



SurvivorsUK Ltd

Annual report and financial statements

Year ended 31 March 2020

Company no 03792760

Charity no 1077484

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Legal and administrative information

Charity name	SurvivorsUK	
Previous operating names	Survivors U.K. and Survivors (UK) Limited	
Charity registration no	1077484 (England and Wales)	
Company registration no	03792760	
Registered office	11 Sovereign Close London, E1W 3HW	
Trustees	Daniel Mark Carr (Chair) Sara Brennan Mark Brown Dr James Brock Chisholm Emily McFadden Matthew Tennant <i>resigned 7 July 2020</i>	
Chief Executive/ Director	Alex Feis-Bryce Andy Connolly	<i>appointed 2 December 2019</i> <i>resigned 11 September 2019</i>
Independent Examiner	Haines Watts 4 Claridge Court Lower Kings Road Berkhamsted Hertfordshire, HP4 2AF	
Accountants	Andy Nash Accounting & Consultancy Ltd Units 24 & 25 Goodsheds Container Village Hood Road Barry, CF62 5QU	
Principal bankers	Unity Trust Bank Nine Brindleyplace Birmingham, B1 2HB	

A letter from our Chair

This financial year has been, yet again, another exciting year for SurvivorsUK and we continue to go from strength to strength. Our staff team has expanded greatly which has given us the opportunity to support even more men and boys who have experienced sexual violence. We welcomed our new CEO this year, Alex Feis-Bryce, who in a short period of time has brought greater stability to the organisation and overseen further growth to meet the increasing demand for our services.

We have an unwavering commitment to expanding and developing our services, and a recent organisational redesign has established a new management structure which includes a Services Manager role. Reporting to our CEO, the Services Manager ensures that our growth in frontline services is underpinned by strategic leadership and a well-resourced and experienced management infrastructure.

At its core, our organisation offers services that are designed to support our beneficiaries in crucial ways that are not delivered holistically elsewhere. We continually monitor and develop these services and do not fear adaptation, innovation or change. This is our second year that our staffed counselling model has been in operation, allowing us to be even more responsive to client needs and providing enhanced flexibility in our service provision. We also continue to embed and expand our groupwork services which are now a key foundation of our work.

In January 2020, the conviction of Britain's most prolific rapist, Reynhad Sinaga - who was jailed for life for 136 rapes of men in Manchester, has brought the issue of sexual violence perpetrated against men onto the media agenda once again. SurvivorsUK played a significant role in the subsequent media interest on the issue and this led to an increase in the number of people seeking our support.

Despite this and subsequent media stories, our role in ensuring that the needs and voices of our beneficiaries are heard within the broader narratives, focusing on the inequalities, privileges and imbalances of power which drives sexual violence, remains as important as ever. The voices and needs of male survivors are too often overlooked or not understood by statutory services and the wider general public, which we know has a silencing effect.

We continue to boldly challenge this invisibility, raising awareness and striving to provide the highest standard of service provision to as many men and boys as possible.

I am so proud of our achievements and would like to thank our staff, volunteers, donors and my fellow Trustees for their continued dedication and support. Their tireless efforts and unwavering commitment and enthusiasm provide the platform that enables us to continue with our much needed work.

Faced with the challenge of unprecedented demand for our services, we are determined to reach as many people as possible and are therefore committed to continually grow in a way which is safe and sustainable.

With this in mind, we have set aside significant sums of money from this financial year to spend in 2020/21 on projects which we passionately believe will lay stronger foundations on which to continue our growth.

This involves increasing our office space by adding more capacity for service delivery and more working space for our staff. We are determined to ensure that the environment our staff work in is comfortable and the rooms in which we deliver therapeutic services are as friendly and conducive to healing as possible. To that end, we have also set aside funds for an office refurbishment to run alongside our extension.

We have commenced work on an exciting new rebrand which will allow us to more effectively communicate with a range of stakeholders and align our external messaging with the core values and principles which underpin SurvivorsUK. This process will be a collaborative one, involving a range of clients and staff members recognising that this organisation is a diverse community of people passionate about what we do.

We end this financial year with the new challenge of the forced lockdown due to the global pandemic of Covid-19. With the safety of our staff and clients, and our duty to the wider community at the forefront of our minds, we acted quickly to move to delivering all of our services remotely. We anticipate that the lockdown will have some impact on our fundraising activities but with healthy financial reserves and strong relationships with our funders, we're confident that we'll be able to continue delivering our services. Another significant consideration is the impact the lockdown will have on the mental health of our clients, which may require additional resources and new, innovative thinking.

Our ultimate goal is to continue to develop and adapt our services to meet the needs of everyone - our existing

beneficiaries and those we are yet to reach. We strive to create a community of support for our clients and their loved ones and, as we grow, we're delighted that we're moving ever closer to that goal.

This is an extremely exciting time in the charity's history and I hope you enjoy reading about our achievements in the past financial year



Daniel Mark Carr

Chair of the Board 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 2020. 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) (effective 1 January 2015)', the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102), and the Companies Act 2006.

Aims and Objectives

Purpose and Aims

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

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

Delivering Public Benefit

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

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

Context

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

Clients have told us about their experiences seeking help from non-specialist organisations. Some report being turned away because their gender identity doesn't fit with the organisation's definitions or target groups. Others have been asked inappropriate questions or were treated as offenders rather than victims. We aim to highlight the need for greater awareness of how to respond to male victims and survivors among professionals, and for improved

responses so that those seeking help have a better experience.

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

Our service users

What do we mean by sexual violence?

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

Who do we support?

SurvivorsUK was established as a service for male victims and survivors to cater for people not provided for by other services. We are an inclusive service and welcome anyone who identifies as male or anyone else who feels that they are excluded from other services due to their gender identity.

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

Achievements and Performance

Online

Website

SurvivorsUK's website, which launched in 2015, is for many service users the first step in looking for help and support.

This year we continued to develop the website and make improvements, resulting in a website that is more engaging and easier to navigate. We did this by changing the design and content to target multiple audiences, including clients, friends and family, donors, fundraisers, supporters, campaigners and professionals.

In 2019/20 our website had 214,251 visitors.

	Face-book fans	Face-book engagement	Twitter fans	Twitter engagement	Instagram fans
2019/2020	5.2K	28K	8.2K	3.8K	1.5K
% increase	+4%	+21%	+20%	+153%	+25%

Service delivery

Key factors for service delivery in the year

Staff and services

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

Service users

The profile of our service users has changed to some extent during the year with more people presenting with multiple challenges including substance use, complex and enduring mental health difficulties, difficulties within the criminal justice system and exacerbating practical difficulties in areas such as housing, benefits, immigration and access to statutory support generally. On the other hand, we continue to see service users' resilience and

survivorship and many survivors' desire to build a community of peer support and a mutuality of care.

The words of one service user:

"What can I say about SurvivorsUK? They saved my life."

The Counselling Service

Over the past year, we have continued to grow the counselling+ model at SurvivorsUK. Counselling+ is an innovative and trauma-informed approach to meet the needs of vulnerable male and non-binary clients. The service is currently sustained by 6 individual funders with the stated intent to offer an alternative to the more limited provision available via the NHS, and other third sector services.

Our team of Support Counsellors has continued to work responsively to meet clients' needs in terms of contact outside session times; flexibility of appointment times and counselling approach; and contact with other professionals in order to provide a wraparound service. Although the majority of our funding is for provision to Londoners, we have continued to offer individual counselling to clients from around the UK, via face-to-face appointments, and phone and online sessions. Our 7 individual Support Counsellors fulfill the equivalent of approximately 4 full-time posts. We have one volunteer counsellor who delivers an additional 1-3 sessions per week. The team is managed by the Counselling Lead, Elizabeth Noble, who also delivers a small number of clinical hours.

In mid-March, the team worked together to take all counselling services to a remote delivery model, in response to the Covid-19 pandemic. Over the course of 72 hours, the team supported over 100 clients to make the transition to phone and video counselling. The majority of our clients have continued to receive their services remotely, with a small number choosing to pause their support until we're able to resume face-to-face sessions.

In addition to the counselling+ model, we have developed the following individual counselling interventions over the past year:

EMDR - is being delivered by Support Counsellor, Whitney Shaw-Dale who we supported to gain her EMDR practitioner qualification, and who carries an EMDR caseload of 6 clients. We plan to support a second practitioner to complete their EMDR qualification as soon as the training is offered again (courses are currently suspended due to Covid-19)

Saturday Surgeries - are delivered monthly, offering clients on the waiting list, one-off appointments for interim support between assessment and start of counselling.

Resource pack - Support Counsellor, Michelle Buckberry, led on the development of a new resource pack designed with people waiting for individual counselling in mind. The pack contains a bespoke set of psycho-educational and signposting information, selected for each client by the counsellor who assesses them from a bank of materials which we have collated and developed.

Counselling Case study

Jackson is a 38-year-old Black British man from London. Jackson was raped by an older boy he met in a youth hostel whilst on a school trip when he was 10. Jackson told his mum that he'd been 'beaten up' when he returned from the trip. He was unaware of it at the time, but his mum attempted to follow up with his school and found them to be uninterested in helping. Jackson took the message that his mum didn't consider what had happened important and decided as a child that he had to bury the rape and 'be strong'.

Jackson was labelled and stereotyped as 'angry', although his most consistent experience is of feeling vulnerable and wanting to defend himself verbally. After an incident at work in which Jackson raised his voice with his manager and lost his job, he went through a mental health assessment via the benefits-claim process, disclosed the CSA and was referred to SurvivorsUK.

Interventions

Initially Jackson needed to voice his understandable anger about both the sexual violence, and the racism, he has experienced. He was highly skeptical about counselling and about 'professionals'. Jackson's counsellor responded to this by letting him lead the conversation. She offered space for Jackson to express his anger and mistrust, and could hear that, even if his words and posture could be interpreted as 'threatening', underneath he felt scared and trapped.

Over time Jackson began to feel more trust in his counsellor, and experience a greater sense of calm during their conversations. He was able to talk about feeling anxious in the sessions and in situations outside. He and his counsellor made written self-care plans to help Jackson anticipate when he might feel under threat, have coping strategies in place and identify his strengths and resources. Jackson also accessed an SUK ISVA and reported the CSA to the police. The investigation could not proceed due to lack of evidence but Jackson felt a sense of achievement from undertaking the report.

Outcomes

Over 48 sessions, Jackson reported and demonstrated that he was more able to identify when he was anxious and to take steps to calm himself or avoid triggers, rather than feeling under threat and lashing out verbally.

Jackson spoke of developing a positive identity as a survivor through attending SurvivorsUK. He found this helped him to talk to people, including his mum, about what happened to him as a child and the impact on his mental health in the present.

On leaving counselling, Jackson stated a huge sense of pride in himself for having attended all the sessions and seen through a challenging process. He also expressed anxiety about the end of counselling and the future. Jackson worked with his counsellor to compose a letter to his psychologist at CMHT stating the progress he had made at SUK and the areas he felt he would need more help with. He also went on to access SUK groupwork, including the BAM men's group.

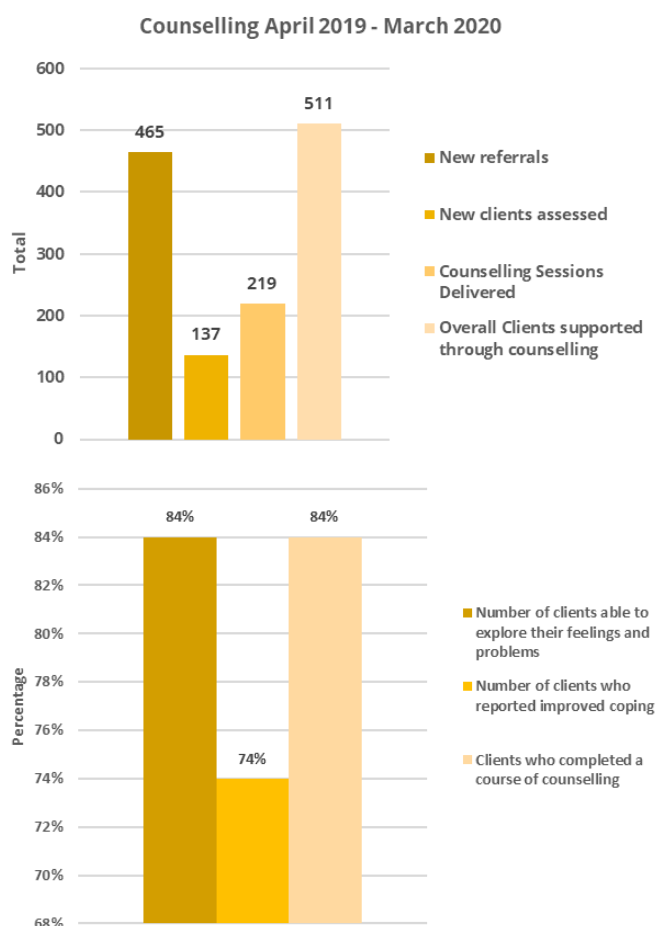
There were a number of staff changes and our ISVA manager left in December which meant that our new CEO stepped in to manage the team in the interim as our new structure was finalised. Towards the end of the calendar year we received some welcome news that we had been awarded funding from Bolt Burdon Kemp for additional ISVA resources which would help us meet the increasing demand in our service.

In addition, following a short period without a permanent manager of the ISVA team, we were absolutely delighted to end the financial year having recruited Martyna Stachura as the ISVA Coordinator who has a wealth of ISVA and ISVA management experience which she will bring to the team.

ISVA service:

During the various staff changes and vacancies, we very reluctantly started a waiting list for the ISVA service with the commitment and understanding that this would be reviewed as soon as the new ISVA Coordinator came into post.

One of the very particular and ongoing challenges for the ISVA team is that they constantly are needing to navigate the challenges of the Criminal Justice System. The ISVAs are often the people who convey to service users the painful truth that most cases which are reported to the police are NFA.



The ISVA Service

The ISVA team has undergone some significant changes in the year and ended the year in a strong position to build an expanded service in the year ahead.

Service user feedback:

Alex - Thank you so much, I can't describe to you how I feel right now. It has been such an overwhelming and exhausting process, thank you again for taking the time,

Peter - I really do appreciate the support you are offering.

Richard - I remain indebted to Katherine, Elizabeth, Alan and many others at SurvivorsUK for the help and support that you so very expertly and dedicatedly gave to me in the 18 months to 2 years that I worked with you and your colleagues.

Paul - I thought nothing could be done, I found the process overwhelming and didn't feel like I could do it on my own. In a short period of time I was given advice, emotional and practical support that led to my case being reopened. Now I would like to give back to SurvivorsUK.

Piotr - Thank you so much for everything you have done for me!

I can now concentrate on getting back on my feet and getting my life back. I can't express how much you have helped me and how grateful I am.

Case study:

Peter is a 55 year old black male who referred himself to Survivors UK for ISVA support. When he came to us he had just made a report to the police and wanted support with the process. Peter reported sexual abuse as a child by a female family member. He struggled to come to terms with his experiences. In the past when he disclosed his experiences the responses were that he was lucky to have had those experiences so young, that it was no big deal, or that it was normal. This made Peter feel unheard and that he was making a big deal over nothing. His experiences affected his relationships and he was unable to get his needs met. Peter's partner was emotionally abusive and at the time of reporting his abuse to the police she had kicked him out of his house.

The ISVA worker supported Peter to find emergency housing, something very difficult for male victims of domestic violence. He was able to find a place in a hostel, but he felt unsafe because drugs were being sold in the facility. In the midst of all that was going on Peter also lost his job. This impacted on Peter's self-esteem and value as a man. Peter felt he did not have any resources because he was estranged from his family feared that the police would not take him seriously.

Despite Peter's obstacles he stayed engaged with the ISVA service. Peter is a proud man and it was important for him to be seen. He was able to find odd jobs here and there but wanted to find more regular work. Peter was invited to join a new group started by Survivors UK for Black, Asian and Mixed race men. Peter attended the group and said he valued being in a space where he felt seen.

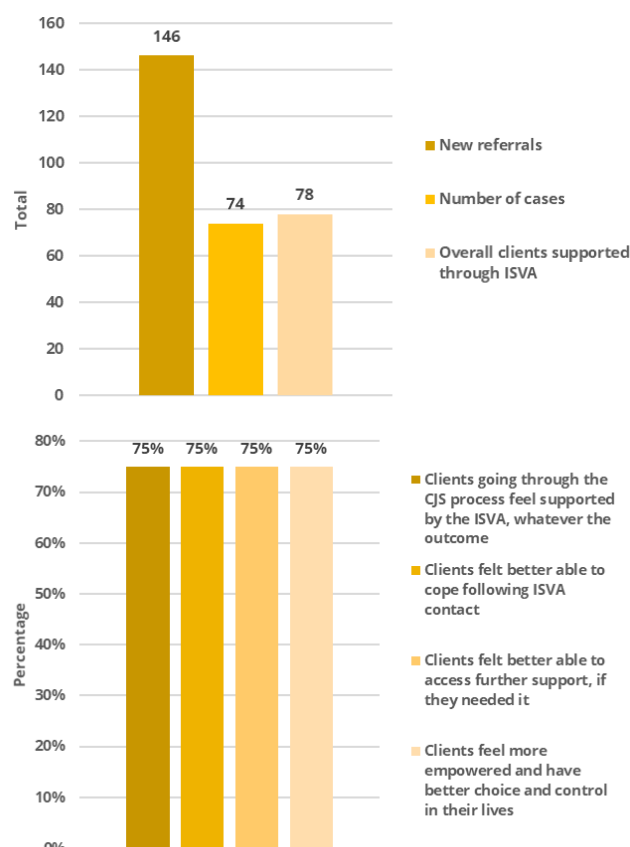
Lockdown update:

From the 21st March 2020 all ISVA services were delivered remotely.

Boards / forums / speaking events:

- ISVA COVID19 Information sharing forum
- INHeRE Project Advisory Board
- Covid-19 Victim & Witness Silver Command Group
- Rape Reference Group
- NFA scrutiny panel
- Sexual Harassment on Rail Steering group

ISVA April 2019 - March 2020



The Helpline service

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

Owing to funding limitations, in June 2019 our opening times were sadly shortened from 89.5 hours a week, to 56 hours (12pm-8pm daily). But our reach stayed the same, with 2,522 chats over the year compared to 2,571 the previous year.

Of these, 1,200 (48%) were by webchat, 613 (24%) by WhatsApp, 302 (12%) by SMS, 250 by email (10%), and 146 (6%) by phone, plus nine requests for support by social media, and two by post. Compared to last year this represents a 4% transfer of contacts from phone to webchat, and a 3% transfer from WhatsApp to email.

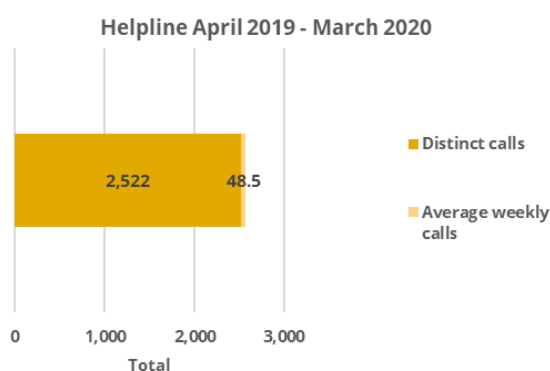
Also in June, we transitioned from a freelance to a fully employed staff team, and hired our first dedicated, part-time helpline manager (the role having previously been part of another post). Over the remaining months we quadrupled our team of Emotional Support Workers who deliver the service, from 3 to 12.

With increased staffing capacity we were able to:

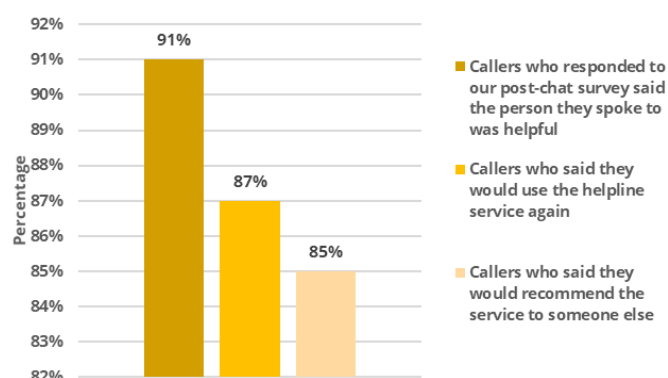
- Strengthen the excellence and consistency of our approach to callers, as a result of increasing our support, supervision and training of Emotional Support Workers
- Achieve greater continuity of service for clients of multiple forms of support by integrating the helpline further with the counselling, ISVA and groupwork services
- Develop more robust systems, new policies and 'better practice' guidelines for helpline service delivery.

As specialists in written support services we were well placed to adapt quickly to fully-remote delivery for the COVID-19 lockdown, without disruption to the continuity, capacity or level of service. We moved all our staff training and supervision online and continued to do what we do best:

- listening deeply to our callers - what they say and how, what they don't say, and the implicit feelings and power dynamics
- acknowledging, validating and lending compassion for their truths
- letting the darkest feelings breathe, knowing that shame thrives in darkness
- celebrating the untold depths of creativity, resilience and growth in callers' adaptiveness as they find ways to live, and live well, with having experienced sexual trauma.



Helpline April 2019 - March 2020



Groupwork

Gratitude to Group 17

(a poem written by a groupwork member emphasising the power of peer to peer support)

I join this meeting of men. I hear each name.

Boldly I speak my own, but the old shame

Threatens my boldness; the re-cycling fear – 'Am I man enough? May I be here?'

Your minds are brave. Your inner strengths contain

Such questioning, such lifetime grief and pain;

And in your wrestling what I mostly see

Is clambering growth through vulnerability.

I WILL sit in this circle. Iam.... fine!

I'll hear your truth, and then I'll whisper mine.

Life-sparking interchange of ear and eye:

The healing comes. We stand. We leap. We fly

(P.S. Group 17 member)

The core 12 session groups

The foundation of the Groupwork programme at SurvivorsUK are the 12 session core groups. During April 2019-2020 we have delivered 8 of these groups, moving from a model of two groups operating in parallel to three at any one time.

The core group is a bespoke integrative therapeutic group intervention. By this we mean that it is tailored specifically to survivors and it integrates different therapeutic

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modalities, including group psychotherapy theory, CBT, humanistic theories and psychodynamic theories.

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

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

Ongoing Group

'I don't want to get to the end of these 12 sessions and feel like I am falling off a cliff. That's what it has always felt like before'. (Group 1 member)

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

New groups introduced during the last year

The BAM Group

At SurvivorsUK we are acutely aware that people from Black and Minority Ethnic Communities are underrepresented within our population and we wanted to create a safe and dedicated space for these clients. We ran a 6 week pilot project which was hugely successful and this has now been extended and continued to be a monthly open group for clients who self-identify as Black and Asian men who are also survivors.

Trans & Nonbinary Group

Another underrepresented group within our population are trans and nonbinary survivors. We have created a dedicated group for these clients, some of whom have also engaged with the core groups and others who wished to remain in a trans and nonbinary dedicated space. This is a monthly open group with a current membership of 11.

Creative Writing Group

We are very aware of the power of the written word and that for some people this is an easier mode of expression than speaking. We ran a 6 week creative writing group which was hugely successful and have decided to continue to run a 6 week closed Creative Writing Group on an ongoing basis. In this reporting period we have delivered two six week programmes.

Wellbeing Day

We received feedback from group members that they wanted a longer period of time to meet and to be together. In June 2019 we held our first Wellbeing Day which was open to anyone either currently receiving services at SurvivorsUK or who was on the waiting list and their allies (friends, loved ones, family). It was attended by over 40 people. The day consisted of a combination of practical workshops such as trauma informed yoga, Serious Lego Play, Art and Nutrition alongside discussion based workshops such as managing trauma and negotiating relationships.

Get together

Since Dec 2018 we have been holding a monthly Get Together. This is open to any client currently receiving services or who is on the waiting list. The three stipulations of engaging are: Confidentiality, respecting each other and 'all you have to do is show up'. The Get-together is designed to be an informal, unpressured opportunity for survivors to meet together for an informal chat. The average attendance is 15-20.

Service User panel

We meet three times a year as a forum in which service users can provide direct feedback about service provision and to which the organisation is accountable.

Trauma information workshop

Whilst our core groups have an element of psycho-education, this is not their principal focus, and we are also aware that many clients who are on the waiting list would appreciate some information about trauma, the impact of trauma and how to cope with some of the symptoms of trauma. To this end we have created a Trauma information workshop and delivered the first one in March 2020. It was attended by approximately 20 people. We plan to deliver three each year.

Planned events

Prior to lockdown we created a diary of events in 2020 which built on client feedback. In addition to continuing the established programme, we planned the following which have had to be delayed as a result of lockdown.

Social events

Clients have consistently said that they would appreciate a way in which social events could be facilitated through SurvivorsUK. We had planned to visit the Wellcome Trust Museum in April. This has had to be delayed because of lockdown but there is a date to meet socially later in the year which might either be able to go ahead or be adapted to an online forum.

Dungeon & Dragons Group

This had been in the planning stages prior to lockdown but will be delivered online. The Dungeon and Dragons Group is an opportunity for clients who are currently on the assessed and waiting list to engage in a facilitated role playing game which will enable them to explore aspects of their personality and some of the impact of trauma through fantasy and role play.

Monthly Allies Group

This too had been in the planning stage prior to lockdown and will now be held online. The monthly allies group will be an open monthly group for anyone connected with a client who is receiving or been assessed for services through SurvivorsUK.

Group for Survivors who have also perpetrated or who are at risk of perpetrating sexual abuse

Prior to lockdown we were in the planning stages for starting a group for survivors who have perpetrated or who have been at risk of perpetrating sexual abuse. This is due to the difficulty some of these clients have in accessing group services.

Lockdown

Lockdown presented interesting new challenges for us all, including the Groupwork service. At the end of March we engaged the services of a freelance Zoom facilitator. All groups, except the social group and the Wellbeing Day, have been transferred to Zoom. We have been so grateful to our clients' commitment to the groupwork programme through this period and their flexibility in moving to an online platform. Almost 100% of the groupwork clients have stayed engaged with the programme during this transition.

Quotes from Service Users

'We are a band of heroes – courageous and kind'

'When you speak inside I'm nodding. It's like I am listening to a recording of what I'm thinking'

'This is the first place in my life I have felt safe'

'I've realised I am not a weirdo freak. Broken crayons still colour'

'I have reconnected with parts of myself I had broken off. I feel more whole'

'I believe the BAM group has truly helped with me dealing with what happened to me especially because it's a group for minorities which share my culture and understand what it's like to have gone through this being black... I'm so glad there is a group like this and hope that there are more for the people who come after me.'

'I look around the room and everyone is so very different, but here is the one place, the only place, where I have ever felt I truly belong.'

'I have never told anyone what I am telling you now.'

'I have been waiting all my life to have this conversation. This conversation is life changing.'

Case Study: Group 17 & trans / nonbinary group member

A is a 21 year old trans client who accessed both the trans and non-binary group and the Saturday core group. He is new to London and has accessed other trans and non-binary support as a result of networking with other clients through SurvivorsUK. He has a history of significant self harm but this is considerably reduced since he has been accessing the groups. A also took part in a grant application for funding and was delighted (as are we!) that our application was successful, in large part due to him being an ambassador for SurvivorsUK. Other positive changes for A include a reduction in self harm, contact with other trans and non-binary people and the ability to be in a group of other men (the core group) who are respectful of his gender identity.

The words of a member of group 18

This is mine. I decide how to manage whatever 'this' is, or not to.

I drew some flowers in last week's meeting. They grow and heal. I decide when to water them, and how much. This may read as somewhat childish, clichéd or saccharine but the image has great power for me, even more so since I've not drawn anything for so many years.

For me two words follow from guilt and shame: vulnerability and kindness.

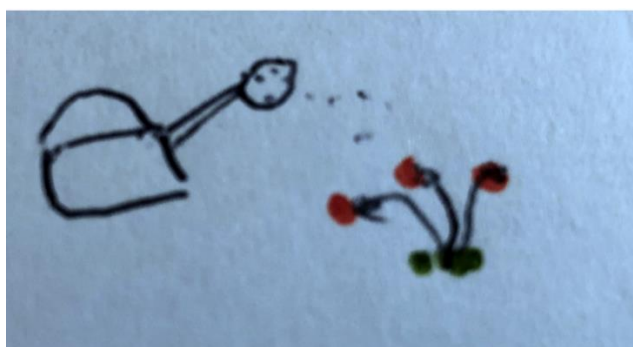
...

This has been a safe place, to contemplate shame – to see shame, begin to grasp it. And all without any judgement.

I want to remember the bad times, the panic attacks. And to remember the apprehension and uncertainty taking the first literal steps through the door for the first meeting. And the courage taking those steps.

Yes, I am hugely fortunate to be part of the groupwork programme. And beyond privileged to share the opportunity with others who have such immense strength and courage (whether they recognise it or not). But being here, coming here, coming back, seeking out and reaching out for support – these are steps I'm taking deliberately myself. That the support is there, given so freely and authentically, is something I will always hold with me with humility.

What more or next is to come? That's something I own. Keep calm, keep courageous, keep kind.



Flowers drawn by client featured in above case study

	No.
Group sessions combined attendance	835
New referrals	152
People who accessed the 12-session core group	98
People who accessed the Trans & nonbinary group	10
People who accessed the BAM Group	8
People who accessed Wellbeing day	48
People accessed the Creative Writing Group	12
An average of people who access each monthly Ongoing Group	12
An average of people who access each monthly Get-Together	20
Overall Clients supported through Groupwork	175

The Holistic Trauma Outreach Service in Westminster (HTO)

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

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

The model is integrative, using an approach that best fits the client in the current moment, and offering interventions appropriate to the needs and lifestyle of each client. It involves techniques to help the client feel grounded and

introduces appropriate information around trauma and the impact it has on the brain, mind and body.

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

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

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

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

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

Since working with [the HTO worker] I have calmed down a lot. She is very easy and approachable to work with and has a very professional manner and approach about her. She listens and doesn't judge or try to take over our meetings. She is very good at her job which includes that she is very tolerant and patient.

Client

I have been meeting [the HTO worker] for some time now and I benefit from all our meetings. She is always on time or early. She helps me with bad thoughts and feelings. She is so easy to talk to and friendly. We go for a coffee sometimes which is nice and I also make tea or coffee for her when she visits. She is a very important person in my life

Client

Over this reporting period, 48 clients have worked with the HTO worker, of whom 46 engaged regularly and sustained (or are currently sustaining) a number of sessions. These comprise 7 women (15%) and 41 men (85%). No clients identify as trans or nonbinary. A majority of these clients have significant current difficulties with substance use, and one individual has a significant difficulty with gambling. Over half of the clients (n=25) that engage with the HTO worker shared that they had experienced childhood sexual abuse (CSA) or adult sexual violence (ASV), and for over half of those (n=13), it was the first time they had told anyone about their experiences.

Some of my clients, I think, I think they wouldn't be here without this sort of intervention. There's such a high rate of suicide, self-harm and other health issues that anything we can be doing to support people is vital. This service really helps. Definitely.

Service manager

I see her each week and it's really helping me out. I trust her.

Client

I look forward to seeing her. It's not all questions, she just listens and helps when I need it.

Client

She is a good listener and makes me feel relaxed. I feel comfortable to speak with her about my anxieties and frustrations.

Client

Case Study

J is a 58-year-old man who is currently housed in a Westminster Hostel. His mother died when he was 6 years old and he and his siblings were brought up by his father. During his childhood his older brother subjected him to physical, emotional and sexual abuse. J has been a heavy drinker throughout his life and his alcohol use increased when his partner of fourteen years died as a result of cirrhosis of the liver. After her death, J's housing situation became very erratic as he would be extremely loud and abusive when intoxicated, leading him to be served multiple evictions as well as periods of street homelessness. I have been seeing J for just over a year. When he is sober he engages well and has insight both into his behaviour and the reasons behind it, but when he is under the influence, he continues to behave loudly and aggressively which has led him to be evicted from three different hostels during the time I have known him. J has been living in his current hostel for 2 months. J, the support staff and I have worked together to put a package in place which involves:

- him being involved in a new recording studio in the hostel;
- him writing more poetry which a staff member and he are setting to music; and,
- him seeing me weekly.

It hasn't been entirely plain sailing - I was sent a video of J standing on the reception desk, very intoxicated, at risk of falling and racially abusing staff. This led to him once again being evicted and he was rehoused in a hotel for the period of lockdown. Current positive steps are:

He has engaged with the alcohol team

He is taking social distancing seriously and complying with current restrictions

He is continuing to engage on the phone

About six months ago J asked me to write a letter to him: (below is a brief excerpt). He keeps the letter under his mattress with his other precious papers.

"You asked me to write down what I think of you. Unlike [a previous clinical psychologist's] report, I have decided to write how I experience you as a person as opposed to as a client. You are kind, generous, sharp witted and insightful, both about your own situation and that of others. You have survived multiple trauma, both as a child and as an adult, traumas which would have destroyed a less strong and courageous person, but you have survived and with a degree of resilience, balance, honesty and humour which is rare. It is a pleasure to know you and I appreciate your company. I look forward to spending more time with you."

The outcomes most frequently reported by staff were that the HTO worker has provided them with:

A deeper understanding of the prevalence and impact of sexual violence and abuse and associated trauma amongst homeless individuals.

More knowledge around behavioural and psychological consequences of trauma including self-medicating behaviours involving alcohol and substance misuse, self-harm and aggression.

Better skills around working with clients at risk of suicide.

Increased collaborative and partnership working opportunities with other homelessness counselling services in the area.

An opportunity to link staff with services who offer specialist support and/or wraparound services.

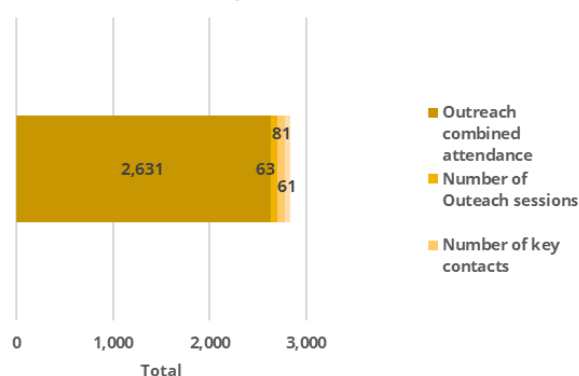
The possibility for hostel workers who may be vulnerable to vicarious trauma to talk about their experiences in an independent and confidential setting.

Support with inter-agency meetings, case conferences and statutory services.

Many of us can't afford counselling, or wouldn't get onto NHS counselling for 6 months. We can pay for extra reflective practice, but [the HTO worker] is so much better. She's there, she knows us and she knows the clients. So, if we need to talk something over or have been triggered by something, or just having a bit of a rough time, we can go to her.

Service manager

Outreach April 2019 - March 2020



Future Plans

Central to our plans to build on and cement our steady growth, and with our new CEO and staff structure in place, we have designated funding to spend in 2020/21 on a rebrand and website rebuild, an extension of our office space which will include an office refurb and some work on our HR policies and systems as well as our strategy, theory of change and impact measurement framework.

Given our healthy financial position at the end of 2019/20, we see these developments as key to our sustainable growth as an organization and crucial to ensuring that we can provide the best support to as many male and non-binary survivors as possible in the future.

Financial Review

During the current financial year the Charity achieved a surplus of £61,948 (2019: surplus of £57,947), increasing total reserves at year end to £383,201 (2019: £321,253).

Of the reserves held at year end, £18,638 (2019: £3,361) related to restricted funds and £364,563 (2019: £317,892) related to unrestricted funds.

Principal Funding Sources

The main funding sources during the year were:

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

Reserves Policy

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

The year-end unrestricted reserve was £364,563 which is equivalent to seven 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 2019-20 and beyond.

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

Structure, Governance and Management

Governing Document

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

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

Recruitment and Appointment of Trustees

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

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

Directors who have been in office for five consecutive years must stand down for at least 12 months before being eligible to stand for office again.

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.

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:

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 Trustees are currently reviewing the reserves policy to ensure it is fit for purpose and provides a suitable cushion to protect the Charity from any sudden drop in income.

In addition, towards the end of the financial year the Charity put in place plans to recruit a fundraising officer in the next financial year.

The Charity fails to comply with relevant accounting/HMRC/other regulations leading to reputational damage and/or punitive fines.

Since the year-end the Charity has employed a sector specialist accounting firm to provide ongoing financial book-keeping, management accounting and financial strategic support to ensure it has access to the right support and stays up to date with relevant requirements.

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.

Organisational Structure

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

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

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 3 to 18 of this document meet the requirements of both the Trustees' Annual Report under charity law and the Directors' Report under company law.

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

Reporting Standard applicable in the UK and Republic of Ireland published on 16 July 2014.

Information provided to the independent examiner

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

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

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

Preparation of the report

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

This report was approved and authorised for issue by the Board of Trustees on 10 November 2020 and signed on its behalf by:



Daniel Mark Carr

Chair of the Board of Trustees

Independent Examiner's Report to the Members of SurvivorsUK

I report to the Trustees on my examination of the accounts of SurvivorsUK (charity number 1077484, company number 03792760) for the year ended 31 March 2020 which are set out on pages 20 to 34.

Respective responsibilities of trustees and examiner

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

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

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

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

Basis of independent examiner's statement

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

The procedures undertaken do not provide all the evidence that would be required in an audit, and

consequently no opinion is given as to whether the accounts present a 'true and fair' view and the report is limited to those matters set out in the statement below.

Independent examiner's statement

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

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

1. accounting records were not kept in respect of the Company as required by section 386 of the 2006 Act; or,
2. the accounts do not accord with those records; or,
3. the accounts do not comply with the accounting requirements of section 396 of the 2006 Act other than any requirement that the accounts give a 'true and fair view which is not a matter considered as part of an independent examination; or,
4. the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102).

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

Haines Watts

Shaun Brownsmith FCA

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

Date: 8 December 2020

Statement of Financial Activities

Incorporating the Income & Expenditure Account and the Statement of Recognised Gains & Losses
For the year ended 31 March 2020

		Unrestricted Funds 2020 £	Restricted Funds 2020 £	Total Funds 2020 £	Total Funds 2019 £
	Notes				
Income from:					
Donations and legacies	2	45,271	691,841	737,112	599,323
Charitable activities	3	21,905	-	21,905	27,482
Total income		67,176	691,841	759,017	626,805
Expenditure on:					
Raising funds	4 & 5	4,412	-	4,412	3,074
Charitable activities:					
Delivery of counselling and other services	4 & 6	13,847	582,127	595,974	442,860
Awareness raising	4 & 7	2,246	94,437	96,683	122,924
Total expenditure		20,505	676,564	697,069	568,858
Net income/(expenditure) for the year		46,671	15,277	61,948	57,947
Transfers between funds	12	-	-	-	-
Net movement in funds		46,671	15,277	61,948	57,947
Reconciliation of funds:					
Total funds brought forward	12	317,892	3,361	321,253	263,306
Total funds carried forward	12	364,563	18,638	383,201	321,253

All income from investments was unrestricted as to use in both the current and prior year.

The notes on pages 23 to 34 form part of the financial statements.

Balance sheet

As at 31 March 2020

	Notes	Total Funds 2020 £	Total Funds 2019 £
Fixed assets			
Tangible fixed assets	9	3,312	4,549
Current assets			
Debtors and prepayments	10	334,576	144,876
Cash at bank and in hand		226,665	250,694
		<u>561,241</u>	<u>395,570</u>
Creditors - amounts falling due within one year	11	(181,352)	(78,866)
Net current assets		<u>379,889</u>	<u>316,704</u>
Net assets		<u><u>383,201</u></u>	<u><u>321,253</u></u>
Funds of the charity			
Restricted funds	12	18,638	3,361
Unrestricted funds:			
General funds	12	364,563	317,892
		<u>364,563</u>	<u>317,892</u>
		<u><u>383,201</u></u>	<u><u>321,253</u></u>

The notes on pages 23 to 34 form part of the financial statements.

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

The charitable company is entitled to exemption from audit under section 477 of the Companies Act 2006 for the year ended 31 March 2020, and the members have not required the charitable company to obtain an audit of its financial statements for the year ended 31 March 2020 under section 476 of the Companies Act 2006.

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

They were approved and authorised for issue by the Board of Trustees on 10 November 2020 and signed on their behalf by:



Daniel Mark Carr

Chair of the Board of Trustees

Statement of cash flows

For the year ended 31 March 2020

	Total Funds 2020 £	Total Funds 2019 £
Cash flows from operating activities:		
Net income/(expenditure) for period (as per SOFA)	61,948	57,947
Adjustments for:		
Depreciation charges	1,777	751
(Increase)/decrease in accounts receivable	(92,029)	(80,389)
(Increase)/decrease in accrued grant income	(94,242)	(9,176)
(Increase)/decrease in prepayments	(3,429)	(2,231)
Increase/(decrease) in accounts payables	27,418	(8,135)
Increase/(decrease) in HMRC and pensions payable	5,246	5,950
Increase/(decrease) in accruals	(4,310)	1,190
Increase/(decrease) in deferred revenue	74,331	11,345
Increase/(decrease) in credit card	(199)	1,577
	(85,437)	(79,118)
Net cash used in operating activities	(23,489)	(21,171)
Cash flows from investing activities:		
Purchase of fixed assets	(540)	(4,104)
Net cash used in investing activities	(540)	(4,104)
Net cash used in financing activities	-	-
Change in cash and cash equivalents in period	(24,029)	(25,275)
Cash and cash equivalents at the beginning of the period	250,694	275,969
Cash and cash equivalents at the end of the period	226,665	250,694

Cash and cash equivalents consists of:

	2020 £	2019 £
Cash in hand	226,665	250,694
	226,665	250,694

The notes on pages 23 to 34 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) and the Companies Act 2006.

The effect of any event relating to the period ended 31 March 2020, 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 2020 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.

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 COVID-19 pandemic has no impact on this.

Legal status

SurvivorsUK is a charitable company limited by guarantee registered in England & Wales, and meets the definition of a public benefit entity under FRS 102. In the event of the Charity being wound up, the liability in respect of the guarantee is limited to £1 per member of the Charity. The registered address is 11 Sovereign Terrace, London, E1W 3HW.

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 comprise of unrestricted funds that have been set aside by the Trustees for particular purposes. The

aim and use of each designated fund is set out in note 12 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 12 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.

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 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.

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 4 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 other than those purchased using restricted grant funding, which are not capitalised.

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 a straight-line basis. The useful life used is:

Computer equipment	3 years
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Cash at bank and in hand

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

Debtors and prepayments

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

Creditors

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.

Pensions

The Charity operates several defined contribution pension schemes which are administered by external independent pension providers. Contributions are recognised in the Statement of Financial Activities as they fall due.

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 property, plant and equipment is sensitive to changes in useful economic lives and residual values of assets. These are reassessed annually.

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.

Financial instruments

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

2. Income from donations and legacies

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

	<i>Unrestricted Funds 2019 £</i>	<i>Restricted Funds 2019 £</i>	<i>Total Funds 2019 £</i>
Grant income	26,000	531,463	557,463
Donations	41,860	-	41,860
	67,860	531,463	599,323

3. Income from charitable activities

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

	<i>Unrestricted Funds 2019 £</i>	<i>Restricted Funds 2019 £</i>	<i>Total Funds 2019 £</i>
Counselling income	26,273	-	26,273
Other income from charitable activities	1,209	-	1,209
	27,482	-	27,482

4. Total expenditure

	Direct staff costs 2020 £	Other direct costs 2020 £	Indirect staff costs 2020 £	Other indirect costs 2020 £	Total costs 2020 £
Expenditure on:					
Raising funds	-	3,429	249	734	4,412
Charitable activities					
Delivery of counselling and other services	422,128	41,088	33,604	99,154	595,974
Awareness raising	30,662	44,484	5,451	16,086	96,683
	452,790	89,001	39,304	115,974	697,069
	<i>Direct staff costs 2019 £</i>	<i>Other direct costs 2019 £</i>	<i>Indirect staff costs 2019 £</i>	<i>Other indirect costs 2019 £</i>	<i>Total costs 2019 £</i>
Expenditure on:					
Raising funds	-	2,328	268	478	3,074
Charitable activities					
Delivery of counselling and					
Delivery of counselling and other services	217,853	117,591	38,567	68,849	442,860
Awareness raising	33,577	59,532	10,705	19,110	122,924
	251,430	179,451	49,540	88,437	568,858

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

An analysis of staff costs can be found in note 8.

An analysis of costs of raising funds split between restricted and unrestricted funds can be found in note 5.

An analysis of charitable activities split between restricted and unrestricted funds can be found in notes 6 & 7.

Indirect costs includes:

	Total costs 2020 £	<i>Total costs 2019 £</i>
Staff costs	39,304	49,540
Administrative costs	33,881	14,556
Finance costs	14,624	14,315
Premises costs	26,164	26,458
Other staff costs	25,629	19,054
Governance costs	5,203	3,217
IT costs	10,473	10,837
	155,278	137,977

Governance costs include:

	Total costs 2020 £	<i>Total costs 2019 £</i>
Independent examination	900	900
Insurance	605	605
Trustee expenses	1,047	192
Other	407	56
	2,959	1,753

5. Expenditure on raising funds

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

	<i>Unrestricted Funds 2019 £</i>	<i>Restricted Funds 2019 £</i>	<i>Total Funds 2019 £</i>
Direct other costs	2,328	-	2,328
Indirect costs	746	-	746
	3,074	-	3,074

6. Expenditure on delivery of counselling and other services

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

	<i>Unrestricted Funds 2019 £</i>	<i>Restricted Funds 2019 £</i>	<i>Total Funds 2019 £</i>
Direct staff costs	-	217,853	217,853
Direct other costs	-	117,591	117,591
Indirect costs	17,559	89,857	107,416
	17,559	425,301	442,860

7. Expenditure on awareness raising

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

	<i>Unrestricted Funds 2019 £</i>	<i>Restricted Funds 2019 £</i>	<i>Total Funds 2019 £</i>
Direct staff costs	-	33,577	33,577
Direct other costs	-	59,532	59,532
Indirect costs	4,873	24,942	29,815
	4,873	118,051	122,924

8. Staff costs

	Total costs 2020 £	Total costs 2019 £
Gross salaries	439,878	270,761
Employer's NIC	36,342	23,583
Employer's pension	15,874	6,626
	492,094	300,970

The average headcount during the year was 18 (2019: 9).

No employee received employee benefits of more than £60,000 (2019: NIL).

The total employee benefits paid to key management personnel during the year was £126,195 (2019: £101,946).

9. Tangible fixed assets

	Computer equipment £	Total fixed assets £
Cost		
Cost on 1 April 2019	5,331	5,331
Acquisitions in the year	540	540
Cost on 31 March 2020	<u>5,871</u>	<u>5,871</u>
Accumulated depreciation		
Accumulated depreciation on 1 April 2019	782	782
Charge in the year	1,777	1,777
Accumulated depreciation on 31 March 2020	<u>2,559</u>	<u>2,559</u>
Net book value		
Net book value on 31 March 2020	<u>3,312</u>	<u>3,312</u>
Net book value on 1 April 2019	<u>4,549</u>	<u>4,549</u>

10. Debtors and prepayments

	Total 2020 £	Total 2019 £
Accounts receivable	176,290	84,261
Accrued grant income	144,418	50,176
Premises deposit	3,149	3,149
Prepayments	10,719	7,290
	<u>334,576</u>	<u>144,876</u>

Accrued grant income consists of amounts received in the current period from funders that relates to expenditure in the reported financial year.

11. Creditors – amounts falling due within one year

	Total 2020 £	<i>Total 2019 £</i>
Accounts payable	44,291	16,873
Credit card	1,457	1,656
HMRC payable	12,753	8,793
Pensions payable	2,740	1,454
Deferred revenue	117,771	43,440
Accruals	2,340	6,650
	181,352	78,866

Deferred revenue consists of:

	Total 2020 £	<i>Total 2019 £</i>
Deferred grant income as at 1st April 2019	43,440	32,095
Amount released to income in the year	(43,440)	(32,095)
Amount deferred in the year	117,771	43,440
Deferred grant income as at 31st March 2020	117,771	43,440

12. Analysis of charity funds

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

Restricted funds – Bolt Burdon Kemp

This is support towards an ISVA worker.

Restricted funds – City Bridge Trust

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

Restricted funds – Henry Smith Foundation

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

Restricted funds – Holistic Trauma Outreach Project

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

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

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.

	<i>Balance brought forward 2019 £</i>	<i>Income received in period 2019 £</i>	<i>Resources expended in period 2019 £</i>	<i>Transfers between funds 2019 £</i>	<i>Balance carried forward 2019 £</i>
Unrestricted funds					
General funds	248,056	95,342	(25,506)	-	317,892
	<u>248,056</u>	<u>95,342</u>	<u>(25,506)</u>	<u>-</u>	<u>317,892</u>
Restricted funds					
City Bridge Trust	-	45,000	(45,000)	-	-
Comic Relief	-	30,000	(30,000)	-	-
Henry Smith Foundation	-	37,800	(34,439)	-	3,361
Holistic Trauma Outreach Project	-	32,095	(32,095)	-	-
Kelly Family Charitable Trust	5,000	(5,000)	-	-	-
The London Community Fund	10,250	-	(10,250)	-	-
London Crime Prevention Fund	-	71,004	(71,004)	-	-
Ministry of Justice - Male Rape Support Fund	-	49,901	(49,901)	-	-
Ministry of Justice - Website	-	194,062	(194,062)	-	-
Stavros Niarchos Foundation	-	-	-	-	-
Transformation Fund	-	76,601	(76,601)	-	-
	<u>15,250</u>	<u>531,463</u>	<u>(543,352)</u>	<u>-</u>	<u>3,361</u>
	<u>263,306</u>	<u>626,805</u>	<u>(568,858)</u>	<u>-</u>	<u>321,253</u>

Restricted funds – Comic Relief

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

Restricted funds – Kelly Family Charitable Trust

This was a one-off donation to develop a new initiative to support couples and partners. The funds were returned to the funder in the current period as the work did not take place.

Restricted funds – The London Community Foundation

This was a twelve-month grant to provide counselling for adult male survivors of sexual violence both in childhood and as adults and was funded via the London Community Fund. It was extended for another three months in April 2018.

Restricted funds – Ministry of Justice – Male Rape Support Fund

A further one-year grant was awarded in 2018-2019 to continue funding the first male client specific Independent Sexual Violence Advisor in London.

Restricted funds – Stavros Niarchos Foundation

This is a one-year grant to build on and increase capacity within existing programmes, namely group counselling which started in January 2018.

13. Analysis of net assets

	Unrestricted funds 2020 £	Restricted funds 2020 £	Total funds 2020 £
Fixed assets	3,312	-	3,312
Current assets	424,832	136,409	561,241
Current liabilities	(63,581)	(117,771)	(181,352)
	364,563	18,638	383,201
	<i>Unrestricted funds 2019 £</i>	<i>Restricted funds 2019 £</i>	<i>Total funds 2019 £</i>
Fixed assets	4,549	-	4,549
Current assets	348,769	46,801	395,570
Current liabilities	(35,426)	(43,440)	(78,866)
	317,892	3,361	321,253

14. Other financial commitments

At 31 March 2020, the Charity had annual future minimum lease payments under non-cancellable operating leases (all for property) as set out below:

	Total 2020 £	Total 2019 £
In one year	20,187	20,187
	20,187	20,187

15. Trustee remuneration

During the year, no Trustee received any remuneration (2019: £NIL). Four members of the Board of Trustees

received reimbursement of travel expenses to meetings totalling £482 (2019: Two members totalling £192).

16. Related party transactions

During the year there were no transactions carried out with related parties (2019: £NIL).