



Trustees' Annual Report for the period

From	Period start date			To	Period end date		
	01	04	2021		31	03	2022

Section A

Reference and administration details

Charity name Abuse Never Becomes Us UK (ANBU)

Other names charity is known by ANBU UK

Registered charity number (if any) 1178540

Charity's principal address 23 Wallis Close

London

Postcode

SW11 2BA

Names of the charity trustees who manage the charity

Trustee name

Office (if any)

Dates acted if not for whole year

Name of person (or body) entitled to appoint trustee (if any)

- 1 Vanajah Srinivasan
- 2 Nibarna Kannathasan
- 3 Vanisha Jassal
- 4 Jitesh Joshi
- 5
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Names of the trustees for the charity, if any, (for example, any custodian trustees)

Name

Dates acted if not for whole year

Names and addresses of advisers (Optional information)

Type of adviser	Name	Address

Name of chief executive or names of senior staff members (Optional information)

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Section B Structure, governance and management

Description of the charity's trusts

Type of governing document (eg. trust deed, constitution)	Constitution
How the charity is constituted (eg. trust, association, company)	Charitable Incorporated Organisation who's only voting members are its charity trustees, Foundation model
Trustee selection methods (eg. appointed by, elected by)	Initial trustees appointed by the Charity Director. Trustees appointed later were recruited and elected by existing trustees.

Additional governance issues (Optional information)

You **may choose** to include additional information, where relevant, about:

- policies and procedures adopted for the induction and training of trustees;
- the charity's organisational structure and any wider network with which the charity works;
- relationship with any related parties;
- trustees' consideration of major risks and the system and procedures to manage them.

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Section C Objectives and activities

Summary of the objects of the charity set out in its governing document

<p>To relieve the physical and mental trauma and distress of those who have been impacted by childhood sexual abuse (CSA) enabling them to find their voice, provide a space for them to heal and offering support, particularly those in the Tamil community.</p>
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Summary of the main activities undertaken for the public benefit in relation to these objects (include within this section the statutory declaration that trustees have had regard to the guidance issued by the Charity Commission on public benefit)

As COVID 19 restrictions eased over 2021 to 2022, ANBU UK continued to provide support actively on social media and deliver both virtual and face to face workshops, some in collaboration with Decolonising Contraception. ANBU UK also welcomed a new Director, Dr Suntharamoorthy, on 11th October 2021 following a leadership team restructure. It was also the year ANBU UK launched the **The Poetry of Light** book, a creative exploration of healing created following the completion of 7 virtual groups facilitated by a therapeutic professional from Photography Lifestories and a small group of survivors. Then towards the end of this period, we initiated plans and preparations for the second round of **Transition and Wellbeing Project (TWP)** therapeutic groups, to be delivered over the 2022 to 2023 period. See section D for more information.

ANBU UK Trustees are fully committed to the statutory declaration to support public benefit.

Additional details of objectives and activities (Optional information)

You **may choose** to include further statements, where relevant, about:

- policy on grantmaking;
- policy programme related investment;
- contribution made by volunteers.

Summary of the main achievements of the charity during the year

Internal Developments

The new Director, Dr Suntharamoorthy, was appointed on 11th October 2021 as we restructured the leadership team. An Outreach Lead and Operational Lead were also appointed to support the Director. The ANBU UK Founder and each individual Trustee kindly provided a handover to the new Director. On 20th October, Dr Suntharamoorthy was introduced as the new Director to the core team before she had individual meetings with each core team member. The handover period continued through November and she was introduced to The Survivors Trust, ANBU Canada Director and Founder, our collaborators and social media followers.

In January 2022, new core team members who joined ANBU UK were provided with an induction, which our current ANBU UK Ambassadors were also invited to as a refresher course. The new core team was also provided with training on Safeguarding, Managing Disclosures and Intergenerational Trauma. All policies within ANBU UK were reviewed and updated together with ANBU UK's core team committee, particularly our Code of Conduct, Social Media and Togetherness policies.

ANBU Book project

The Global Fund for Children awarded ANBU UK with a grant extension over the pandemic (total value of extension, £3,000). ANBU UK used these funds to initiate a project to work with survivors to creatively explore healing via virtual groups facilitated by a therapeutic professional from Photography Lifestories. A small group of survivors and the facilitator met virtually for 7 sessions, taking photos that represented themes discussed during the session. This resulted in a book called **The Poetry of Light**, now an ANBU UK asset.

Podcasts

ANBU UK participated in several podcasts over this period including 'Okay, is this awkward?' podcast and 'The Sex Agenda' podcast which has a large audience reaching across many different communities. An ANBU UK representative discussed CSA, its impacts on the individual and the community.

Outreach and Workshops

ANBU UK started the first of the 3 workshops planned with Decolonising Contraception. Each session explored slightly different topics, each targeting different audiences. In June it discussed **Talking to children about body parts and puberty**, targeting parents from Walthamstow Tamil school and wider as it was a virtual session. Later in July it discussed: **Consent, pleasure and wellbeing after sexual assault/abuse**, another online session. The last session delivered in person at Kings College London covered **Consent, introduction to sexual health** (September 2021). All sessions were well attended and engaging.

In July ANBU UK delivered a safe space, ANBU UK's regular discussion space for survivors and non-survivors. Here Vanisha Jassal, an ANBU UK trustee, and an ANBU volunteer, discussed the foundations of Shame and its relation to CSA, delivered virtually.

On 8th November, ANBU UK was approached by the Heads of Campaigns from King's College London's Tamil Society to support an interactive in-person event regarding mental health within the Tamil community. The aim was to help erase the taboo of mental health amongst the Tamil community, particularly amongst students and new freshers as part of Mental Health Awareness week at King's College London University.

On 11th November, ANBU UK teamed up with Decolonising Contraception for their workshop taking place at King's College London University. The session discussed

- Consent - What does consent feel like, in the law, seeking help, consent within conversations/touching
- Introduction to Sexual Health - services offered at a sexual health clinic, what to expect, how to get the best out of your consultation
- Introduction to ANBU UK's new Tamil Independent Sexual Violence Advocate (ISVA)- How ANBU UK are supporting survivors, more specifically about the ISVA role in talking through with survivors their options and signposting them to appropriate services. This included a handout on how to report sexual abuse and violence.

On 23rd February, ANBU UK collaborated with King's College London University for their Tamil Society's first ever Tamil LGBTQI+ event. We shared our approaches on how we as an organisation address the intersections between queer identity and trauma within the Tamil community. We explored the historical and cultural context regarding queer identity within tamil community and how we connect to the LGBTQI+ community to promote allyship.

Social Media

In May, ANBU UK produced a series of videoed discussions with Tamil men exploring cultural expectations placed on them, their experience of discussing mental health with family/ friends and the stigma they have experienced previously, before posting about childhood exploitation and the support available to survivors.

A series of videos were also posted on the impact of intimate image abuse/ revenge pornography alongside advice on how to address it, unhealthy and healthy coping mechanisms, alternatives to self-harm, experiences of a Tamil male CSA survivor and possible mental health complications experienced by CSA survivors.

On International Men's Day in November, ANBU UK partnered up with IGV studios for an Instagram live discussing men's mental health and men have used artwork to express their mental health difficulties and healing journey. The conversation touched on grief, loneliness, additional barriers for Tamil men in seeking support and the layers behind every artwork in telling a story.

National Centre for Social Research are doing important interviews with young survivors of abuse and parents/guardians, to hear their views

about a potential UK-wide survey on child abuse. ANBU UK's social media team aided in recruiting for the research project.

In January 2022, ANBU UK was invited to celebrate the Tamil Heritage Month and Thai Pongal, a harvest festival, with The London Assembly. Tamil Heritage Month acknowledges the tremendous contributions that Tamils make to British society, particularly the vital role the Tamil community has played in helping the UK tackle covid-19 as healthcare workers, teachers, and vaccine researchers; celebrates the richness of Tamil culture. We informed our social media followers of Tamil Heritage Month by producing Instagram and facebook posts celebrating our language and culture whilst celebrating Thai Pongal.

In February 2022, as part of Sexual Abuse and Sexual Violence Awareness Week, ANBU UK produced videos focusing on the variety of support available for survivors. We teamed up with Agal Counselling to discuss how to disclose sexual abuse or sexual violence to parents and/or elders within the Tamil community. ANBU UK then discussed disclosure pathways and medical support for sexual abuse and sexual violence. On the final 2 days, we shared tips for survivor self-care and advice on supporting survivors before officially launching our Independent Sexual Violence Advocate (ISVA) service.

Transition and Wellbeing Project 2

After our successful launch of the Transition and Wellbeing Project (TWP) in early 2019, we decided to delay the second cohort of TWP due to the pandemic and clients preferring face to face delivery. Midway through this reporting year we started preparations to initiate TWP2. We began interviewing for therapists in January and made a call out for Tamil survivors of childhood sexual abuse. Now having recruited a Tamil Gestalt Therapist, we will be able to continue with our plan of providing Tamil survivors of childhood sexual abuse 8 sessions of group talking therapy.

Multi- Disciplinary Advisory Group

ANBU UK continues to host Multi-Disciplinary Advisory Group (MDAG) meetings with Tamil community members and leaders. Attendees included the Jothy Helpline, Tamil Helpline and Nalavaalvu Helpline. The group looks to facilitate collaboration between discipline areas to improve care outcomes for survivors of CSA, sexual abuse and trauma.

Key aims include:

- i. Understand and address any gaps in service provision for survivors of CSA and explore ways to better support the Tamil community. Themes included how Tamil parents can access or be referred to services.
- ii. A forum to gain advice and support on specific cases, particularly as during covid there was a noticeable increase in mental health issues with children late teens, issues related to self-harm, drug addiction, alcoholism, domestic abuse and suicide.
- iii. Share best practice, new developments and any emerging studies/ data related to the MDAG's common goal. For example supporting the older generation who have previously experienced childhood sexual abuse and young people affected by abuse from gangs or religious leaders in London.

Section D

Achievements and performance

iv. A space for learning across the disciplines, supporting professional growth of members. We discussed how to approach the sensitive topic of sexual abuse with the older generation to promote open dialogue between different generations.

v. Build a professional network.

ANBU Ambassadors

We have been running our university representatives' programme, ANBU Ambassadors, for over a year. They play a key role in expanding ANBU UK's engagement with the university community, supporting ANBU UK with awareness raising campaigns and events, as well as organising specific university outreach sessions.

Students are an important target group for ANBU UK as university is often the first time an individual is able to identify as a survivor or process trauma. It can also be a time where relationships are explored further, where consent and healthy relationship information is crucial.

We have 10 university students recruited and inducted as ANBU Ambassadors. The induction included training on CSA and inclusivity. They have produced and shared social media content promoting student mental health particularly during covid. We hold monthly meetings with ambassadors and have assigned each ambassador with a mentor in the ANBU UK team to ensure their well-being is prioritised.

International Women's Day

The International Women's Day event hosted by Tamil Women Development Forum. This is another event where we connected with a wider demographic of the Tamil community, largely first generation migrants and additionally connected with others in Sri Lanka (as a virtual event).

ANBU UK had the honour of being one of their key speakers to discuss the resilience of Tamil women whilst acknowledging their CSA trauma. This included the unique discussion regarding the stigma of discussing same- sex CSA and female perpetrators. The experience of a Tamil female survivor of same-sex CSA was explored including the difficulties in disclosing to family members, whilst informing the audience of statistics and the impact of CSA. ANBU UK discussed their work within the Tamil community including the different workshops and services we provide.

Section E

Financial review

Brief statement of the charity's policy on reserves

ANBU Financial Update for the Year Ending March 2022

ANBU UK had net income of £8,757 For the year ending 31 March 2022, with gross income of £12,604 offset by expenses of £3,847.

The total gross income in the year of £12,604 was comprised of £5,490 from The National Lottery Community Fund (44% of total income), £3,000 from The Global Fund FO GFC UK Grant (24% of total income), £4,114 from individual fundraising (32% of total income).

Expenses totalled £3,847 in the year ending 31 March 2022 (2021: £4,026). The largest cost related to a creative project for survivors

totalling £3,090 (80% of total expense); of this amount £3,000 was funded by The Global Fund FO GFC UK Grant of £3,000. Other notable expenses in the year include £685 (18% of total expenses) on website, email and online hosting, and £72 (2%) on university outreach projects. Cash reserves

The charity started the year with cash in reserves of £8,293 (2021: £4,074), and due to the positive net income in the year, the charity built up the reserve to £17,050 as at 31/03/2022. As such, our cash funds at year end remain strong and there are no areas of concern to note.

Details of any funds materially in deficit

£785 should be kept in reserves at any one point. This is to ensure the charity remains a going concern and can continue to operate. This amount was ascertained by reviewing the charity's current core fixed costs and creating a best estimate for one year.

Further financial review details (Optional information)

You **may choose** to include additional information, where relevant about:

- the charity's principal sources of funds (including any fundraising);
- how expenditure has supported the key objectives of the charity;
- investment policy and objectives including any ethical investment policy adopted.

Section F

Other optional information

Section G

Declaration

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

Signature(s)



Full name(s)

Vanajah Srinivasan

Position (eg Secretary, Chair, etc)

Chair of Trustees

Date

03/02/2022



CHARITY COMMISSION
FOR ENGLAND AND WALES

Charity Name Abuse Never Becomes Us UK (ANBU)	No (if any) 1178540
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Receipts and payments accounts

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For the period from	Period start date 1/4/2021	To	Period end date 31/3/2022
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Section A Receipts and payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £	Last period to the nearest £
A1 Receipts					
Donations - grant	5,490	3,000	-	8,490	5,000
Donations - via JustGiving	536	-	-	536	2,028
Donations - via Facebook	498	-	-	498	1,125
Donations - individual fundraising	3,000	-	-	3,000	-
Donations - via Amazon	81	-	-	81	92
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total (Gross income for AR)	9,604	3,000	-	12,604	8,245
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	9,604	3,000	-	12,604	8,245

A3 Payments

Survivor Projects	90	3,000	-	3,090	8
Website	685	-	-	685	513
University Outreach	72	-	-	72	-
Insurance	-	-	-	-	146

DBS Checks	-	-	-	-	284
Training	-	-	-	-	3,075
	-	-	-	-	
	-	-	-	-	-
	-	-	-	-	-
Sub total	847	3,000	-	3,847	4,026
A4 Asset and investment purchases, (see table)					
	-	-	-	-	
	-	-	-	-	
Sub total	-	-	-	-	
Total payments	847	3,000	-	3,847	4,026
Net of receipts/(payments)	8,757	-	-	8,757	4,219
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	4,916	3,377	-	8,293	4,074
Cash funds this year end	13,673	3,377	-	17,050	8,293

Section B Statement of assets and liabilities at the end of the period

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B1 Cash funds	Cash held at bank	13,673	3,377	-
		-	-	-
		-	-	-
	Total cash funds	13,673	3,377	-
	(agree balances with receipts and payments account (s))	OK	OK	OK
		Unrestricted funds	Restricted funds	Endowment funds

B2 Other monetary assets

Details	to nearest £	to nearest £	to nearest £
	-	-	-
	-	-	-
	-	-	-
	-	-	-
	-	-	-
	-	-	-

B3 Investment assets

Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
		-	-
		-	-
		-	-
		-	-
		-	-

B4 Assets retained for the charity's own use

Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
		-	-
		-	-
		-	-
		-	-
		-	-
		-	-
		-	-
		-	-
		-	-

B5 Liabilities

Details	Fund to which liability relates	Amount due (optional)	When due (optional)
		-	
		-	
		-	
		-	
		-	

Signed by one or two trustees on behalf of all the trustees

Signature	Print Name	Date of approval
<i>Jitesh Joshi</i>	JITESHKUMAR JOSHI	30/06/2022