

# ANNUAL REPORT 2024

31st December 2024

31st December 2024



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

Report Prepared by :

**Maxi 'Leigh** (Founder / Managing Director)

**Joseph Curtis** (Advisor)



# BOARD OF TRUSTEES 2024

## **The Board of Trustees**

The first charity trustees are as follows:

Maxi Robinson	Founder / Managing Director
Chris Gibbon	Chair
Jessica Colson	Secretary
Gavin Amatt-Carter	Trustee
Lisa Faria	Trustee
Lauren Posada	Trustee

## **Report of the Trustee's for the year ended 31<sup>st</sup> December 2024**

The Trustee's present their annual report and financial statements of the charity for the year ended 31<sup>st</sup> December 2024.

## **Principal Office**

Sherwood Community Centre  
'Woodthorpe House'  
Mansfield Road,  
Sherwood,  
Nottingham,  
NG5 3FN

**Charity Number: 1165986**

## **Bankers**

The Co-Operative bank – Business  
PO Box 250  
Skelmersdale  
WN8 6WT



# Who are We ?

Support for Survivors is a registered CIO , registration number 1165986 dated 10<sup>th</sup> March 2016, and is constituted in 2015, with its only voting members the board of Trustees. The charity was initially established as a peer support talking group in 2012 by the charities founder Maxi 'Leigh due to lack of services available for male and female victims and survivors. Maxi 'Leigh herself a survivor identified there were no services available in Nottingham City. Self-Help Nottingham provided a safe space, free of charge until Maxi 'Leigh was offered a three storey building which was an empty space for her to hold group support, educational workshops, emotional and advocacy support.

## Mission Statement

Our mission is simple but profound: to support male and female victims and survivors aged eighteen plus who have experienced sexual/emotional/physical/incest abuse & rape. We have also identified 95% of victims & survivors have also experienced one of the following: domestic abuse, have been trafficked, put into slavery, or financially abused.

We empower victims and survivors to reach their maximum potential through a range of holistic interventions. All engagements have a strong focus on a positive mental attitude for empowerment, recovery, and well-being by providing many benefits, advocacy support, adult education, and training programs.

## Aims & Objectives

1. To provide wrap-around holistic well-being and wellness plans and education, within a safe non-judgmental sharing environment. Progression-focused services with referrals and signposting to other agencies/organizations.
2. To help victims & survivors enhance their skills and abilities with an option to return to adult education or re-entering and maintaining their place within the workforce.
3. To provide and engage with peer-led survivor focus groups. These groups give survivors a voice and a platform. This can help to reduce isolation and lead to improved relationships with family, friends, and within the workplace.

4. To deliver training programs, raise awareness, and improve understanding among professionals. The training will help professionals understand and recognise the signs of trauma, and better support victims and survivors by implementing sensitive working practices.

## Values

1. **Empathy and Compassion** - We will speak with kindness and listen to you carefully. We aim to provide hope and healing through a range of holistic interventions to nurture your inner thoughts and feelings.
  2. **Dignity and Respect** - We will set a good example by treating all with fairness, and humanity.
  3. **Non-judgmental and Safe Environment** - We provide a safe space for Victims and Survivors to disclose as they begin their healing journey.
  4. **Commitment** - Providing a positive, pro-active progression pathway to Victims and Survivor's support needs, aimed at positive progression as the individual moves forward.
  5. **Lived Experience** - Lived experience plays a significant role as the foundation for user and survivor involvement within our Charity, we believe, we listen, we hear, we take each other's stories seriously.
  6. **Empowerment** - Aiding self-confidence, self-esteem, and self-worth for a brighter future.
- **Partnership** - We believe in building strong relationships to raise awareness and to promote support and training.
  - **Awareness** - Breaking down stigma, improving knowledge and understanding.

## Statement of Financial Responsibilities and Compliance

The financial statements of *Support for Survivors CIO* have been prepared in accordance with the charity's **Core Business Financial Management Policy (Appendix 10:13)** and comply with the requirements of the **Charities Act 2011** and the **Charity Commission's guidance for Charitable Incorporated Organisations (CC15d)**.

As the charity's gross income for the financial year was below **£250,000**, the financial statements have been prepared on a **receipts and payments basis**, in accordance with the Charity Commission's "**Receipts and Payments Accounts Pack for CIOs**".

The Trustees consider that this method provides a true and fair record of the charity's financial activities and its financial position during the

year.

## Structure Governance and Management

Support for Survivors CIO is governed by its Constitution and managed by a Board of Trustees. Trustees are appointed in accordance with the Constitution and the Charity Commission's guidance. The Board meets regularly to review performance, manage risk, and ensure compliance with legal and regulatory requirements. The charity has adopted policies covering safeguarding, conflicts of interest, financial controls, and risk management, which are reviewed annually.

New Trustees are appointed by the existing Trustees and serve between three and six years, after which they may put themselves forward for re-appointment. The 'Board of Trustees' provides for a minimum of three Trustees to a maximum of 12 Trustees. All Trustees appointed give of their time freely.

At quarterly Trustee board meetings, the trustees work from the agenda presented by the charities Secretary, covering areas for discussion, including matters arising, the Managing Directors report, Finance report, safeguarding and policies, any other business.

## Related Party Transactions and Conflict of Interest

The charity maintains a register of interests for all trustees. Where a potential conflict arises, the trustee concerned withdraws from discussions and decisions. No trustee received any remuneration during the year other than reimbursement of legitimate expenses.

## Public Benefit Reporting

The Trustees confirm that they have complied with their duty under the Charities Act 2011 to have due regard to the Charity Commission's guidance on public benefit. The charity is a trauma informed-led recovery service. Consisting of therapeutic and holistic interventions, support groups, adult learning courses, personal development and recovery, advocacy support, volunteer training, befriending, and mentoring, further education and employment support. Undertaken wholly to support male and female victims and survivors aged 18 and over of abuse and to promote public understanding of the long-term impact of trauma.

1. To actively reduce the distress of victims aged 18+, who are survivors of childhood sexual abuse, including incest, emotional, and/or physical abuse. Additionally, we extend our support to survivors of rape, sexual exploitation, and trafficking.
2. We facilitate recovery and empowerment through a comprehensive



range of therapeutic interventions, support groups, adult learning courses, personal development, mentoring and training, education, and employment support.

3. To raise awareness through campaigning and to improve understanding among professionals working with victims of sexual abuse.
4. All engagement has a strong focus on positive mental attitude for the empowerment, recovery, and well-being of the survivors.
5. To provide holistic employment and progression focused services to enable survivors to successfully enter/re-enter and maintain their place in the workforce.
6. To provide victims and survivors with a comprehensive platform to develop their own recovery and progression pathway in a secure, non-judgmental, and sharing environment.
7. To advance education and awareness of the long-term personal and social implications and long-term effects through training and conference delivery to professionals within the health care, social care, education, and government sectors.

## Risk Management

The Trustees have considered the major risks to which the charity is exposed, including safeguarding, funding sustainability, and beneficiary vulnerabilities and volunteer wellbeing. Systems and policies have been established to mitigate these risks, including staff training, regular financial oversight, and an active safeguarding policy. The Trustees are satisfied that appropriate measures are in place to manage these risks effectively.

## Safeguarding and Operational Policies

Safeguarding is central to all aspects of the charity's work. Support for Survivors CIO operates in line with statutory safeguarding guidance and has a Safeguarding Policy, DBS Policy and Code of Conduct. All staff and volunteers receive regular safeguarding training, domestic abuse training, and training appertaining to operation and service user safety. Concerns are reported and managed in accordance with these policies.

## Gov.Com Introduction and Latest Information

The scale of child sexual abuse is truly staggering. Children make up only 20% of the population but are the victims in 40% of all sexual offences. 7.5% of all adults in England and Wales are estimated to have been sexually abused before the age of 16, according to the Office for National Statistics' Crime Survey for England and Wales. That equates to 3.1 million adult victims and survivors of child sexual abuse.

1. The National Crime Agency's National Strategic Assessment of the Child Sexual Abuse Threat in 2025 makes clear that the risk to children from sexual abuse continues to increase, aggravated by evolving online environments and technology adoption. It estimates there are up to 840,000 offenders who pose some degree of sexual risk to children, and

there are 400,000 searches for online child sexual abuse material every month in the UK alone.

2. Over seven years of investigation, the Independent Inquiry into Child Sexual Abuse (IICSA) shone a light on the pain and suffering caused to victims and survivors of child sexual abuse and the failure of institutions to prioritise the protection of children in their care over personal and institutional reputations. In doing so, it drew on the testimony of over 7000 victims and survivors and considered over 2 million pages of evidence across 15 investigations.

3. IICSA's findings, culminating in the recommendations in Professor Alexis Jay's final report of October 2022, were a package of measures designed to give greater priority and focus, across Government, institutions and society, to protecting children from sexual abuse and to tackling the systemic weaknesses in organisations and practices which have left children vulnerable, exposed them to harm or denied them access to justice and support. Sadly, since IICSA reported, far too little progress has been made to put IICSA's findings and recommendations into action.

4. Support for Survivors, played a pivotal role within the enquiry, with the Managing Director interviewed on her personal experiences, being sexually abused whilst in foster care, and also as a professional representing the Charity. Many of the charities beneficiaries, were also involved in not only the enquiry, but also the 'Truth Project, where they were able to share their experiences within a safe and non-judgemental environment.

5. At the same time, the Government recognise that child sexual abuse is not a 'historic' issue, and across the country children continue to be subject to horrific sexual exploitation and abuse which has a devastating impact on their lives. The Centre for Expertise on Child Sexual Abuse estimates that 500,000 children are sexually abused every year – in the family home, in institutions, in our communities and online. IICSA, for good reason, focused on how institutions have failed to protect children from sexual abuse, but our response must go further, addressing all of the spaces in which child sexual abuse is perpetrated.

6. Child sexual abuse is an evolving threat with ever-more sophisticated modes of offending creating new risks. That threat includes the exploitation of new technology, including AI, by offenders in the online world; and the growing identification and reporting of peer-on-peer abuse. At the same time, we must also acknowledge and address the harsh reality that the majority of child sexual abuse continues to be perpetrated within the family environment.

7. This Government is committed to put that right and will do everything in its power to prevent the horrors of child sexual abuse, providing the national and local leadership required to tackle offending, protect children from harm, and support victims and survivors, including setting out in this update our next steps towards acting on IICSA's recommendations. **'Source Gov.com April 2025'**

To date we are still awaiting the Governments commitments and their

next steps towards implementing IICSA's recommendations, with survivors standing down on the governments child grooming advice inquiry **'Source BBC Oct2025'**





# EXECUTIVE SUMMARY

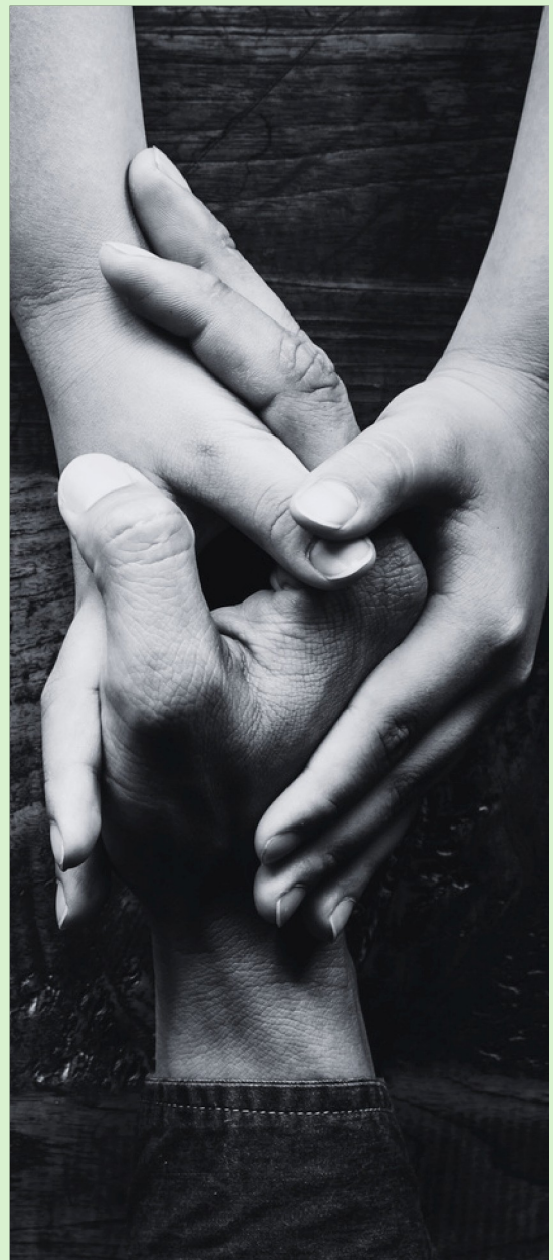
Sexual abuse is a difficult, private and sensitive subject to talk about.

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, neglect abuse, rape and trafficking.

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, throughout the East Midlands.



# 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.**

With our growth has come moments of profound loss. Tragically, we lost two cherished members of our team. Christina Maria Richardson, affectionately known as Tina, one of our dedicated volunteer support workers, passed away from cancer. Marilyn and I were privileged to stay by her side throughout her illness until she died on 15th July 2024, at just 52 years old.

Shortly after, we also lost our Chair, Jeremy William Edward Taylor, known to us all as Jez. From the very beginning, when the talking group exceeded all expectations, Jez was instrumental in shaping and guiding the charity. His vision and leadership steered us to where we are today.

The passing of both Tina and Jez had a profound impact on all of us who devote our time and energy to supporting victims and survivors. They were extraordinary individuals, deeply loved by their families, and their loss was heartbreaking.

Their strength, dedication, and resilience will never be forgotten. We continue to honour their memory through our daily work, ensuring that no survivor ever feels alone. My heartfelt thoughts remain with their families 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 and their families we support, and your efforts are deeply appreciated.

I would also like to thank Joseph Curtis, who was commissioned to work on the charities development towards United Kingdom Accreditation Service (UKAS) and 'The Survivors Trust' National Sexual Violence Service Standards. Thank you to 'The Survivors Trust' team who have consulted with Joseph and Maxi 'Leigh on this big piece of work, where the charities governance, policies and procedures, volunteer welfare, service users safety, risk, safeguarding, incidents and behaviours and financial procedures are scrutinised and categorised into the charities charter. Well done and thank you Joseph and 'The Survivors Trust' who the charity is a member of.

The Survivors Trust was also involved in the volunteers trauma training, safeguarding, conflict and Independent Sexual Violence Management.

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

We continued to develop relationships with organisations, specifically 'The Police and Crime Commission' with Joseph and I having a meaningful meeting and discussion with 'The Maggie Oliver Foundation' who provide emotional and legal advocacy to survivors who are based in the United Kingdom.

We have been partnering with Nottingham Trent University year in year out. This year the students worked on how the charity further requires theory and evidence based research to justify how our peer led service helps recovery seen in the provided scenario of one of the charities case studies.

- Trauma-informed Care and its relevance to Support for Survivors Charity
- Integrative Evaluation Strategies: Enhancing Psychological Resilience and Somatic Healing to Demonstrate Service Impact.
- Harnessing Survivor Narratives and Digital Storytelling to Strengthen NHS Funding Appeals.
- Tracking progress of service users ongoing recovery from beginning of access to services.
- Implement qualitative questionnaire for effective evaluation strategies to improve chances of funding.
- Raising awareness and funding avenues through social media.

I want to say a huge thank to **Dr Ryan Lumber** M.Sc., CPsychol, FHEA Senior Lecturer in Psychology and his students on the Theory and Applications to Mental Health module.

### The High Sheriff of Nottinghamshire

On the 2<sup>nd</sup> day of October 2024, the High Sheriff of Nottinghamshire and The High Sheriff's Lady arrived at the Sherwood Community Centre came to visit the charity in recognition of great and valuable services to the community. The award also recognises the appreciation of the residents and the people of the said High Sheriff's County for activity and contribution in enhancing the life of the community.

The award was presented to me, with many beneficiaries, trustees, family and friends celebrating the award. A massive thank you to you all, as always I am so humbled, you continue to touch and warm my heart.

I continue to sit on the following boards.

- Church of England National Safeguarding Panel, (NSP) as a survivor advisor
- 'Director' Beyond Just Words, delivery of survivor training throughout the Catholic Church
- Southwell Diocese, Designated Safeguarding Advisory Panel, (DSAP) as a survivor advisor
- Southwell Minster Cathedral Safeguarding Management Group (CMSG) as a survivor advisor.

## Funding and Sustainability: A Year of Challenge and Resilience

This year has been one of the most challenging periods we have faced in terms of funding. Despite submitting numerous funding applications, we have experienced repeated rejections. The demand for grant funding across the sector has grown enormously, and this has had a significant and detrimental impact on our charity's financial stability.

In all my years of applying for grant funding, we have never encountered such difficulty. The level of competition and the limited availability of resources have made it increasingly hard for small, community-based organisations like ours to secure the support we need to continue our vital work.

As a result, we are now exploring new and creative ways to sustain our services. This includes increasing our focus on **community fundraising**, **partnerships**, and **public awareness** initiatives, looking beyond the traditional "grant funding box."

It is deeply concerning that, despite national inquiries and research, such as the Inquiry into Child Sexual Abuse, many of the recommendations, including those from **Professor Alexis Jay**, have yet to translate into meaningful change or tangible outcomes for survivors and the organisations that support them.

Our community continues to feel unseen.

We provide crucial support to individuals living with the effects of trauma, abuse, and mental health challenges, yet we remain largely unsupported by mainstream services, including the NHS. This lack of systemic recognition and funding places further strain on charities like ours, which continue to bridge the gap for those most in need.

Despite these challenges, our commitment remains steadfast. We will continue to advocate, support, and empower survivors, ensuring that their voices are heard, and their recovery journeys are respected and supported.

***Maxi Leigh*** FOUNDER / MANAGING DIRECTOR

# Key Achievements and our Services

The past year has been another testament to the strength of our community, and the resilience of our survivors we support, and

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



At Support for Survivors, we believe in meeting survivors where they are on their journey, to healing and recovery, and we offer a range of tailored services to suit their individual needs.

It's also important to inform you, we consult with our survivors annually, as well as recommendations from Nottingham Trent University our research partners, this is also informed by survivor input, what they would like researching on their lived experiences as survivors.

Some of the services we provide include the following, and here are some of the highlights:

**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.



- Counselling – Mindfulness – Emotional Person-Centred Support- Yoga
- Relationship and family mediation- Pastoral support
- Chaperone and Advocacy support
- Support with Police, Legal, and Courts – Safeguarding – Domestic-abuse
- Peer-led support groups – Peer-led focus groups – Weekly Drop-in
- Creative Arts -
  - Help to housing, homelessness, welfare and benefits, addictions
  - Self-harming and suicide ideation.
  - Wellbeing and Wellness plans – Food banks

## Interventions for Survivors' Mental Health and Well-being

Our interventions are designed to enhance the mental health and alleviate the trauma distress of survivors, providing a supportive environment for connection, sharing, and mutual strength. Many individuals face isolation, lacking someone to talk to who truly understands their experiences.



In response to growing demand, our programs have expanded to foster mental, physical, and emotional healing. It is widely recognized that mental health challenges can significantly affect physical health in various ways. Many survivors report experiencing physical symptoms such as fibromyalgia, anxiety, panic attacks, nightmares, and chronic fatigue, along with other persistent health issues.

It is crucial for survivors to have a voice in their healing process. We prioritize a patient-centred approach, allowing them to progress at their own pace after being referred to our services. While we respect their autonomy, we ensure ongoing support by monitoring and reviewing each individual's progress every six weeks, collaboratively agreeing on their continued support and the steps to move forward.

Let's have a look at our Interventions Beneficiary Attendee's

## Weekly Drop-In Sessions



We host a weekly drop-in that originally catered to men and women separately. However, through our discussions with survivors, it became evident that gender was not a determining factor in the healing process. All attendees have experienced abuse, and this shared understanding was crucial.

One of the most significant developments has been the successful integration of female survivors who initially hesitated to mix due to fear. Over time, many of these individuals have formed friendships with male survivors, fostering a sense of community and support.

The drop-in sessions play a pivotal role in promoting mental health and healing. Participants experience equality and camaraderie, forming friendships that extend beyond the sessions. They engage in various social activities, such as fishing, knitting, creative projects, playing games, and enjoying meals together, clothing and household goods are available for those in need, all of which contribute to a profound sense of belonging.

While our conversations do not center around specific details of past abuse, there is a deep, collective awareness among attendees that everyone has faced similar challenges in their childhood. This environment of mutual support and understanding is essential for their healing journey. We also invite health professionals to come along and raise awareness, specifically from Nottingham University Hospitals, this year speaking about diabetes, we had Lord Barrister, born into the circus, his mother was a trapeze artist, three visits by individuals from Carlton, Mapperley and Nottingham Rotary club.

January 2024 through to December 2024 we held **44 drop-in sessions** with **606 individuals** accessing this service, throughout the year **183 men** attended compared to **423 women**.

There are always between three to four support workers within all of our sessions, with risk assessments and safeguarding at the heart of all of our support work.

## Emotional Peer Support – Counselling – Mindfulness Sessions

### Empowering Healing Through Trauma-Informed Care

Our charity is committed to delivering comprehensive, trauma-based emotional support tailored specifically for victims and survivors of childhood abuse. Through our specialised trauma counselling and mindfulness sessions, we empower individuals to navigate their healing journeys with resilience and strength.

By fostering a safe and nurturing environment, we help survivors reclaim their voices, build meaningful connections, and cultivate emotional well-being. Together, we are transforming pain into hope and facilitating profound healing for those who need it most.

Let's have a look at how many sessions we did.

We **delivered 52 mindfulness sessions** as well as **six group mindfulness sessions**, with **5 women** at all sessions, all who attended were **11 women** and **1 male**, with **3 women** accessing yoga sessions.

Trauma emotional peer support and counselling sessions we did a total of **283 sessions** in total. There were **75 men** in total and **208 women**. These sessions are mostly face to face or via digital platform.

## Service-User Away Day



A Special Day of Gratitude and Joy

Support for Survivors extends our heartfelt gratitude to Carlton Lottery for their generous donation, which enabled us to organize a memorable day trip for our service users on August 14, 2024. For many of our participants, this was their first opportunity to leave Nottingham City, and among those, several had never had the chance to visit the seaside.

We consulted our survivors on their destination, and the unanimous choice was Skegness. On a beautifully sunny day, we gathered at Nottingham Train Station, with one couple choosing to drive and meet us there. This outing marked a significant milestone for our charity, as it was the first time we could take our service users on such an excursion. Thanks to the funding, we treated everyone to a delightful serving of fish and chips.

A total of 15 travelled by train, with two arriving by car. The day was filled with laughter and joy, particularly for one of our female service users who had never experienced the seaside. She was eager to feel the sand beneath her feet and take a dip in the sea. The sense of camaraderie and mutual support among everyone was truly extraordinary.

This experience exemplifies the positive impact of our ongoing services and the continuity of support throughout a survivor's journey with our charity.

## REFERRALS RECEIVED

In 2024, our services expanded, allowing us to support **438** survivors, with **75** referrals currently on our waiting list.

This year, we continued to see a significant number of referrals to our services, reflecting the increasing need for the support we provide. We noted **36 (Thirty six)** self-referrals, with **39 (Thirty nine)** received from NHS Services.

Unfortunately, due to lack of funding the date of the oldest referral on our waiting list, dated back to 09/02/2023. Nine (09) referrals due to be processed.



The charity proactively engaged with the NHS Mental Health Care Trust to seek funding support, providing evidence of our impact and the significant savings we offer to the NHS. Unfortunately, these efforts did not yield the desired results, but we remain committed to ensuring that each individual does not face their healing journey alone.

**Nottingham City Referrals equated to 36 (Thirty Six)**

**Nottinghamshire County Referrals 36 (Thirty Six)**

**East Midlands ‘Three’ (3)**

**Male referrals equated to 30 (Thirty)**

**Female equated to 45 (Forty Five)**

## Ethnicity

<b>White Caucasian</b>	<b>64</b>	<b>White/Black (Mixed Race)</b>	<b>01</b>
<b>Asian</b>	<b>06</b>	<b>Pakistani</b>	<b>01</b>
<b>Syrian</b>	<b>01</b>	<b>Indian</b>	<b>01</b>
<b>African</b>	<b>01</b>		

# 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 victims and survivors of abuse across the country.

<b>Birmingham</b>	<b>01</b>	<b>Scotland</b>	<b>01</b>
<b>Cambridge</b>	01	Cardiff	01
<b>Essex</b>	01	Surrey	01
<b>London</b>	04	West Midlands	01
<b>Norfolk</b>	02	Yorkshire	01



<b>Peterborough h</b>	01		
---------------------------	----	--	--

# In-House 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 2024, we made **32 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 work 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 To:	
General Practitioner (GP)s	17	Mental & Physical Assessment
Nottingham City Council – Adult Social Care	01	Assessment for living conditions needs
Talking therapies	02	Counselling (other area required)
The Tomorrow Project	02	Suicide ideation and self-harm intervention
Personal Independent Payment	01	Mandatory

		reconsideration mobility component
<b>GP</b>	01	Support letter supporting housing application
<b>GP</b>	01	To support female through her smear test
<b>Framework</b>	01	Nature in mind for mental health
<b>Notts County Council and Adult Social Care</b>	01	Assess for living conditions needs
<b>DWP</b>	01	Tribunal - PIP
<b>DWP</b>	01	Support letter regarding trauma & mental health engagement
<b>Criminal Injuries Compensation</b>	01	Claim for violence
<b>A.M. Law Solicitors</b>	01	Report for court hearing
<b>Magistrates Courts</b>	01	Service-user hearing to re-claim home to evict tenants
<b>Schools Appeals Teams</b>	01	Service-user support re child catchment area.
<b>Capita</b>	01	Work capability assessment



# STORIES OF IMPACT

Year on year out we have witnessed countless stories of resilience and healing within our community. One survivor, after completing our one to one counselling, who suffered with suicide ideation for over a year, this impacted not only his family but his work, and social life shared:

*"Support for Survivors, thank you for everything you have done for me, I really don't think anyone else could have helped me like you have helped me, I tried private and online sessions, they did not help me or work. I feel born again, and have had a great year. Remember, how much you help so many people. You have made such a difference to my life, and I will be forever thankful".* (Source male survivor)

*"I knew as soon as you answered the phone that I had found the right place for my emotional support. As soon as I heard your voice, it got inside my heart, finding the right person, and the right charity".* (Source male survivor)

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

---



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 those they serve.

Volunteers are the heartbeat of Support for Survivors, and their dedication continues to be a driving force behind the success of our programs. In 2024, we were fortunate to have **nine dedicated volunteers**, each of them went above and beyond, offering their time, empathy, and skills to support survivors on their recovery journeys.

## Volunteer Contributions

- **Total Volunteer Hours: 2,563.10 hours**
- **Telephone support 128 hours**

Despite some volunteers being unable to work certain months due to illness, their collective contributions were immense, demonstrating their unwavering commitment to our mission.

# Recognition of Outstanding Achievement in Peer Support Work

---

Our **Office Manager** has been a dedicated volunteer with us for over seven years and, at 74 years of age, continues to flourish in her role. Her commitment is truly remarkable — she rarely takes time off and always feels compelled to be available for survivors who may be struggling.

She shared, *“This charity is my life. It keeps me going, and I gain so much satisfaction from being able to help and support both our male and female victims and survivors on their healing journeys.”*

I am immensely proud to highlight the exceptional dedication of one of our peer support workers, who has demonstrated remarkable resilience throughout her journey. Over the years, she has faced significant challenges, including childhood abuse, domestic violence, addictions, and various associated traumas. Her unwavering commitment to personal growth is evident in her consistent attendance at counselling, mindfulness, personal development and recovery sessions and advocacy support.

Her journey continued with our mindfulness program, where her transformation was nothing short of inspiring. Together, we had the privilege of participating in the Nottingham Practice Development Unit (PDU) in collaboration with the Nottingham Community and Voluntary Service, engaging in the "Bereavement and Loss: Working Therapeutically with Grief" program. This extensive training has equipped us both to facilitate one-on-one and group bereavement programs effectively.

It is a testament to her strength and dedication that she has overcome these adversities and emerged as a qualified professional in this essential area of support. Congratulations on this well-deserved achievement!

# 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 wellbeing, 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.



# End of Year Accounts

## 31/12/2023 – 31/12/2024

Total (Carried Forward)	£ 8902.34
INCOME	
Grants/Fundraising	+£37,797.25
EXPENDITURE	
Total Expenses	-(£46,332.70)
CLOSING BALANCE	
Total	£ 366.89

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

INCOME	TOTAL
Business Donations	£3 148.00
Event Revenue	£ 474.09
Grants	£21150.00
Misc Donations	£ 9723.53
Personal Donations	£ 747.00
Program Revenue	£ 2554.63
Gross Revenue	£37797.25

EXPENSES	TOTAL
Office and Equipment	£ 3874.80
Legal and Financial	£ 851.57
Marketing and Advertising	£ 19.00
Training and Resources	£ 500.00
Rent	£ 7213.24
Sundry	£ 2656.41
Volunteer Expenses	£ 2839.73
Transport and travel	£ 1198.95
Vehicle	£ 229.00
Professional	£26950.00
TOTAL	£46332.70

# STRATEGIC FOCUS - 2025

As we look ahead, our focus still remains on growth and deepening our impact in 2025, we plan to:

- **Expand our services** to reach even more victims and survivors, both locally and nationally.
- **Accredit our Personal Development and Recovery Program**, ensuring it continues to be a gold standard in survivor care and recovery, both in person and on-line.
- **Strengthen our volunteer training**, by 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 victim and survivor is turned away.
- **Securing Employment for Continued Support** To strengthen our volunteer team and support our Managing Director, we have reached a pivotal point where we have demonstrated our sustainability despite challenges in funding. We are not only surviving but also thriving as an organisation.



# Trustee Reflection – Gavin Amatt-Carter

*As I pause to reflect on this past year, I notice a deep sense of both weight and gratitude in my body. It has been a year that has tested our resilience as a board and as a community. The financial figures and policies, I feel the heartbeat of what this charity truly stands for, the courage of survivors and the quiet, steadfast compassion that sustains our work.*

*Sitting as a trustee with ‘Support for Survivors’ I often experience a subtle hum in my chest when I witness how lived experience shapes our ‘Governance’. We are not a distant board making abstract decisions; we are a collective of human beings holding the stories, pain and triumphs of others with reverence. Each conversation around risk, safeguarding, funding, or volunteer wellbeing carries the echo of the lives we touch. That awareness grounds me, it reminds me that leadership, in this context, is as much about listening as it is about guiding.*

*This year brought both inspiration and loss. The deaths of Tina and Jez were deeply felt throughout our community. I sensed their absence like a stillness in the room, a quiet pause that invited reflection on what it means to serve with heart. Their commitment lives on in every act of kindness within our charity. Their legacy reminds me that trauma-informed care is not only about techniques or policies, but about the quality of our relational presence, the compassion we extend to each other as we extend it to survivors.*

*From my perspective as a trustee, one of the most striking developments has been how survivors themselves are shaping the direction of our services. Their voices are no longer peripheral; they are the compass guiding our growth. This embodiment of co-production feels aligned with the values of empathy, dignity, and empowerment that run through every aspect of our ethos. It is also an affirmation that healing and governance can coexist, that strategy can be rooted in humanity.*

*I am also aware of the tension between our compassion and the financial realities we face. Reading the funding reports, I felt a heaviness in my stomach, the familiar frustration that such essential, life-changing work must continually fight for*

survived. Yet, I also felt a quiet determination that within me. This charity has never been about despair. It is about persistence, creativity, and faith in what can grow when people are met with belief rather than bureaucracy.

As trustees, we hold a collective responsibility to maintain ethical integrity, to ensure sustainability, and to model the trauma-sensitive culture we wish to see in the world. For me, this is not just governance; it is relational stewardship. I have learned that when we listen with empathy, when we allow space for creation and embodiment in decision-making, the charity itself becomes more humane, more resilient, more alive.

Looking ahead, I feel both humbled and hopeful. There is still much to be done, in policy, in research, in supporting those still waiting for help. But there is also a growing light in what we have built together. We are creating not only a service, but a sanctuary, a space where stories are allowed and are spoken, and where healing becomes a shared act of courage.

For this, and for every survivor who continues to teach us what resilience truly means, I offer my deepest gratitude.

**Gavin Amatt-Carter – Trustee – Support for Survivors Charity**

# End of Annual Report

## SUPPORT FOR SURVIVORS

### 31/12/2023 – 31/12/2024



# Maxi 'Leigh

