



31st December 2020: Annual Report

Support for Survivors is a Charity – a CIO (registered Charitable Incorporated Organisation number 1165986).

Support For Survivor

A Registered Charity supporting Male & Female SURVIVORS of
Childhood Sexual/Physical/Psychological/Incest Abuse & Rape



Report year ending 01/01/2020 to 31/12/2020

*We believe it's important to
talk, and listen, why?
Lack of early interventions can
and will leave devastating
impacts and behaviors on
victims and survivors lives with*

Emotional Health

Physical Health

Mental Health

Report Prepared by Maxi 'Leigh Founder Care Services Director
&
Jez Taylor Chairman

Charity Status Granted by Charity Commission 10/03/2016
Registered Charity 1165986 CIO
Self Help Group set up 25/05/2014

Support for Survivors Charity Board of Trustees Effective for the reporting year:

- | | |
|-------------------------|---|
| • Jeremy Taylor | Chair |
| • Chris Gibbon | Trustee / Secretary |
| • Maxi 'Leigh | Trustee (Founder / Care Service Director) |
| • Joseph Anthony Curtis | Trustee |
| • Sara Orme | Trustee |
| • Zena Sanigar | Trustee |
| • Dannielle Harris | Trustee |
| • Debbie Heath | Trustee |

We provide support to male and female victims & survivors aged 18 plus, who have suffered from a multitude of several types of childhood abuse & experiences. They may have been subjected to either sexual, physical, emotional, neglect, incest abuse, & rape, especially if the abuse continued into adulthood, this type of sexual violence, in most cases familial abuse, i.e. (blood father, mother, brother, sister) etc.

Our purpose is to provide positive pro-active progression pathways into education, training, coaching, mentoring volunteering and befriending, or back into part time or full-time employment. With help & support in maintaining their place within their communities and society as a whole.

Delivery of continual Survivor Personal Development & Recovery, Survivor management programmes, and Parenting, studying the impacts on the effects childhood abuse and trauma, and how this impacts on the victims & survivor's adult life, relationships, family & parenting. We have been able to identify all lack self- confidence, self -esteem, self-worth, awareness & assertiveness, through trust and continuity we help to focus on compassion and empathy with positive solutions as they slowly recover from traumatic experiences, mental, physical health & wellbeing. We have identified those who have suffered mentally & physically can go on to enjoy happy and independent lives, although not everyone recovers, especially those victims & survivors who fit into our elderly generation, and those learning disabilities who have carried their traumas for most of their lives. Everyone as we know is at a different stage when we look at one's recovery process.

What do we Deliver ?

We actively reduce the distress of victims & survivors aged 18 plus of childhood non-recent abuse through a range of 'Peer' led interventions.

- Support groups
- 1-2-1 support
- Family mediation
- Focus groups
- Female drop-in
- Male drop-in
- Mixed group drop-in
- Creative Arts & Crafts Quarter
- Advocacy support
- Outreach & Intervention
- Chaperone & support with Police intervention.
- Legal referrals
- Magistrates, Civil & Crown court advocacy support
- Child Protection support & intervention
- Advocacy support with housing, benefits, welfare advice
- Homeless advocacy support
- Referral support to drug, alcohol, and self-harming programmes
- 14-week Survivor 'Personal Development Recovery Programme'
- Survivor 'Management' Programme
- 12 steps 'Survivor' programme

- 12-week Strengthening Families Strengthening Communities inc. parent programme
- Wellbeing & Wellness programmes
- Financial support
- S4S 'Peer Support Volunteer & Befriending' Programme
- Coaching, Mentoring & Training
- Adult learning programmes
- Advocacy support with NHS appointments

Since opening our doors in 2014 to the end of 31st December 2020 we are now supporting **332 male & female** victims & survivors, up **16 men and 27 women (43 in total)** for the year ending). This figure should have been higher, receiving less referrals throughout the Covid-19 Pandemic.

Referrals are as follows:

<u>Referrer</u>	<u>Referred</u>
East Midlands Homes Co-Operative	02
Metropolitan Housing Inclusion Framework	01
GP Surgery (NHS)	01
Let's Talk Wellbeing (NHS)	01
Psychiatrist (NHS)	01
Highbury Hospitals (NHS)	01
Crisis Team (NHS)	01
CPN (NHS)	01
Wellness in Mind	03
ISAS	01
Double Impact	01
Friary	01
Equation	01
Website	04
Email	02
Staff & Networking	09
Self-Referral	05
Family Member	01
Girlfriend	02
Boyfriend	01
Friend	02
	43 in total referrals in 2020

2020 we supported victims & survivors covering a wide area, receiving referrals from outside of the East Midlands, this included two male

survivors from Newcastle and Milton Keynes, one of who we are still supporting via zoom facetime, two survivors from Derbyshire, one survivor from Lincoln, seven survivors from Mansfield, one survivor from Chesterfield, 30 survivors referred from Nottingham City and County.

The eldest referrals were two survivors born in 1954 and 1959 (compared to 2020 with one being born in 1949) our youngest were born 2000 and 2002 (compared 2020 one born in the year 2001).

We had seven active volunteers, (**compared to nine in 2020**) who worked over & beyond as always, their inner passion giving back from their own recovery journeys, and succeeding with our mentoring, coaching, and training programmes, you help and support our service users with empathy and compassion, you never tire of listening and I would like to personally say thank you for your dedication, passion, and positive influences by giving hope to our service user's lives.

Our volunteers worked 5143.38 (five thousand one hundred and forty-three hours, 38 minutes). Compared to 2020 with 4892 hours and 71 minutes even though we were two less volunteers. To date we have no paid staff on our books.

Ethnicities

Asian Pakistani	01
Black British Caribbean	02
Mixed Race	04
White British	35
White Italian	01
Total	43

Advocacy Support & Educational Program's

Throughout Covid-19 we were unable to support our services users in person, although we did still support with front line services and outreach this was mainly delivery of prescriptions, food parcels, shopping, and clothing, or just socially distancing from their front door, many struggled with isolation. We had one female homeless and worked tirelessly to get a roof over her head, this female did try to jump off Nottingham Trent Bridge. Being the first responders we were able to liaise with The Nottingham Law Centre, Nottinghamshire Police, Triage Team, Housing Aid, and mental health services all working together for a victims and survivors positive outcomes.

- Female one-to-one's, we held **43** sessions and **97** male session.
- Digital facetime support included either Skype or Zoom with 24 female and 15 men supported online. Many did not like using this method, with this in mind our telephone befriending support in place of face-to-face skyrocketed.
- Equating to **16829** minutes telephone support.
- We held **97 female** drop-ins with **25 male** drop-in sessions and **47** mixed drop-ins, **169 service users** accessing and building on friendships, creative arts, and crafts and some just coming for a cup of tea/coffee and chat.
- Pre Covid-19 we supported **41** service users with outreach advocacy support, through Covid-19 we supported **46** service users, as explained above. 87 outreach in total.
- Safer Families, Safer Communities Parenting Program started, we facilitated **9 out of 3 previous years** sessions totaling **119** who accessed in total.
- Our successful 'Support for Survivors Personal Development & Recovery Program, this has been phenomenal and life changing, with some moving forward to our Volunteer Program Maxi created but we have co-piloted with those attending and shall be looking to have this program accredited. We held **ten** (Pre Covid-19) PDP workshops with **12** service users attending each session and graduating the 14wk workshop, and throughout the pandemic we held **14** zoom workshops with **eight** attending each throughout. (Congratulations)

OUTSIDE REFERRALS

We made,

Trent PTS	10	Nottm Homeless Housing	02
Let's Talk Wellbeing	02	National Refuge	01
ISAS	02	Framework	01
SVS	01	Metropolitan Housing	01
Wellbeing Hub	01	East Midlands Homes	02
Harmless	01	Nottinghamshire Police	02
GP	44	Truth Project	10
Adult Social Care	12	Adult Safeguarding	01
St. Peters Church	01	Nottingham Law Centre	01
Bhatia Best Solicitors	01	Instalaw Solicitors	10
ESA	02	Personal Independence	46

		Payment (PIP)	
Capability for Work	01	Bank Debt Support	02
		Total Referrals Out	157

Donations Fundraising & Grants Received.

Beneficiary	£ 298.00
Refunds	£ 80.95
Nottinghamshire County Council Commissioning & Adult Social Care	£ 3685.00
Easy Fundraising	£ 102.06
National Lottery Awards & Covid Response	£ 9700.00
Fundraising	£ 1435.24
Donations	£ 75.00
Nottinghamshire County Council Covid Response	£ 4000.00
Mick Pringle Notts County Cllr	£ 500.00
Thomas Farr Charity	£ 2000.00
Total	<u>£21913.4</u> <u>2</u>

Sincere thanks to all of you who have helped to continue the vital help and support required for 'Support for Survivors Charity ' in helping our male and female survivors of non-recent abuse.

We are delivering services from the **Sherwood Community Centre, 'Woodthorpe House' Mansfield Road, Sherwood, Nottingham, NG5 3FN**, and what a wonderful experience it still is, being community orientated. We would like to say a massive thank you to Kevin (Centre Manager) & Alison (Admin) who have been extremely supportive to us, and also to Jill Chair of the 'Sherwood Community Centre, she has been very supportive, it is a warm community center and one where we are all supportive of one another to ensure all who access our Centre are within a safe and non-judgmental environment, obviously throughout the lockdown

our center was closed, with all working from home.

We closed our offices March 13th, 2020, because of lockdown, it was a very hectic time for us all, daunting not knowing how this would impact us not only as a Charity but individually. Unfortunately, I lost a very close family member, a friend who I grew up with and one of my colleagues who I became close to from the National Catholic Safeguarding Commission who appointed me. This loss and devastation has been just horrendous and so for many others. Thank goodness we did not lose one of our service users, all were safely supported throughout. We were able to change our practices of support and adult educational programs via Zoom digital facetime and more so via telephone support. We were able to access much online training courses, this has saved travel time and has been cost effective. Ensuring all our volunteers were supported with everything required to support them whilst working from home, and also their mental health and wellbeing was also vital and we were able to support one another again through zoom and telephone, so no-one felt alone, especially those of us living alone.

I nominated two volunteers throughout the pandemic for their outstanding work, one received gift vouchers from TKMaxx Hero's, and our other volunteer was hand delivered a case of wines from Naked Wines.

Luckily, we were still able to partner with Nottingham Trent University throughout the pandemic, with our in-house data identified at the point of assessment, but we also involve our service users if they would like to input in an area that they feel needs addressing and researching. We have been collaborating together now for four years. NTU students were this time able to showcase their conference research findings via zoom.

There is now a new pilot project called '**Safe Spaces**', bringing both Church of England and Roman Catholic Churches together. Both Churches are now commissioning a national telephone helpline for victims and survivors. Maxi was able to be a part of the designing, commission procurement process, and selecting organizations for the pilot project, with many spent developing this project throughout. Victim Support is an independent charity and was chosen mid 2020 is independently run, and a free service for anyone abused in the Church.

Maxi is still sitting on the Survivors Advisory Panel for the Roman Catholic Church and working with the National Survivors Reference group, although they are not as yet an affiliated board, this has been delayed because of the Covid-19 pandemic, but we have been active with speaking with Bishops of Canterbury and York regarding our concerns as survivors.

Maxi was asked to be one of the judges for Marsh Christian Trust & Mind Peer Fest 2020 awards and this is because Support for Survivors won an award 2019 for the Charities 'Innovation & Mental Health Peer Support' This was also a lengthy process with many fantastic peer support groups supporting all over the Country our vulnerable communities. This event

was held via digital media in December with awards going to some amazing peer support groups.

We are so honored and humbled being able to support, 'Support for Survivors' victims & survivors, who were boys and girls sexually, physically, emotionally, abused in childhood.

We would like to thank all our partners who we refer to, and who refer to 'Support for Survivors'. There are some remarkable people in our communities working over and beyond Thank You.

Most of all thank you to all our Trustees who have supported us throughout as we grow and further develop. Most of all and not forgetting our remarkable male and female survivors of childhood abuse, and their families.

You are surviving and thriving!

*Maxi 'Leigh
Founder Care Services Director*

*Jez Taylor
Chair*

Starting date	12/20
Cash balance alert minimum	

	Beginning	Jan-20	Feb-20	Mar-20	Apr-20	May-20	Jun-20	Jul-20	Aug-20	Sep-20	Oct-20	Nov-20	Dec-20	Total
Cash on hand (beginning of month)	9,339.21	9,339.21	7,455.15	6,565.70	5,746.76	5,192.69	4,840.28	4,322.56	12,002.94	14,677.37	13,391.05	12,758.43	15,427.26	
CASH RECEIPTS														
		Jan-20	Feb-20	Mar-20	Apr-20	May-20	Jun-20	Jul-20	Aug-20	Sep-20	Oct-20	Nov-20	Dec-20	Total
Grant/Funding						500.00		9,175.00	2,000.00			4,000.00		15,675.00
Credit returns			23.00	12.00			15.95							50.95
Donars			36.00	618.00	75.00	18.00	33.95	18.00	18.00	18.00	18.00	18.00	18.00	888.95
Commissioning			1,285.00		518.00	250.00	400.00			600.00				3,053.00
Fundraising			69.20				9.11					48.92	335.00	462.23
TOTAL CASH RECEIPTS			1,367.20	606.00	593.00	777.11	418.00	9,193.00	2,018.00	618.00	18.00	4,066.92	353.00	20,028.03
Total cash available	Err:507	9,339.21	8,822.35	7,171.70	6,339.76	5,969.80	5,258.28	13,515.56	14,020.94	15,295.37	13,409.05	16,825.35	15,780.26	
CASH PAID OUT														
		Jan-20	Feb-20	Mar-20	Apr-20	May-20	Jun-20	Jul-20	Aug-20	Sep-20	Oct-20	Nov-20	Dec-20	Total
Advertising & Promotions				234.00						15.00				249.00
Volunteer Resources/Training												46.97	189.99	236.96
Miscellaneous		4.99	11.31				2.50					12.70		31.50
Victims & Survivors benefit programs		360.00	280.00	90.00	330.00	330.00	330.00	330.00				330.00		2,380.00
Insurance (other than health)		29.49	536.37	26.49	8.49	8.49	8.49	8.49	8.49	8.49	8.49	16.98	8.49	668.76
Motor Cars			19.00						60.00					79.00
Materials and supplies (in COGS)			19.00	55.95										74.95
Meals and entertainment		112.93				10.00		78.74		17.40				230.00
Room Hire		570.00												570.00
Adminstration costs			24.90	32.69	15.98	8.28		3.18		9.00	7.49	13.98		115.50
Volunteer Expences		348.55	429.76	752.24	632.16	452.13	240.09	666.00	466.63	309.810	375.46	371.54	528.99	5,573.36
Stationery		15.70	26.44		6.00	18.96		28.61		1.50		54.30	21.50	173.01
Printing		79.97	120.46	45.97	52.97	63.98	44.98	7.99	38.97	38.97	47.46	84.47	71.47	697.66
Rent or lease			517.06											517.06
Fundraising			34.60											34.60
Repairs and maintenance														0
Supplies - Cleaning		3.41		31.81			3.00	19.98	38.65		15.40			14.07
Broadband & Telephone expense		84.34	61.50	31.50	31.50		31.50	31.50	31.50	31.50	31.50	31.50	31.50	460.84
Travel & Carparking		20.75	6.90	21.00					62.30	8.80	8.80		5.00	19.84
Postage				19.70					5.39	9.98	2.60	2.94		17.00
Lunchs/refreshments/drop-in & Vol		73.77	85.83	32.46	11.31	6	30.14	55.68	8.18	114.07	75.23	7.89	39.42	539.56
Fixtures & Fittings		27.35	7.00											34.35
Subscriptions & Memberships		98.50	27.49	7.99	7.99	7.99	7.99	7.99		169.51	10.00	238.19		583.64
Mobile phones		54.31	49.03	43.14	50.67	71.13	77.48	68.23	62.28	246.20	100.54	74.08	51.72	948.81
Fixed asset Office Equipment							118.48	142.57	59.87	20.40	908.00		110.49	21.00
SUBTOTAL		1,884.06	2,256.65	1,424.94	1,147.07	1,129.52	935.72	1,512.62	655.23	1,896.25	650.62	1,398.09	1,244.99	16,135.76
1		Jan-20	Feb-20	Mar-20	Apr-20	May-20	Jun-20	Jul-20	Aug-20	Sep-20	Oct-20	Nov-20	Dec-20	Total
Loan principal payment														0
Capital purchases														0
Other startup costs														0
To reserve and/or escrow														0
Cash withdrawal									13.92					13.92
TOTAL CASH PAID OUT		1,884.06	2,256.65	1,424.94	1,147.07	1,129.52	935.72	1,512.62	669.15	1,896.25	650.62	1,398.09	1,244.99	16,149.68
Cash on hand (end of month)	9,339.21	7,455.15	6,565.70	5,746.76	5,192.69	4,840.28	4,322.56	12,002.94	14,677.37	13,391.05	12,758.43	15,427.26	14,535.27	
Column1														
	Date	Column2	Column3	Column4	Column5	Column6	Column7	Column8	Column9	Column10	Column11	Column12	Column13	Column14
														0
														Err:507
														Err:507
														Err:507
														Err:507