

Trustees Annual Report
Annual Receipts & Payments Accounts
for
Survivors Unite SCIO
for the period
to 31st March 2025



Scottish Charity No: SC048563

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Reference & Administrative Information

Charity Name: Survivors Unite SCIO

Scottish Charity No: SC048563

The Charity's Principal Address:
Unit 3a Tweedmill Business Park
SELKIRK
TD7 5DZ

Charity's Trustees on date of approval including office held:

Chairperson	Amanda Erskine
Treasurer	John Craig
Trustee	Barbara Caldicott
Trustee	Angela Freeman
Trustee	Hannah Hawthorn from 13 th Jan 25
Trustee	Valerie Mooney from 18 th June 25

Names of other trustees during the period:

Alan Renton resigned 13th Jan 2025

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 2024-25

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.



Achievement & Performance cont'd

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 person-centred, 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 Service Manager 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 is qualified in Compassion-Focused Psychotherapy training, two of the Recovery Practitioners are qualified in Mindfulness, and 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.

Achievement & Performance cont'd

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 seven employed staff: The Service Manager, The Senior Recovery Practitioner, one Recovery Practitioner and two Peer Support practitioners. There are five sessional Recovery Practitioners who are qualified counsellors, working in a self-employed capacity and all part-time. We also have one volunteer Recovery Practitioner and (vacant position at the time of writing) one Admin Support worker.

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 understand and are aware of our suicide risk assessment and management processes. They receive guidance on identifying warning signs, conducting risk assessments, and implementing safety plans.

Achievement & Performance cont'd

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 therapeutic counselling, specific training, qualifications and insurance are required. Our Recovery Practitioners relevant qualifications and are licensed or certified by professional bodies.

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 Service Manager and external supervisors help to identify and address any concerns.

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 Business coordinator and Service Manager; monthly team meetings; team development half-days every three months and relevant external training when necessary. 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.



Achievement & Performance cont'd

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 six 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. Continuing is Amanda Erskine, as Chair, John Craig as treasurer, Barbara Caldicott, and Angela Freeman. We have also welcomed new trustees, Hannah Hawthorn and Valerie Mooney.

Project Management - The Service Manager (SM) 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 Business Coordinator (BC) oversees business management, fundraising, administration, and human resources.

Both SM and BC work collaboratively to effectively achieve success. The SM and BC 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 SM and the BC 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 Scottish 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, dissociative identity 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.

Achievement & Performance cont'd

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.

Embedded Trauma-Informed Practice

The terms Choice, Trust, Safety, Collaboration, and Empowerment are key principles of Trauma-Informed Practice (TIP). These principles guide how our services can be designed and delivered to better support individuals who have experienced trauma.

How does Survivors Unite embed these principles?

We embody a Person-Centered approach and in all aspects of our work ensure that we communicate and collaborate with survivors about how we are supporting them, and how best we interact with survivors who may be seeking support.

Choice

We believe that Survivors should have meaningful choices and a voice in every part of their journey with us. Having options and the ability to make decisions about their own support acknowledges their agency and helps build a sense of safety, control, and empowerment.

Survivors have told us that the period after reaching out for support, but before therapeutic sessions begin, can feel like the most difficult and isolating time. Taking the courageous step to ask for help is significant, and being left waiting without a clear connection can undermine that progress. Our Wise Owls Advisory Group reinforced this message, sharing their own experiences and reminding us of the importance of offering support, choice, connection, and information during this uncertain period.

In response, we are committed to offering survivors connection from the very start. We now make every effort to respond to new referrals at the earliest possible time and to maintain regular contact with those on our waiting list. Our Service Manager and Senior Recovery Practitioner manage this element of the service and act as consistent points of contact, providing clients with the option to stay connected, ask questions, and have clarity during times of transition.

Recognising that different survivors have different needs and preferences, we have introduced **Monthly Support Sessions**—available by phone, online, or in-person. These sessions give survivors an important choice in how and when they engage with support. Monthly Sessions offer a gentle, less intense introduction to therapeutic work, allowing individuals to begin building confidence and connection at a pace that feels manageable for them. Survivors have told us these sessions feel like an effective, low-pressure first layer of support and preparation for weekly sessions.

Importantly, some survivors have chosen Monthly Sessions as a longer-term alternative to weekly sessions, finding that the less frequent, more reflective space better suits their needs and helps them maintain a sense of control over their recovery journey.

These sessions also take place during the rest period of the Carousel System, a built-in space for reflection, recovery, and consolidation for clients. This approach not only honours clients' choice to step back and take stock but also supports the wellbeing of Recovery Practitioners by reducing the risk of vicarious trauma and ensuring the safety of everyone involved in the system.

Achievement & Performance cont'd

At every stage, from initial contact to long-term support, we aim to offer survivors clear, meaningful choices, ensuring they remain in control of their journey and experience our service in a way that respects their needs, preferences, and pace.

Trust

Survivors Unite provides a safe, consistent, and supportive environment where individuals feel respected and able to build meaningful, trusting relationships. We recognise that trust is not assumed, it is earned through every interaction, and it forms the foundation of all our work.

To better understand how we foster trust, we asked clients to share specific experiences or moments that have shaped their sense of trust in Survivors Unite.

Julie told us, *"Advocacy to hospital appointments in my trans journey"*. Regarding confidentiality Julie said, *"I trust my support person 100%"*.

Max told us, *"I know I can talk about my experiences with someone who understands."* And Byron told us, *"All the staff working there are friendly, but I especially trust my therapist who, well words cannot say how grateful I am."*

We then asked Survivors if they felt they were able to build healthy relationships because of their support. 86% reported "yes," whilst 14% reported *"Perhaps, a little."* No clients reported "no" or *"not sure too early to know."*

Rob commented he is *"more confident. Now have part time job. Supported through a tough time whereby I was discriminated due to me being trans."*

Helen reported, *"I am more social."*

Brian said he is *"better with friends."* Ellen told us *"My partner has seen a huge difference in me and the way I am."*

Jane commented, *"Having someone to trust. Sharing worst parts. Feeling believed."*

Safety

Survivors Unite ensures the safety of their clients by implementing strict safeguarding policies, providing trauma-informed care, and always maintaining confidentiality. Staff and volunteers are trained to recognise signs of distress and respond appropriately, creating a supportive and non-judgmental environment. The charity also works closely with external professionals and emergency services when necessary to ensure clients receive the protection and support they need.

Using our Service Evaluation Form, we asked Survivors 'How safe and secure and do you feel whilst using our services? 100% of our clients reported *"yes, I feel safe."*

Collaboration

From service delivery to strategy, collaboration is at the heart of Survivors Unite, ensuring that survivors are not only consulted but empowered to co-create the organisation and its future.

A significant part of the progress we've made over the past year has been deepening this collaborative culture, particularly through our peer-led approach. Our Peer Group Recovery Practitioners are central to this, ensuring that lived experience is not only respected but actively drives the way support is

Achievement & Performance cont'd

offered. These individuals work in close collaboration with staff, peers, and clients, ensuring that peer

sessions are co-created. Rather than following a rigid, top-down structure, these sessions evolve through open dialogue, shared decision-making, and collective ownership. Activities, topics, and discussions emerge directly from the interests, needs, and experiences of the group, ensuring that everyone feels heard, valued, and empowered. This collaborative, client-led approach has strengthened engagement, belonging, and trust within the service, while also helping build confidence, connection, and resilience among participants.

Collaboration also extends to governance, where survivors are invited to serve on the board of trustees. Typically, this opportunity is offered to those who have completed formal support, allowing them to bring their lived experience and insights directly into the strategic leadership of the charity. This ensures that the organisation's direction, priorities, and decision-making remain grounded in the realities of those we exist to support.

Our **Wise Owls Advisory Group** is another key space for collaboration. Meeting regularly, this group brings survivors together with staff to shape projects, provide feedback, and ensure the organisation remains guided by the voices and needs of survivors. The Advisory Group is an essential mechanism for two-way dialogue and shared learning, fostering a deeper sense of ownership and partnership in how the service develops.

Finally, at the request of survivors, we are presently developing training to support survivors further along in their recovery but still being supported by SU. At present the wise owls are encouraged to take on volunteer roles in areas such as peer befriending, event organising, fundraising, and reviewing materials. Our aim in developing this training is to extend this service out to other survivors presently being supported within SU. These roles provide further opportunities for collaboration, allowing survivors to stay actively involved, contribute their skills, and help shape the charity's work in meaningful and practical ways.

Empowerment

Survivors Unite empowers individuals and shares power by placing survivors at the heart of both personal and organisational decision-making processes.

At the **individual level**, we provide trauma-informed, person-centred support, ensuring that each survivor's choices, boundaries, and needs guide their own recovery journey. Peer support opportunities, where survivors can become volunteers, mentors or befrienders, further encourages personal growth and confidence.

At the **organisational level**, Survivors Unite actively involves those with lived experience in shaping services and strategy. This includes offering seats on the Board of Trustees, participating in the lived experience advisor group and local forums, and engaging them in co-producing charters and resources. Through these structures, survivors help set priorities, influence service development, and ensure the charity reflects the real needs and voices of its community.

Health & Wellbeing

We asked clients to share with us ways in which accessing our services has helped them in everyday life.

Mary told us: *"one-on-one counselling has significantly improved my ability to manage everyday life. I've developed strategies for stress and anxiety, which has improved my focus and enabled me to go back to work. It has also helped me understand and regulate my emotions better than I was before. I have more confidence to be able to deal with the 'every day'."*

Achievement & Performance cont'd

86% of Survivors told us “Yes” they were able to build healthy relationships as a result of our support, with 14% saying “*perhaps, a little.*”

When becoming more involved in everyday life, Vanessa told us she has “*made friends through work; attended church and feel a bigger part of the community.*” Whilst Andrew is “*more willing to go out, take trips and not worry too much.*”

29% said “*Yes, I’m much more involved.*”

43% said “*I’m much more involved than before.*”

29% said “*Things have changed a little bit.*”

None of our clients said, “*No things are the same.*”

When we asked Survivors to estimate the level of trauma before they started therapy, 14% said it was “*extremely high*” 43% said “*Moderately high*” and 43% said “*just managing to get by.*” When asked what their level is now, 86% said “*much improved,*” whilst 14% said “*slightly better.*” No clients reported being “*just the same*” or “*worse*” or “*much worse.*”

Meg reported feeling “*Less shy. Lesser feelings of shame and guilt and feel more in control of my life and decisions. I have lesser nightmares. I am I. A healthy relationship whereby before I was not. Able to recognise this and I am getting married this year.*” Amy reported her “*flashbacks and nightmares have reduced dramatically since joining Survivors Unite.*”

Additional Feedback

“It’s been a really big help”

“Therapy has changed my life for the better. Being able to talk about things that I have kept inside for years has made me feel lighter. I now look forward to special events instead of avoiding them. I feel I have been given tools that really help me. It’s good to feel happy more than sad”

“I still have things in my past that I find difficult that is still at times uncomfortable, but therapy has made it much easier”

“The service I have received has been outstanding, having [the Recovery Practitioner] really listen to me and let me talk has been so helpful”

“I feel a total relief that I was able to talk about my abuse. I should have done it much earlier in my life. I don’t feel the guilt i felt about blaming myself, I was just a child. Also, the intense nightmares I was having have gone”

“The service I received was amazing. I feel like a different person. I only regret not doing it sooner”

‘Learnt a lot about myself /easier to accept broken attachment's / given me strength to face things and stay calmer’

‘So grateful. Feels like I had a ‘big sister’ to be there. Emotional to end’

Achievement & Performance cont'd

Impact & Evaluation

Statistics

- Number of counselling hours: 372
- Number of hours of group work: 52
- Number of hours of wellbeing/emotional support: 30 (mindfulness)
- Number of hours of practical support: 40
- Number of hours of virtual sessions: 169
- Number of hours of telephonic sessions: 126
- Number of hours of walk & talk sessions: 20

Evaluation

Evaluation is essential for our charity to ensure that our services are truly making a difference in the lives of those affected by trauma. By systematically measuring outcomes, we can identify what approaches are effective, highlight areas for improvement, and ensure that resources are being used efficiently. Impact evaluation also builds trust with funders by demonstrating accountability and transparency. Most importantly, it ensures that the charity remains focused on its main priority of providing meaningful, evidence-based support that helps individuals heal and rebuild their lives.

How We Evaluate

The Service Manager and Business Coordinator attended training from Evaluation Support Scotland to improve our methods and collection of data. Survivors Unite completed an evaluation process review and progress is being made in developing a wider, more thorough system for gathering client feedback.

Service Evaluation Form: During our staff development morning at the end of March, a new version of our Service Evaluation form was introduced to staff for discussion and feedback. Following this, the form has been finalised and is now available online (and through our new Staff App.) The evaluation is now aligned with trauma informed principles. Time has been given to ensure the form is comprehensive and easily accessible to staff and clients to more efficiently gather required feedback for funders and service development.

Core Forms: These continue to be used during therapy at the beginning and end of each 20 sessional block of the Carousel.

Feedback Tree: This continues to be a valuable part of our feedback process. We use the Feedback Tree as a live creative resource for evaluation. Clients can choose when and how often they contribute feedback.

Service Data: Using our updated digital forms, we are now able to analyse data about our services and referrals.

Overall

Overall, things are progressing well, we continue our process of monitoring, reviewing and re-aligning our services and infrastructure in response to on-going development in all the parts of our service provision. We are experiencing an increase in demand throughout the whole service, and we continue to work hard to meet this need to ensure we are responsive to growing needs.

Achievement & Performance cont'd

Referrals & Capacity

Referrals have remained consistent over the past twelve months (2024-2025) although we are beginning to see signs of the number of referrals increasing as we continue to implement networking opportunities alongside the work of our lived experience group's campaigning activities.

As of the end of March 2025, we were providing therapeutic support to 80 survivors – a substantial increase from 33 the previous year. This growth has been made possible through the introduction of our Carousel System and introducing Monthly Support Sessions. Both of which have allowed us to more than double our present capacity.

Waiting List

The waiting list has reduced by approximately 75%, thanks to our ability to increase capacity by introducing the Carousel System, Monthly Support Sessions and starting to implement an archive system for referrals who have consistently not responded to our invitation to be in touch. This archive system offers all clients the opportunity to reengage with the service based on their initial referral (without the need to re-refer.)

Men's Forest Group

This group, led by the Service Manager, remains in its foundational stage. We are maintaining a highly Person-Centred approach, continuing to understand individual needs. Our aim is to integrate members into a group setting when they feel ready. Presently the small group of men with one wise-owl volunteer, join the Service Manager at a local woodland project on a Monday between 1.30 and 3.30pm.

A comment from the volunteer director from the woodland project after our most recent visit: *"It really was lovely sitting round the table talking with guys so feel free to do that as much as you want"*.

Facilitated Peer Support Group

Our weekly peer support group is ongoing and expanding. Two facilitators are now in place, and the review process has been completed. They are currently developing a new programme of activities based on group feedback. Due to growing interest, we are keen to develop a second group at a second site as a way of including survivors who cannot presently access the group either due to living too far away or because the demand is increasing.

Counselling Student Placements

One student has completed her placement and is volunteering for a period and has more recently joined the staff team to replace a departing member of staff. We have also established a new partnership with the Borders College and will begin taking student placements from July 2025.

Achievement & Performance cont'd**Reflection and Improvement****Service Improvements Since Last Year's Review**

Over the past year, we have made significant strides in addressing the structural and cultural challenges that were previously limiting our service's ability to function as an integrated, collaborative team and to fully implement the Carousel System.

Team Structure and Cultural Shift

We recognised that the sessional contractual model for Recovery Practitioners (RPs) was a barrier to developing the level of flexibility and shared responsibility required by the Carousel System. Since then, we have made progress in preparing to transition RPs from sessional contracts to employee status. This will be a substantial shift, involving close work with SCVO's HR service and our Trustees to carefully manage the financial, legal, and cultural implications of this change. Our hope that this transition will noticeably improve team cohesion and flexibility.

Enhanced Collaboration and Team Development

We have actively worked to dismantle the structures that previously hindered collaborative practice. Through regular reflective practice meetings, whole-team development sessions, and tailored leadership training, we have cultivated a stronger sense of shared responsibility and mutual accountability. Feedback from staff indicates that there is now a greater openness and more balanced contribution across the team, which is critical for the success of the Carousel System.

Embedding the Carousel System

We have now successfully embedded the Carousel System into our day-to-day operations. The team has adapted well to managing the higher caseloads and the differentiated levels of client support that Survivors need. This would not have been possible without the cultural and contractual changes that are enabling more flexible, team-based working. However, we recognise that sustaining this model will require securing additional funding to support the increased staffing costs for 2026–2027.

Focus on Staff Wellbeing and Resilience

As part of our commitment to cultural change, we prioritised creating a safer, more stable working environment. Previously we assessed the impact of these efforts, particularly focusing on staff wellbeing and resilience. The feedback was positive, showing improvements in how supported and valued staff feel within the service. This has reinforced our belief that the changes we are implementing are making a meaningful difference.

Training

The first of four planned half-day CPD events was held and highlighted the progress the service is making in relation to increasing staff wellbeing and how the implementation of the Carousel System is operating effectively for staff and clients alongside exploring our working therapeutic model.

Staff offered feedback acknowledging their feeling of safety, and of being supported and empowered through improved, open internal communication, increased regular meetings, 1:1 wellbeing sessions, and our own in-house training and access to a program of on-line CPD training.

Achievement & Performance cont'd

Systems

We have made significant improvements to several key systems to enhance communication, accessibility, and efficiency across the organisation. Our website has been restructured and is now updated regularly, featuring dedicated pages for volunteers, prospective trustees, and information about our Wise Owls Advisory Group. Students and volunteers can now apply directly through the website, streamlining the onboarding process and improving access to opportunities.

For staff, we launched the *Survivors Unite Staff App*, which includes easy access to charity documents, links to evaluation forms and a dedicated wellness section with resources and links, including a wellbeing questionnaire tailored for health and social care workers. The app also offers a space for anonymous feedback and suggestions, supporting open communication and continuous improvement.

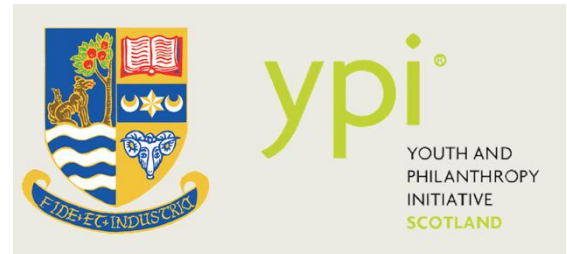
Our office team now benefits from a visual, web-based project management tool that supports collaboration, task tracking, and workflow organisation through the use of boards, lists, and cards. Additionally, we are systematically collecting and recording feedback from all evaluation tools, which is then used to inform progress reports and strengthen future funding applications.

Our Year in Review 2024-2025

April 2024

Galashiels Academy Youth Philanthropy Initiative

For the second year, 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. We attended a presentation evening where students raised awareness around the topic of childhood sexual abuse and our charity.



May 2024

Real Living Wage

This year, Survivors Unite began paying all staff the Real Living Wage, reflecting our commitment to valuing the work and wellbeing of our team. As a trauma-informed organisation, we recognise that creating a supportive and ethical working environment is essential not only for staff morale and retention but also for delivering high-quality, consistent support to those who use our services. Paying the Real Living Wage ensures that our staff are fairly compensated for their skills, experience, and dedication, and aligns with our wider values of dignity, respect, and social justice.



Policies and Annual Reports

In May, we took steps to improve transparency and accessibility by adding our key organisational policies and annual reports to the Survivors Unite website. By making these documents publicly available, we aim to foster further trust with our community, funders, and partner organisations. Transparency is a core value of our work, and sharing this information openly reflects our commitment to accountability, good governance, and ethical practice. It also allows service users and supporters to better understand how we operate, the principles we



Achievement & Performance cont'd

follow, and the impact of our work.

June 2024

Survivors Unite began collaborating on the **Alert Card for Trauma** with the Integrated Psychological Trauma Steering Group to address a key need for accessible, trauma-informed tools across services. Originally developed as a practical resource for individuals who may struggle to communicate during moments of distress, the card allows survivors to convey crucial information about their needs, triggers, and preferred responses when they are unable to speak. With funding support from the Steering Group, Survivors Unite was able to widen the scope of the project—refining the design, improving accessibility, and expanding its reach to more communities. This renewed focus was vital in ensuring the card reflected real-life, lived experience and best practices in trauma-informed care. Alongside the card, Survivors Unite also offered training to professionals and service providers, helping embed deeper understanding of trauma responses and how to use the card effectively in practice. This collaborative effort ensured that survivor voices were at the heart of a system-wide improvement in psychological trauma support.

July 2024

Survivors Unite started to expand its Student Placement Programme by partnering with Chrysalis and Borders College, offering more training spots at our premises. This expansion enables students enrolled in accredited courses to gain practical, trauma-informed counselling experience in a supportive charity environment, working directly with survivors of childhood sexual abuse alongside qualified therapists.

By engaging students, Survivors Unite taps into local vocational learners, strengthening employability and integrating academic learning with real-world application. Students gain confidence, ethical practice, and self-care strategies, while the organisation benefits from fresh insights, additional therapeutic capacity, and stronger links with local educational providers.

We were thrilled to offer one graduating student an employed role within the organisation, which is an incredibly rewarding experience that highlighted the value of nurturing talent from within and the strength of our student programme.

August 2024

Wise Owl Advisory Group

In August 2024, we established the **Wise Owls Advisory Group**, bringing together survivors with lived experience to help shape the direction and development of Survivors Unite. This group has quickly become a vital part of our collaborative and lived experience-informed approach, providing invaluable insight, ideas, and feedback that help strengthen our service and deepen our connection with the wider community.



Since its formation, the Wise Owls have been actively involved in several key areas. Group members have reviewed **Initial Assessments** used by the NHS East and West Community Mental Health teams, offering their perspectives to ensure that these assessments are accessible, appropriate, and sensitive to the needs of survivors.

Achievement & Performance cont'd

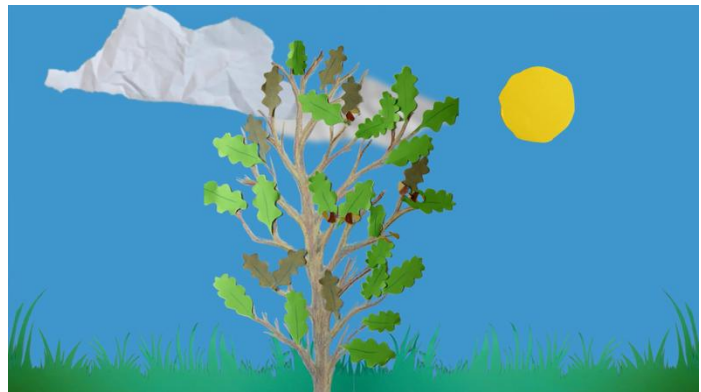
They have built stronger links with external organisations such as...

The group continues to generate creative and practical ideas to support the charity. These include exploring the possibility of placing a clothes recycling bin at the SU office as a way to raise funds, developing SU posters with QR codes for display in public spaces and suggesting radio and TV advertisements to raise awareness of our work.

September 2024

Alchemy Arts Film

In 2024, **Alchemy** partnered with our Friday Peer Support Group to create a short, collaborative film through a series of six filmmaking workshops focused on positive mental growth. The project was designed to encourage creative expression among participants within a supportive, inclusive environment. It also aimed to raise awareness of Survivors Unite and to share a message of hope and resilience with other survivors.



The film was finalised, released, and added to our website in 2025. It represents not only the creativity of those involved but also the power of collaboration and peer support. The film received its official premiere at our Annual General Meeting, providing an opportunity to celebrate the project and the achievements of everyone who contributed.

You can view 'Growing: A Survivors Unite Film' on the homepage of our [website](#).

October 2024

Collection Cans

The Wise Owls Advisory Group played an active role in supporting fundraising efforts by launching our first donation collection cans, which were distributed throughout various locations across the Scottish Borders. This initiative not only helped raise vital funds for Survivors Unite but also increased awareness of the charity's work within local communities. The group identified suitable venues for placement, such as shops, community centres, and local events. Their efforts contributed to a meaningful increase in donations and highlighted the value of community-led action in sustaining the charity's services.



November 2024

Trauma-informed Approaches - Community of Practice at the Roxburgh Suite.

Survivors Unite was pleased to attend and contribute to the **Trauma Informed Approaches – Community of Practice Event** held at the Roxburgh Suite, Scottish Borders Council Headquarters. The event brought together services, professionals, and individuals with lived experience to explore how trauma-informed care is developing across the Scottish Borders.



Achievement & Performance cont'd

As part of the day, Survivors Unite delivered a presentation showcasing our work supporting adult survivors of childhood sexual abuse through the **Safe Oaks Project**. Our presentation highlighted how the service offers a range of flexible, free, and confidential support options tailored to individual needs, including 1:1 counselling, peer support groups, volunteering opportunities, and how our Carousel System works to support both clients and staff.



We also introduced attendees to our **Alert Card for Trauma**, developed by survivors (the printing costs of this resource are currently funded by the Integrated Psychological Trauma Steering Group). The card is a practical resource to help individuals communicate their needs in everyday situations, particularly when verbal communication feels overwhelming.

This resulted in a number of attendees signing up to our ACT resource training which was then delivered to NHS departments, Beyond Earliston, Borders Women's Aid, MORE

Reclaim the Night – Hawick



Survivors Unite proudly attended the **Reclaim the Night March** in Hawick, standing alongside others in the community to raise awareness about gender-based violence and to advocate for safer streets and spaces for all. The march provided an important opportunity for survivors, allies, and organisations to come together in solidarity, amplifying the message that everyone deserves to feel safe at night. Our presence at the event reflected our ongoing commitment to supporting

survivors, challenging stigma, and contributing to wider efforts to create a safer, more informed, and more compassionate community.

Drop-in sessions Borders College

Members of our **Wise Owls Advisory Group**, Peer Support Workers and Project Coordinator attended a number of drop-in events at Borders College to engage with students and staff, raise awareness about the services we offer at Survivors Unite. The event provided a valuable opportunity for staff to share information about the support available through our services, as well as the importance of extending our reach within educational settings. The visit also helped strengthen connections between Survivors Unite and Borders College, laying the groundwork for future collaboration.



December 2024

Mindfulness



In December, we held our second group mindfulness course, facilitated by a member of our team who is a qualified mindfulness practitioner. The course was received, with positive feedback from participants, who found the sessions grounding, supportive, and beneficial to their overall wellbeing. Building on the success of this and previous sessions, we are now taking steps to integrate mindfulness more fully into our core therapy services.

Achievement & Performance cont'd

Mindfulness has proven to be a valuable tool in trauma recovery, helping individuals develop greater self-awareness, emotional regulation, and resilience. As a result, we see it as a natural complement to our trauma-informed approach. By incorporating mindfulness into our regular therapeutic offerings, we aim to provide participants with practical strategies they can use both in and outside of therapy to support their recovery journey.

January 2025

National Rural Mental Health Forum

The National Rural Mental Health Forum is a committed and wide-reaching network made up of over 225 organisations from the third, private, and public sectors, collectively reaching more than 500,000 people across rural Scotland. The Forum plays a vital role in encouraging open conversations about mental health in rural communities. By building strong evidence base and showcasing effective approaches, the Forum works to influence policymakers and ensure resources are directed where they can have the greatest impact.



Our Service Manager, Rab Erskine, joined the Forum, recognising its importance in tackling the unique mental health challenges faced in rural areas. His involvement helps ensure our work remains connected to national conversations and emerging best practices. The Forum's monthly seminars highlight individuals and organisations making a difference across rural Scotland, covering key topics such as loneliness and isolation, access to services, community resilience, and the impact of poverty on mental health. Being part of this network supports our goal of delivering informed, effective, and community-driven support.

Scottish Borders Mental Health & Wellbeing Forum



Survivors Unite continued its active involvement in the **Mental Health and Wellbeing Forum** over the past year, contributing to collaborative efforts to improve mental health and social care services across the Scottish Borders. The Forum, facilitated by Borders Care Voice, brings together professionals and individuals with lived experience and meets six times during the year to identify key priorities and raise issues with local decision-makers.

Through our participation, Survivors Unite helped ensure that the voices of Survivors were represented and taken seriously in discussions with NHS Borders, Scottish Borders Council, and the Mental Health Board. The Forum maintained strong links with these bodies, allowing for meaningful input into service planning and delivery.

Bank Staff

Through the recruitment of three Bank Recovery Practitioners, we have been able to begin offering monthly support sessions to clients on our waiting list who are yet to access therapy. These sessions consist of a full hour of counselling, with a view to the client moving into more regular support, once a space becomes available.

Achievement & Performance cont'd

Annual General Meeting

The Survivors Unite Annual General Meeting highlighted the organisation's continued commitment to trauma-informed support and community engagement. Over the past previous year (2023-2024), key achievements included youth involvement through the Youth Philanthropy Initiative with Galashiels Academy, community events such as the Wellness Day and Women's March, and participation in awareness efforts like Child Protection Scotland and the Trauma Conference. Creative and educational activities, including storytelling and mindfulness sessions, also featured prominently.



Operational updates focused on expanding the Men's Group, improving staff wellbeing, and strengthening evaluation, communication, and partnership efforts. The AGM also noted improvements to the website and increased involvement from students and volunteers. The meeting closed with thanks to funders, supporters, and the community for their continued support.

February 2025

Borders Act for Change / Criminal Justice Team

Our new garden area is a wonderful addition to Survivors Unite, made possible through the collective efforts of many individuals and organisations. The project was funded through the dedicated fundraising efforts of our **Senior Recovery Practitioner, Rachel Bailey**, whose commitment and hard work brought this idea to life. The garden itself was built with the practical support of the **Criminal Justice Team**, providing an opportunity for collaboration that benefits both our service and the wider community. Generous donations of plants and greenery from **Borders Act for Change** helped transform the once empty space into a space filled with life, colour and the hum of bees.



The garden is now lovingly cared for by members of our **Peer-Facilitated Support Group**, offering not only a space for plants to grow but also for survivors to reconnect with themselves and others.

Scottish Parliament

Our Chair Amanda Erskine and Service Manager Rab Erskine attended the launch of the 'Change Mental Health' interim report on discovering what is best practice for early intervention and prevention in mental health and mental illness at a Scottish Parliament reception.

The new interim report 'Cross-sector Early Intervention and prevention in Rural Mental Health' creates a research evidence base, informing how early intervention and prevention can have a positive effect at every age and stage of life. Evidence from people with lived experience, and those who care for them and work in support of them, demonstrates the benefits experienced by individual, families, workplaces and communities.



Achievement & Performance cont'd

This report is highly relevant to **Survivors Unite**, as early intervention and prevention are central to our work with adult survivors of childhood sexual abuse. Many survivors face long waits for support, especially in rural areas like the Scottish Borders, increasing the risk of crisis. The report highlights the importance of timely, accessible, and joined-up support — something we strive for through collaboration with other Cross-sector working is key to preventing isolation, ensuring survivors get help early, and building a more supportive, trauma-informed community.

March 2025

Community Engagement



Our Wise Owl Advisory Group hosted an information and fundraising stall at ASDA Galashiels. The aim of the event was to raise awareness of the charity's work within the community, engage with members of the public, and encourage donations to support ongoing initiatives. Visitors had the opportunity to speak with representatives, learn more about the organisation, and explore ways to get involved. During the event, the group was pleased to meet **Christine Grahame MSP**, who stopped by the stall to show her support and learn more about the group's activities. The event was successful in

strengthening community connections and generating valuable support for the charity's services.

'Cherished, Remembered, Held' Tapestry

Survivors Unite was proud to host a powerful memorial tapestry which honours the lives of women killed in the UK between the disappearance and conviction of Sarah Everard's murderer in 2021.

The project brought together over 80 women from the Borders and across the UK, each stitching the name of one woman into the tapestry by hand. The aim was to ensure the women's names were not forgotten but instead held with care and dignity. By displaying the tapestry at our premises, we helped provide a space for reflection and community awareness around the ongoing issues of gender-based violence. The project continues to spark important conversations and serves as a poignant reminder of the need for change.



Risks and Issues

Operations

From April 2024 to March 2025, we came to the end of a period of change and re-alignment, however we still strive to implement improvements wherever necessary.

Whilst we are pleased with the progress made this year, we recognise that cultural change is an ongoing process. We will continue to review our structures, seek feedback from staff, and invest in team development. Securing the necessary funding to sustain the Carousel System will remain a key priority in the coming year.

Achievement & Performance cont'd

Financial

This year we received funding support from several key partners, including the **National Lottery Community Fund**, **The Robertson Trust**, **The Weir Charitable Trust**, and the **SOCAS Fund**. These contributions have been instrumental in allowing us to gradually increase our counselling capacity in line with community need.

We also continue to benefit from the support of **Inspiring Scotland**, which provides vital support, networking, training and specialist volunteers, helping us strengthen our organisation and extend our reach.

Looking ahead, we are actively working on new funding applications and exploring opportunities to extend support from our existing funders. We recognise the importance of building a diverse and sustainable funding base and we are also increasing efforts to grow voluntary income through online campaigns, community fundraising, and improved donor engagement.

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. Building on the offer of support from a past client, our 'Wise Owls Advisory Group' was established in August.

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 in the running of the charity. Our Wise Owls Advisory Group, as detailed in our Chair's Report, also donate their time to provide valuable assistance and guidance.

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 Erskine
Chairperson

Dated: 12/01/2025

Annual Report & Financial Statements for the period to 31st March 2025
Scottish Charity No SC048563

Receipts & Payments Account
Period to 31st March 2025

	Notes	Un Restricted	Restricted Funds	Total 2025	Total 2024
Receipts					
Donations		2,132	0.00	2,132	0
Receipts from Fund Raising Activities	1	10	0.00	10	272
Other Charitable Activities		0	0.00	0	0
Grants	2	0	156,984	156,984	77,214
Bank Interest		958	0.00	958	534
Total Receipts		3,100	156,984.00	160,084	78,020
Payments					
Expenses from Fund Raising Activities	3	149	0	149	40
Expenses from Charitable Activities	4	826	155,182	156,008	152,517
Independent Examination		0.00	250	250	200.00
Total Payments		975	155,432	156,407	152,757
Net Receipts/(Payments)		2,125	1,552	3,677	(74,737)
Transfer between Funds		6,945	(6,945)		
Surplus/(Deficit) for Year		9,071	(5,393)	3,677	(74,737)
Statement of Balances as at 31st March 2025					
		Un Restricted	Restricted Funds	Total 2025	Total 2024
Balances at Start of Year		2,045	45,302	47,348	122,085
Surplus/(Deficit) for Year		9,071	(5,393)	3,677	(74,737)
Balances at End of Year		11,116	39,909	51,025	47,348
Other Assets					
See Note 5				4,075	3,868
Liabilities					
None					

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

Signed.....*John Craig*.....

John Craig - Treasurer

Dated.....11/27/2025.....

Annual Report & Financial Statements for the period to 31st March 2025
Scottish Charity No SC048563

Notes to the Accounts

2025 **2024**

1. Income from Fundraising Activities

Other Activities	10	272
	£10	£272

2. Grants

Scottish Government	59,869	38,749
The Robertson Trust	15,000	0
National Lottery	60,000	30,000
Weir Charitable Trust	22,115	0
Foundation Scotland	0	7,500
Inspiring Scotland	0	965
	£156,984	£77,214

3. Expenses from Fundraising Activity

Costs	£149	£40
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4. Expenses from Charitable Activity

Staff Costs	46,357	46,877
Counselling Fees & Costs	78,448	72,401
Rent & Premises Costs	14,793	12,208
Postage & Stationery	575	1,418
Website & Computer Costs	4,992	4,459
Volunteer & Travel Costs	223	2,221
Insurance	2,416	1,961
Supervision	1,234	0
Meeting Costs	2,518	1,793
Advertising /Promotion	340	390
Equipment	274	1,582
Training Costs	1,276	2,340
Fees	779	91
Other Project Costs	1,783	4,776
	£156,008	£152,517

Annual Report & Financial Statements for the period to 31st March 2025
Scottish Charity No SC048563

Notes to the Accounts cont'd

5. Assets of Survivors Unite SCIO as at 31st March 25

	2024	Additions	2025
XL Display Boards	112	0.00	112
Dell Latitude 7350 Laptop	2,175	0.00	2,175
HP Envy 7920 Printer	120	0.00	120
HP Laptop	1,050	0.00	1,050
Door Signs/Plaques	21	0.00	21
Samsung Galaxy Mobile Phone	224	0.00	224
Samsung Galaxy Mobile Phone	100	0.00	100
Sad Light Therapy Light	24	0.00	24
Lamp/Shade	43	0.00	43
Webcam	0	60	60
Coffee Machine	0	72	72
Storage Unit	0	75	75
Total	3,869	207	4,076

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:

Funds Breakdown

Un-Restricted Funds	11,034	
Petty Cash	82	
		11,116
Restricted Funds		39,909
Total Funds		£51,025

Bank Account Funds

Instant Access Account	47,115
Reserve Account	1,208
Social Welfare Fund	1,144
Treasurers Account	1,476
Petty Cash	82
Total Funds	£51,025

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 2025
 Set out on Pages 26 - 28

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*
 Sue Bennett 21 Dounehill Jedburgh

Date: 11/27/2025

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