

ANNUAL REPORT 2023

**1ST JANUARY 2023 -
31ST DECEMBER 2023**



Charity Status Granted by Charity
Commission **10/03/2016**
Registered Charity **1165986**
CIO

Report Prepared by :
Maxi 'Leigh (Founder / Managing Director)
Joseph Curtis (Development Manager)



BOARD OF TRUSTEES 2023

SUPPORT FOR SURVIVORS BOARD OF TRUSTEES EFFECTIVE 2023

JEREMY TAYLOR

SECRETARY

CHRIS GIBBON

CHAIR

MAXI 'LEIGH

FOUNDER, MANAGING
DIRECTOR AND
ACTING TREASURER

JOSEPH CURTIS

TRUSTEE

DEBBIE HEATH

TRUSTEE

GINETTE SMEDLEY

TRUSTEE



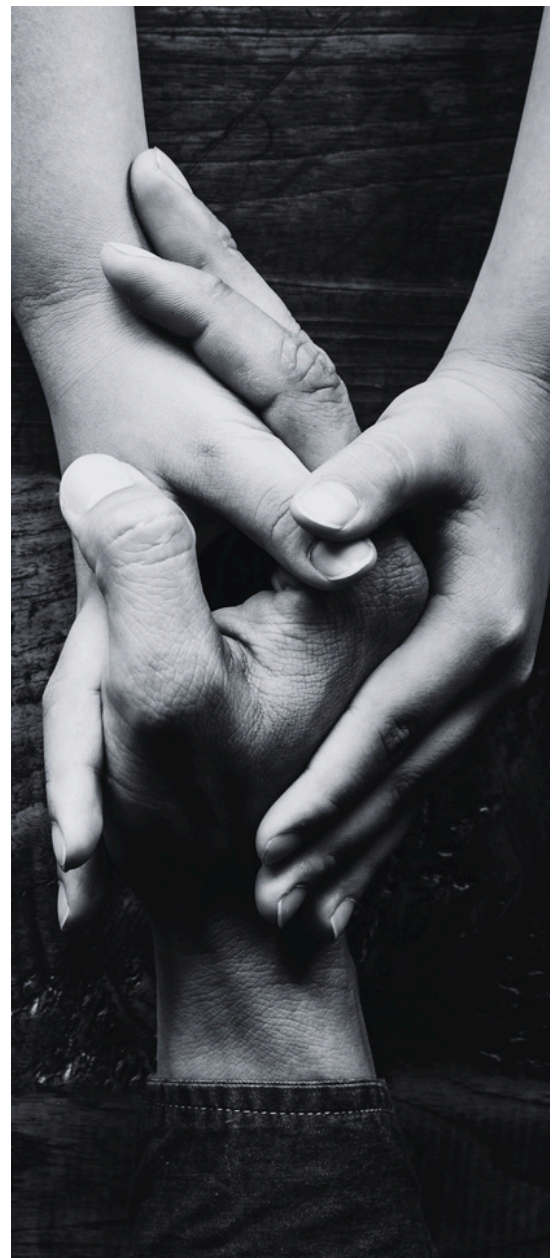
EXECUTIVE SUMMARY

We understand that the journey to healing is not a simple path, but one that requires empathy, unwavering support, and a safe space for recovery.

Over the past year, we have continued to offer vital services to male and female survivors of sexual, physical, and emotional abuse, ensuring they are not alone in their healing process.

In 2023, our services expanded to reach **426 survivors**, with **67 individuals still on our waiting list**. Every individual who walks through our doors is met with compassion and care, and we are humbled to be a part of their recovery journey.

Despite ongoing challenges, such as increased requests from outside our region, we remain committed to providing life-changing support, ensuring survivors feel seen, heard and valued.



FOUNDER'S MESSAGE

This year has been both challenging and deeply rewarding for us at Support for Survivors. Our charity has grown in ways we couldn't have imagined when we first began, and it is heartening to see the real difference we make in the lives of those we serve.

However, with this growth, we have also faced painful moments. For the first time in our charity's history, we tragically lost one of our young female survivors. She was an incredible individual who carried immense responsibility within her family as a young carer, but the weight of these responsibilities, compounded by the effects of the pandemic, became too much for her to bear. Her passing was a heartbreaking reminder of the challenges many of our survivors face on their journey to recovery.

Her strength and resilience will never be forgotten, and we continue to honour her memory through the work we do every day, ensuring no survivor feels they are alone. My heartfelt thoughts remain with her family and loved ones.

I want to take a moment to express my deepest gratitude to the incredible team of volunteers, trustees, and partners who make this possible. Without your commitment, empathy, and strength, none of this would be achievable. Each of you plays a crucial role in the recovery of the survivors we support, and your efforts are deeply appreciated.

Together, we are creating a community of healing, empowerment and hope. We are not just helping people survive - we are helping them thrive.

Maxi Leigh FOUNDER / MANAGING DIRECTOR

KEY ACHIEVEMENTS

The past year has been a testament to the strength of our community and the resilience of the survivors we support. Here are some of the highlights:

- **426 survivors supported** – We are proud to have provided ongoing support to over 400 individuals, helping them through some of the most difficult moments in their lives.
- **14-Week Personal Development Recovery Program** – Our flagship program continues to make a significant impact. This year, we celebrated with participants who completed the program, many of whom have gone on to become volunteers themselves.
- **Volunteer Growth** – Our incredible team of volunteers has expanded, and their dedication has been truly inspiring. They have contributed over **2,832 hours of service**, going above and beyond to offer compassion and care to survivors.
- **Signposting** – We also saw a rise in referrals from across the country, highlighting the growing need for our services. While we cannot always support those outside our region, we ensure that every individual is guided to the help they need.



WHO WE ARE

Mission Statement

Our mission is simple but profound: to support survivors of abuse in reclaiming their lives. We provide holistic care for male and female survivors, aged 18+, who have experienced sexual, emotional, physical abuse, neglect and trafficking.

We offer a range of services, from counselling to advocacy, all designed to provide a safe, supportive environment where survivors can begin to heal and rebuild their futures.



Our Services

At Support for Survivors, we believe in meeting survivors where they are on their journey, offering services that are tailored to their individual needs. Some of the services we provide include:

- **Counselling** – Individualised emotional support tailored to each survivor's experience.
- **Peer-led Support Groups** – A place for survivors to connect, share, and find strength in each other.
- **Mindfulness and Yoga** – Programs designed to promote mental and emotional well-being.
- **Advocacy and Legal Support** – Assistance in navigating the legal system, ensuring survivors receive the justice they deserve.
- **Personal Development and Recovery Programs** – Empowering survivors with the tools to regain confidence, self-esteem, and control of their lives.

REFERRALS RECIEVED

This year, we continued to see a significant number of referrals to our services, reflecting the increasing need for the support we provide.

By the end of 2023, we received **27 new referrals** (5 male survivors and 22 female survivors)

While we were able to accommodate many, **67 individuals remain on our waiting list**, highlighting the growing demand for our services.



| ORGANISATION | REFERRALS |
|------------------------------|-----------|
| NOTTINGHAM TALKING THERAPIES | 3 |
| GP SURGERIES (NHS) | 2 |
| CRISIS TEAM | 2 |
| GEDLING MENTAL HEALTH TEAM | 1 |
| OCCUPATIONAL HEALTH TEAM | 2 |
| NHS MENTAL HEALTH TEAM | 1 |
| SELF-REFERRALS | 3 |
| HEALTH ASSURED | 1 |
| INSIGHT TALKING THERAPIES | 4 |
| SOCIAL PRESCRIBING | 2 |
| WEBSITE, GOOGLE, FACEBOOK | 1 EACH |

NATIONAL REFERRALS

Referrals came from across the country, highlighting both the reach and impact of our work. While we focus on supporting those in our local area, the increasing number of requests from outside the East Midlands reflects a broader demand for survivor services nationwide. Where we are unable to assist directly, we work hard to ensure survivors are referred to other trusted organisations, such as The Survivors Trust.

These referrals, along with our advocacy efforts, demonstrate the essential role we play in providing a lifeline for survivors of abuse across the country.

| ORGANISATION | REFERRALS |
|---|------------|
| BURY ST. EDMUNDS, WEYMOUTH, DORSET, HEMEL HEMP | 1 EACH (4) |
| MANCHESTER, BIRMINGHAM, WINCHESTER, BRISTOL, MILTON KEYNES, LEEDS, YORK | 1 EACH (7) |
| NATIONAL INQUIRIES | 22 |



OUR SIGNPOSTING

In addition to the direct services we provide, a key aspect of our work involves helping survivors access the specialised support they need through external organisations. Throughout 2023, we made **29 referrals** to a range of organisations that offer complementary support services. These referrals help ensure that survivors receive holistic care, addressing their needs beyond what we can provide directly.

These referrals are vital in addressing the broad spectrum of challenges survivors face, from financial hardship and housing instability to medical and legal needs. Our advocacy team works closely with these organisations to ensure a smooth transition and ongoing support for survivors, particularly those with complex needs, including learning disabilities and mental health challenges.

We are proud to collaborate with these external services, ensuring that survivors are not only heard but are connected to the resources that can provide lasting support.

| ORGANISATION | REFERRALS |
|-----------------------------|-----------|
| GENERAL PRACTITIONERS (GPs) | 5 |
| DWP / PIP | 3 |
| UNIVERSAL CREDIT | 1 |
| EVERYTURN | 1 |
| BAC-IN (DRUG / ALCOHOL) | 4 |
| CAPITA | 2 |
| SELF-HARM SUPPORT | 3 |
| HOMELINK | 1 |
| NESS ADHD SUPPORT | 1 |
| JORDANS SOLICITORS | 1 |
| THE TOMORROW PROJECT | 3 |

STORIES OF IMPACT

This year, we witnessed countless stories of resilience and healing within our community. One survivor, after completing our 12-step Survivor Program, shared:

"Support for Survivors helped me find a new beginning. I arrived broken, but through their programs and the support of other survivors, I found strength."

Another story highlights the profound impact of our peer-led support groups. A participant shared how, after years of silence, they finally felt understood and supported, finding comfort in knowing they weren't alone in their journey.

While these individual successes drive us, we are reminded that the path to healing is different for everyone. Each story of progress, no matter how small, is a testament to the importance of the work we do. We continue to walk alongside survivors, offering the support they need to move forward, and we honour their courage every day.



OUR VOLUNTEERS

Volunteers are the heartbeat of Support for Survivors, and their dedication continues to be a driving force behind the success of our programs. In 2023, we were fortunate to have **six dedicated volunteers**, with **three new volunteers** joining our ranks. Each of them went above and beyond, offering their time, empathy, and skills to support survivors on their recovery journeys.

Our volunteers do far more than offer a helping hand - they bring compassion and lived experience, making a profound difference in the lives of those they support. **Many of our volunteers are survivors** themselves, which allows them to offer invaluable empathy and understanding to those they serve.

Volunteer Contributions

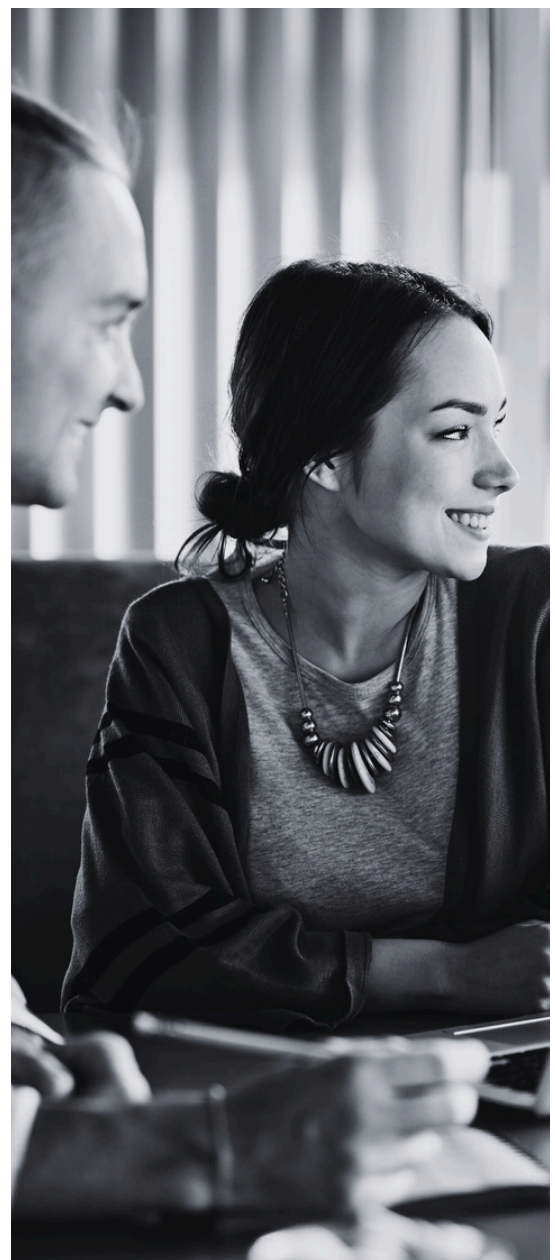
- Total Volunteer Hours: **2,832.3 hours**, including **109 hours of telephone support**.
- Despite some volunteers being unable to work certain months due to illness, their collective contributions were immense, demonstrating their unwavering commitment to our mission.



NEW VOLUNTEERS

This year, we welcomed three new volunteers:

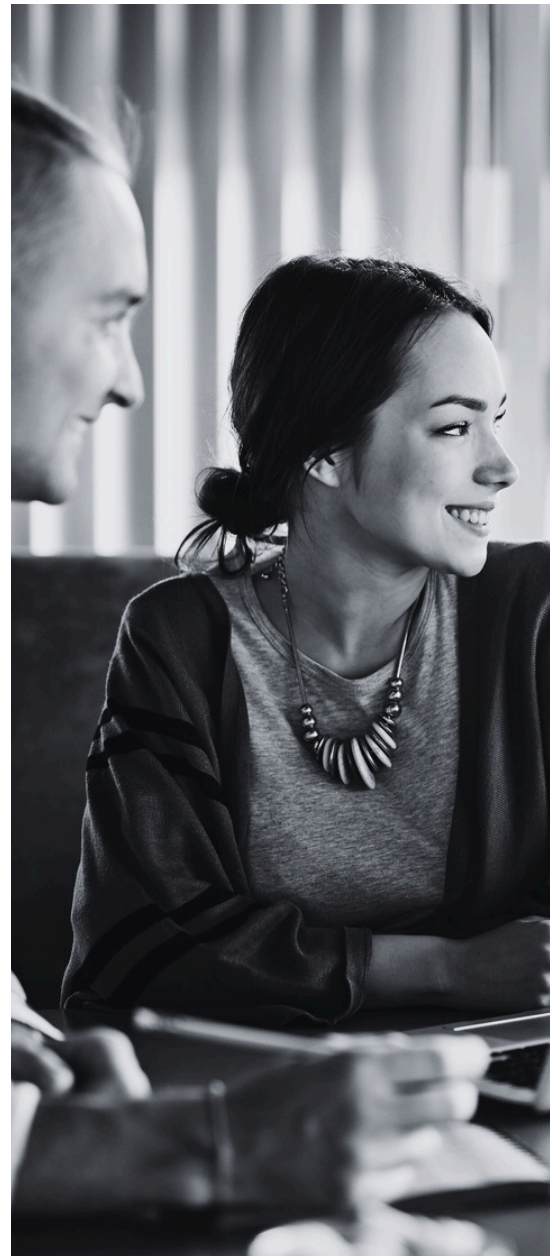
- **Media and Surveys:** Assisting with surveys and helping raise awareness of our services through media outreach.
- **Administration:** Offering vital support to ensure the smooth running of our operations.
- **Emotional Support:** Providing one-on-one emotional support to survivors, helping them navigate their trauma in a safe, non-judgmental space.



VOLUNTEER DEVELOPMENT

Recognising the emotional toll that supporting survivors can take, we introduced **supervision, reflective practice, and peer support group sessions for our volunteers**. These initiatives help safeguard their well-being, ensuring they can continue to provide the compassionate care survivors rely on while preventing burnout.

We are immensely proud of our volunteers, whose passion for giving back, often as part of their own recovery journeys, has positively influenced the lives of countless survivors. Their collective efforts have brought hope, healing, and strength to both the individuals we support and the wider community.



FINANCIAL OVERVIEW

OPENING BALANCE

| | |
|--------------------------------|-------------------|
| Total (Carried Forward) | £31,266.54 |
|--------------------------------|-------------------|

INCOME

| | |
|--------------------|-------------------|
| Grants/Fundraising | +£3,210.74 |
|--------------------|-------------------|

EXPENDITURE

| | |
|----------------|--------------------|
| Total Expenses | -£25,574.94 |
|----------------|--------------------|

CLOSING BALANCE

| | |
|--------------|------------------|
| Total | £8,902.34 |
|--------------|------------------|

Despite the many challenges, we are proud of the financial stewardship that allows us to continue our work.

We remain deeply grateful to all those who have supported us financially - your contributions allow us to continue our mission of healing and hope

FINANCIAL OVERVIEW

| EXPENSES | TOTAL |
|---|-------------------|
| IT Expenses | £1,914.99 |
| Wages | £5,400.00 |
| Equipment | £386.94 |
| Telephone | £1,119.51 |
| Insurance | £700.89 |
| Marketing and Advertising | £- |
| Training and Resources | £1,280.50 |
| Rent | £6,381.83 |
| Volunteer Expenses | £3,325.85 |
| Programme Expenses | £1,581.02 |
| Travelling Expenses | £1,748.47 |
| Subscriptions | £398.58 |
| Office Expenses, Repairs and Maintainance | £1,336.36 |
| TOTAL INCOME | £25,574.94 |

| INCOME | TOTAL |
|---------------------------|--------------------|
| Donations | £3,210.74 |
| Grants | £- |
| Programme Service Revenue | £- |
| Event Revenue | £- |
| TOTAL INCOME | £3,210.74 |
| NET PROFIT/LOSS | -£22,364.20 |



| | |
|-----------------------------------|---------------|
| VOLUNTEER HOURS | 2832.5 |
| MOBILE PHONE SUPPORT HOURS | 109 |

STRATEGIC FOCUS - 2024

As we look ahead, our focus remains on growth and deepening our impact. In 2024, we plan to:

- **Expand our services** to reach even more survivors, both locally and nationally.
- **Accredit our Personal Development and Recovery Program**, ensuring it continues to be a gold standard in survivor care.
- **Strengthen our volunteer training**, providing ongoing education and support to ensure our team can meet the complex needs of those we serve.
- **Secure additional funding** to maintain and expand our programs, ensuring that no survivor is turned away.



Support for Survivors

Profit & Loss Statement 2023

| Income | January | February | March | April | May | June | July | August | September | October | November | December | Total |
|---------------------------|-----------------|-----------------|----------------|----------------|----------------|----------------|-----------------|----------------|-------------------|----------------|----------------|-----------------|-------------------|
| Donations | £ 177.03 | £ 329.50 | £ 24.00 | £ 88.76 | £ 48.50 | £ 25.50 | £ 574.00 | £ 42.93 | £ 1,401.35 | £ 27.18 | £ 25.50 | £ 446.49 | £ 3,210.74 |
| Grants | £ - | £ - | £ - | £ - | £ - | £ - | £ - | £ - | £ - | £ - | £ - | £ - | £ - |
| Programme Service Revenue | £ - | £ - | £ - | £ - | £ - | £ - | £ - | £ - | £ - | £ - | £ - | £ - | £ - |
| Event Revenue | £ - | £ - | £ - | £ - | £ - | £ - | £ - | £ - | £ - | £ - | £ - | £ - | £ - |
| Gross Revenue | £ 177.03 | £ 329.50 | £ 24.00 | £ 88.76 | £ 48.50 | £ 25.50 | £ 574.00 | £ 42.93 | £ 1,401.35 | £ 27.18 | £ 25.50 | £ 446.49 | £ 3,210.74 |

| Operating Expenses | January | February | March | April | May | June | July | August | September | October | November | December | Total |
|---|-------------------|-------------------|-----------------|-------------------|-------------------|-------------------|-------------------|-------------------|-------------------|-----------------|-------------------|-----------------|--------------------|
| IT Expenses | £ 123.66 | £ 52.29 | £ 52.29 | £ 242.28 | £ 83.28 | £ 372.29 | £ 52.29 | £ 132.29 | £ 192.07 | £ 341.28 | £ 87.68 | £ 183.29 | £ 1,914.99 |
| Wages | £ - | £ - | £ - | £ - | £ - | £ - | £ - | £ - | £ 1,520.00 | £ - | £ 3,880.00 | £ - | £ 5,400.00 |
| Equipment | £ - | £ - | £ - | £ 59.00 | £ - | £ 10.98 | £ - | £ 147.96 | £ 169.00 | £ - | £ - | £ - | £ 386.94 |
| Telephone | £ 62.60 | £ 156.70 | £ 62.60 | £ 132.81 | £ 62.60 | £ 145.35 | £ 62.60 | £ 132.60 | £ 39.60 | £ 81.10 | £ 94.60 | £ 86.35 | £ 1,119.51 |
| Insurance | £ 700.89 | £ - | £ - | £ - | £ - | £ - | £ - | £ - | £ - | £ - | £ - | £ - | £ 700.89 |
| Marketing and Advertising | £ - | £ - | £ - | £ - | £ - | £ - | £ - | £ - | £ - | £ - | £ - | £ - | £ - |
| Training and Resources | £ - | £ - | £ - | £ - | £ 1,187.00 | £ - | £ - | £ - | £ - | £ - | £ 93.50 | £ - | £ 1,280.50 |
| Rent | £ 1,110.68 | £ - | £ - | £ - | £ 1,880.29 | £ - | £ 1,976.60 | £ - | £ - | £ - | £ 1,381.76 | £ 32.50 | £ 6,381.83 |
| Volunteer Expenses | £ 26.64 | £ 296.61 | £ 195.35 | £ 432.37 | £ 49.54 | £ 285.22 | £ 181.39 | £ 384.28 | £ 513.71 | £ 172.25 | £ 359.46 | £ 429.03 | £ 3,325.85 |
| Programme Expenses | £ 149.75 | £ 286.23 | £ 360.00 | £ 91.04 | £ 15.00 | £ - | £ - | £ 679.00 | £ - | £ - | £ - | £ - | £ 1,581.02 |
| Travelling Expenses | £ 174.56 | £ 119.25 | £ 45.00 | £ 357.26 | £ - | £ 201.69 | £ 44.16 | £ 268.25 | £ 492.00 | £ 46.30 | £ - | £ - | £ 1,748.47 |
| Subscriptions | £ 128.26 | £ 32.38 | £ 25.79 | £ 25.79 | £ 25.79 | £ 25.79 | £ 16.80 | £ 50.78 | £ 16.80 | £ 16.80 | £ 16.80 | £ 16.80 | £ 398.58 |
| Office Expenses, Repairs and Maintainance | £ 105.58 | £ 114.31 | £ 163.75 | £ 86.33 | £ 50.75 | £ 43.46 | £ 108.33 | £ 184.16 | £ 63.64 | £ 155.91 | £ 166.40 | £ 93.74 | £ 1,336.36 |
| Total Expenses | £ 2,582.62 | £ 1,057.77 | £ 904.78 | £ 1,426.88 | £ 3,354.25 | £ 1,084.78 | £ 2,442.17 | £ 1,979.32 | £ 3,006.82 | £ 813.64 | £ 6,080.20 | £ 841.71 | £ 25,574.94 |

| | | | | | | | | | | | | | |
|------------------------|--------------------|------------------|------------------|--------------------|--------------------|--------------------|--------------------|--------------------|--------------------|------------------|--------------------|------------------|---------------------|
| Net Profit/Loss | -£ 2,405.59 | -£ 728.27 | -£ 880.78 | -£ 1,338.12 | -£ 3,305.75 | -£ 1,059.28 | -£ 1,868.17 | -£ 1,936.39 | -£ 1,605.47 | -£ 786.46 | -£ 6,054.70 | -£ 395.22 | -£ 22,364.20 |
|------------------------|--------------------|------------------|------------------|--------------------|--------------------|--------------------|--------------------|--------------------|--------------------|------------------|--------------------|------------------|---------------------|

| Bank Balance | January | February | March | April | May | June | July | August | September | October | November | December |
|-----------------|-------------|-------------|-------------|-------------|-------------|-------------|-------------|-------------|-------------|-------------|-------------|------------|
| Opening Balance | £ 31,266.54 | £ 28,860.95 | £ 28,132.68 | £ 27,251.90 | £ 25,913.78 | £ 22,608.03 | £ 21,548.75 | £ 19,680.58 | £ 17,744.19 | £ 16,138.72 | £ 15,352.26 | £ 9,297.56 |
| Closing Balance | £ 28,860.95 | £ 28,132.68 | £ 27,251.90 | £ 25,913.78 | £ 22,608.03 | £ 21,548.75 | £ 19,680.58 | £ 17,744.19 | £ 16,138.72 | £ 15,352.26 | £ 9,297.56 | £ 8,902.34 |

| Hours | January | February | March | April | May | June | July | August | September | October | November | December | Total |
|--------------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|---------------|
| Volunteers | 286.2 | 277.7 | 250.5 | 153.1 | 363.1 | 347.8 | 141.5 | 214.5 | 233.4 | 227.5 | 142.8 | 194.5 | 2832.3 |
| Staff | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| Total Hours | 286.2 | 277.7 | 250.5 | 153.1 | 363.1 | 347.8 | 141.5 | 214.5 | 233.4 | 227.5 | 142.8 | 194.5 | 2832.3 |

| Mobile Phone Hours | January | February | March | April | May | June | July | August | September | October | November | December | Total |
|-----------------------|------------|------------|------------|-------------|------------|------------|------------|------------|-------------|-------------|-------------|-------------|--------------|
| Volunteer Phone Hours | 5.0 | 6.2 | 7.7 | 16.5 | 2.7 | 7.7 | 9.3 | 7.2 | 11.4 | 11.0 | 11.4 | 10.7 | 106.8 |
| Total Hours | 5.0 | 6.2 | 7.7 | 16.5 | 2.7 | 7.7 | 9.3 | 7.2 | 11.4 | 11.0 | 11.4 | 10.7 | 106.8 |