

ABUSE NEVER BECOMES US UK (ANBU)

England & Wales · Charity number 1178540

Details

Status Registered

Legal form CIO

Registered 2018-05-29

Register [View on the Charity Commission register](#)

Contact

Address 23 Wallis Close
London
SW11 2BA

Phone 02079785169

Email ask@anbu.org.uk

Website www.anbu.org.uk

Activities

Objects: TO RELIEVE THE PHYSICAL AND MENTAL TRAUMA AND DISTRESS OF THOSE WHO HAVE BEEN IMPACTED BY CHILDHOOD SEXUAL ABUSE ENABLING THEM TO FIND THEIR VOICE, PROVIDE A SPACE FOR THEM TO HEAL AND OFFERING SUPPORT, PARTICULARLY THOSE IN THE TAMIL COMMUNITY.

Activities: ANBU UK supports survivors of childhood sexual abuse in the Tamil community by providing healing and empowerment through holistic support, resources and advocacy. ANBU UK currently focuses support activity in the London area, delivering holistic group therapy services.

Classification

- **How:** Provides Services, Provides Advocacy/advice/information
- **What:** General Charitable Purposes, The Advancement Of Health Or Saving Of Lives, Other Charitable Purposes
- **Who:** Children/young People, Elderly/old People, People With Disabilities, People Of A Particular Ethnic Or Racial Origin

Geography

- Throughout England

Finances

Period end	Income	Expenditure	Assets	Employees
2025-03-31	£4,212	£1,809	-	-
2024-03-31	£1,609	£1,415	-	-
2023-03-31	£2,879	£560	-	-
2022-03-31	£12,604	£3,847	-	-
2021-03-31	£8,245	£4,026	-	-

Trustees

Name	Role	Appointed
AHRABI RAJKUMAR		2022-07-07
Arathi Rajanth		2023-05-30
Dr Hannah Begum		2023-05-30
GAYATHRI NAGARAJAN		2022-07-07
Nibarna Kannathasan		2025-03-26
Vanisha Jassal		2020-11-10

ABUSE NEVER BECOMES US UK (ANBU)

England & Wales - Charity number 1178540

Accounts



Trustees' Annual Report for the period

From	Period start date			To	Period end date		
	01	04	2024		31	03	2025



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	Gayathri Nagarajan	Co-chair of Trustees	30/06/2024 to present	
2	Ahrabi Rajkumar	Co-chair of Trustees	30/06/2024 to present	
3	Hannah Begum			
4	Nibarna Kannathasan		26/03/2025 to present	
5	Vanisha Jassal			
6	Vanajah Srinivasan	Chair of Trustees	01/04/2024 to 30/6/2024	
7	Arathi Rajanth	Treasurer		
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19				
20				

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

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.

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)

ANBU UK advanced its charitable objects by strengthening leadership and governance, ensuring continuity and safeguarding in the delivery of culturally-sensitive support to Tamil survivors of childhood sexual abuse. During this period, the charity recruited and inducted a new Director and refreshed its leadership team, supported by robust HR processes, safeguarding training, DBS checks, and regular supervision and reflective practice. Monthly core meetings, sub-team sessions and quarterly trustee meetings ensured effective oversight, while an Away Day and self-leadership programme helped build staff resilience, ethical practice and sustainability in trauma-informed work.

For the direct public benefit of survivors and the wider Tamil community, ANBU UK delivered a range of specialist services and therapeutic interventions. The Transition and Wellbeing Project 3 provided group talking therapy to Tamil survivors, while a Check-In Service was launched to offer tailored emotional and practical support. Through outreach workshops, university engagement, ambassador activities, and training sessions with organisations such as Rape Crisis England and Wales, Tamil Special Children UK, and local VAWG forums, ANBU UK raised awareness of consent, disclosure pathways, intergenerational trauma, and safeguarding, reaching parents, students, practitioners and community members. Social media campaigns, blogs and educational videos further extended this impact by sharing accessible mental health information in Tamil and English.

ANBU UK also promoted public benefit through community engagement, fundraising and partnerships that amplify survivor voices and strengthen collective responses to abuse. Events such as the 6th Anniversary Art Exhibition, Tamil Heritage Month activities, International Women's Day collaborations, and academic lectures created safe spaces for dialogue, healing and learning. The charity continued to work with partners including TEF, Barnardo's, the CSA Centre of Expertise and others to improve practice and influence culturally competent support. In carrying out these activities, the trustees confirm that they have had due regard to the Charity Commission's guidance on public benefit, ensuring that ANBU UK's work is directed toward delivering clear and meaningful benefit to survivors and the wider public.

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

Recruitment for a new Director began in mid- June 2024. The previous Director pack, job description and job profiles were updated as ANBU UK publicised its vacancy. Interviews began in mid- September 2024 till mid-October 2024 with the aid of a member from the Tamil Endowment Fund (TEF) before giving the position to the new Director at the end of October 2024. After being externally recruited, the new Director began a process of shadowing the current Director's work from October 2024 till December 2024 before being appointed the role officially from January 2025.

The Leadership team consisting of a new Outreach Lead, Therapeutic Coordinator Lead, new Social Media Lead and two Operational Leads alongside the new Human Resource Coordinator, supported the new Director in her role as the team transitioned into new leadership. The HR Co-ordinator was internally recruited in May 2024 and is line managed by one of the Operational Leads. The previous HR Lead provided a thorough handover as she stepped down in May 2024. As our previous Outreach Lead stepped down in May 2024, official handover documents for the ANBU wellbeing service, outreach, individual check- ins and group reflections were provided. Leadership exit interviews were completed by August 2024.

Each new core member and the new Director was inducted and trained in adult safeguarding, intergenerational trauma and how to manage disclosures. All members of ANBU UK had 1:1 meetings with the new Director after they were inducted and sent a welcome pack to ensure a smooth transition into the team. Our Human Resources team ensured their DBS checks were completed, and statements of understanding on our Code of Conduct were signed.

Monthly core team meetings continued throughout the year to check- in with reflections from the previous month of ANBU UK activities and to plan for the month ahead. 1:1 check-ins with the leadership team, collective reflections, monthly peer supervision for the Director and Leads alongside monthly safeguarding supervisions continued.

Internal fortnightly to monthly subteam meetings occurred for the website, HR, safeguarding, research, mental health awareness and leadership team. Quarterly meetings continued for the Board of Trustees. From June 2024, another Trustee became the interim Chair of Trustees, which continued for the rest of the financial year. Our previous Chair of Trustees stepped down at the end of this financial year in March 2025.

We have been running our university representatives' programme, ANBU Ambassadors, for over 4 years. 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 and coordinating specific university outreach sessions. Students are an important target group for ANBU UK as university is often the first time an individual identifies as a survivor or begins to process trauma. It can also be a time where relationships are explored further, where consent and healthy relationship information is crucial.

Their induction included training on CSA, consent and inclusivity. Our ANBU Ambassadors have produced and shared social media content. Our Ambassador mentors also provide 1:1 check-ins alongside group

reflections to ensure their well-being is prioritised. Monthly ambassador meetings continued to create space for Ambassador mentors to liaise with our university representatives to aid outreach planning at universities, help ambassadors signpost survivors from their universities to us or other organisations and supervise them in producing social media posts.

Initially we had 10 university students who had been recruited as ANBU Ambassadors but as they graduated in 2024, we discontinued the ambassadors programme in October 2024 after recruiting some ex-Ambassadors as core team members.

ANBU UK's 6th Anniversary and 2024 Christmas

On Saturday 8th June 2024, ANBU UK celebrated its 6th Anniversary as a UK registered charity with an Art exhibition. The theme was 'Healing from Trauma,' and there were a variety of artists, singers, musicians, dancers and a DJ from the Tamil diaspora, including artists and performers who came from Malaysia and Norway or sent videos from Australia. Attendees enjoyed a range of Tamil food whilst enjoying the displayed artwork in a range of media, listening to spoken word and watching the performances.

On 14th December 2024, ANBU UK had their annual christmas party whilst also celebrating the last 3 years of achievements as the previous Director stepped down and the new Director was welcomed to the team. This was a chance for previous collaborators and ANBU friends to join in the celebration and to meet the new Director in person.

ISVA service and Self- Leadership

In July 2023, we reflected on the ISVA service at ANBU UK and considered changing its structure and model in the near future. This developed into the wellbeing- check-in model from 2024. This was taken up by the new Outreach Lead.

The 6 month self- leadership programme by our initial Outreach Lead/ ISVA ran from January 2024 till June 2024. It formed the second hour of our monthly core team meetings. Each week a different topic was discussed. The sessions were as follows:

1. What role does radical self- care play in our collective liberation as people? (Self- care manifesto)
2. How we identify and navigate boundaries to take care of ourselves and others
3. Mapping Networks: Discussing our work as not in isolation but drawing from and learning from the past and present. We stand on the shoulders of those came before us.
4. Sustainability of Movements and Change: What challenges do organisations like ANBU UK face in sustaining themselves? Reflecting on our relationships to change.
5. Solidarity, Standing with Others: How do we show up for others in our daily lives and how do they show up for us? What are the barriers/ challenges in standing up for others or others standing up for us?
6. Reflecting on Identity: What part of our identity do we bring and don't bring to our role in ANBU UK?

Once our previous Outreach Lead/ ISVA stepped down and completed the self- leadership programme with a community lens in June 2024, the

new Outreach Lead and our Therapeutic Coordinator Lead re-commenced the programme with a mental health perspective in October 2024.

Fundraising

December was a milestone month, with the launch of the ANBU Shop, creating a new platform to raise awareness and generate resources for our work. We also introduced the ANBU UK Check-In Service, offering emotional and tailored practical support for survivors of rape, sexual abuse, and sexual assault. This service is now accessible through our website, making specialist, culturally sensitive support easier to reach.

ANBU UK Away Day

On 21st July 2024, ANBU UK had its second Away Day facilitated by our previous Outreach Lead and ISVA as her parting gift. It was an opportunity to reflect on every self- leadership session we had after each core team meeting. We incorporated outreach training via workshop facilitation with scenarios, discussed adult safeguarding and how to manage difficult outreach situations as we drew to a close.

Social Media

ANBU UK's social media team continued co-ordinating Instagram, facebook, twitter and LinkedIn posts, restarted blogs/ vlogs/ artwork on our website and started a Tik Tok page. We launched the start of our monthly blogs, vlogs and artwork during 16 days of activism against gender based violence by discussing post-traumatic stress disorder, war crimes and intergenerational trauma. We also launched our mental health awareness videos on metaphors used to help promote mental wellbeing in Tamil. In February, 2 volunteers created a video on disclosure pathways and available medical support, including forensic examination procedures for survivors who may choose to report. This video was shared widely on ANBU's social media, helping to demystify processes and empower survivors with clear, accessible information.

Transition and Wellbeing Project 3

After successfully launching the Transition and Wellbeing Project (TWP) in early 2019 and TWP2 was held in 2022. In 2024, we recruited a BACP accredited Tamil Therapist for TWP3 who provided group talking therapy to Tamil survivors of childhood sexual abuse. They received 6 group talking therapy sessions of up to 2 hours each from June 2024 to July 2024. The therapist also received safeguarding check- ins with ANBU UK's Safeguarding Lead throughout. A month later, they also received a virtual group check-in session. We received great feedback from our clients and we hope to plan for TWP4 in 2025.

Outreach Workshops and Events

Penmai Fest kindly invited us to their event hosted by Karapincha and Panash on Sunday 2nd June and donated some of the money from their ticket sales to ANBU UK. Tamil business and performers came together to celebrate Tamil heritage and honour Tamil women whilst enjoying Tamil food. During the award ceremony, ANBU UK Director was awarded

for 'their exceptional contribution to the field of mental health for our Tamil community.' ANBU UK also had a stall to sell merchandise for fundraising purposes and spread awareness of CSA in the Tamil community.

On 7th June 2024, Meiveli TV interviewed two ANBU UK volunteers about the service ANBU UK provides and the changes we as a community could be part of to better support Tamil survivors of CSA. During the interview, the impact of CSA, the consequences of a perpetrator being a community leader, children and adult safeguarding and signposting to other organisations including Tamil speak mental health charities.

On 14th June 2024, Secrets Worth Sharing co-hosted a listening circle with ANBU UK a year after their joint podcast episode on cultural sensitivity and experiences of Tamil and Vietnamese diaspora survivors of CSA in the UK. During the Listening Circle, clips from a Vietnamese film and a Tamil film depicting the family's response to a CSA disclosure were used to discuss how CSA is discussed in the media. The safe space created opened up discussions on how incidences of CSA can be responded to or reacted to by members of our communities, discussing the similarities and differences. The consequences for the survivor, the family and the perpetrator were also explored. The session ended with what steps communities and services can take to facilitate culturally sensitive approaches.

On 27th June 2024, the Redbridge Domestic Abuse Partnership Lead invited ANBU UK to present their work at the Redbridge Violence Against Women and Girls (VAWG) Practitioner Forum. This was an opportunity to share best practice as well as create awareness of our charity for patients to be referred to. We also discussed key challenges as frontline staff and how services could work better in partnership.

On 3rd August, ANBU UK presented their work and their Tamil community Needs Assessment at the Tamil Academic Journal 2024 Conference. Disclosing CSA, the healing, transition and wellbeing of Tamil survivors were explored. The key practitioner messages were presented before the Needs Assessment Report was sent to attendees.

On Tuesday 22nd October, ANBU UK provided training for Rape Crisis England and Wales 24/7 Helpline staff on intergenerational trauma and managing disclosures using a trauma informed, culturally sensitive approach. We discussed the difficulties families may experience from forced migration and the impact this can have on family dynamics after a CSA disclosure. We explored the impact of individual trauma and collective trauma whilst being mindful of the impact of acculturation. We emphasised the importance of unconscious bias, not making assumptions about cultures and how each Tamil family may have different dynamics.

On 29th November 2024, Tamil Special Children UK invited ANBU UK to provide an outreach session virtually for Tamil parents of children with disabilities in Tamil. We discussed ANBU UK's work, parents providing sex education, understanding puberty, barriers to disclosing CSA in the Tamil community, identifying signs of CSA including in children who are non-verbal, parental support as well as children and adult safeguarding. There were 60 attendees and case studies were used to promote intergenerational conversation, including Questions and Answers with a Tamil CAMHS (Child and Adolescent Mental Health Services) Psychiatrist in a safe space.

In early 2025, our focus on community engagement and education deepened. We connected with the community during Tamil Heritage Month in January.

March 2025 was marked by vibrant community-led events centred on women's empowerment and survivor voices. We took part in the Mangai event and the OruKural "Amplify HER" International Women's Day event at Harley Lounge, creating safe spaces to celebrate resilience and strengthen solidarity.

All our outreach sessions and training sessions include preparation meetings and reflective sessions afterwards both with the facilitators/ collaborators and internally with the organising team.

Research Panel

In April 2024, we formed a Research Panel to discuss proposals from researchers who would like ANBU UK to support them in recruiting for focus groups or participation in their studies. We also devised guidelines and a protocol regarding research proposal considerations with 3 part assessments on when we would accept or reject being part of a research study. This includes whether the summary of the proposal aligns with ANBU themes, the level of participation required by ANBU UK/ survivors/ participant and service user safety, for example ethics approval, risk assessment and safety plan being in place. The research panel met in May 2024 and July 2024 to discuss all the proposals to date.

External Relations

Our External Relations Officer stepped down in August 2024 and they provided the Outreach Lead and Operational Lead with a handover and progress document. This year we continued liaising with Tamil Endowment Fund (TEF) as they supported us with recruiting a Director and discussing our fundraising, finance and strategy development and model. ANBU UK has continued regularly liaising with CSA Centre of Expertise Strengthening Services, Rape Crisis England and Wales 24/7 Helpline, Bernado's, Secrets Worth Sharing and The Children's Society to discuss future collaborations.

Brief statement of the charity's policy on reserves

ANBU UK had net income of £2,403 for the year ending 31 March 2025, with gross income of £4,212 offset by expenses of £1,809.

Total income in the year of £4,212 was comprised of £1,624 (39%) from donations via JustGiving, £131 (3%) individual fundraising, £465 (11%) from a community donation for ANBU Birthday event, £80 (2%) SwS speaker fee, £400 (9.5%) from charity called MADL (Making a Difference Locally) podcast, £1512 (36%) other income includes - Rape crisis training £1500 and £12 sum up merchandise payments at an event.

There were £1808 in expenses in the year ending 31 March 2025. Of this amount, we have the running cost as Insurance £145 (8%), Web hosting £387 (21%) and Sundry Expenses 122 (7%), Transition and Wellbeing (TWP) related cost £1081 (60%) and Need assessment £73 (4%)

Cash reserves

The charity started the year with cash in reserves of £17,785, and due to the positive net income discussed above, funds increased by 14% to £20,188 as at 31/03/2025. As such, our cash position at year-end remains strong, and there are no areas of concern.

Details of any funds materially in deficit

£800 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 reserve is slightly increased due to current inflation and expenses. This amount was determined by reviewing the charity's current core fixed costs and preparing a best estimate for 1 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

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

Signed on behalf of the charity's trustees

Signature(s)  _____

Full name(s) Ahrabi Rajkumar _____

Position (eg Secretary, Chair, etc) Co-Chair of the Board of Trustees _____

Date 14th January 2026 _____



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

For the period from	Period start date 1/4/2024	To	Period end date 31/3/2025
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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 - via JustGiving	1,624		-	1,624	273
Donations - via Facebook	-	-	-	-	-
Donations - individual fundraising	131	-	-	131	-
Donations - via Amazon	-	-	-	-	80
Donations - By small Business		-	-	-	300
Community Fundraising	465	-	-	465	901
Other	1,992	-	-	1,992	55
		-	-	-	-
Sub total(Gross income for AR)	4,212	-	-	4,212	1,609
A2 Asset and investment sales, (see table).					
	-	-	-	-	
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	4,212	-	-	4,212	1,609
A3 Payments					
Survivor Projects			-	-	-
Website	387	-	-	387	424
University Outreach		-	-	-	-
Insurance	146	-	-	146	146

TWP		1,081	-	1,081	540
Training		-	-	-	35
Need Assessment	73	-	-	73	212
Anbu Representation	-	-	-	-	60
Sundry expenses	122	-	-	122	-
Sub total	728	1,081	-	1,809	1,417
A4 Asset and investment purchases, (see table)					
	-	-	-	-	
	-	-	-	-	
Sub total	-	-	-	-	
Total payments	728	1,081	-	1,809	1,417
Net of receipts/(payments)	3,484	- 1,081	-	2,403	192
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	16,048	1,737	-	17,785	17,592
Cash funds this year end	19,532	656	-	20,188	17,784

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	19,532	656	-
		-	-	-
		-	-	-
	Total cash funds	19,532	656	-
	(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>R. Arathi</i>	ARATHI RAJANTH	29/10/2025

ABUSE NEVER BECOMES US UK (ANBU)

England & Wales - Charity number 1178540

Accounts



Trustees' Annual Report for the period

	Period start date	Period end date
From	01 04 2023	31 03 2024
	To	



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	Chair		
2	Jitesh Joshi	Treasurer	01/04/2023 - 30/04/2023	
3	Arathi Ranjath	Treasurer	01/05/2023- 31/03/2024	Board of Trustees
4	Nibarna Kannathasan		01/04/2023 - 30/04/2023	
5	Hannah Begum		01/05/2023- 31/03/2024	Board of Trustees
6	Vanisha Jassal			
7	Gayathri Nagarajan			
8	Ahrabi Rajkumar			
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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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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 whose 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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Summary of the objects of the charity set out in its governing document

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.

The new reporting year saw an ANBU UK team restructure with the appointment of a new Leadership Team in October 2023. The internally recruited Leadership Team included an Outreach Lead/ ISVA (previous Deputy Director), Human Resource Lead, Social Media Lead and a Therapeutic Coordinator. We also appointed an External Relations Officer. The changes have improved the efficiency and management of the core team and ambassadors, re-establishing volunteer support capacity alongside improving communications with external organisations.

We also saw some changes early in the year within our Trustees Board. Our Treasurer and Therapeutic Lead Trustee both stepped down in March 2023. In April we recruited a new Treasurer, a former volunteer, and a new Trustee, a past collaborator from our Research Symposium held in 2022. We also fortunately saw an in person meeting take place in Canada between the Directors of ANBU UK and ANBU Canada. At the meeting they discussed key issues including best practice and overcoming challenges with working with the Tamil diaspora.

Social media continued to play a critical role in ANBU UK's work, directly, by supporting individuals reaching out to us on the platform but also via the tailored content developed for survivors and the wider community. We continued to build back up our outreach provision following the covid pandemic, we increased the number of in- person outreach sessions and ran virtual inter-generational workshops.

We provided culturally sensitive trauma-informed training workshops for Wake Up creations, Newham NHS Consultant Paediatricians and specialty doctors, UK Tamil Christian Leaders, Kent University students and BTMA (British Tamil Medical Association) medical students. On 6th December 2023, we also facilitated Open Dialogues 3 on the topic of 'Tamil Leaders and CSA Disclosures.' We discussed community responses to CSA disclosures and associated power dynamics if the perpetrator is a community leader e.g. a tutor/ priest. We filmed a podcast with Secrets Worth Sharing, spoke at the Thirandal Midukku event (a network of Tamil community organisations) and provided attendees with a copy of our Needs Assessment. We also presented at a virtual forum hosted by the Arivu Trust UK.

A Tamil BACP accredited psychotherapist provided the ANBU UK members with training on considering a 'Culturally sensitive Trauma Informed Approach' on 12th August 2023 at Islington. In October 2023, a facilitator who is a multidisciplinary artist, activist and Gender Studies MA student provided a half- day in- person training on 'Queer Awareness and Imagination,' for the ANBU UK team to promote LGBTQI+ inclusivity.

We appointed an External Relations Officer to continue liaising with The Survivors Trust (TST) of which ANBU UK is a member agency of, the Tamil Endowment Fund (TEF), the Aram Initiative, ABTL (Association of British Tamil Lawyers), IICSA Changemakers, CSA Centre of Expertise

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)

Strengthening Services, Rape Crisis England and Wales 24/7 Helpline and The Children’s Society to discuss future collaborations. ANBU UK was also invited to networking events including the Redbridge Council Violence Against Women and Girls Network Meeting, The London Project and Tamil Christian Leaders Networking Event and IICSA Changemakers London Conference.

On 9th July 2023, ANBU UK had its first formal Away Day. A survivor focused, self- leadership programme was also developed for the ANBU UK team in 2023, which commenced in January 2024. On 18th January 2024, in recognition of ANBU UK’s contribution to the British Tamil community, the Director was invited to 10 Downing Street to celebrate the Tamil Harvest festival, Thai Pongal, as part of Tamil Heritage Month, alongside Members of Parliament and other prominent members of the British Tamil community. Later that month she was also nominated and won a Sudari Award (a Tamil women’s awards ceremony) for the category: Healthcare Hall of Fame, presented on 27th January 2024.

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: Restructuring the Team and Recruitment

In October, the leadership team underwent a restructure, replacing the previous model of a Deputy Director to support the Director. The changes saw the internal recruitment of an Outreach Lead/ ISVA (previous Deputy Director), Human Resource Lead, Social Media Lead and Therapeutic Coordinator.

An additional trustee was recruited in 2023 and as usual, core team members and ambassadors were recruited to replace outgoing volunteers including those who have been with ANBU UK for up to 6 years. This included our fundraising co-ordinator who stepped down in July 2023, having completed a thorough handover. Given internal restructuring, we also held a website handover meeting in July 2024 to handover to a new website team.

Each new core member undergoes a comprehensive induction programme, which includes an introduction to ANBU UK and training on adult safeguarding, intergenerational trauma and how to manage disclosures. Additionally they all had 1:1 meetings with a member of the Leadership Team and received a welcome pack to ensure a smooth transition into the team. Our Human Resources team ensured their DBS checks were completed, and statements of understanding were signed.

Internal Developments: Ambassadors, Handovers and Meetings

Monthly core team meetings continued throughout the year to check- in with the team and reflect on the previous month’s activity as well as plan

for the month ahead. The Director also provided 1:1 check-ins with the leadership team, whilst the leadership team provided the opportunity for collective reflections alongside 1:1 check-ins for the core team. Since our newly formed leadership team was recruited, we also commenced monthly peer supervision for the Director and Leads alongside monthly safeguarding supervision.

We have been running our university representatives' programme, ANBU Ambassadors, for over 3 years. They play a key role in expanding ANBU UK's engagement with the university communities, supporting ANBU UK with awareness raising campaigns and events, as well as organising and coordinating specific university outreach sessions. Students are an important target group for ANBU UK as university is often the first time an individual identifies as a survivor or begins to process trauma. It can also be a time where relationships are explored further, where consent and awareness around healthy relationships is crucial.

We have 10 university students who have been recruited as ANBU Ambassadors. The induction included training on CSA, consent and inclusivity. Our ANBU Ambassadors have produced and shared social media content. Our ambassador mentors also provide 1:1 check-ins alongside group reflections to ensure ambassadors' well-being is prioritised. Monthly ambassador meetings continued to create space for ambassador mentors to liaise with our university representatives to aid outreach planning at universities, help ambassadors signpost survivors from their universities to us or other organisations and supervise them in producing social media posts. At the end of the academic year, many of our ambassadors graduated and then joined our core team at ANBU UK.

Internal Developments: Trustees Update

Our Treasurer and Therapeutic Lead Trustee both stepped down in March 2023. In April 2023 we recruited a new Treasurer, a former volunteer, and a new Trustee who was a past collaborator from our Research Symposium held in 2022.

Quarterly Trustees meetings continued with the frame of the first part being an open meeting with the Director to discuss ANBU UK activities in the last 3 months, including any challenges. At the end of April 2023, as one of our Trustees (previous Therapeutic Lead) stepped down from ANBU UK, she also gifted the team a 'Tree of Life' workshop, which is a narrative therapy tool that uses a tree as a metaphor to help people share their life stories and helped us build a stronger sense of our Tamil identity. It was a powerfully healing and intimate reflective process for the team.

ANBU UK and ANBU Canada

In April 2023, the ANBU UK Director met the ANBU Canada Founders in person whilst in Canada. This was a wholesome moment as they gifted and exchanged survivor books their organisations had published from their respective countries, which included poems, prose, illustrations and photography from British and Canadian survivors from the Tamil diaspora. Discussions on the similarities and differences in the challenges faced by each organisation and how CSA is discussed amongst Tamil survivors in the UK in comparison to Canada, brought up healthy discussions and advice on what has and what could be implemented to benefit one another's communities.

ANBU UK's 5th Anniversary

On 28th May, ANBU UK celebrated its 5th anniversary as a UK registered charity by collaborating with Gaana Brunch, a popular Tamil events company. Proceeds from the tickets went towards ANBU UK and we were granted an area for a stall to sell our merchandise. The event saw a fantastic turnout. During the event, the Director delivered a speech on how the proceeds will contribute towards ANBU UK's work. We also held a raffle during the event as a fundraising activity. Artists and ANBU UK friends kindly donated artwork and gifts for the prizes.

ANBU UK Away Day and Strategy Meetings

On 9th July 2023, ANBU UK had its first formal Away Day organised and facilitated by our Outreach Lead and ISVA. We provided outreach training, discussed adult safeguarding, how to manage difficult outreach scenarios and our vision for ANBU UK to feed into our 5 year strategy.

At the end of 2023, ANBU UK Trustees also helped facilitate a meeting for the Leadership team to produce a collaborators checklist and discuss volunteer retention. Then at the end of January 2024, they also aided the leadership team in facilitating a strategy meeting to discuss the future vision of ANBU UK.

Media, Communications and Updated Documents/ Policies

ANBU UK's social media team continued co-ordinating Instagram, facebook, twitter and LinkedIn posts, whilst discussing potentially re-starting blogs on our website and starting a Tik Tok page.

In Summer of 2023, the website was re-launched after the ANBU UK website team spent months making updates. Then on 21st September 2023, we launched the highly anticipated video recordings from the talks at our 2022 Research Symposium. In December 2023, we also updated our complaints procedure on the website.

The Director, Human Resource team and Trustees also updated the volunteer induction programme in February 2024 and our safeguarding policy in October 2023.

January 2024: Tamil Heritage Month

ANBU UK was invited to participate in the main Tamil Heritage Month in Hayes in January 2024 where we were given a stall at the venue, alongside other Tamil organisations. On 18th January 2024, in recognition of ANBU UK's contribution to the British Tamil community, the Director was invited to 10 Downing Street to celebrate the Tamil Harvest festival, Thai Pongal, as part of Tamil Heritage Month, alongside Members of Parliament and other prominent members of the British Tamil community. Later that month she was also nominated and won the Sudari Award for the category: Healthcare Hall of Fame, which was presented on 27th January 2024. The Sudari Awards celebrate the strength and resilience of Tamil women in the UK who elevate empowerment.

ISVA service and Self- Leadership

In July 2023, we reflected on the ISVA service at ANBU UK and considered changing its structure and model in the near future. This developed into the wellbeing check-in model from 2024.

During the latter half of 2023, there were discussions between the Director, Outreach Lead and Chair of the Board of Trustees to introduce a self-leadership programme for the core team and ambassadors. After preparing this programme, it commenced in January 2023 and formed the second hour of our monthly core team meetings. Each week a different topic was discussed. The sessions were as follows:

1. What role does radical self-care play in our collective liberation as people? (Self-care manifesto)
2. How we identify and navigate boundaries to take care of ourselves and others
3. Mapping Networks: Discussing our work as not in isolation but drawing from and learning from the past and present. We stand on the shoulders of those who came before us.
4. Sustainability of Movements and Change: What challenges do organisations like ANBU UK face in sustaining themselves? Reflecting on our relationships to change.
5. Solidarity, Standing with Others: How do we show up for others in our daily lives and how do they show up for us? What are the barriers/ challenges in standing up for others or others standing up for us?
6. Reflecting on Identity: What part of our identity do we bring and don't bring to our role in ANBU UK?

Transition and Wellbeing Project 3

After successfully launching the Transition and Wellbeing Project (TWP) in early 2019, TWP2 was held in 2022, and in 2024 we have started our recruitment process for our TWP3 therapist. We are planning to provide Tamil survivors of childhood sexual abuse, 6 to 8 group talking therapy sessions later this year. As our Therapeutic Lead Trustee stepped down in 2023, she provided a thorough handover for the internally recruited, newly appointed TWP co-ordinator in July 2023 who later became our Therapeutic Coordinator lead in October 2023. We began the recruitment process for our next TWP3 Therapist and planning Brave Spaces in September 2023.

Outreach Workshops

After providing a talk for Wake Up Creations, the Founders asked ANBU UK to provide them with culturally sensitive, trauma informed training which took place later that summer in 2 parts of 2 hours each in June 2023.

In July 2023, a culturally sensitive trauma-informed training workshop was provided to Newham NHS Consultant Paediatricians and specialty doctors to discuss intergenerational trauma, how to manage CSA disclosures from ethnic minority children particularly in the context of Looked After Children (LAC) clinics, Child Protection (CP) clinics and Unaccompanied Asylum Seeking Children (UASC) clinics. This workshop was held by the ANBU UK Director who is a Child and Adolescent Mental Health Services (CAMHS) psychiatrist who has had 6 years of experience at ANBU UK as well as experience working in the above clinics in her paediatric job.

In September 2023, we provided a CSA awareness and training workshop for Tamil Christian Leaders in the UK. Many pastors were unsure of how to manage CSA disclosures and we worked through case studies and examples of what they may come across to better support

and safeguard CSA survivors and their affected families using a culturally sensitive trauma informed approach.

In October 2023, our Ambassador from Kent University helped coordinate an outreach session on 'The exploration of Mind and Movement,' at their university in collaboration with five of their Societies. This included exploring personal and societal values, cultural contributors to happiness, healthy relationship with self and others, understanding consent, navigating impacts of trauma, intersectionality, case discussion, the impact of CSA on non-binary and queer South Asian survivors and self-care. After the second break there was a dance workshop and MMA workshop run by university facilitators.

We launched Open Dialogues in July 2022, which is a safe space for intergenerational discussions on topics affecting the Tamil community, co-facilitated by an ANBU volunteer and a Tamil speaking counsellor. On 6th December 2023, we facilitated Open Dialogues 3 on the topic of 'Tamil Leaders and CSA Disclosures.' We discussed the power dynamics and community responses to CSA disclosures if the perpetrator is a community leader e.g. a tutor/ priest. The intergenerational discussion co-facilitated by a Tamil speaking counsellor helped attendees discuss barriers to disclosure and the stigma of reporting CSA, which then led to a conversation on how as a community we could better support Tamil CSA survivors.

On 23rd February 2024, ANBU UK facilitated an outreach workshop for BTMA (British Tamil Medical Association) for students within the healthcare field, predominantly medical students. We used 3 case studies to discuss systemic and intergenerational factors that could contribute to the impact of CSA for a Tamil survivor. This included managing disclosures of war trauma, addiction, domestic abuse and CSA.

Podcasts and Speeches

At the end of April 2023, Secrets Worth Sharing podcast episode was filmed with the ANBU UK Director discussing cultural sensitivity and experiences of Tamil and Vietnamese diaspora survivors of CSA in the UK. Cultural nuances, barriers to disclosing CSA to family/ organisations and personal experiences of survivors were shared. The episode was successfully received and released on spotify, youtube and other major social media platforms. A shortened episode of what you should and should not say to British Asian CSA survivors was later released on social media platforms.

In May 2023, Thirandal Midukku, a Tamil networking organisation, invited us to their event to spread awareness of ANBU UK to other organisation leads within the Tamil community. We also shared our Needs Assessment publication which was well received and promoted valuable discussions as we continue to bridge gaps between generations.

In May 2023, Wake Up Creations, an organisation using Bharatanatyam to share stories of the impact of sexual abuse and sexual violence within the South Asian community, invited ANBU UK to provide a speech to spread awareness of CSA. On 19th December 2023, we also provided a virtual talk on ANBU UK's work for Arivu Trust UK.

Internal Training

We held culturally sensitive trauma- informed approach training for the core team and ambassadors on 12th August 2023 in Islington with a Tamil BACP accredited psychotherapist. We discussed the ANBU UK Code of Conduct, Trauma informed principles, intersectional thinking and the micro-meso-macro framework. We explored safe spaces and boundaries in the context of using a culturally sensitive trauma informed approach in supporting CSA survivors.

The workshop included detailed training on how to approach trauma whilst considering cultural components. There was open discussion and dialogue on how to continue respecting cultural influences. Small group sessions were facilitated to discuss and share ideas on how to approach trauma at the micro, meso and macro level. This training allowed a better understanding of defining trauma, safety and healing when applying trauma principles in how we work internally as a team and externally with survivors, families and the wider community.

In September 2023, we also provided ANBU Canada support as they considered starting a programme similar to our ambassador programme. We often check-in to share best practices.

In October 2023, a facilitator who is a multidisciplinary artist, activist and Gender Studies MA student provided a half- day in- person training on 'Queer Awareness and Imagination,' for the ANBU UK team to promote LGBTQI+ inclusivity. We discussed heteronormativity, homonormativity and the gender binary in today's society and how we can challenge it. The training included conversations on queerness, intersectionality and identity politics, the impact of imperialism, capitalism and colonisation, solidarity and coalition: inclusivity beyond the narratives on diversity and how as ANBU UK, we can be mindful and respectful of this when working with CSA survivors. We finished with collectively compiling a collage to represent solidarity and queerness in the Tamil/ South Asian community. We are committed in continuing to explore what inclusive spaces look like particularly for marginalised survivors of CSA.

All our outreach sessions and training sessions include preparation meetings and reflective sessions afterwards both with the facilitators/ collaborators and internally with the organising team.

External Relations

An External Relations Officer, who was previously a volunteer at ANBU UK, was appointed to effectively manage External Relations with other organisations.

On 24th April, ANBU UK's Director met with The Survivors Trust (TST), of which ANBU UK is a member agency of, to update them on ANBU UK's work as TST continues to support our work. We have also attended some of the webinars and talks they have provided organisations including the TST Pre-trial therapy workshop in September 2023.

On June 2023, we established a new connection with an organisation called Tamil Endowment Fund (TEF). We provided them with an induction to introduce them to ANBU UK and our work. In return they supported us with recruiting a finance team and discussing our fundraising, finance and strategy development and model. An Initial contract was signed between both parties for a 6 month trial period. This was later renewed for a further 6 months in February 2024.

In February 2024, we also provided support and advice to Aram Initiative, an organisation empowering young leaders to shape a sustainable future in Sri Lanka. We also collaborated with ABTL (Association of British Tamil Lawyers). They supported ANBU UK by participating in filming interviews discussing 'Court Proceedings in CSA Cases' during Sexual Abuse and Sexual Violence Awareness Week 2024. This included talking through what court proceedings can look like and exploring what special measures are in place to protect survivors during court proceedings for a CSA case.

From September 2023 till January 2024, ANBU UK joined the IICSA Changemakers Steering meetings on a monthly basis to advocate for and emphasise the importance in using an intersectional lens to our approach in supporting CSA survivors.

From 2023 till 2024, ANBU UK has also been regularly liaising with CSA Centre of Expertise Strengthening Services, Rape Crisis England and Wales 24/7 Helpline and The Children's Society to discuss future collaborations.

Networking Events

In September 2023, we presented ANBU UK's work at the Redbridge Council Violence Against Women and Girls Network Meeting to raise awareness of our charity given East and North East London has a large Tamil community which could benefit from our services. This was attended by multiple charity organisations, safeguarding leads and healthcare professionals.

We also produced an ANBU UK introduction video containing information on the work we do for it to be played at Wake Up Creations events. They are a non-profit arts company that creates artistic productions to address social challenges, globally, including topics surround sexual abuse and sexual violence.

The Christian Leaders then invited us to attend their Networking Event which was co-led by The London project. ANBU UK had the chance to meet Tamil organisations and Christian community leaders who may be the first port of call for the Tamil families to disclose CSA to spread awareness of our organisation after having aided in training most of them earlier in the year.

On 1st November 2023, ANBU UK was also invited to the IICSA Changemakers Networking event and Conference which was an opportunity to meet members of the IICSA Changemakers steering group members in person.

Brief statement of the charity's policy on reserves

Net Income

ANBU UK had net income of £193 for the year ending 31 March 2024, with gross income of £1609, offset by expenses of £1415.

Total income in the year of £1609 was comprised of £273 (17% of total income) from donations via JustGiving; Small Business Donation £300 (19%); £80 (5%) from Amazon; £698 (43%) from a community donation

via ANBU UK Birthday event; £102 (6%) from paypal; £100 (6%) from SWS Speaker fee and other income of £55 (3%).

There were £1415 in expenses in the year ending 31 March 2024. Of this amount, £539 (38%) of costs related to the Transition and Wellbeing 3 (TWP), website, email and online hosting £424 (30%), and insurance £146, (10%); Needs Assessment £212 (15%); and ANBU UK representation expense £60 (4%).

Cash reserves

The charity started the year with cash in reserves of £17,592, and due to the positive net income discussed above, funds increased to £17,785 as at 31/03/2024. As such, our cash funds at year end remain strong and there are no areas of concern to note.

£785 should be kept in reserves at any one point. This is to ensure the charity remains without any ongoing concerns 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.

Details of any funds materially in deficit

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

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 11/12/2024



CHARITY COMMISSION
FOR ENGLAND AND WALES

Charity Name Abuse Never Becomes Us UK (ANBU)	No (if any) 1178540
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CC16a

Receipts and payments accounts

For the period from	Period start date 1/4/2023	To	Period end date 31/3/2024
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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 - via JustGiving	273		-	273	1,414
Donations - via Facebook	-	-	-	-	40
Donations - individual fundraising	-	-	-	-	232
Donations - via Amazon	80	-	-	80	110
Donations - By small Business	300	-	-	300	-
Community Fundraising	901	-	-	901	1,082
Other	55	-	-	55	-
	-	-	-	-	-
Sub total(Gross income for AR)	1,609	-	-	1,609	2,879
A2 Asset and investment sales, (see table).					
	-	-	-	-	
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	1,609	-	-	1,609	2,879
A3 Payments					
Survivor Projects	-		-	-	146
Website	424	-	-	424	50
University Outreach		-	-	-	472
Insurance	146	-	-	146	112

TWP		540	-	540	987
Training	35	-	-	35	10
DBS Checks	-	-	-	-	560
Need Assessment	212	-	-	212	-
Anbu Representation	60	-	-	60	-
Sub total	876	540	-	1,416	2,336
A4 Asset and investment purchases, (see table)					
	-	-	-	-	
	-	-	-	-	
Sub total	-	-	-	-	
Total payments	876	540	-	1,416	2,336
Net of receipts/(payments)	733	- 540	-	193	543
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	15,315	2,277	-	17,592	17,050
Cash funds this year end	16,048	1,737	-	17,784	17,592

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	16,048	1,737	-
		-	-	-
		-	-	-
	Total cash funds	16,048	1,737	-
	(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>R. Arathi</i>	ARATHI RAJANTH	09/12/2024

ABUSE NEVER BECOMES US UK (ANBU)

England & Wales - Charity number 1178540

Accounts



Trustees' Annual Report for the period

From	Period start date			T o	Period end date		
	01	04	2022		31	03	2023

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	Chair		
2	Jitesh Joshi	Treasurer		
3	Vanisha Jassal			
4	Nibarna Kannathasan			
5	Gayathri Nagarajan			7th July 2022
6	Ahrabi Rajkumar			7 th July 2022
7				
8				
9				
10				
11				
12				
13				
14				
15				
16				
17				
18				
19				
20				

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 <i>(eg. trust deed, constitution)</i>	Constitution
How the charity is constituted <i>(eg. trust, association, company)</i>	Charitable Incorporated Organisation whose only voting members are its charity trustees, Foundation model
Trustee selection methods <i>(eg. appointed by, elected by)</i>	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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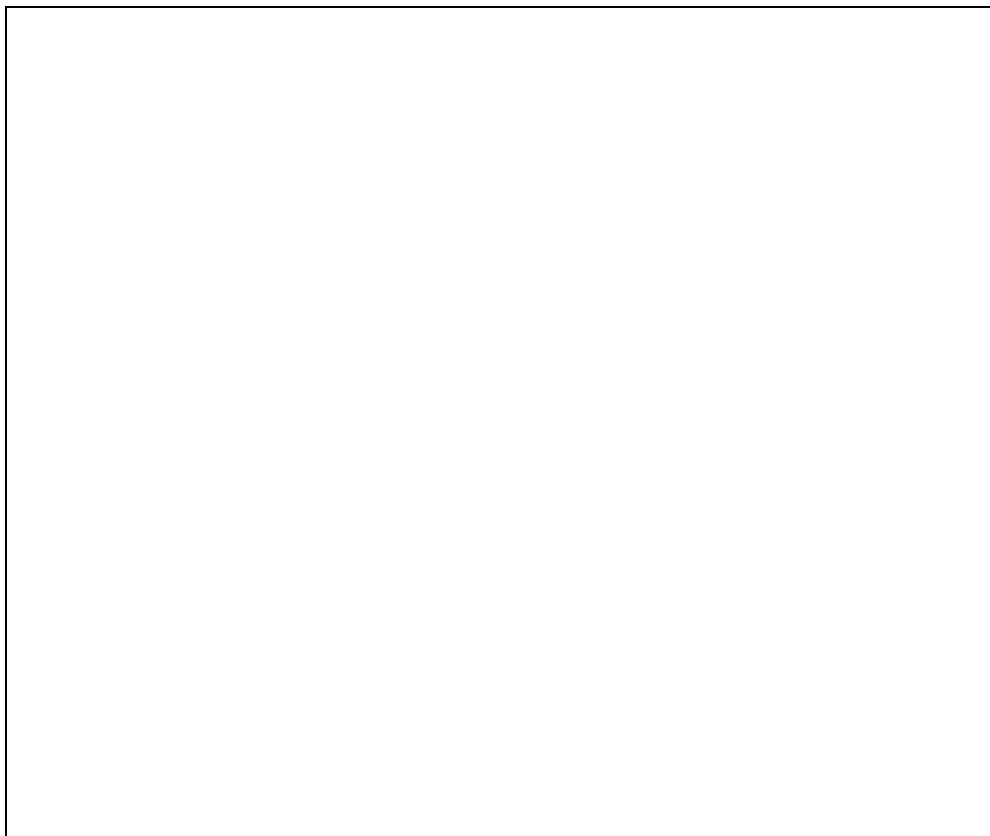
Section C Objectives and activities

<p>Summary of the objects of the charity set out in its governing document</p>	<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>
<p>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)</p>	<p>The new reporting year saw ANBU UK's newly appointed Director (appointed towards the end of 2021) root into their Director role. It was also the year two new trustees were recruited and on-boarded into the trustee board in July 2022. The new senior leadership structure also brought about a refresh in establishing ANBU UK's activity through the exploration of new strategic directions through several workshops held by the leadership team, a new volunteer team leadership structure and re-establishing the volunteer support capacity.</p> <p>Social media continued to play a critical role in ANBU UK's work, directly supporting individuals reaching out to us on the platform but also via the content specially developed for survivors and the community. We also started to ramp up outreach work, both virtual and face to face workshops as normal socialising slowly resumed. We also held university outreach workshops at Cambridge University and King's College London University. We additionally participated in panel discussions for Tamil Heritage Month and International Women's Day, hosted by other community based organisations..</p> <p>A key milestone for ANBU UK this reporting period was the delivery of a second round of Transition and Wellbeing Project (TWP) therapeutic groups, led by a Tamil Gestalt Therapist from April to June. The group ran 8 sessions of group talking therapy (see section D for more information). We also launched Open Dialogues in July, a safe space for intergenerational discussions on sensitive topics including mental health, suicide and the impact of child sexual abuse.</p> <p>Other key milestones include the launched the The Poetry of Light book at ANBU UK's 4th Anniversary as a UK registered charity in May. This was 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.</p> <p>It was also the year we were able to host the previously proposed research symposium event called Pathways to collective and individual healing from CSA, (postponed due to the pandemic). A first of its kind to showcase research from the South Asian community on childhood sexual abuse, this was held virtually in November.</p> <p>ANBU UK Trustees are fully committed to the statutory declaration to support public benefit.</p>

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.



Section D

Achievements and performance

Summary of the main achievements of the charity during the year

Internal Developments

The leadership team was restructured as we appointed a Deputy Director to support the Director. More trustees, core team members and ambassadors were recruited as previous volunteers including those who have been with ANBU UK for 4 to 5 years stepped down.

Each new core member was inducted and trained in adult safeguarding, intergenerational trauma and how to manage disclosures. They all had 1:1 meetings with the Director and sent a welcome pack to ensure a smooth transition into the team. Our Human Resources Lead ensured their DBS checks were completed and statements of understanding were signed. Monthly core team meetings continued throughout the year to check- in with reflections from the previous month's ANBU UK activities and to plan ahead for the month ahead.

We have been running our university representatives' programme, ANBU Ambassadors, for over 2 years. 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 and coordinating 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 12 university students who have been recruited 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 mental health awareness week. We have assigned each ambassador with a mentor in the ANBU UK team to ensure their well-being is prioritised.

Monthly ambassador meetings continued to create space for mentors to liaise with our university representatives to aid outreach planning at universities, help ambassadors signpost survivors from their universities to us and supervise them in producing social media posts.

Transition and Wellbeing Project 2

After our successful launch of the Transition and Wellbeing Project (TWP) in early 2019, we held the second cohort of TWP in 2022, which had been delayed due to the pandemic and clients preferring face to face delivery. We recruited a Tamil Gestalt Therapist, who facilitated group talking therapy with Tamil survivors of childhood sexual abuse over 8 sessions from 23rd April 2022 till 25th June 2022.

Outreach Workshops, Speeches and Panels

We introduced Open Dialogues, which is a safe space for intergenerational discussions on topics affecting the Tamil community co facilitated by an ANBU volunteer and a Tamil speaking counsellor. Open Dialogues was launched on 19th July 2022. In this session we addressed mental health and suicide within our community having collectively grieved the loss of young people and parents during covid in particular. The aim is to touch on topics usually taboo in nature which could in turn safeguard the community effectively. We focused on the barriers to children disclosing to parents regarding their mental health concerns and

the support available to both young people and their parents, focusing on eastern practices of healing.

After introducing themes of discussing mental health, we held a second session on 8th November 2022 on the impact of childhood sexual abuse on survivors and their parents/ families. We explored ways in which we as the Tamil community could support parent- child understanding. We discussed the barriers of disclosing childhood sexual abuse to loved ones before discussing how a parent may feel or how they may react to a disclosure using a case study example. Then we explored options available to parent and child once a disclosure has been made before ending the session with signposting to Tamil speaking services.

We also provided workshops at universities. An ANBU UK outreach session was hosted by Kings Tamil Society as part of their mental health week 2022 and they invited along St George's Tamil society to join too. There were approximately 50-60 attendees. After introducing ANBU UK's work to attendees, student mental health and stress factors were explored before having a case study discussion on how to support and signpost childhood sexual abuse survivors who are university students. Finally the session was closed with a meditation, check out and evaluation.

On 25th February 2023, Cambridge Tamil Society invited ANBU UK to hold a workshop on 'Exploration of Healthy Relationships.' This included discussions on relationships with self, community, love and sexuality. Our ANBU UK facilitators focused on bringing in the intersectional experiences of Tamil LGBTQI+ people too. In order to raise awareness and destigmatise childhood sexual abuse, the impact of CSA and trauma more generally on different types of relationships was also explored.

For Tamil Heritage month in January 2023, ANBU UK participated in a panel discussion about the Tamil identity of second generation of Tamils. The difficulties and beauty of connecting to our Tamil identity whilst growing up in the UK was explored particularly in the context of learning the language, Tamil literacy, culture, festivals and how the work we do as an organisation helps us feel closer to our roots. This includes our passion to safeguard our community from childhood sexual abuse and navigating intergenerational outreach sessions to bring awareness to such a sensitive topic. We also discussed the use of Eastern wellbeing practices to heal from collective and individual trauma experienced by Tamil people.

The International Women's Day event hosted by Tamil Institute for Leadership Excellence. This is another event where we connected with a wider demographic of the Tamil community, largely first generation migrants and second generation young adults. ANBU UK had the honour of being one of their key speakers to discuss the resilience of Tamil women whilst acknowledging their trauma including childhood sexual abuse. We touched on cultural formalities that may contribute to power dynamics, impact boundaries or contribute to difficulties in understanding consent and in turn leading to vulnerability factors in survivors and barriers to disclosures. We finally commented on the resilience of Tamil women and the importance of empowering one another, focusing on how much we have achieved no matter how small it may seem despite how much we have endured individually and as a community.

ANBU UK's 4th Anniversary

Our 4th Anniversary event was held at Aldgate in May. We started off with a reflective workshop and a group exercise before opening the doors to welcome our guests. Attendees and committee members enjoyed Tamil food and drinks whilst networking before we collectively cut our 4th anniversary ANBU UK cake.

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 4 Tamil survivors to creatively explore healing via 7 x virtual groups facilitated by a clinical psychologist from Photography Lifestories. They took photographs representing their healing process alongside writing prose and poems that represented themes discussed during the sessions. This resulted in a book called The Poetry of Light, which has now become an ANBU UK asset.

We produced a video depicting reflections from survivors on how the process of producing the book felt including reflections from the clinical psychologist herself. The voiceover for the video was also a Tamil survivor's spoken word piece on their survivor journey. This was played to the attendees of the event before the 'Poetry of Light' Books were available for sale alongside ANBU UK merchandise to fundraise for our organisation.

The Tamil community came together to celebrate our joyous event and attendees included previous collaborators, leads of Tamil organisations and well-known Tamil influencers making the event even more successful. After selling merchandise and our survivors' book, we thanked our ANBU UK founder and our team for their hard work and commitment to our organisation particularly as they all do so in a voluntary capacity.

Research Symposium and ANBU UK Needs Assessment Launch

On Saturday 26th November 2022, the highly anticipated Research Symposium which had been delayed from 2020 due to covid, took place. After an introduction to the event and ANBU UK, we launched our ANBU UK Needs Assessment and presented its findings. This is a key piece of research, never been conducted before in the UK Tamil community.

We had Guest speakers who presented their research including:

- Vanisha Jassal, Senior Lecturer at Kent University presenting 'Giving voice to the lived experience of female South Asian victims/ survivors of childhood sexual abuse: A critical factor in shaping practice and policy'
- Dr Hannah Begum from the CSA Centre of Expertise presenting 'British Asian men's experiences of childhood sexual abuse- Key findings from PhD research on how British South Asian male survivors of childhood sexual abuse make sense of their experiences'
- Theeba Krishnamoorthy, a PhD researcher presenting 'Hybridized sexualities: the sexuality stories of Sri Lankan Tamil young people in the United Kingdom'
- Zlakha Ahmed, Founder of Apna Haq Ltd presenting 'Evaluation studies: Community capacity building 4's programme, challenge, change, consolidate and champion on sexual violence issues within BME communities'

The virtual event included discussions as follows:

- Hannah Begum and Sophie Laws from the CSA Centre of Expertise co- facilitating ‘What are the key priorities for research on sexual abuse of South Asian children and young people?’
- Theeba Krishnamoorthy and ANBU UK Outreach Lead co-facilitating ‘Fostering healing and wholeness: Developing a sociological imaginative approach to reflective practice’
- ANBU UK Director facilitating ‘Survivor- centred: What does resilience look like in a CSA survivor within the Tamil community?’

Finally, we had a panel discussion with our 4 guest speakers to discuss ‘Pathways to collective and individual healing from CSA.’ This included a Q&A with our guest speakers and ANBU UK responding to attendees’ queries and reflections. During the breaks we also had a virtual art exhibition with a trigger warning of artwork produced by South Asian artists depicting the impact and healing of CSA survivors.

ANBU UK were additionally approached to submit a paper based on our community needs assessment into the International Child Abuse Review journal, to be published widely in 2024.

Media and Communications

ANBU UK produced instagram posts to recruit for positions within our team, highlight important dates, promote outreach events and open dialogues, introduce our new Trustees, promote our research symposium whilst introducing each guest speaker, launch our survivors’ book ‘Poetry of Light’ trailer video, and promote videos for sexual abuse and sexual violence awareness week 2023 on our ISVA service and what it means to have a culturally sensitive approach.

We also launched our LinkedIn page in March 2023, updated our website and promoted relevant instagram posts and videos on facebook and/ or LinkedIn.

Section E

Financial review

Brief statement of the charity's policy on reserves

Financial Results for ANBU UK, Year-Ending 31st March 2023:

Net income

ANBU UK had net income of £542 for the year ending 31 March 2023, with gross income of £2,879 offset by expenses of £2,336.

Total income in the year of £2,879 was comprised of £1,414 (49% of total income) from donations via JustGiving, £648 (22%) from donations via Facebook, Amazon and individuals; £487 (17%) from a community donation via Nisa's 'Making A Difference Locally' charity; and £330 (11%) from NatCen Social Research.

There were £2,336 in expenses in the year ending 31 March 2023. Of this amount, £987 (42%) of costs related to the Transition and Wellbeing Project 2 project (TWP2) for specialist counselling (£597), room hire (£359), and materials (£32). Other notable costs related to finalising our survivor project photobook (£560, 24%); website, email and online hosting (£472, 20%) and insurance (£146, 6%) and DBS checks (£112, 5%).

Cash reserves

The charity started the year with cash in reserves of £17,050, and due to the positive net income discussed above, funds increased by 3% to £17,592 as at 31/03/2023. 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

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Section G Declaration

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

Signed on behalf of the charity's trustees

Signature(s)		
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Full name(s)	Vanajah Srinivasan	
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Position (eg Secretary, Chair, etc)	Chair	
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Date	23/12/2023
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CHARITY COMMISSION
FOR ENGLAND AND WALES

Charity Name Abuse Never Becomes Us UK (ANBU)	No (if any) 1178540
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CC16a

Receipts and payments accounts

For the period from	Period start date 1/4/2022	To	Period end date 31/3/2023
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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 - via JustGiving	1,414		-	1,414	8,490
Donations - via Facebook	40	-	-	40	536
Donations - individual fundraising	232	-	-	232	498
Donations - via Amazon	110	-	-	110	3,000
Community Fundraising	1,082	-	-	1,082	81
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total (Gross income for AR)	2,879	-	-	2,879	12,604
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	2,879	-	-	2,879	12,604
A3 Payments					
Survivor Projects	146		-	146	3,090
Website	50	-	-	50	685
University Outreach	472	-	-	472	72
Insurance	112	-	-	112	-
DBS Checks		987	-	987	-
Training	10	-	-	10	-
	560	-	-	560	-

	-	-	-	-	-
	-	-	-	-	-
Sub total	1,349	987	-	2,336	3,847
A4 Asset and investment purchases. (see table)					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	1,349	987	-	2,336	3,847
Net of receipts/(payments)	1,530	- 987	-	542	8,757
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	13,671	3,378	-	17,050	8,293
Cash funds this year end	15,201	2,391	-	17,592	17,050

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	15,201	2,391	-
		-	-	-
		-	-	-
	Total cash funds	15,201	2,391	-
	(agree balances with receipts and payments account(s))	OK	OK	OK
		Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B2 Other monetary assets		-	-	-
		-	-	-
		-	-	-

	-	-	-
	-	-	-
	-	-	-

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
Jitesh Joshi	JITESHKUMAR JOSHI	16/04/2023

ABUSE NEVER BECOMES US UK (ANBU)

England & Wales - Charity number 1178540

Accounts



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				
6				
7				
8				
9				
10				
11				
12				
13				
14				
15				
16				
17				
18				
19				
20				

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

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.

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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CC16a

Receipts and payments accounts

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

ABUSE NEVER BECOMES US UK (ANBU)

England & Wales - Charity number 1178540

Accounts



Trustees' Annual Report for the period

		Period start date			Period end date		
From	01	04	2020	To	31	03	2021

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	Rajeelan Thayalaseelan		31/03/2020- 11/10/2020	
4	Vanisha Jassal		10/11/2020- present	
5	Jitesh Joshi		10/11/2020- present	
6				
7				
8				
9				
10				
11				
12				
13				
14				
15				
16				
17				
18				
19				
20				

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 charity director. Trustees appointed later 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

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.

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)

This report year marks the start of lockdown in the UK. ANBU UK had plans to also host a first of its kind Research Symposium with a South Asian community focus in March 2020. However, we made the difficult decision to postpone the symposium just before lockdown restrictions were enforced.

We also had plans to run a second round of the Transitions and Wellbeing project (our art, yoga and talking group therapies) later in the year. We had to also postpone this due to Covid-19.

During this time, ANBU UK quickly pivoted its activity to provide more online support as its prominence grew over lockdown. We hosted 4x ANBU safe spaces via zoom, these are spaces to discuss themes around sexual abuse in an intimate setting. We additionally channelled more content through our social media platforms. This included sharing information on domestic violence support over lockdown and safe words, mental health, and anxiety support tools, reporting child sexual abuse and historic abuse to name a few information posts.

Despite the challenges, we made sure we kept up with increasing ANBU visibility in the community, be it online. We took part in collaborations and panel events with other Tamil organisations, in addition to hosting events ourselves, an international wellbeing day in collaboration with ANBU Canada and daily sessions for sexual abuse and sexual violence week.

In spite of restrictions, we forged ahead with launching core ANBU activities including ANBU's university project, ANBU Ambassadors, which involved recruiting and inducting students to support ANBU awareness training. We also initiated Multi-Disciplinary Advisory Group (MDAG) meetings, holding our first meeting in this period. MDAG's is a forum hosted by ANBU UK that brings together community members with expertise in multiple fields to collaborate and knowledge share.

The lockdown provided time for the team to also focus inwards, time to strengthen our foundations with internal trainings on trauma informed practice, delivered by The Survivors Trust, as well as becoming a fully DBS cleared team.

ANBU UK Trustees are fully committed to the statutory declaration to supporting 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.



Section D

Achievements and performance

Summary of the main achievements of the charity during the year

This was a year of agility and adaption. We paused all in-person interventions, outreach, workshops and meetings to deliver in a virtual setting, with a focus on mental wellbeing and promoting a safer in-home environment for individuals. The following is a summary of key achievements at ANBU this reporting year.

ANBU core activity

Multi- Disciplinary Advisory Group (MDAG) meeting

ANBU UK hosted its first MDAG meeting with Tamil community members. We established common group goals and shared findings from our ANBU UK 2019 needs assessment. Attendees included the Jothy helpline, Tamil Helpline and Nallavalvu helplines, a child protection advisor and a MET police CSA forensic specialist.

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,
- ii. A forum to gain advice and support on specific cases,
- iii. Share best practice, new developments and any emerging studies/data related to the MDAG's common goal,
- iv. A space for learning across the disciplines, supporting professional growth of members. and finally
- v. build a professional network.

ANBU Ambassadors

We officially launched ANBU Ambassadors this year, this is ANBU's Student project. The ambassadors will perform a key role in expanding ANBU's engagement with the university community, supporting ANBU with awareness raising campaigns and events, organising specific university outreach sessions and workshops as well as fundraising for ANBU.

Students are an important target group for ANBU 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.

During the year we officially recruited and inducted ANBU Ambassadors (11 applicants). The induction included training on CSA and inclusivity and shared training videos on abusive relationships and student mental health and also the provision of a welcome pack. We look to hold regular check in meeting with ambassadors on a monthly basis and have assigned each ambassador with a mentor in the ANBU team to ensure wellbeing is prioritised.

Pilot Family Mentalisation Based Therapy (MBT)

Before we officially launch our Family MBT service, we held a pilot with a family that were open to exploring this approach. This is led by an ANBU Volunteer psychiatrist and trained MBT facilitator with the support of a Tamil speaking social worker, external to ANBU.

We developed a client support pack and held assessments with the survivor and the parent separately, initiating one joint meeting. We hope to use learnings from this session to focus more on outreach and sharing information on this approach to ensure eo ensure clients are prepared for this type of approach.

ANBU Safe space

This is our ANBU hosted space within an intimate group setting, exploring topics relevant to life as a sexual abuse survivor or for individuals who have experienced trauma. It is a space intended for discussion, activity, peer to peer support and information sharing facilitated by mental health professionals (if

required).

The first ANBU safe space was held in March and called **ANBU safe space: Keep calm and quarantine**. This was one of the first spaces to directly respond to concerns around lockdown and quarantine, sharing tools on ways to manage anxiety over this time with Dr Anuja Moorthy.

Other safe spaces included; **ANBU safe space: Spilling the tea on Sexuality** exploring sexuality in south Asian culture, sharing a survivor story from a member of the LGBTQ+ community and also exploring what allyship can look like.

ANBU safe space: ANBU Stories: same-sex childhood sexual abuse, was an intimate discussion in a survivor-led space, discussed a personal account of same-sex childhood sexual abuse, the individual sharing feelings and emotions post trauma to help others with similar experiences.

ANBU safe space: Mindfully unlocking was our last safe space this reporting year. As the UK eases out of lockdown, this session hosted several group reflective activities including narrative, visualisations and breathing exercises to support with the transition.

Collaborations

Training day with Tamil Youth Organisation (TYO). TYO is a well connected organisation that brings together all Tamil societies across the UK. We worked with TYO to develop a training day package on mental health and student life, relationships and consent and identity, partnering with Gayathiri Kamalanathan from school of sexuality education. We took a **Train-the-Trainer** approach, supporting Tamil society representatives to deliver in their societies to catalyze learning and empowering university demographic. The TYO set-up also enabled quick dissemination of information and a useful gateway for ANBU to forge stronger relationships with individual Tamil societies going forward.

The Tamil Channel collaboration. This is a social media platform that shares a new Tamil word each day. It has a very wide reach that's cross generations and international. A major barrier to disclosure in the Tamil community is not have the actual words to talk about sexual abuse and body parts, this platform allowed us to explore language around this in more detail whilst additionally spreading awareness to a wider reach of the general Tamil population on ANBU and CSA. We explored words covering the following topic areas; week1: Child Safeguarding, week2: Relationships, week3: Survivors, week4: Healing, with Instagram live session at the end of week, speaking candidly in Tamil and English on these topics which were well received and increased our social media followers.

Guest speaking events

We continued to expand our reach in the community as much as possible, venturing into diverse parts of the Tamil community. This included participation in a **virtual event with NANE Tamil**, a Tamil marketing organisation. This was a Tamil speaking session event Tamil charities and featured Jothy Helpline. Tamil speaking spaces are especially important for ANBU to reach more marginalised parts of the community and with general awareness raising. We feel by being in Tamil mainstream spaces, we are better able to destigmatise challenging topics like abuse, which we hope will expand the range of dialogue we can have in the community, including addressing harmful behaviours and attitudes.

TSI mental health panel event ANBU UK featured on a Tamil Student Initiative event exploring mental health with the student community. Here we were able to integrate trauma related information alongside more general mental health support and advice.

Voice it: Sexual Abuse with Sri Lankan Youth Organisation (SLYO).

As part of SLYO Voice session on sexual abuse week, ANBU UK spoke about dismantling sexual abuse and delivered a second session on CSA. This was politically, a significant platform for ANBU as a Tamil organisation (a minority and marginalised group in Sri Lanka), working with a Sri Lankan organisation demonstrated ANBU's political objectiveness. It also demonstrated how issues around sexual abuse and CSA transcends politics and is central to ANBU values.

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 1st generation migrants and additionally connected with others in Sri Lanka (as a virtual event).

Events

Early on we also realised that the increase in popularity of virtual events presented an opportunity to work with international partners. We made plans to deliver an **ANBU Wellbeing day** on Instagram, a collaboration between ANBU UK and ANBU Canada. The day held a diverse range of wellbeing activities online every hour for viewers to either participate in or watch. This brought together ANBU's international community with artist and performers from the UK and Canada including Bharatanatyam dance, wellbeing journal exploration, musical performance, poetry, yoga, collaging, face masks and much more. We received good engagement and support throughout the day.

For **Sexual Abuse and Sexual Violence awareness week** ANBU organised a week of events exploring topics related to Sexual Abuse and our intersectional identities as Tamils. Videos include: Day 1. Definition of sexual assault and rape, Day 2. Abuse in relationships, Day 3. Online Abuse, Day 4. What you might experience after an assault, Day 5. Intergenerational trauma and its impact on survivors, Day 6. Active Bystander: disrupting inappropriate behaviour, Day 7. Reporting. Each video shared information slides and sign posting, which were also available on our social media platform and website. After sharing each video, ANBU UK hosted Instagram live sessions to go through and receive questions from viewers in an interactive way.

Fundraising

In the year, we received a grant from **Global Fund for Children** for £5,000. This contributed to supporting team training, team DBS clearance and support related to the ANBU Family MBT pilot.

During this time, we also received funds from individual fundraisers, businesses, via just giving page and also via ANBU's AmazonSmile partnership. One individual held a Birthday fundraiser which also featured an Instagram live session with both ANBU Canada and ANBU UK, interviewing both ANBU Directors which helped to raise funds and ANBU's profile.

Southampton Tamil Society wellbeing week fundraiser

The Tamil society held a wellbeing fundraiser week. This was a collaboration between ANBU and Southampton Tamil society, delivering wellbeing activities virtually over the week with students from Southampton Tamil Society including an ANBU introduction, mindfulness in art, yoga and a make-up challenge. We raised funds for wellbeing packs which ANBU plan to distribute to those in need (planned to deliver in June 2021).

Social media

Social media played a significant role in ANBU keeping in touch with survivors

and the wider Tamil community this year. We developed content on COVID-19 more generally, including where individuals could find support as well as related mental health support whilst also covering our main focus areas of sexual abuse. Over this time we saw an increase in public disclosures related to CSA. It was important for us to ensure survivors made informed decisions around this, so we shared information on public disclosure, things to think about, consequences and support both before and after disclosure. We also shared support tools to help with coping with lockdown including short videos covering body scan meditation, yoga breathing, grounding exercises, dealing with anxiety and panic attacks and dealing with flashbacks.

In the year, our social media posts reached 900+ accounts, with 1.2k impressions and 60 shares.

Internal developments

In November, we recruited and appointed a Trustee and a Trustee/Treasurer via open competition and interviews. The team and trustees also attended a The Survivors Trust (TST) training (funded through GFC grant) entitled 'Online Training Programme for Trauma-Informed Approach to Understanding Sexual Violence & Childhood Sexual Abuse', a CPD certified training course.

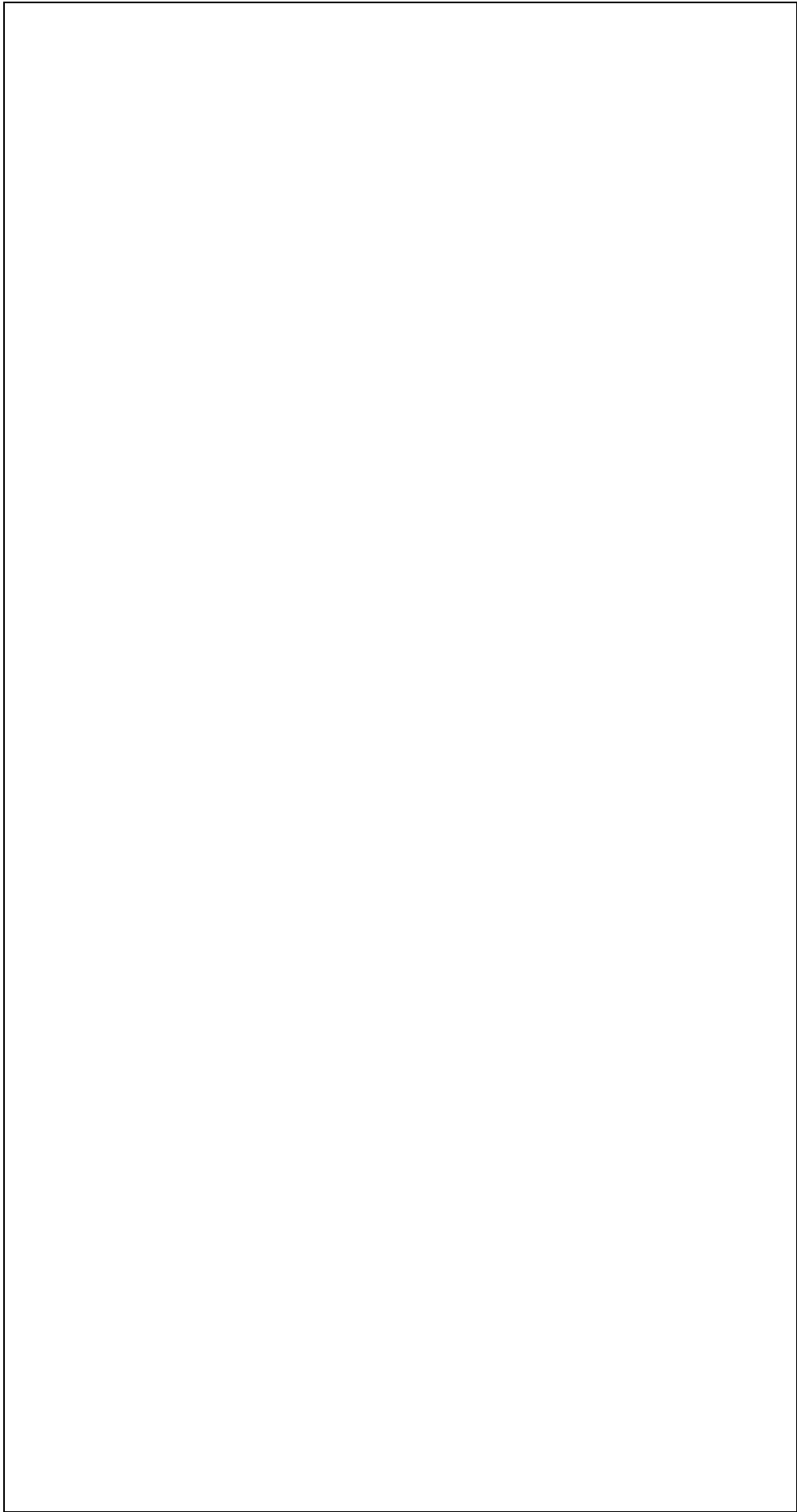
The team consists of professionals and general volunteers, it also includes CSA survivors. This ensures ANBU is survivor led and survivor perspectives are at the heart of all its activity. Reflective sessions ensure survivors have space to talk about an activity that has brought up any personal challenges. Also, team meetings also include 30-minute free flow discussions for the team to share thoughts and feelings on any recent activity, creating an internal support network, strengthening our overall impact.

Other internal activity included the development of an organisation **Theory of Change** document to provide clear direction on ANBU's approach to supporting long term sustainable change (awareness, behavioural and improved outcomes for survivors). An **approach diagram** detailed ANBU UK's unique practice, i.e. survivor centred, culturally adaptive and sensitive, community led, intersectional approach and evidence driven. Aligning with ANBU's 5 year plan and theory of change. The trustees also manage ongoing risks including safeguarding and key team personnel.

The newly appointed **Independent Sexual Violence Advisor (ISVA)** enrolled and commenced training with The Survivors Trust ISVA certified training programme.

The ANBU trustees' group and volunteers are all now a fully DBS cleared.

We were also pleased to receive mentions by TYO and SLYO in Tamil women's day, organisation wishing to mark the impact of ANBU, a humbling and validating moment!



Section E Financial review

Brief statement of the charity's policy on reserves

For the year ending 31 March 2021, ANBU UK had net income of £4,219, with gross income of £8,245 offset by expenses of £4,026. The charity started the year with cash in reserves of £4,074, and due to the positive net income in the year, ANBU built up to the reserve to £8,293 as at 31/03/2021.

£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. As a result, ANBU's cash funds at year end remain strong.

Details of any funds materially in deficit

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

[Empty box for 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)	Director and Trustee	
Date	10/06/2021	



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

For the period from	Period start date 1/4/2021	To	Period end date 31/3/2021
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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 £
A1 Receipts				
Donations - grant	5,000	-	-	5,000
Donations - small businesses		-	-	-
Donations - via JustGiving	2,028	-	-	2,028
Donations - individual fundraising	1,125	-	-	1,125
Other	92	-	-	92
	-	-	-	-
	-	-	-	-
	-	-	-	-
Sub total (Gross income for AR)	8,245	-	-	8,245
A2 Asset and investment sales, (see table).				
	-	-	-	-
	-	-	-	-
Sub total	-	-	-	-
Total receipts	8,245	-	-	8,245

A3 Payments

Venue/location booking	-		-	-
Website	513		-	513
Therapeutic specialists	-		-	-
Therapeutic project - other materials	8		-	8

Insurance	146		-	146
DBS checks	284	-	-	284
Training	3,075	-	-	3,075
Other	-	-	-	-
	-	-	-	-
Sub total	4,026	-	-	4,026

A4 Asset and investment purchases, (see table)				
	-	-	-	-
	-	-	-	-
Sub total	-	-	-	-

Total payments	4,026	-	-	4,026
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Net of receipts/(payments)	4,219	-	-	4,219
A5 Transfers between funds	-	-	-	-
A6 Cash funds last year end	697	3,377	-	4,074
Cash funds this year end	4,916	3,377	-	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 £
B1 Cash funds	Cash held at bank	4,916	3,377
		-	-
		-	-
	Total cash funds	4,916	3,377
	(agree balances with receipts and payments account(s))	OK	OK
		Unrestricted funds	Restricted funds

B2 Other monetary assets	Details	to nearest £	to nearest £
		-	-
		-	-
		-	-
		-	-
		-	-
		-	-

B3 Investment assets	Details	Fund to which asset belongs	Cost (optional)
			-
			-
			-
			-
			-

B4 Assets retained for the charity's own use	Details	Fund to which asset belongs	Cost (optional)
			-
			-
			-
			-
			-
			-
			-
			-
			-
			-

B5 Liabilities

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

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

Signature	Print Name
	JITESHKUMAR JOSHI

CC16a



**Last period
to the nearest £**

-
-
288
110
156
-
-
-
554

-
-

554

3,008
487
1,420
1,629

134
133
-
62
-
6,873

-

6,873

-	6,319
	-
	10,393
	4,074



Endowment funds to nearest £

-
-
-
-

OK

Endowment funds

to nearest £

-
-
-
-
-
-

**Current value
(optional)**

-
-
-
-
-

**Current value
(optional)**

-
-
-
-
-
-
-
-
-

**When due
(optional)**

Date of approval

30/06/2021