



Trustees' Annual Report for the period

	Period start date				Period end date		
	01	04	2024		31	03	2025
From				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	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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	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)		
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Full name(s)	Ahrabi Rajkumar	
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Position (eg Secretary, Chair, etc)	Co-Chair of the Board of Trustees	
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Date	14th January 2026
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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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Receipts and payments accounts

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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	Restricted funds	Endowment funds	Total funds	Last period
	to the nearest £	to the nearest £	to the nearest £	to the nearest £	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
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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