

Trustees Annual Report including
Annual Receipts & Payments Accounts

for

Survivors Unite SCIO
for the period

to 31st July 2021

Scottish Charity No: SC048563

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Reference & Administrative Information

Charity Name: Survivors Unite SCIO

Scottish Charity No: SC048563

The Charities Principal Address:

Invercraig
Springfield Terrace
St Boswells
MELROSE
TD6 0EP

Charities Trustees on date of approval including office held:

Chairperson	Catherine Elliott-Walker
Vice Chairperson	Marilyn Aitkenhead
Trustee	Leslie Newington
Trustee	Allyson McCollam
Trustee	Maureen Roper
Trustee	Heather Johnstone

In attendance at meetings are the following:

Annalisa Lyell	Practice Lead
Alan Renton	Project Lead

Names of other trustees during the period:

Kenneth Ovens 9th July 2021

Independent Examiner:

Sue Bennett ACIE
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 reelected 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 other 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 2021

Survivors Unite believes in the below as part of its fundamental beliefs and values:

- **Vision Statement.**
- **Create a world where those who have experienced childhood sexual abuse are understood, believed, supported and where children are not abused.**
- **Mission**
- **To work alongside adults (16+) affected by childhood sexual abuse in the Scottish Borders to provide safe support and understanding so that people can heal and flourish.**
- **Values**
- **Led by Members with lived experience. Person Centered. Open Ended Support. Safety. Confidential. Trustworthy. Culture and Compassion. Transparency. Inclusiveness. Holistic.**

Survivors Unite began its life within Children 1st as a response to a gap identified in services for adult survivors of sexual abuse. Its original model was of peer support provided by volunteers in groups and 1-1. As we approach our second year of funding, much work has been done to build on these foundations to develop an evidence based therapeutic model which is responsive to identified needs. This includes survivors supporting other survivors, psychoeducation and a phased recovery model (pioneered by Judith Herman). We have been successful in introducing a more blended approach in our way of operating as needs changed due to Covid. We have increased staffing levels during this year also, recruiting a Practice Lead and a Project Lead whom are now shaping the organisation in a more efficient way.

Some of our Members consult with local agencies giving insight to certain initiatives as a person with lived experience. We have recently set up a Members Steering Group made up of those with lived experience to help drive the strategy of the organisation. We continue to encourage diversity and encourage participation of members in all aspects of the organisation. By using this mode of working we believe this will only help our members to gain confidence, self-esteem and a sense of belonging through decision making, group interaction and accepting accountability. At the moment this group is facilitated by the Project Lead but will become self-sustainable as the members become more accustomed to group workings and organisational requirements.

We are experiencing an increasing demand for support and referrals are rising from a range of sources e.g. the Renew Team, GP's, other parts of the NHS, Children 1st, Rape Crisis. We are aware we need to raise our geographical reach and have made links with BAVS, the third sector interface for the Berwickshire area of the Scottish Borders and will advertise our services in a targeted fashion. This however might indeed increase demand for the service so we are conscious of the need to manage expectations as waiting times to gain access to support may grow. A better understanding of the scale of need of support will help us plan future developments and identify what further resource may be required.

Our Board over this year has evolved into a more strategic role, with the full complement of staff in place to lead the operational work. The board membership has a wide variety of backgrounds and skills and includes people with lived experience.

We include an attachment of a very poignant statement from one of our members. This is an illustration of the differences our services can make with experience of CSA.

We now have 6 part time staff and 10 active volunteers.

Survivors Unite have worked with 69 people directly in the service this year. The breakdown of our activity are as follows:

1. Counseling works with 19 people per week
2. Peer Support works with 7 people per week.

Achievement & Performance cont'd

3. Facilitated Group Sessions 10 people per week.
4. Compassion Focused Training worked with 15 people.
5. We are providing holding calls for 9 people per week (at least) who are on our waiting list.
6. We are also offering 9 1-1 sessions of Trauma Informed Yoga.

We do believe however we can expand our services in terms of offering Craft therapy sessions, increase the Trauma Informed Yoga, trying to implement a "carousel" system where people who have been with the service for a long time take a time out with reduced service provision that allows us to work on our waiting list. We do see the need to increase our capacity. However increasing the number of SARP's, Counselors, Peers and indeed Volunteers increases other costs within the organisation also. Support calls for the waiting list is also time consuming but is essential at the moment.

We can see our service is delivering what our Members need and want. As we are developing our network the demand for our services has increased and we are currently working with a waiting list of 31 people. We expect this to rise as we work with more referrers and also branch out into the Berwickshire region of the Scottish Borders.

We have plans to develop our support services and we have an enthusiastic team of people committed to growing this much needed service in the region. The Scottish Borders has a distinct lack of services that are Trauma Informed. We are really working to reducing the taboos around surviving Childhood Sexual Abuse and by ensuring we encourage Survivors to disclose and feel safe and supported by a service they can trust. We can however only grow at the controlled pace and with the correct funding to meet that growth. We want to ensure that any developments are sustainable. Based on how many people we are currently working with and also with the new carousel system we will implement we know we can work with more people. These include our normal counselling, Peer and Group sessions. We will also be offering some Trauma Based Yoga sessions (another small and limited stream of funding) to people on our waiting list along with holding calls. We are also offering a Compassion Focused Training Event. The number we feel we can work with in the year ahead of 90 is our best estimate.

To support that request and illustrate the difference our service can make, we would like to provide two examples of good practice and unique approach that is being taken by Survivors Unite in the Scottish Borders.

The first example is from intentional peer support carried out initially by a peer volunteer following the referral from the social work department in 2019. They were concerned about a young woman we will call 'Chloe' in her early 20's who had been identified as vulnerable with no familial support and housing issues. There was a question around whether she had a learning disability but she had disclosed childhood sexual abuse from her father and neglect and emotional abuse from her mother and was demonstrating signs of complex trauma. Over a period of 2 years she was supported by a volunteer peer meeting her regularly in the community, helping her with nurturing herself and accessing other services and even college. During this time she had embarked on a relationship and was happy to announce she was expecting a child. The volunteer, realising they needed to take a break from this work had introduced Chloe to a young peer support worker new to the organisation and she continued to support Chloe through her pregnancy, meeting for walks and exploring common ideas and hopes for the future. Sadly just before baby was born it was discovered by Chloe that money had been removed from her account and the partner/father of the baby suddenly disappeared. This was a crucial time in her life and in the life of her unborn baby and she managed to reach out to us as an organisation fearful that she would not be considered a 'fit' mother. It was possible due to the trust in us to bridge the necessary communications with midwives and social workers to help her to accept support from statutory services (whom she had deep mistrust of) to ensure that she was supported in the beginning of her daughter's life and her journey as a mother.

Achievement & Performance cont'd

She is currently settled in a mother and baby home in the north of Scotland where she is coming to terms with the sexual and financial exploitation she has experienced and continues to receive telephone support from her Peer worker.

The unique quality of time that we offer to people coming for support and the emphasis on supporting possibilities and reducing isolation caused by perpetrators of abuse allowed us to be an alternative reality for this young woman and to strengthen her faith in herself and her abilities.

The second case is from a piece of therapy offered to a male survivor in his late 30's. This was following a breakdown and attempted suicide where he had disclosed to the mental health team and later his family childhood sexual abuse at the hand of his older brother. This was a piece of work taken on during lockdown and began and ended as telephone support. The weekly calls revealed a deep distress from early memories and undisclosed events that may have contributed to his neurological condition, epilepsy and sleep disturbance. Using psychoeducation around changes to the brain during trauma and teaching some self-soothing techniques and self-compassion this survivor was able to return to work and connecting to his wife and children and to reach out to his many male friends to continue his hobbies interests and enjoyment of life. When starting this work his CORE score was high in risk and loss of functioning but 9 months into his recovery he is expressing huge relief and reduction in trauma reactions and reactions to triggers that have haunted him all his life.

At the same time as he was offered support by one of our team he had been offered short term CBT he was grateful for all input but decided that his lack of concentration and impaired memory at the time meant he could relate better to the slower pace of trauma work and the relational element of building trust and reducing shame.

He was astounded that he was able to explore his dreams and nightmares and that by sharing his story he did not overwhelm his therapist and that he could begin to bear the change that his childhood experiences had brought to him and other family members.

We continue to offer these two models of recovery-peer support and therapeutic support to all those struggling with the loss of feelings of safety from childhood which continue into their adult life's.

We will continue to promote our services in the region we are currently working with BAVS to spread our network and ensure we reach all of the Scottish Borders. This will surely see an increase in demand for the unique services we provide. We need to be able to grow with the demand. We will also continue to raise the awareness of our Service and pro-actively seek ways for the estimated 4000 people in the Scottish Borders who have suffered from Childhood Sexual abuse. To give them opportunity to come forward and know they will have a safe and trusted place to be helped and healed.

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 financial deficit this year.

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:

C. Elliott-Walker.

Catherine Elliott-Walker
Chairperson

Dated: 8th Oct 2021.

Receipts & Payments Account
Year Ended 31st July 2021

	Notes	Un Restricted	Restricted Funds	Total 2021	Total 2020
Receipts					
Donations		545.01	0.00	545.01	512.00
Receipts from Fund Raising Activities	1	825.00	0.00	825.00	0.00
Other Charitable Activities	2	0.00	0.00	0.00	260.00
Grants	3	0.00	93,777.00	93,777.00	84,809.00
Total Receipts		1,370.01	93,777.00	95,147.01	85,809.00
Payments					
Expenses from Fund Raising Activities	4	220.80	0.00	220.80	0.00
Expenses from Charitable Activities	5	0.00	79,551.91	79,551.91	27,047.93
Independent Examination		125.00	0.00	125.00	0.00
Total Payments		345.80	79,551.91	79,897.71	27,047.93
Net Receipts/(Payments)		1,024.21	14,225.09	15,249.30	58,533.07
Transfer between Funds		0.00	0.00	0.00	0.00
Surplus/(Deficit) for Year		1,024.21	14,225.09	15,249.30	58,533.07

**Statement of Balances as at
31st July 2021**

	Un Restricted	Restricted Funds	Total 2021	Total 2020
Balances at Start of Year	807.05	57,761.07	58,568.12	0.00
Surplus/(Deficit) for Year	1,024.21	14,225.09	15,249.30	58,568.12
Balances at End of Year	1,831.26	71,986.16	73,817.42	58,568.12

Other Assets

See Note 6 2,286.60 111.60

Liabilities

No Outstanding Liabilities

Financial Statements approved by the Charity and signed on its behalf by:

Signed.....

Dated.....13/10/21

Notes to the Accounts

	2021	2020	
1. Income from Fundraising Activities			
The Kilt Walk	£825.00	£0.00	
2. Other Charitable Activities			
Bank of Scotland - Expense Contributions	0.00	260.00	
	£0.00	£0.00	
3. Grants			
Inspiring Scotland (Scottish Government)	34,944.00	39,375.00	
Murdoch Forrest	0.00	4,600.00	
Foundation Scotland	7,500.00	7,500.00	
National Lottery	33,333.00	33,334.00	
The Robertson Trust	17,000.00	0.00	
Sky Jacqui Trust	1,000.00	0.00	
	£93,777.00	£84,809.00	
4. Expenses from Fundraising Activity			
The Kilt Walk	£220.80	£0	
5. Expenses from Charitable Activity			
Staff Costs	23,478.25	0.00	
Counseling Fees & Costs	43,915.56	19,469.66	
Rent	968.00	2,800.00	
Overhead Costs (Phone, Postage & Stationery)	2,840.37	1,301.11	
Website & Computer Costs	2,918.89	535.26	
Volunteer & Travel Costs	1,067.06	1,479.43	
Insurance	1,690.94	870.87	
Meeting Costs	125.27	130.00	
Equipment	2,547.57	111.60	
Petty Cash	0.00	250.00	
Conference Costs - Break the Silence	0.00	100.00	
	£79,551.91	£27,047.93	
6. Assets of Survivors Unite SCIO as at 31st July 2021			
	2020	Additions	2021
XL Display Boards	111.60	0.00	111.60
Dell Latitude 7350 Laptop	0.00	2175.00	2175.0
Total	111.60	2,175.00	2,286.60

Notes to the Accounts cont'd

7. Trustee Remuneration and Related Party Transactions

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

8. 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:

Restricted Funds		71,986.16
Un-Restricted Funds	Bank Account	1,829.71
	Petty Cash	1.55

Total Funds **£73,817.42**

The Opening balance was adjusted for the Petty Cash by £35.05 taking the balance to £58,568.12.

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 July 2021
Set out on Pages 9 to 11

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: 13/10/21

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