



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				
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14				
15				
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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)

<p>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.</p> <p>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.</p> <p>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.</p> <p>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.</p> <p>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.</p> <p>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.</p> <p>ANBU UK Trustees are fully committed to the statutory declaration to supporting public benefit.</p>
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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.

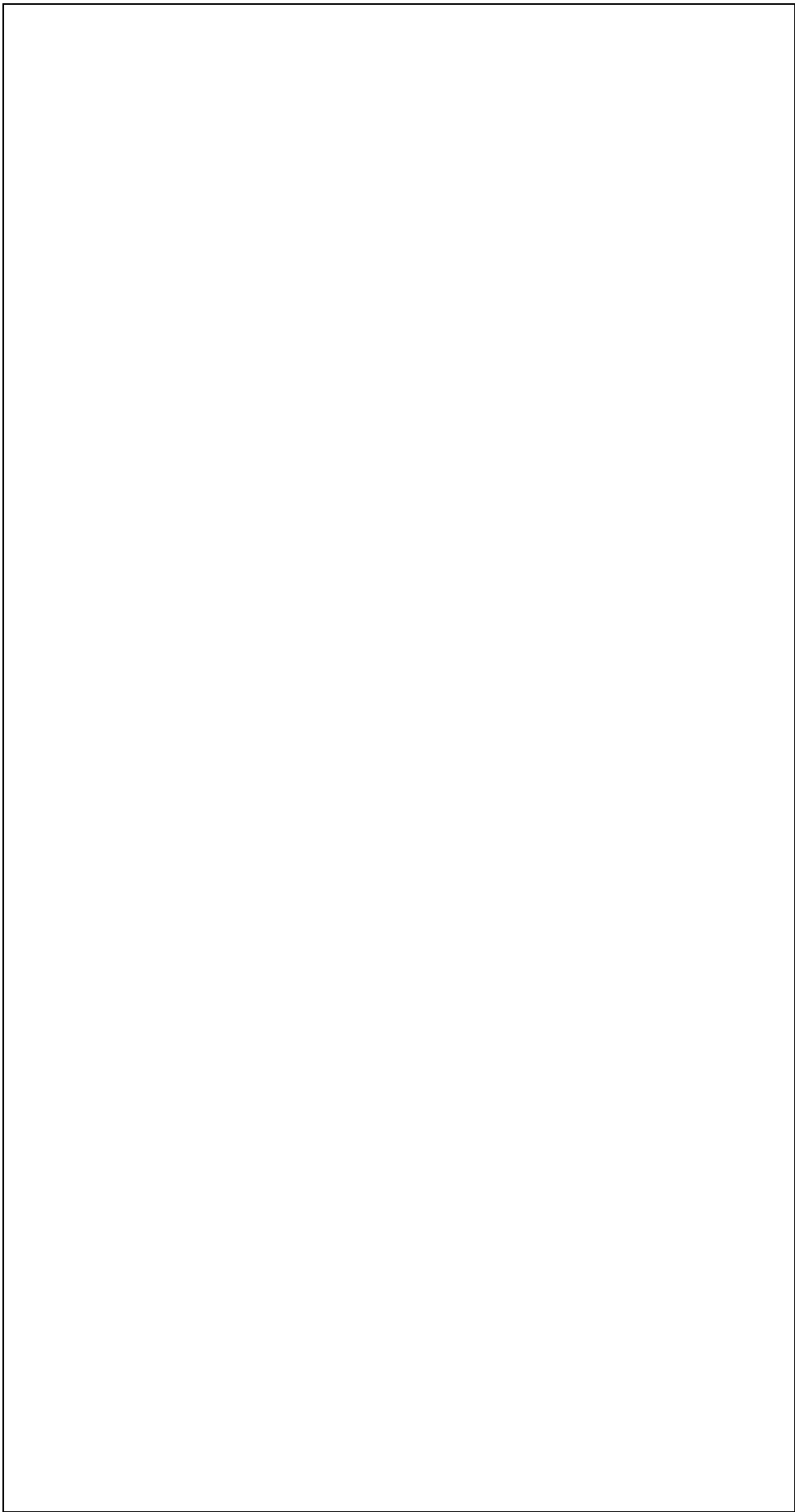
The team consists of professionals and general volunteers, it also includes CSA survivors. This ensures ANBU is survivor led and survivor perspectives are at the heart of all its activity. Reflective sessions ensure survivors have space to talk about an activity that has brought up any personal challenges. 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 centered, 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!



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**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 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 1/4/2021	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
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

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

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

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

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