costs	-	11,214	11,214
Indirect costs		11,641	11,641
		57,510	57,510
	Unrestricted	Restricted	Total
	Funds	Funds	Funds
	Year ended	Year ended	Year ended
	31 Mar 2022	31 Mar 2022	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

# 9. Staff costs

	Total	Total
	costs	costs
	Year ended	Year ended
	31 Mar 2023	31 Mar 2022
	£	£
Gross salaries	705,348	741,110
Employer's NIC	64,433	60,763
Employer's pension	16,458	21,402
	786,239	823,275

The average headcount during the period was 30 persons (2022: 33 persons).

No employee received employee benefits of more than £60,000 (2022: Nil).

The total employee benefits paid to key management personnel during the year was £132,500 (2022: £107,281).

# 10. Tangible fixed assets

	Computer equipment	Total fixed assets
Cost	_	_
As of 1 April 2022	5,871	5,871
As of 31 March 2023	5,871	5,871
Accumulated depreciation		_
As of 1 April 2022	5,691	5,691
Charge in the year	180	180
As of 31 March 2023	5,871	5,871
Net book value		
As of 1 April 2022	180	180
As of 31 March 2023		
11. Debtors and prepayments		
	Total	Total
	31 Mar 2023	31 Mar 2022
	£	£
Accounts receivable	112,179	179,132
Premises deposit	12,674	12,674
Prepayments	22,261	21,629
	147,114	213,435

As of 31 March 2023

80,201

105,201

# 12. Creditors: amounts falling due within one year

	Total	Total
	31 Mar 2023	31 Mar 2022
	£	£
Accounts payable	10,820	12,929
Credit card	175	1,237
HMRC payable	22,026	14,630
Pensions payable	5,494	2,744
Deferred revenue	80,201	105,201
Accruals	8,619	10,708
	127,335	147,449
Deferred income consists of the following deferred grants:		
	Total	Total
	31 Mar 2023	31 Mar 2022
	£	£
As of 1 April 2022	105,201	161,496
Amount released to income in the year	(105,201)	(161,496)
Amount deferred in the year	80,201	105,201

#### 13. Analysis of charity funds

	Balance brought forward Year ended 31 Mar 2023	Income received in period Year ended 31 Mar 2023	Resources expended in period Year ended 31 Mar 2023	Transfers between funds Year ended 31 Mar 2023	Balance carried forward Year ended 31 Mar 2023
Unrestricted funds					
General funds	285,099	50,475	(15,844)	-	319,730
	285,099	50,475	(15,844)	-	319,730
Restricted funds					
Bolt Burdon Kemp	-	14,345	(14,345)	-	-
Holistic Trauma Outreach Project	-	25,760	(25,760)	-	-
Lloyds Bank Foundation	-	25,000	(25,000)	-	-
Ministry of Justice - Website	-	149,463	(149,463)	-	-
MOPAC - Male Rape Support Fund	-	451,132	(412,331)	-	38,801
National Lottery Community Fund	-	136,923	(118,470)	-	18,453
NHS England	-	127,210	(127,210)	-	-
Transformation Fund	-	121,809	(121,809)	-	
-	-	1,051,642	(994,388)	-	57,254
-	285,099	1,102,117	(1,010,232)		376,984

#### **Restricted funds – Bolt Burdon Kemp**

This is support towards an ISVA worker.

#### 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 - 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.

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

# 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	Income	Resources	Transfers	Balance
	brought	received	expended	between	carried
	forward	in period	in period	funds	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 — 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 - 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.

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

# **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.

# 14. Analysis of net assets

	Unrestricted funds 31 Mar 2023	Restricted funds 31 Mar 2023	Total funds 31 Mar 2023
	£	£	£
Fixed assets	-	_	-
Current assets	366,864	137,455	504,319
Current liabilities	(47,134)	(80,201)	(127,335)
	319,730	57,254	376,984
	Unrestricted	Restricted	Total
	funds	funds	funds
	31 Mar 2022	31 Mar 2022	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

# 15. Analysis of net debt

	As at 1 Apr 2022	Cash flows	Other movements	As at 31 Mar 2023
	£	£	£	£
Cash and cash equivalents				
Cash at bank	218,933	138,272	-	357,205
	218,933	138,272	-	357,205
				_
	As at		Other	As at
	1 Apr 2021	Cash flows	movements	31 Mar 2022
	£	£	£	£
Cash and cash equivalents				
Cash at bank	369,499	(150,566)		218,933
	369,499	(150,566)	_	218,933

## 16. Other financial commitments

At 31 March 2023, the Charity had annual future minimum lease payments under non-cancellable operating leases (all for property) as set out below:

	Total	Total
	31 Mar 2023	31 Mar 2022
	£	£
In one year	50,694	50,694
In two to five years	139,409	190,103
	190,103	240,797

# 17. Trustee remuneration

During the year, no Trustee received any remuneration (2022: £Nil). No members of the Board of Trustees received reimbursement of travel expenses to meetings (2022: Nil).

# 18. Related party transactions

During the year there were no related party transactions (2022: £Nil).

