

	Trustees' Annual Report for the period								
	From	Period start date			To	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				
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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 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)

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.

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..

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.

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.

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.

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.

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



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 1/4/2022	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