

Trustees Annual Report
Annual Receipts & Payments Accounts

for

Survivors Unite SCIO
for the period

to 31st March 2024



Scottish Charity No: SC048563

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Reference & Administrative Information

Charity Name: Survivors Unite SCIO

Scottish Charity No: SC048563

The Charities Principal Address:
Unit 3a Tweedmill Business Park
SELKIRK
TD7 5DZ

Charities Trustees on date of approval including office held:

Chairperson	Amanda Erskine
Treasurer	John Craig
Trustee	Barbara Caldicott
Trustee	Amanda Erskine
Trustee	Angela Freeman
Trustee	Alan Renton

Names of other trustees during the period:

Allyson McCollam	Resigned Dec 23
Catherine Elliot-Walker	Resigned Dec 23

Independent Examiner: Sue Bennett
21 Dounehill
JEDBURGH
TD8 6LJ

Bankers: Bank of Scotland plc
PO Box 1000
BX2 1LB

Structure, Governance & Management

Governing Document:

Survivors Unite was recognised as a Scottish Charitable Incorporated Organisation (SCIO) on the 23rd July 2018

Trustee Recruitment & Appointment:

At each AGM, the members may elect any member (unless he/she is debarred from membership under clause 56) to be a charity trustee. The board may at any time appoint any member (unless he/she is debarred from membership under clause 56) to be a charity trustee.

At each AGM, all of the charity trustees elected/appointed under clauses 58 and 59 (and, in the case of the first AGM, those deemed to have been appointed under clause 57) shall retire from office – but shall then be eligible for re-election under clause 58.

A charity trustee retiring at an AGM will be deemed to have been re-elected unless:

- he/she advises the board prior to the conclusion of the AGM that he/she does not wish to be re-appointed as a charity trustee; or
- an election process was held at the AGM and he/she was not among those elected/re-elected through that process; or
- a resolution for the re-election of that charity trustee was put to the AGM and was not carried.

In addition to their powers under clause 59, the board may at any time appoint any non-member of the organisation to be a charity trustee (subject to clause 53, and providing he/she is not debarred from membership under clause 56) either on the basis that he/she has been nominated by a body with which the organisation has close contact in the course of its activities or on the basis that he/she has specialist experience and/or skills which could be of assistance to the board.

Objectives & Activities

The Charities Charitable Purpose:

As set out in the 'Constitution' and 'The Charities and Trustee Investments (Scotland) Act 2005' the purpose(s) of Survivors Unite SCIO are the following: -

- The organisation's purposes are the relief of those in need by reason of age, ill-health, disability, financial hardship or others disadvantage through:

Any other purpose that may reasonably be regarded as analogous to any of the preceding purposes.

Summary of the main activities in relation to these objectives:

- Providing safe, confidential, person-centred support for adults who have experienced childhood sexual abuse, to their families and significant others in the Scottish Borders
- To be a credible and trusted peer support organisation with established referral pathways that those working with survivors can signpost to, and those using the service can be signposted from.
- Raising awareness, support prevention and reduce stigma around issues affecting survivors of childhood sexual abuse in the Scottish Borders

Achievement & Performance for 2023-24

What We Are Set Up to Do

Survivors Unite is a small, specialised charity dedicated to delivering comprehensive services to adult survivors of childhood sexual abuse (CSA) living in the Scottish Borders Region.

Our purposes, mission, vision, and values were written by those with lived experience of CSA who established our charity in 2018.



Our Purposes

- To provide safe, confidential, person-centred support for adults (16+) who have experienced childhood sexual abuse, and to their families and significant others in the Scottish Borders.
- To be a credible and trusted peer support organisation with established referral pathways that those working with survivors can signpost to, and those using the service can be signposted from.
- To raise awareness, support prevention and reduce stigma around issues affecting survivors of CSA in the Scottish Borders.

Our Mission

- To work alongside adults affected by CSA providing safe support and understanding so that people can heal and flourish.

Our Vision

- To create a world where those who have experienced childhood sexual abuse are understood, believed, and supported and where children are not abused.

Our Guiding Principle

- To work together with survivors to shape our service ensuring we are responsive to their current needs.

Through our Safe Oaks Project, we provide:

1:1 Counselling - 1:1 peer support - Facilitated Group Support. Phone/virtual support whilst on the waiting list - Events supporting mental health, wellbeing and inclusion.

We support adult survivors of childhood sexual abuse inclusive of all genders, sexuality, ethnicity, physical ability, and neurodiversity.

How We Work

Reaching Out to Survivors

The service has developed informational materials, such as leaflets, posters, and website and social media content, to promote our services and let survivors and other services know what support is available.

We have established partnerships with local organisations, community groups, and agencies that work with vulnerable populations. We have built a referral network with third-party organisations that encounter survivors. And we present information about our services and resources to partners to facilitate referrals. By implementing these strategies, we aim to effectively reach and connect with survivors, ensuring that they are aware of the available support and know how to access it.



The Therapeutic Approach We Have and Why

As a team offering therapeutic engagement to survivors of childhood sexual abuse, we recognise the identified need for longer-term therapeutic holding to be offered to create or re-create a solid, stable relational and existential foundation within which the work of recovery can be built.

We recognise the enormous disempowerment created by the violation and breaking of trust survivors of CSA have experienced and we recognise the need to work to re-establish the ability for the client to learn to trust and receive the trustworthiness of the practitioner, supporting the re-balancing/ building of a sense of empowerment and agency within the client. In terms of an evidence base for this way of offering therapeutic interventions within an adapting milieu, recent research is detailed in: *'Pluralistic Counselling and Psychotherapy'* developed by Cooper, M and McLeod, J. (Sage, 2011).

"Fifteen years of research amongst therapy users has shown me that most of them know and care little what therapy modality they receive. They want a therapy that works, that helps them meet their goals, and that treats them respectfully and responsibly as customers of a service".

Our team of Recovery Practitioners are humanistic in orientation, whole whole-person focused, we recognise the need to be aware of, and have a working understanding of, the context within which the client's experiential world resides. We work relationally and transparently with our work being truly trauma-informed and responsive. This recognises the well-researched acknowledgement that therapy will only be able to be successfully received when the clients experience of receiving the presence of the therapist is achieved (Geller & Greenberg, APA, 2002).

Our lead recovery practitioner is a member of (and certified trainer) with the Pre-Therapy International Network and supports the development of a Contact-Orientated way of engaging - essential when working with clients experiencing dissociation or other forms of contact-impairment - within the client group.

One of the Recovery Practitioners has recently qualified in a Compassion-Focused Psychotherapy training, two of the Recovery Practitioners are qualified in Mindfulness, one practitioner offers sessions incorporating EMDR.

Throughout our therapeutic work, we aim to be patient and realistic when setting goals or supporting the client's ability to set goals for themselves.

Our Connection with Survivors

We have an open referral process enabling support to be requested by survivors, their families, and all other agencies. Most referrals come through our website which provides information about our service, trauma, and childhood sexual abuse, links to support, and personal stories.



Survivors are contacted within six to eight weeks of acknowledgement of referral and provided with information about the range of supports available. We clarify their needs, goals, and preferences for support.

Survivors are then given the choice of being placed on our waiting list. This allows us to offer *interim support options*, such as **Keeping-In-Touch** calls. We maintain open communication with survivors on the waiting list, ensuring they feel connected, and supported. Waiting time for support varies depending on factors such as individual circumstances and service availability.

Decisions regarding the duration of support are determined through regular reviews to assess the progress and effectiveness of support interventions.

We keep close working relationships with other services enabling us to collaborate in supporting survivors' recovery and minimize the potential for re-traumatisation. Where appropriate we support survivors into our service and out of the service through, for example, having an initial three-way meeting with a social worker. Welcoming workers to support new clients, and accompanying clients to initial appointments with new services, thus reducing the impacts of transitions, supporting the sharing of information, and reducing the need to retell personal stories.

Feedback from our clients led to our commitment to long-term (rather than time-limited) support, recognising the complexities of the enduring psychological, physical and emotional impacts of CSA.

The delivery of this service is achieved by providing a multidisciplinary team of trained professionals, and support staff. There are four employed staff: The Project Coordinator, the Lead Recovery Practitioner and two Peer Support practitioners. There are four sessional Recovery Practitioners who are qualified counsellors, working in a self-employed capacity and all part-time. We have one administrator (vacant position at the time of writing).

Through **1:1 Counselling**, we offer engagement with clients that focuses on supporting them in better understanding the impact their abuse has had on them, developing a level of stability in their emotional world, and facilitating ways to begin to address their trauma alongside developing coping strategies, all within an overall aim of working towards healing and recovery. Counselling is usually delivered during regular 'business' hours, but we also offer evening and weekend sessions to accommodate survivors' schedules and preferences. Survivors typically access counselling sessions on a scheduled weekly basis. Some nature-based therapy also takes place.

1:1 Peer Support is offered flexibly, and frequency is determined by survivors' individual needs and circumstances. It can be weekly, fortnightly, monthly or whatever is agreed between the peer worker and their client. Support might include befriending, emotional and practical support and advocacy.

Our Facilitated Peer Support Group meets in rolling blocks of six sessions with one-week breaks in-between. The group is activity-based based providing space for connection, emotional support and understanding.

Sustaining a Safe Working Environment

Ensuring the safe delivery of our service is paramount, and we have established comprehensive measures to safeguard both service users and staff/volunteers. Training, support, and supervision are fundamental components of our approach to ensuring safe service delivery.

All staff and volunteers undergo training on topics such as trauma-informed care and adult protection. Additionally, staff/volunteers receive ongoing support and supervision from qualified professionals to address any challenges or concerns that may arise during service, ensuring that staff receive guidance, feedback, and support to maintain the highest standards of practice and ethical conduct. Staff are trained in suicide risk assessment and management processes. They receive guidance on identifying warning signs, conducting risk assessments, and implementing safety plans.

Protocols are in place for responding to crises and accessing additional support if needed. We have robust safeguarding policies and procedures in place to protect vulnerable adults from harm or abuse. Staff/volunteers receive training on recognising signs of abuse, reporting procedures, and working within legal and ethical frameworks.

Whilst we do not work directly with perpetrators, our approach to safety includes collaboration with agencies, such as STOP IT NOW! that specialise in offender intervention and accountability, and we re-refer accordingly.

We prioritise survivor and staff safety and well-being in all aspects of our service delivery. For staff delivering counselling, specific training, qualifications, insurance and accreditation are required. Our counselling staff hold relevant qualifications, such as master's degrees in counselling or psychology, and are licensed or certified by professional bodies such as BACP and COSCA.

Caseload management is carefully monitored to ensure that staff/volunteers can provide high-quality support without becoming overwhelmed. Caseloads are adjusted based on factors such as staff/volunteer capacity, complexity of client needs, and available resources. Regular reviews and consultations with the Lead Recovery Practitioner and external supervisors help to identify and address any concerns.

Embedded Trauma-informed Practice

Our charity was co-created by people with lived experience of childhood sexual abuse. Some of our members participated in the consultation for the development of 'Transforming Psychological Trauma' in 2017 and we continue to strive to ensure that Survivors consistently experience services that offer choice, trust, safety, collaboration, and empowerment. We actively listen to Survivors' perspectives, concerns, and suggestions for improvement, as well as collect data on outcomes and satisfaction levels and use this feedback to inform service delivery and organizational practices.

To support staff well-being and practice we foster an honest, supportive, respectful, and compassionate working environment where staff feel safe, listened to, respected, and valued, and can ask for help and share their experiences both formally and informally.

Wellbeing supports we have in place include: A safe, comfortable, welcoming working space; monthly peer supervision for our recovery practitioners; monthly support and supervision for all staff; monthly external supervision for our project coordinator and lead recovery practitioner; bi-monthly team meetings; team development sessions and relevant training. All recovery practitioners have external clinical supervisors. We use WhatsApp groups for informal recovery practitioner discussions, whole team discussions and information sharing. We provide ongoing training and professional development opportunities for staff.

Our working ethos and environment support clear, timely, responsive, open-minded, and honest communication. There are formal and informal mechanisms for feedback from staff and clients and we are responsive to their views. We work on improving mechanisms for meaningful analysis and constructive discussion enabling us to make trauma-informed decisions about the design and delivery of the service.

We collaborate with survivors to develop safety plans tailored to their circumstances. We support survivors when it involves connecting and communicating with support networks and other external agencies e.g., Alert Cards for Trauma (ACT) designed to reduce re-traumatisation when accessing follow-on support.



Governance and Leadership

Survivors Unite operates under a robust governance, leadership, and management framework to ensure effective oversight and accountability.

Trustees - Our Board of trustees consists of five members who bring diverse expertise and experience to the table. They meet bi-monthly to discuss strategic direction, review financial reports, and oversee organisational performance.

Board members possess a range of skills, including finance, counselling, social work, and non-profit management. The Trustees set the charity's strategic goals, policies, and priorities, as well as monitor its financial health and performance. Trustees also represent the interests of survivors and the broader community, advocating for their needs and rights.

We aim to ensure the lived experience of childhood sexual abuse is represented on our Board and informs governance, and currently, one trustee has lived experience.

Financial oversight is a critical aspect of our Board's responsibilities. The finance sub-committee conducts regular reviews of financial statements, budgets, and audit reports to ensure compliance with regulatory requirements and financial sustainability.

The Survivors Unite Board has seen some changes in trustee membership over the year. Allyson McCollum, a founding trustee and chair of the Board for a year stood down in December 2023 and we are very appreciative of the time, attention and experience that Allyson contributed during her involvement. Amanda Erskine, co-founder of the charity, took on the role of Chair for 2023 – 2024.

Project Management - The Lead Recovery Practitioner (LRP) manages the clinical side of operations, providing oversight to our team of Recovery Practitioners and Peer Support Workers, dealing with clinical practice, staff safety and well-being and case management.

Our Project Coordinator (PC) oversees business management, fundraising, administration, and human resources.

Both aforementioned roles are interdependent and must collaborate effectively to achieve success. The PC and LRP provide regular comprehensive reports to the Board on project updates, program outcomes, and day-to-day operations. These reports inform strategic decision-making and help track progress toward organisational goals. The LRP and the PC are accountable to and supported by designated trustees who provide regular support and supervision.

What We Achieve Through Our Work

We provide therapeutic support and recovery to adults whose lives have been seriously impacted by being sexually abused when they were children.

Survivors Unite is the only dedicated service for childhood sexual abuse in the Borders. The other provision is Rape Crisis, a service for women only.

The population of Scottish Borders was estimated to be 115,240 in June 2021 (NRS Scotland.) Using the NSPCC figure of 1:20 people within the UK to have lived experience, this suggests an estimated 5800 people within the Scottish Borders have experienced childhood sexual abuse.

However, research indicates that people experiencing mental health problems, including post-traumatic stress, borderline personality disorder, depression, disordered eating, suicidality, self-harm, addiction, anxiety disorders and loss of self-esteem, are more likely than others to report a history of CSA. Therefore, any estimates of prevalence from what is reported underestimate actual prevalence.

Most crimes of sexual abuse are only witnessed by the abuser and the victim, and most children do not tell anyone they are being sexually abused (NSPCC, 2019.) When someone does then seek help, survivors can find it hard to get appropriate therapeutic support (NSPCC, 2018.)

Most Survivors we support either do not meet the criteria for psychological support or have severe and enduring mental health issues and are viewed as too complex for psychological support or unlikely to benefit from support.

The effectiveness of our service is reflected in some of our client's feedback:

Alice, *"SU saved my life. It gave me the strength back that I lost."*

Mary believes that following several suicide attempts if she had not had SU, she may not have survived:

"...Years and years... of ignoring it completely which led to all sorts of bizarre, suicidal behaviour and excesses, crazy excesses. So yeah, the fact I'm even here is, in some way, 'yay, well done you.'"

Reflection and Improvement

In April of this year we surveyed staff, after focusing on establishing safety, stability and staff resilience within the service.

Principles of Trauma Recovery

We were heartened to discover that we have regained steady ground in relation to embodying the trauma principles as an organisation.

Staff Wellbeing

People are feeling more supported and understood and less isolated. There was mention of feeling pleased that our peer support workers are being properly recognised and supported though there is still work to do. Through the introduction of 1:1 meetings, each staff member has a space where they can be supported in exploring and supporting their personal and professional needs.

Communication

It came through loud and clear that communication has improved within the team, the trustees and how we communicate with our clients and external partners.

Lead Recovery Practitioner Role

People felt an increase in safety, stability and support and that outstanding tasks were being worked on and progressing.

Carousel system

Although not a specific question in the questionnaire, the responses highlighted that developing a sustainable model for the service is an “absolute priority.” We are currently implementing a 20-session block ‘carousel system’ followed by a six-month rest period which would include monthly ‘check in’ calls.

CRM System

In April 2023, we moved our client information to a Customer Relation Management system in order to improve our data systems. This unified approach enables better communication, personalised interactions and up-to-date client records. The migration has been instrumental to improving work-flow, automating follow-ups, tracking clients and ensuring secure data protection.

Student Counsellors

Survivors Unite became an official placement provider for Chrysalis and Edinburgh College. Partnering with a placement provider for student counsellors offers a mutually beneficial arrangement that enhances both services. For Survivors Unite, student counsellors bring fresh perspectives, additional capacity, and a diverse set of skills that can support clients’ varying needs, enabling the service to reach more individuals and provide timely support. For the student counsellors, hands-on experience in a trauma-focused environment provides invaluable, practical learning opportunities under professional supervision. This collaboration not only strengthens the quality of trauma support available but also contributes to a well-trained, trauma informed future workforce.

Our Year in Review 2023-2024

Alchemy Arts Project - March 2023

Alchemy worked with our Friday Peer Support Group to make a short collaborative film across six filmmaking workshops which focused on positive mental growth. The aims were to encourage creative expression amongst participants in a collaborative, supportive and inclusive environment; to increase awareness of Survivors Unite through film and to make a difference to other survivors.

The film has only recently been finished and will be premiered at our Annual General Meeting.

Youth Philanthropy Scotland / Galashiels Academy – April 2023

Survivors Unite worked with three students from Galashiels Academy, taking part in the Youth Philanthropy Initiative. The YPI engages a full year-group of students, developing skills and confidence through a learning experience. The students visited our premises and interviewed a member of our Peer Support Group in order to raise awareness around the topic of sexual abuse and the charity, and increase public donations to our cause.

Inner Worlds and Outer Worlds Project – June 2023

Survivors Unite in collaboration with Neo Alchemy, held a series of experimental film workshops with our Peer Support Group, entitled 'Inner Worlds - Outer Worlds.'

Many Survivors struggle to articulate their emotions and inner experiences. Words often fail to encapsulate the depth and essence of these experiences. This project sought to address this challenge by offering an alternative, more authentic form of expression through experimental film.

The sessions harnessed participants around the experimentation of 'play' by exploring with water, inks, paints, sugar and other mixed media. Participants also studied textures, materials, movements and colours. The facilitator then refined these samples, transitions, and expressions to create the final piece which is available to view on our website survivorsunite.org.uk/inner-worlds-outer-worlds

"What we've made is exactly how I feel on the inside that I can't express in words." – Sue, participant.

The process of working with their trauma through this workshop made participants feel like they and their experiences were valued. They were also able to recognise and appreciate their own personal growth and progress.

Wellness Day – August 2023

Our largest community outreach event was a Wellness Day which provided a space for Survivors to prioritise their physical, emotional, and mental health. Various therapeutic activities, such as reiki, meditation, massage or art therapy helped to promote relaxation, reduce stress, and cultivate self-awareness. These practices helped Survivors reconnect with their bodies, rebuild a positive relationship with themselves, and manage the emotional challenges that often arise from their traumatic experiences.

Child Protection Scotland – September 2023

While our primary focus lies in providing comprehensive support to survivors of childhood abuse, Survivors Unite actively supports prevention efforts in addressing the root causes of abuse and creating safer communities for all.

While we acknowledge that other organisations may specialise in childhood abuse prevention, we engage in initiatives that contribute to prevention wherever possible.

Our Peer Support Group worked with Child Protection Scotland and Barnardo's Scotland to develop and deliver a new joint campaign raising awareness about child sexual abuse. The campaign urges all adults to take time to really listen, look and notice when things don't seem right for a child. By educating both children and adults, we are playing a role in creating a culture of vigilance and accountability around abuse prevention, which may reduce harm both now and long term. View the video www.childprotection.scot/what-if-youre-right

Mindfulness Module 1 – October 2023

In October we held our first mindfulness course, facilitated by a member of our team who is a qualified mindfulness practitioner. The course was a mixture of in-person and online beginner meditation. Following on from this, we launched Mindfulness Month which posted on our Facebook page every day, with hits and tips for being mindful throughout November.

Women and Families Event, Nurture the Borders – November 2023

Our Project Coordinator presented Survivors Unite services at a networking event attended by a number of prominent organisations from the local area such as RapeCrisis, Children 1st, Borders Women's Aid and ParentSpace.

Women's March – November 2023

In November 2023, for a second year, we have held a stall at the Reclaim the Night march in Galashiels. The event was organised by the Scottish Borders Rape Crisis Centre as part of the Global 16 Days of Activism Campaign Against Gender-Based Violence.

Birkhill House Storytelling Week Project – February 2024

Survivors Unite clients took part in an innovative project with Birkhill House in celebration of National Storytelling week.

Award-winning poet Liffy Kelly led creative workshop sessions to produce pieces of art, stories and poetry which culminated in a beautifully produced storybook.

The book is available to view at our premises.



Wider Benefits to Society as a Whole

By collaborating with other organisations involved in childhood abuse prevention, we collectively maximise our impact and create a network of support that strengthens prevention initiatives at the local and regional levels.

Risks and Issues

Governance

Our trustee group is committed and dedicated to the work of survivors Unite. However, we are small in number with only 5 trustees out of a possible 11 which is a vulnerability. We are actively seeking new membership.

Operations

From mid-2023 to March 2024, we have been through a period of change and re-alignment. We became aware of several team issues impacting staff, and clients and threatening the safety, ethos and reputation of Survivors Unite.

The trustees worked closely with the team to understand the issues and developed an interim plan to hold the service while the situation was examined and understanding of the problems gained.

Management roles and responsibilities were reviewed and restructured, and some staff changes took place enabling us to implement a management approach and ways of supporting staff to enhance the development of a safe, more collaborative and supportive team. Communication and feedback loops have been improved within the team and between the trustees and the team. Our organisational ethos has been restored and we reestablished a team that can support each other and the tasks of the charity to the best achievable level within our existing resources.

During this process, we became aware of vicarious trauma within our team and some staff experiencing symptoms of anxiety, depression, and burnout. Addressing these issues has required

proactive and collaborative leadership, supportive policies, and a commitment to fostering a healthy and empathetic work environment. We have made effective changes within the organisation, whilst also striving to sustain a positive whole-charity ethos.

Balancing the Level of Demand for the Service with the Needs of Survivors

Historically, our counselling support has had no set number of sessions. However, referral numbers have grown, creating the need for us to respond differently to demand. The increase in referrals has created an unsustainable model for the counselling element of our service. To better respond to the level of demand and in consultation with our clients, we are introducing a modular model of support enabling us to reach more survivors, while still providing longer-term support.



We are preparing for a move from an 'open-ended' way of offering counselling (a recommendation from the original Survivor's group that set up the charity) to a modular-based system where each Survivor can be offered a block of 20 counselling sessions, followed by a six-month period where they receive a monthly holding call from the same practitioner before returning to a further block of 20 sessions.

Financial

Towards the end of 2023, Survivors Unite faced a challenging financial position due to many of our long-term grants coming to an end as well as some time-limited, project-specific funding ending, alongside increased demand for our services. We looked for and continue to explore additional funding sources and available grants in the sector, to avoid having to reduce our service provision, impacting our ability to provide essential support to Survivors.

Despite these challenges, we remain committed to our mission of supporting survivors and will continue to adapt and innovate to ensure the longevity and effectiveness of our organisation.

Our reserves policy aims to maintain a prudent level of unrestricted reserves equivalent to at least two months of operational running costs. However, due to our position as a small-medium charity in its formative phase of development, we have not yet achieved this level of reserves. We are developing ways to increase voluntary raised funds to build our reserves such as JustGiving campaigns, easy fundraising, voluntary donations and managing our cash to maximise interest.

Our Funders

We have been able to increase our counselling capacity in stages over the year to response to the steady numbers of people coming to us for help and have been fortunate to have the resources to do so through our portfolio of grant funding. We appreciate the continuing support received from the Scottish Government, National Lottery, Robertson Trust and most recently, the Weir Charitable Trust. The confirmation during 2022- 23 of a second 3 year grant from the National Lottery assures a degree of stability, whilst we seek to source additional funding as other current grants come to a close.

We are additionally grateful to the continued support of Inspiring Scotland, who on behalf of the Scottish Government, 'amplify and strengthen' our organisation by helping us to build 'strength, resilience, and reach.'

Without our funders support, this work would not be possible.

Our Objectives

Lived Experience

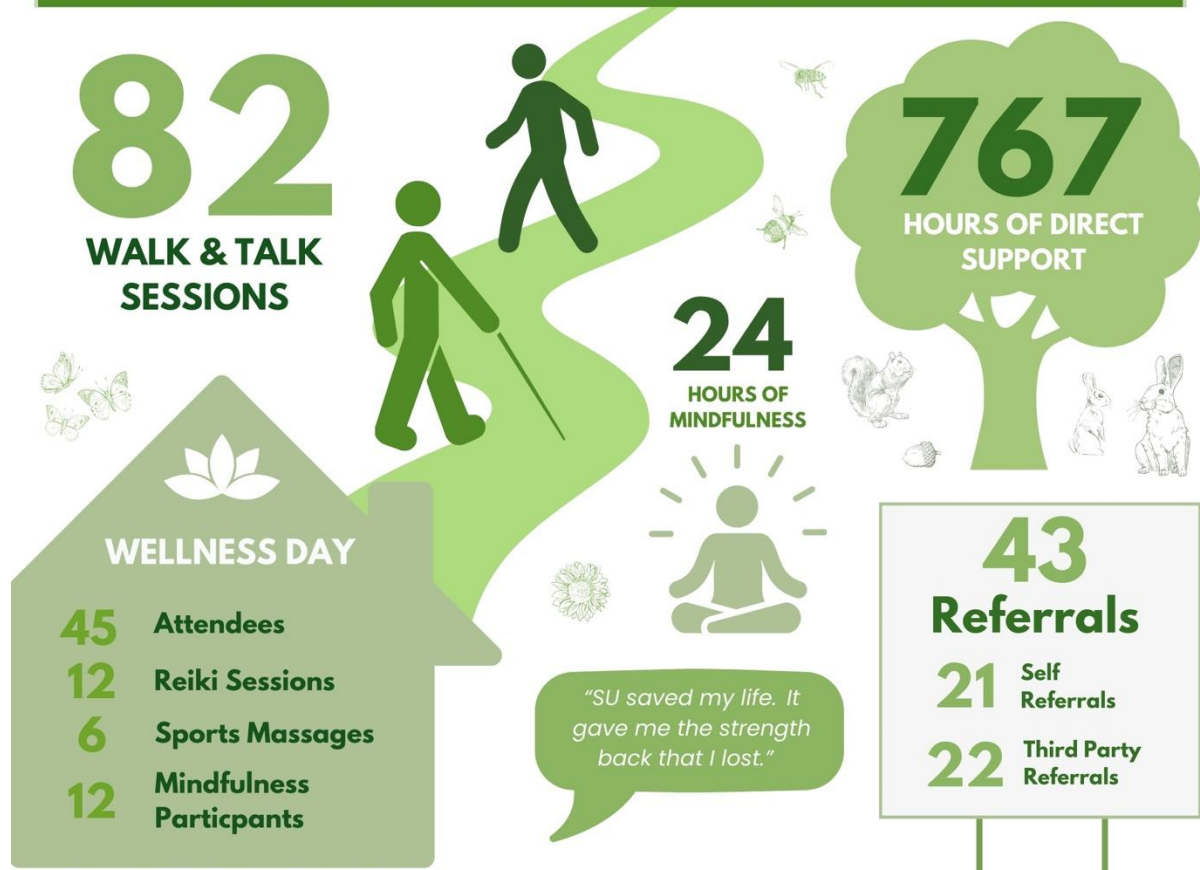
Survivors Unite was co-founded by people with lived experience of childhood sexual abuse and our commitment to survivor engagement and participation continues to be foundational to our approach to service provision so that our activities are responsive, relevant, and impactful.

Through ongoing collaboration and dialogue, we strive to create a service environment that honours survivors' voices and empowers them to actively shape their own recovery journey.

We seek input from survivors through regular conversations, reflection, and feedback mechanisms, such as questionnaires, group feedback, and external evaluations. These opportunities allow survivors to share their experiences, preferences, and suggestions for improvement, helping us to identify areas of strength and areas for growth in our service provision. Additionally, we collaborate with survivors in the co-design of activities.

Our Facilitated Peer Support Group regularly contribute their perspectives, expertise, and ideas. Our 'Lived Experience Advisory Group' (LEAG) struggled to gain traction for several reasons. We are working to do more to establish this as a prominent group and hope to revive the work of the group with the help of a past client who has recently approached us to offer her support with organising this group in 2024.

We look forward to the coming year to consolidate our core work and to explore ways to enhance and expand that where possible.



Financial Review

Statement of Reserves Policy:

Reserves must be maintained at a level which ensures that SU's core activity can continue during a period of unforeseen difficulty. The calculation of the required level of reserves is an integral part of the organisation's planning, budget and forecast cycle. SU will plan to maintain a reserve figure to cover operating costs for 2 months at all times. An increase of up to 10% above the reserves figure is acceptable.

Details of any deficit:

There was no deficit at the end of the financial period. The SCIO has sufficient funds to continue to carry out its charitable objects for the foreseeable future.

Details of Donated Facilities & Services:

The Charity benefits from the time given by all the Trustees to the running of the Charity.

Statement of Trustees Responsibilities

The members of the Charity must prepare financial statements which give sufficient detail to enable an appreciation of the transactions of the Charity during the financial year. The members of the Charity are responsible for keeping proper accounting records which, on request, must reflect the financial position of the Charity at that time. This must be done to ensure that the financial statements comply with the Charities and Trustee Investment (Scotland) Act 2005, the Charities Accounts (Scotland) Regulations 2006.

They are also responsible for safeguarding the assets of the Charity and must take reasonable steps for the prevention and/or detection of fraud and other irregularities.

Approved by the Trustees and signed on their behalf by:

Amanda Aimable-Erskine

Amanda Erskine
Chairperson

Dated: 12.12.2024

Receipts & Payments Account Period to 31st March 2024

	Notes	Un Restricted	Restricted Funds	Total 2024	Total 2023
Receipts					
Donations		0.00	0.00	0.00	0
Receipts from Fund Raising Activities	1	272.19	0.00	272.19	0
Other Charitable Activities		0.00	0.00	0.00	0
Grants	2	0.00	77,214.00	77,214.00	189,743.41
Bank Interest		534.01	0.00	534.01	0.00
Total Receipts		806.20	77,214.00	78,020.20	189,743.41
Payments					
Expenses from Fund Raising Activities	3	40.00	0.00	40.00	0
Expenses from Charitable Activities	4	0.00	152,517.11	152,517.11	118,164.63
Independent Examination		200.00	0.00	200.00	221.50
Total Payments		240.00	152,517.11	152,757.11	118,386.13
Net Receipts/(Payments)		566.20	(75,303.11)	(74,736.91)	71,357.28
Transfer between Funds		0.00	0.00		
Surplus/(Deficit) for Year		566.20	(75,303.11)	(74,736.91)	71,357.28

Statement of Balances as at 31st March 2024

	Un Restricted	Restricted Funds	Total 2024	Total 2023
Balances at Start of Year	1,489.33	120,595.78	122,085.11	50,727.83
Surplus/(Deficit) for Year	566.20	(75,303.11)	(74,736.91)	71,357.28
Balances at End of Year	2,045.53	45,302.67	47,348.20	122,085.11

Other Assets

See Note 5	3,868	2,287
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Liabilities

None	0	0
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Financial Statements approved by the Charity and signed on its behalf by:

Signed.....*John Craig*.....
John Craig - Treasurer

Dated.....12.12.2024.....

Notes to the Accounts

2024 2023

1. Income from Fundraising Activities

Other Activities	272.19	0
	£272.19	£0

2. Grants

SOCAS Fund (Scottish Government)	38,749.00	41,410.41
The Robertson Trust	0.00	20,000.00
National Lottery	30,000.00	33,333.00
Mental Health & Wellbeing Fund	0.00	80,000.00
Foundation Scotland	7,500.00	15,000.00
Inspiring Scotland	965.00	0.00
	£77,214.00	£189,743.41

3. Expenses from Fundraising Activity

Costs	£40.00	£0
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4. Expenses from Charitable Activity

Staff Costs	46,877.59	40,883.41
Counselling Fees & Costs	72,401.32	52,972.46
Rent & Premises Costs	12,208.51	12,122.20
Overhead Costs (Phone, Postage & Stationery)	1,418.04	1,303.12
Website & Computer Costs	4,459.33	1,131.06
Volunteer & Travel Costs	2,221.28	581.28
Insurance	1,961.27	1,948.17
Lone Working	0.00	553.98
Meeting Costs	1,793.03	66.14
Advertising /Promotion	389.10	0.00
Equipment	1,581.71	1,057.50
Training Costs	2,340.00	1,853.36
Fees	90.45	0.00
Space to Breathe	0.00	2,525.00
Other Project Costs	4,775.48	1,166.95

£152,517.11 £118,164.63

Notes to the Accounts cont'd

5. Assets of Survivors Unite SCIO as at 31st March 24

	2023	Additions	2024
XL Display Boards	111.60	0.00	111.60
Dell Latitude 7350 Laptop	2,175.00	0.00	2,175.00
HP Envy 7920 Printer	0.00	119.99	119.99
HP Laptop	0.00	1,049.98	1,049.98
Door Signs/Plaques	0.00	21.00	21.00
Samsung Galaxy Mobile Phone	0.00	223.93	223.93
Samsung Galaxy Mobile Phone	0.00	99.99	99.99
Sad Light Therapy Light	0.00	23.99	23.99
Lamp/Shade	0.00	42.83	42.83
Total	2,286.60	1,581.71	3,868.31

6. Trustee Remuneration and Related Party Transactions

The Trustees did not receive any remuneration or expenses during the year.

7. Nature & Purpose of Funds

The statements of account for the year show the financial figures for the Charity. The funds carried forward are made up of restricted and un-restricted funds as follows:

Bank of Scotland Accounts

Un-Restricted Funds	1,937.47
Restricted Funds	45,302.67

Petty Cash	108.06
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Total Funds	£47,348.20
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Independent Examiner's Report on the Accounts

Report to the trustees of Survivors Unite SCIO
Registered charity number SC048563
On the accounts of the charity for the period to 31st March 2024
Set out on Pages 17 to 19

Respective responsibilities of trustees and examiner

The charity's trustees are responsible for the preparation of the accounts in accordance with the terms of the Charities and Trustee Investment (Scotland) 2005 Act and the Charities Accounts (Scotland) Regulations 2006. The charity trustees consider that the audit requirement of Regulation 10(1) (d) of the Accounts Regulations does not apply. It is my responsibility to examine the accounts as required under section 44(1) (c) of the Act and to state whether particular matters have come to my attention.

Basis of independent examiner's statement

My examination is carried out in accordance with Regulation 11 of the Charities Accounts (Scotland) Regulations 2006. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts and seeks explanations from the trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit and, consequently, I do not express an audit opinion on the accounts.

Independent examiner's statement


In the course of my examination, no matter has come to my attention

1. which gives me reasonable cause to believe that in any material respect the requirements:
 - to keep accounting records in accordance with section 44(1) (a) of the 2005 Act and Regulation 4 of the 2006 Accounts Regulations, and
 - to prepare accounts which accord with the accounting records and comply with Regulation 9 of the 2006 Accounts Regulations

have not been met, or

2. to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

Signed: 
Sue Bennett 21 Dounehill Jedburgh

Date: 
12 Dec 24

Relevant professional qualification(s) or body:
Dip Business & Finance