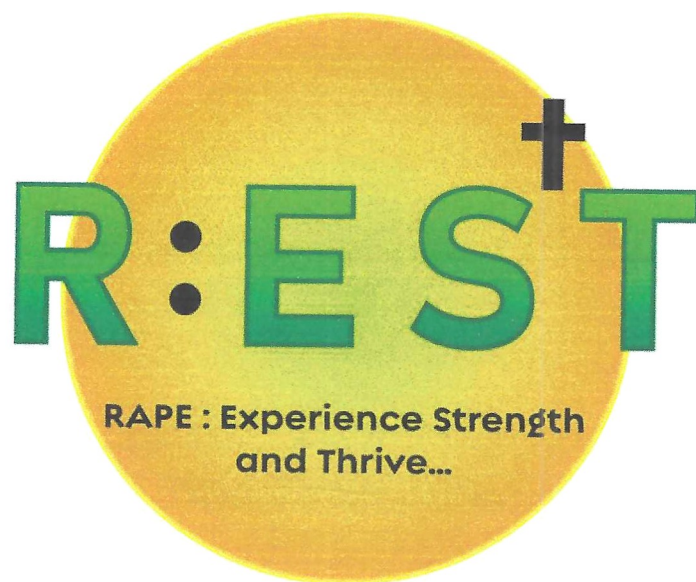




Finacial year 2024-2025

MY REST

NIC 109223

27 Mill Street, Lisburn, BT27 4RP

TRUSTEES

1. William David Keenan of Kilwarlin Moravian Church Manse, 49 Kilwarlin Road, Hillsborough, Northern Ireland, BT26 6DZ
2. James Myles of 51 Hillsborough Drive, Belfast, Northern Ireland, BT6 9DS
3. Claire-Louise McBride of 147 West Strand Avenue, Portrush, Northern Ireland, BT56 8FQ

TRUSTEES SERVING DURING THE YEAR

1. William David Keenan of Kilwarlin Moravian Church Manse, 49 Kilwarlin Road, Hillsborough, Northern Ireland, BT26 6DZ
2. James Myles of 51 Hillsborough Drive, Belfast, Northern Ireland, BT6 9DS
3. Claire-Louise McBride of 147 West Strand Avenue, Portrush, Northern Ireland, BT56 8FQ

GOVERNANCE

The charity is governed by memorandum and articles which was incorporated 04 August 2022

CHARITY PURPOSE

The Charity's purposes are to reduce distress and isolation of victims of domestic and sexual violence ('the beneficiaries') through the provision of emotional support, mentoring, education and wellbeing services by but not limited to:

- support worker/peer support to accompany the beneficiaries to provide a statement to police;
- A support group to provide continuous education and support for as long as required, to educate the beneficiaries on consent, self-worth and wellbeing, and to share stories/testimonies to aid them on their journey of rebuilding their life;
- Signposting to other agencies and support as appropriate, including counselling.

ACTIVITIES TO FURTHER THE PUBLIC BENEFIT

PEER TO PEER SUPPORT GROUP

During the period of this report the charity has facilitated an online weekly support group for a number of women who were victims/survivors of sexual and domestic violence.

Peer-to-peer support groups for survivors of sexual and domestic violence provide a unique public benefit by filling the critical gap between professional clinical intervention and solitary recovery. These groups create a collective healing environment where shared lived experiences reduce the profound isolation and "shame-cycle" often associated with trauma, fostering a sense of solidarity that professional settings alone may struggle to replicate. By empowering survivors to reclaim their agency through mutual aid, these communities decrease the long-term public health burden associated with untreated PTSD, depression, and substance abuse. Furthermore, peer support networks often act as grassroots information hubs, connecting individuals to legal and economic resources that they might otherwise be too intimidated to seek. When survivors are supported in reintegrating into their communities with confidence, it strengthens the social fabric, promotes a culture of zero tolerance for abuse, and breaks the intergenerational cycle of violence, ultimately creating a more resilient and informed public.

SIGN POSTING VICTIMS AND SURVIVORS TO OTHER SERVICES

Our volunteers have sign posted victims and survivors to a diverse network of specialized services which may assist in their recovery, such as benefits advice, PIP form completion, education needs, food bank and housing needs.

Sign posting serves as a vital catalyst for holistic recovery and long-term public stability. Because the impact of sexual and domestic abuse often ripples across a survivor's life, affecting their housing, finances, and physical health, a single agency rarely possesses the resources to address every need. By effectively linking individuals to "wraparound" services—such as vocational training, specialized counselling, or legal aid—the public benefits from a more integrated social safety net that prevents systemic cycles of poverty and re-victimization. This collaborative approach ensures that survivors receive the right intervention at the right time, which maximizes the impact of public funding and reduces the strain on emergency services and crisis centers. Ultimately, signposting transforms a fragmented response into a streamlined pathway toward self-sufficiency, ensuring that survivors are not just surviving, but are empowered to reintegrate as active, healthy, and contributing members of society.

LOBBYING MLAS IN STORMONT AND MPs IN WESTMINSTER FOR LEGISLATIVE CHANGE

Our volunteers have been in direct contact with a number of MLAs and MPs with the view to compel them to put forward reformations to the law regarding sexual/domestic violence and abuse.

Lobbying for legislative reform regarding sexual violence is a vital mechanism for aligning outdated legal frameworks with modern social realities and ethical standards. By advocating for consent-based definitions of sexual assault and the removal of restrictive statutes of limitations, proponents help ensure that the justice system prioritizes the

physical autonomy of all citizens rather than technicalities or archaic "force" requirements. When laws are updated to be more comprehensive and victim-centric, they foster a safer environment by increasing the likelihood of successful prosecutions and deterring potential offenders. Furthermore, these changes signal a societal shift toward accountability and gender equality, effectively reducing the stigma that often prevents survivors from coming forward. Ultimately, a more robust legal response to rape benefits the public by strengthening the rule of law, improving community safety, and ensuring that the fundamental right to bodily integrity is protected for everyone.

ADVOCATING FOR VICTIMS AND SURVIORS WITH POLICE AND SOLICTORS

The charity accompanied and advocated for a number of victims and survivors for medical appointments, Police statements and court appearances.

Victim advocates serve as essential navigators within the complex intersection of the legal, medical, and social service systems, providing a public benefit by ensuring that survivors do not "fall through the cracks" of bureaucracy. By offering expert guidance on protective orders, forensic exams, and courtroom procedures, advocates increase the efficiency of the justice system and ensure that victims are empowered to participate fully in the pursuit of accountability. This specialized support significantly reduces the likelihood of **secondary victimization**—the additional trauma caused by insensitive institutional responses—which in turn encourages higher reporting rates and more consistent cooperation with law enforcement. Beyond the individual level, advocacy programs reduce the economic strain on public resources by connecting survivors to stable housing and mental health services early on, preventing the long-term crises of homelessness or unemployment. Ultimately, by bridging the gap between a traumatized individual and a rigid institutional framework, advocates help build a more humane and effective public safety infrastructure that prioritizes recovery and systemic justice.

LOBBYING FOR TRAUMA INFORMED ID CARDS FOR VICTIMES OF SEXUAL ABUSE FOR USE IN NHS

The core public benefit of giving **trauma-informed ID cards** to victims of sexual abuse or violence — so doctors know they must adjust how they examine their bodies — is that it **removes the burden from survivors to repeatedly disclose their trauma**, while ensuring **safer, more appropriate medical care**.

The evidence from UK initiatives shows that these cards improve access to healthcare, reduce re-traumatisation, and help clinicians deliver examinations in a trauma-informed way.

The public benefit is that **more survivors receive essential medical care safely**, without being retraumatized or forced to disclose abuse verbally, and clinicians are prompted to use trauma-informed examination methods.

PUBLIC BENEFIT STATEMENT

It is confirmed that the trustees have read the Commission's Public Benefit requirement statutory guidance and have had regard to this when running the charity.

MITIGATION OF HARM

To mitigate potential harm the members are trained in vulnerable adult training or are part of a regulatory body.

PRIVATE BENEFIT

There has been no private benefit derived from any of the charity's activities.

Review of Charity's financial position at the end of the year

RECEIPTS AND PAYMENTS

RECEIPTS

During the period of this report the trustees have not received any receipts into the account. No funding was received or applied for during the period of this report.

PAYMENTS

During the period of this report the trustees have not made any payments from the account. All activities carried out on a voluntary basis

MATERIAL DEFICIT

During the period of this report there were no funds in material deficit as the charity has not received any funding.

Trustee signature:



Trustee Name:

William David Keenan.

Date:

1/8/2026