

Abused Men in Scotland SCIO

Scottish Charity Number SC041467

Report and Unaudited Financial Statements

For the period 1 October 2018 – 30 March 2020

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Reference and administrative details

Charity Name	Abused Men in Scotland (AMIS)
Principal office	<i>(From 21 December 2019)</i> 525 Ferry Road Edinburgh EH5 2FF <i>(Previously at Unit G11, Eric Liddell Centre 15 Morningside Road, EH10 4DP)</i> Main charity address during home-working: 13 Craighouse Road Edinburgh EH10 5LQ
Bankers	Bank of Scotland Mound Edinburgh EH1 1YZ
Independent examiner	Chris Smith BSc (Hons) FCIE
Registered charity number	SC041467

Governing Document: AMIS is a SCIO governed by its Constitution, last updated in March 2014.

Charitable Purposes

The organisation's purposes are:

- 4.1 To support men who are experiencing or who have experienced domestic abuse and also to offer advice to those concerned about the position of such men and their children.
- 4.2 To work with any man over 16 concerned about domestic abuse, regardless of sexuality, transgender status or history, age, dis/ability, religion, race, nationality or ethnic origin.
- 4.3 To advance education by distributing educational information relating to; undertaking training and research in; and raising public awareness of domestic abuse experienced by men and their children.
- 4.4 To promote full recognition for male victims of domestic abuse and their affected children.
- 4.5 To promote specialist services to help relieve the isolation, distress and hardship faced by male victims and enable men and their children to recover from domestic abuse.
- 4.6 To advance the equality, safety, dignity, and health (both physical and mental) of male victims of domestic abuse.
- 4.7 To promote early intervention and prevention of domestic abuse.

Structure, Governance and Management

AMIS is a 2-tier Scottish Charitable Incorporated Organisation (SCIO) Governed by its Constitution. All Trustees are Members. There are six members currently, who are not Trustees.

Trustee Recruitment and Appointment

AMIS Trustees, subject to a recruitment procedure, may be co-opted to the board or elected at an AGM. The Constitution sets a maximum number of Trustees of 10 and a minimum of 3.

Trustees

Names of the Charity Trustees on date of approval of Trustees Annual Report

(with dates of appointment if during the accounting period)

Tom Wood	Chair
Alison Waugh	Secretary. Acting Treasurer 20/12/18 - 16/07/20
Bev Frean	(18/06/19) Vice-Chair from 30/04/20
Liam Frean	(16/07/20) Treasurer from 16/07/20
Don Macleod	
Charlie Bird	(20/12/18)
Matt Andrews	(3/09/19)
Aiden Pacey	(3/09/19)
Aadil Anwar	(18/12/19)

Other Trustees, office-bearers during the financial period:

Ian Lennox Treasurer. Resigned 20/12/18

Statement by the Chair

The trustees have pleasure in presenting their report together with the financial statements and the Independent Examiner's report for the eighteen-month accounting period ending 30 March 2020.

In common with many other charities, the past year has been one of the most difficult in our existence. The continued lack of stable funding and any Government or Local Authority support impacts on our ability to provide the range of services required.

On a more positive note, we continue to enjoy the dedicated service of our officers and once again thank our many friends and supporters for their financial and moral assistance. Their generosity has allowed us to continue to deliver a high-quality service to our growing number of service users.

I am particularly pleased to report that our board of trustees has been augmented by a number of new and dynamic members.

Looking forward, I see cause for optimism. Despite the ongoing challenges of funding, I believe we are well placed to continue delivering a valuable service to the growing number of men who find themselves the victims of domestic violence.

Tom Wood
Chair

Statement on COVID-19

COVID-19 and related measures have had a severe impact on the lives of those in abusive relationships. The response to a recent FOI shows a rise of 23% in the numbers of Police Scotland cases involving male victims, comparing May-July in 2019 and the same months in 2020 (from 1767 to 2179). Calls to the AMIS helpline also increased during that period by around 25% and remain high. The volume and complexity of AMIS's casework have also risen, reflecting additional COVID-related difficulties in providing support. However, we have been unable to achieve any additional funding to meet COVID-19 demands.

AMIS staff have been working from home since mid-March. A Homeworking Policy is in place ensuring safe working and effective support and supervision for staff and security and confidentiality for clients. On a positive note, staff have reported and demonstrated higher levels of productivity.

Most of our frontline services were already delivered by phone, email and latterly, by Zoom, Microsoft Teams and other digital means. This has allowed us to cover all of Scotland safely and economically. With no lease commitments, we can keep overheads at a minimum as we enter an uncertain future.

Background to the Charity The need for the service and the context in which we work

Notes:

- i) AMIS supports anyone who identifies other than as a woman. For brevity, we refer to 'men'.
- ii) We include many quotations from abuse-experienced men as they better describe what abused men go through, and the difference AMIS makes to individuals than we can convey through any data.

AMIS was set up in 2010 by concerned men and women who had been victims of domestic/partner abuse themselves or were friends/family of male victims. All had tried without success to identify support. Our petition¹ to Holyrood in 2009/10 highlighted the lack of recognition of male victims in public policy and mainstream services. On 15 October 2010, AMIS launched Scotland's first, and still only dedicated helpline for male victims of domestic abuse. From around 100 in Year One, AMIS has supported about 450 individuals in the past year.

It can come as a surprise that men experience domestic abuse in all its forms - including physical, psychological, controlling, isolating, financial, and sexual. As with female victims, effects can be severe for men, their children and wider families. Prevalence may be lower than for women, but it is far from insignificant. Men are less willing to report domestic abuse, yet Police Scotland² record around 20% of domestic abuse incidents they attend as having a male victim, around 10,000 call-outs annually.

All media, press, local and Scots (government) maintain one story of Male perpetrator and female victim. When you have lived the opposite and been the victim seeing this injustice causes additional stress and anxiety.

AMIS client survey, Bates 2020

I spoke to the police, but my ex said if I followed through she'd accuse me of awful things so I'd never see my daughter again.

AMIS client survey, Bates 2020,

Reporting the abuse to the Police can pose risks. Threats of counter-allegations are serious barriers, particularly for men.

The Scottish Crime and Justice Survey (SCJS) 2017-19³ finds less of a difference between the male and female incidence of partner abuse. 2.3% of male and 3.6% of female respondents had experienced at least one abusive incident from a current or previous partner in the previous 12 months.

¹ <https://archive.parliament.scot/s3/committees/petitions/petitions/submissions/sub-10/10-PE1307A.pdf>

² <https://www.gov.scot/publications/domestic-abuse-scotland-2018-2019-statistics/>

³ <https://www.gov.scot/publications/scottish-crime-justice-survey-2017-18-main-findings/>

The SCJS also shows fewer males experience *psychological* abuse than females (m:1.5% / f:1.8% of respondents). However, that should not imply that the experiences of men who *do* are insignificant.

The following two extracts are from AMIS Case Study 1, in the words of the man affected.

The kind of multi-faceted abuse I knew, I believe will be familiar to many men. When one concentrated on attempting to avoid one "offence" one would walk slap bang into another. When an icy silence reigned (the best I could hope for) I would be on tenterhooks waiting for the next outburst. I felt hopelessly trapped. I could not go (I could not contemplate leaving my children); in any case I had no capital. I could not stay. By now I felt I was living in a madhouse. I was once told "you don't look at your girls the way a father should". That kind of sickening comment would just leave me heartsick and despairing.

Regular physical abuse was also present.

The first violence took place during the 3rd year of marriage and continued to occur regularly over the following 15 years. The first episode involved her violently pushing me persistently in the chest across the breadth of the sitting room. I was utterly astounded and severely shaken. I left the house and called a doctor, who attended my wife and emerged to tell me that my wife did not think I was taking her out enough. Increasingly regular violence occurred thereafter, largely in the bedroom. That would involve gripping by the hair and shaking my head violently or pulling and twisting my ears. She would hiss the regular accusations of infidelity in the foulest language.

Physical abuse by women against male partners is not unusual. Most men will not hit back at women, so their typically greater physical strength provides no protection when assaulted by a woman. Women are also more likely to use a weapon or attack while the victim is asleep. Additionally, men are aware that any injury they inflict while trying to defend themselves may be viewed as evidence that they are the perpetrator.

The SCJS found 'no significant difference' in physical abuse against men and women (m:1.2% / f:1.3% of respondents) nor the reported physical harm resulting from both types of abuse (m: 39% / f: 27% of those reporting any abuse).

The Domestic Abuse (Scotland) 2018 Act⁴

In April 2018, the legal definition of domestic abuse was extended to include 'coercive control', allowing for prosecution following 'a course of conduct' of abusive or controlling behaviour where an individual incident may not in itself constitute a crime. Evan Stark (2009⁵) coined the term to refer to a form of abuse he had observed in cases of male abuse of women. However, domestic abuse support organisations and other researchers⁶ find this form of abuse is commonly experienced by men too. One severe and shocking case was documented on BBC1⁷ early in 2019. The documentary highlights how the male victim, controlled, starved, badly injured, and close to death repeatedly resisted admitting that he was being abused. The urgent need to improve public awareness and police training was evident.

⁴ <https://www.legislation.gov.uk/asp/2018/5/contents>

⁵ https://www.stopvaw.org/uploads/evan_stark_article_final_100812.pdf

⁶ Hine, Ben; Bates, Elizabeth and Wallace, Sarah (2020) "I have guys call me and say 'I can't be the victim of domestic abuse'": Exploring the experiences of telephone support providers for male victims of domestic violence and abuse. Journal of Interpersonal Violence. ISSN 0886-2605 <http://repository.uwl.ac.uk/id/eprint/7078/> (see Introduction for summary of relevant research evidence)

⁷ <https://www.bbc.co.uk/iplayer/episode/p0700912/abused-by-my-girlfriend>

Coercive control can go on for years after a relationship has ended, often through child contact and finances. The fact that only 6% of cases brought to court so far under this legislation involve male victims may well reflect men's strong reluctance to get their wife/partner, often the mother of their children, 'into trouble', rather than a lack of qualifying cases.

I still love my ex-partner, despite all that she has done. I haven't called the police about past or continuing abuse because I do not want her to get in to trouble. I still feel protective of her. I feel like she has a mental illness and needs help, rather than criminal proceedings. I won't contact the police as I don't want my son to have to witness it or the consequences that may come of it.

AMIS Client Survey, Bates, 2020

I feel shame when she hits me and I don't like to talk about it. I've never pressed charges cos she wouldn't survive in jail she so mild when she sober. I love her but I know it won't change I just want my children to be safe and have a relationship with their mum.

AMIS Client Survey, Bates, 2020

What is the impact of domestic/partner/dating abuse?

Of male respondents to the SCJS who had experienced psychological abuse, 44% reported at least one psychological effect, compared to females (80%). For some, it can be life-destroying.

I gradually descended into a severe depressive state which caused my premature retirement. I felt totally isolated. I felt physically, mentally and spiritually exhausted. Chronic insomnia became entrenched as did regular nightmares. I barely ate and began to drink heavily.

I had two spells in a psychiatric hospital and five weeks in rehab. Decades on, I am still prescribed medication for 'generalised anxiety disorder' (the complete inability to relax), sleeping tablets, anti-depressants and pills for severe neuralgia. The total cost of all this must run in the tens of thousands of pounds, or more.

I only ever asked one psychiatrist what was wrong with me. Right away he said: "Post traumatic stress at the extreme end of the spectrum".

All extracts from AMIS Case Study 1

Costs to society are enormous in terms of mental health, child protection, and substance abuse services, policing, criminal justice, etc. The financial cost to the NHS alone, of treating one such case, trying to repair the damage caused by years of abuse would cover the entire costs of running AMIS for a year or more.

AMIS often encounters patterns of abuse that are not straightforward to deal with and not specified in legislation. These include malicious allegations, unjustifiable deprivation of child contact and Legal and Administrative Aggression - where an authority is duped into believing a false accusation and takes action against the genuine victim.

One client remarked recently:

I'm pleased I've now come across three organisations that agree this should not be happening to me (AMIS, police & health visitor) but how can we stop it happening?

It may be that in due course, the 2018 legislation can bring justice to such cases.

What do male victims need?

Primarily - and we hear this repeatedly from clients - male victims need validation. They need to know that: their experience is *recognised and believed*; they are *not the only men* this happens to; it is *not about something they have done wrong*; appropriate, confidential, professional support is available for *them*, even for men.

Male victims of domestic abuse need to know that:

- Their abuse is recognised as such
- They are not the only men being abused
- They are not to blame for the abuse
- There is help out there for them.

These messages are rarely heard publicly.

Abused men need support as they take practical steps to improve their situation, keeping themselves and any children safe. Help *must* be easily accessible; the response empathetic; information based on Scottish law; from a specialist service familiar with male-specific barriers and issues.

What does Scotland offer to men who experience domestic abuse?

AMIS still provides the only specialist helpline for abused men in Scotland. The majority (around 450 each year) of those seeking help approach AMIS. Alternative support, specifically for men is patchy. FearFree (a SACRO project) provides a face-to-face service for men and LGBTI in Aberdeen, Edinburgh, Glasgow and Kirkcaldy. COVASS in Nairn and Aviemore supports local male (and female) victims. Other domestic abuse services in Scotland may offer help to men while having a focus and training that addresses only female victims. Publicity materials and responses from such services may not always be appropriate for men. If the website is not inclusive of men, they are unlikely to get in touch. These examples are from the AMIS client survey, Bates (2020):

"When this all happened it took me a while to understand that there was support for men. I didn't want to contact domestic abuse organisations because on all the websites they talk about men being the abusers. I think a lot of work needs to be done to promote services that help me, men with this. I think that we need to educate children about these issues and that it is something that can happen to men too."

"I asked social services to intervene one time I had to take the kids into the homeless and I had full parental rights and they didn't want to help at first but after police reports they tried to help but ended up ignoring me to give my wife the support and I was believed to be the abuser till I got a senior social worker involved who chastised the social work for not reading the reports and assuming the man is the violent one."

"There was really only AMIS, others not good and (name removed) were appalling - I was told domestic abuse was a gendered crime caused by the patriarchy; so it felt like victim blaming."

The publicly-funded National Domestic Abuse & Forced Marriage Helpline in Scotland (managed by Scottish Women's Aid) signposts male callers to the Men's Advice Line (MAL) in London. MAL has told us they receive around a hundred calls from men in Scotland each year. It is not uncommon for such callers subsequently to call AMIS for information relevant to Scotland.

Some men dare not contact any service at all, for fear of repercussions from their abuser. A friend or family member may see what is happening and try their best to help. One female caller, a long-term friend of a man who had left a long, controlling and violent marriage in fear for his life, told us:

"For over a decade, I tried to help as much as I could - practically, financially and emotionally. I could see the severe effects of the perpetrator's relentless psychological and financial abuse and control. She seemed to be able to manipulate every single agency involved with the family. They obviously believed everything she said with no checks and they would 'put the boot in' to him at every opportunity. I still shudder at the cruelty he experienced. As a woman I felt privileged - none of what he was going through could happen to me. His ex-wife and these agencies came very, very close to driving this man to suicide. After yet another threatening or demanding letter or child contact denial he would be unable to speak, let alone work. I would keep in touch as much as I could in the desperate hope I could somehow make sure he survived. He really should have had professional psychological help but dared not contemplate it as his ex-wife had threatened that child contact would end completely if he had a 'mental-health issue'. In any case the only cure - an end to the abuse - seemed impossible.

Time with his children was the only thing he lived for - whenever permitted. He did everything he possibly could for them, against all the obstacles and disappointments. I kept saying (with no confidence that it would) life would get better eventually, and that his children needed to have one safe parent even if his contact with them was constantly disrupted. At the same time, I felt intolerably cruel suggesting that this decent, gentle man should carry on enduring the pain of this endless barrage of abuse, which I could do absolutely nothing to stop. I still find it beyond belief that years later Scotland's leaders talk about a 'fair society' while they continue to preside over the marginalisation of male victims of domestic abuse the way they do."

Support for supporters?

In a recent study, Hine, Bates & Wallace⁸ (2020) suggest that those supporting male victims may themselves require support. In dedicated male services like AMIS, it can be stressful for staff and volunteers to deal with gendered assumptions and barriers and uncertain responses from other services to which they might want to refer a client. Meanwhile, family members and friends of abused men can have their lives turned upside down for years, as they try in vain to protect a loved one, in some quite Kafkaesque situations.

What refuge is available for men in Scotland?

Scotland has three safe homes accessible to men, run by COVASS, in Aviemore. The Mankind Initiative provides weekly information on any spaces for men in England and Wales. Lack of somewhere safe to go results in abused men staying in a dangerous situation for longer. Finding accommodation has become even more of an issue since the additional COVID-19 complications (See case study 2).

A man's shelter / somewhere to go would have changed my life - when I decided to go it took 6 months and loans from friends for small amounts to get a deposit together as she controlled the money."

"I made myself homeless and was put in a homeless shelter with drug dealers ex-convicts etc. no shelters for men fleeing domestic abuse.

(Respondents to AMIS Client Survey, Bates, 2020)

⁸ ["I Have Guys Call Me and Say 'I Can't Be the Victim of Domestic Abuse'": Exploring the Experiences of Telephone Support Providers for Male Victims of Domestic Violence and Abuse - Benjamin Hine, Elizabeth A. Bates, Sarah Wallace, 2020 \(sagepub.com\)](#)

Main Activities and Achievements

In brief

Our core purpose is to address the safety and mental and physical health problems experienced by male victims and survivors of domestic abuse. AMIS's main achievement during this financial period has undoubtedly been to continue to support an ever-increasing number of vulnerable clients and increasingly complex casework, despite having had to reduce staff levels for economic reasons.

The main challenge has been to secure sufficient funding. We recognised a need to present more evidence of need and impact (as far as this is possible for a helpline) to access larger funds. An overhaul of our casework database was time-consuming, and applications delayed.

A significant challenge for male victims in Scotland is the prevailing public and political narrative that minimises or casts doubt on the male experience of partner abuse. It not only drowns out the messages abused men need to hear but leads providers of male-friendly support to feel marginalised too.

AMIS's networking, awareness-raising, training and influencing activity aim to inform that narrative. We have had partial successes and made valuable alliances, but capacity issues have limited us. Gendered assumptions about who can be a victim or perpetrator can affect how legislation is used. While the proposed Domestic Abuse (Scotland) protection Bill is framed in a gender-neutral way, it looks set to be interpreted differently. AMIS needs to be more active in informing and influencing those responsible for national policy and practice in domestic abuse, so that men are not effectively excluded or doubly victimised in the legal system.

Below we give some detail on the services we provide and the outcomes - in our words and in the words of some of the people we have been able to help.

Why AMIS is the service of choice for abused men in Scotland seeking help

A National Helpline specifically for men in Scotland

9 am - 4 pm weekdays, for listening, safety planning, legal information, signposting, referrals and ongoing support. We receive referrals from Police Scotland, social work, housing, other charities, etc., and some clients find us on the internet.

It can be challenging to make that first call and to know where to begin. It will not be the first time we have heard a story like this. We are trained and experienced in listening non-judgmentally. We currently deal with a running total of 350 open case files and 420 individual new service users each year and around 1,000 continuing support calls

I was very scared about reaching out for help. I found AMIS to be non-judgmental, easy to talk to. I felt great relief to hear from someone that my concerns were real. I was offered practical support in particular guidance to other organisations that could help. moral support and legal guidance.

AMIS client survey, Bates, 2020

Confidentiality

We know how important confidentiality is. AMIS does not share anything without permission that might identify a client unless legally obliged to if someone is in danger. Any information held is in a secure database for reference or use as anonymised data for publicity and funding purposes.

For more detail, see our Confidentiality⁹ policy

⁹ <https://abusedmeninscotland.org/who-we-are/helpline/>

Support for concerned friends or family

An abused man may not feel safe or ready to involve any services at all. He may defend his partner against any suggestion of abusive behaviour, risking becoming isolated from all those who care. We support friends, parents, siblings and others worried about a loved one, to maintain contact with him.

10 years' experience in working with abuse-experienced men

AMIS has been operating for ten years. We have become familiar with particular barriers, situations and issues that men often face, including associated stigma, embarrassment and humiliation.

"First call made all the difference then educating myself through the webpage, finally realising I wasn't the first or only man to experience abuse from a female partner, that I wasn't stupid, weak or any less of a dad."

(AMIS client survey, Bates 2020)

A user-led service

Eleven long-term clients participated in an independent evaluation of our Men's Domestic Abuse Support Service (MDASS) in 2018¹⁰, involving face-to-face interviews. An on-line client survey (Bates, 2020, not yet published), feedback from callers and abuse-experienced trustees all inform and guide AMIS activity.

Specialist training

AMIS staff and volunteers are trained in-house on the male experience of abuse. When possible, staff undertake the Safelives Independent Domestic Abuse Advocate (IDAA) training, for more general training.

A choice of ways to get in touch

Clients can contact AMIS via helpline, email or face-to-face (now on Zoom). Feedback on Zoom meetings is positive and encouraging, particularly for long-term clients with complex needs. Zoom is now an option for all potential clients.

No time-limits

We allow clients the time they need to reflect fully and consider options.

Casework

One call is often not enough. We support clients through the process of ensuring safety and rebuilding their lives, with as many interactions with us as needed.

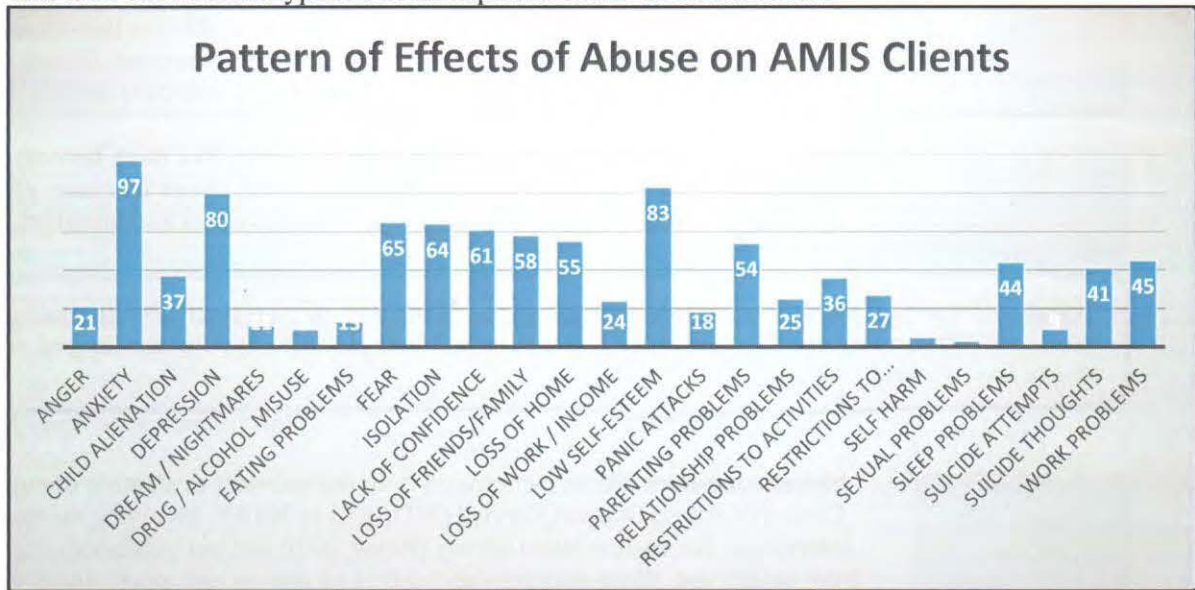
Knowing they are there if I need them is a big thing.

Both from AMIS Client survey, Bates, 2020

AMIS is focused clearly on helping me. The way that the website and social media is done immediately engaged with me, talking about how I have been feeling, what has happened to me. Even though at the time I didn't realise it was domestic abuse, I could quickly realise that I had suffered just about every form of abuse over the past years, in this relationship and my previous relationship. Due to this I felt I could pick up the phone and talk about it. I needed legal help to deal with the courts, psychological help so that I could understand what was happening to me and how to deal with it and practical support regarding identifying and acknowledging being a victim of domestic abuse. That's where AMIS helped me. It was like the final piece of the puzzle which fitted into place allowing me to accept and understand the bigger picture and allow me to start to move forward and slowly build up some confidence and self-esteem.

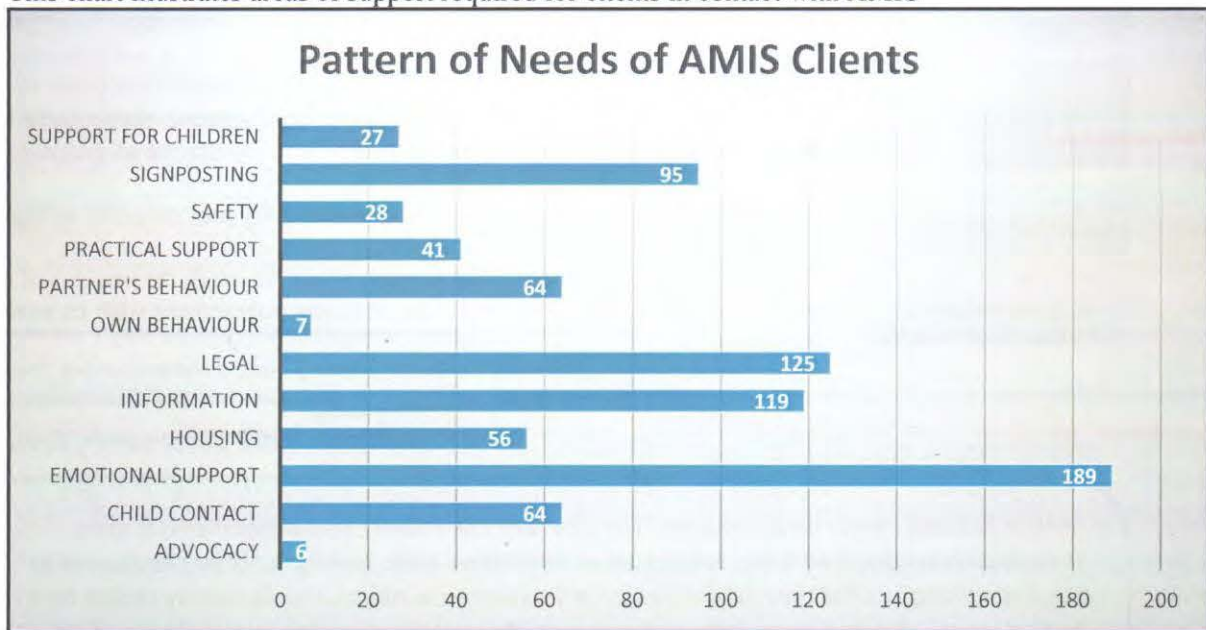
¹⁰ <https://abusedmeninscotland.org/wp-content/uploads/mdass-report-march-2018.pdf>

This table shows some typical effects of partner abuse on AMIS clients



What AMIS helps with

This chart illustrates areas of support required for clients in contact with AMIS



New website

In December 2019, AMIS launched a new, responsive website to provide accessible information to our service users and patrons. Within six months of launch, the website has had over 5,500 unique visitors, a significant increase on the previous period.

The difference AMIS makes to clients. Some common themes from Dr Bates' survey:

Being believed

"AMIS put me at ease, comforting in a way. Nice to know someone listened and believes me."

Feeling safer

"I have a safety plan in place, that was a core concern. I feel more protected from my abuser".

Getting over the feeling of shame

"I am becoming an empowered man able to talk about abuse."

Feeling less isolated

"Men are trained by society to be self-sufficient. I was isolated now I have a head of hope."

"I get by but in a lost way, just surviving starting to think of the future not just the present."

"I really value the time being given to me to help me feel that I'm not alone – there is help for me."

Support in dealing with other services

"Another big part that I have found extremely valuable was help with contacting other organisations on my behalf – via telephone – in my case homeless services. This has made a great deal of difference in how I was perceived whilst being assessed by the council social worker (in short, the difference was that my circumstance/case was taken seriously)."

Hearing that we have helped save a life or someone's mental health means a lot to us.

Called them several times Initially about helping me contextualise the relationship - "was this normal" To what I needed to consider and plan To finally helping me finding a counsellor to I pick the aftermath They have saved my life

People like you really make a difference, and I'm the evidence. I think about your words in the middle of the night, and I know I'm not going mad.

AMIS assistance for abuse during lockdown – AMIS Case study 2

Paul (not his real name) called us around six weeks into lockdown. A married man he has two teenage children. He is a key health professional. His wife became abusive soon after they married and it has escalated in frequency and severity over the years. The children know what is happening to their dad and are scared of their mum's temper, although she hasn't been violent towards them.

Paul had been on sick leave due to suffering from covid-19. He was past the stage of self-isolation, but still not well enough to return to work. His wife was very frustrated by this situation and angry about him "being treated like a hero when what you are is a zero, a weakling, that's why you got ill". He received a text from a colleague asking how he was and this cause a violent episode. She snatched the phone and hit him with it as part of a sustained attack. This caused the phone to ring his friend, who called the police. His wife was arrested and charged, but no bail conditions were put in place to protect Paul or his children. His wife returned to the house.

He was really scared but would not leave the house without being able to take the children. All the local council could offer was a hostel or a room in a shared flat. Through our network of sympathetic private landlords, we were able to find Paul two-bedroomed accommodation close to his work and the children's school. We were able to support him in actually leaving, which he never thought he could find the courage to do, and seek the necessary protective orders. Paul remains in touch with us on a regular basis for emotional support to deal with contact issues around one of the children, who went back to stay with mum. Paul has said that, in a way, lockdown was a blessing because it brought the situation to a head and he became desperate enough to make that call.

He has said that AMIS has made such a difference in his life that he truly believes God sent us to him. With regular support he is coping and feeling less impacted by his wife's threats to ruin his life.

Award shortlisting

In July 2020, AMIS was shortlisted for the Community Organisation for Gender award at the National Diversity Awards 2020, for our work in promoting gender equality and providing continual support to individuals who would be otherwise unlikely to receive any help.

The unmet demand for our service

It is clear from what clients tell us that AMIS changes lives. Sadly, not everyone who needs to talk to us gets through. Total AMIS staffing is 1.7 full-time equivalent, including admin/finance support. Two part-time staff share the helpline post. A volunteer supplements this one full day per week. That day is the only opportunity to have more than one person at a time receiving calls. From January to August 2020, we missed calls from 172 individuals. During the same period, we missed a further 86 calls from clients receiving ongoing support. We show the reasons for this in the chart. We may not be able to do much about silent calls, but with



more generous, more flexible coverage of the helpline by more fully trained staff and volunteers, we could respond to many more of the calls missed out-of-hours or while we are engaged on another call.

AMIS - a reliable source of evidence-based information about male domestic abuse

Over AMIS's ten years, we have built up a considerable amount of knowledge and understanding from engaging with male survivors, government data and a growing amount of academic research on the male experience of domestic abuse. In addition to the helpline calls, we are contacted around 300 times each year for general information, to request training, an AMIS stall at an event, a radio, TV or press interview, a supply of posters, leaflets, etc.

Networking

We take part in regular Male Domestic Abuse Network (MDAN) Zoom meetings, run by the Mankind Initiative¹¹ to exchange invaluable information with other UK organisations supporting male clients and hearing about the latest research.

Social media

AMIS uses social media (Facebook, Twitter and Instagram), press and radio to raise public awareness of male domestic abuse so that more victims and their families recognise abuse and can find help sooner.

Radio

In the autumn of 2018, a 90-minute Kay Adams 'special' on BBC Radio Scotland featured interviews with three of AMIS's clients. In January 2020 AMIS featured in an episode of 'The Unknown' on Radio 4, to be repeated early in 2021. It tracked AMIS's move from offices in the Eric Liddell Centre in Bruntsfield to office space with EVOG on Ferry Road, and the joy as some generous private donations, grants, a crowd funder and a Christmas raffle enabled AMIS to continue to support clients throughout 2020.

Distributing information at events

AMIS staff and trustees are often called on to talk at and distribute information at conferences, university, college events, etc. In March 2020, we ran a stall at Police Scotland's Disclosure Scheme for Domestic Abuse CPD event for police officers, a significant opportunity to highlight the scheme's relevance for men. We have had to suspend this sort of activity due to COVID-19.

¹¹ <https://www.mankind.org.uk/>

AMIS Events - Webinar

We had planned a research event in March 2020, to share research evidence by Dr Elizabeth Bates from the University of Cumbria, a description of AMIS's work presented by Iris Quar, Services Manager and a perspective from an abuse experienced man, Trustee Charlie Bird, OBE. The webinar took place on 19 November. It was well attended and received very positive feedback including several requests to show the recording to other practitioners and to university students. It can be viewed here¹². This recording will be invaluable for our own training and awareness raising.

'Roadshows'

We received a small amount of funding from the Scottish Government Criminal Law & Sentencing Team responsible for the Domestic Abuse (Scotland) Act 2018, to deliver training on how the Act has impacted or could impact on male victims of domestic abuse. The plan initially was to provide 'Roadshows' across Scotland, but we are now planning to host webinars, through the winter, reaching a wider audience.

Training

Through our training, AMIS was able to reach 270 individual practitioners in the period May 2019-Feb 2020. These included Police Scotland Detectives, Criminal Justice Social Workers, Jobcentre Plus staff and Job Coach training, Housing Officers, Social Workers engaged on life-story work, etc. All will be better prepared to recognise and respond appropriately and supportively to male victims. Further training has been requested and is planned for some of these groups when circumstances allow.

AMIS publications

A review of academic literature (Dempsey, 2013) on men's experience of domestic abuse in Scotland, and an update (Bates, E. 2019) are downloadable from our website. They provide a useful background to the discourse around men's experience of domestic abuse. We will be adding more research to the website. We will publish AMIS's materials on the Domestic Abuse (Scotland) 2018 Act soon.

Masters' and PhD students' involvement

AMIS is frequently approached by students wishing to interview us about male domestic abuse to inform a dissertation or thesis. This year a student made a film about AMIS as part of his course work. We value these opportunities to contribute to their studies which are adding to the growing amount of much-needed research evidence in this area.

AMIS's education & prevention work with young people

While SCJS shows 3% of the adult Scottish population experience domestic abuse, findings for the 16-25 age group is higher (7.3% of male; 9.9% of female respondents). AMIS has developed and delivered gender-inclusive input for schools and colleges on healthy relationships and dating abuse, pre-covid. Young people at several schools have chosen to learn about AMIS for their Philanthropy Initiative projects. They have taken information on male abuse and AMIS into 15 high schools in 2019, reaching around 2000 young people, involving schools in Edinburgh, Glasgow, Kilsyth, Hamilton, Bathgate, Dalkeith and Alva.

Insight & Policy engagement

We promote the voices of abused men respectfully to help inform public policy and strategy. Our Services Manager takes part in several working groups, fora and consultations. Each may, in small ways, pave the way for a more inclusive approach to recognising and supporting male victims. These include:

- Membership of Police Scotland Domestic Abuse Forum, and Victims & Witnesses forum
- Membership of Police Scotland CAM Group - critical friends to comment and offer a critical analysis of the new call handling framework Police Scotland was developing
- Taking part in the Hate Crime Consultation Workshop to offer a critical analysis of the framework for the new hate crime bill

¹² <https://abusedmeninscotland.org/articles/2020/watch-the-mens-experience-of-intimate-partner-abuse-webinar/>

- Meeting with staff at Greenock Prison to discuss staff training needs and provision of support to inmates who have suffered domestic abuse
- Participation in Victims Taskforce representing The Victims Organisations Collaborative Forum. Co-chairs Humza Yousaf MSP, Cabinet Secretary for Justice and James Wolffe QC Lord Advocate
- Scottish Crime and Justice Survey - re-development of questions asked in the domestic abuse module. Critical analysis group (three meetings) with other partners such as Women's Aid, Police Scotland. AMIS proposals were that the survey should include questions on the respondents' behaviour, as well as that of their partner; and further questions that would better identify coercive control.
- Attended team meeting with Tayside Domestic Abuse Service in Dundee to look at ways of working more closely and making referrals to each other.
- A Scottish Government 'What About the Men?' event was hosted by the Cabinet Secretary for Justice and the Minister for Older People and Equalities. It was gratifying to hear Humza Yousaf refer to 'the good work of AMIS'. However, the promised meeting did not materialise.
- On-going, member of Scottish Family Group Decision Making Steering Group; updating their policies and best practice materials to be inclusive of male victims
- With three male survivors, gave evidence to civil servants on the ongoing Family Law review.
- Briefing to members of the Scottish Youth Parliament
- Networking with other services, including FearFree, Shared Parenting Scotland, Scottish Borders Domestic Abuse Advocacy Service (DAAS), West Lothian Domestic and Sexual Assault Team (DASAT), Tayside Domestic Abuse Service (TDAS)
- An AMIS trustee and three male survivors engaged with the Government strategy group and advertising agency involved in the campaign to raise awareness of coercive control. The resulting TV advertisement was aimed at female victims. However, the posters included some gender-neutral material and the safer.scot website has a video featuring a former AMIS client, which is progress.

Future Plans - looking ahead to the next three years

AMIS has adapted to reduced circumstances over the past two years and our remote working and minimal overheads, with no office space costs now, have prepared us for uncertain times. However, we do need to build a more resilient organisation with greater capacity to meet the growing demands we face.

Strengthening the organisation

We want to share and capitalise on who we are and what we have learned as we build an effective and efficient crisis support service that male victims of domestic abuse have told us they want and need. We know that to be fully effective during the coming three-year period, we need to be agile, flexible, and proactive as well as responsive to changes.

Developing staff and trustees

AMIS values CPD: our Services Manager is undertaking the Safelives' accredited Helpline Management Qualification, and our Helpline Support Officer is engaged in Counselling Training. Our Finance & Admin Officer and a trustee have recently completed a course in volunteer management. Trustees have undertaken courses in Fundraising, Governance and Financial management.

Building good governance and resilience

We have just embarked on a governance project and individual mentoring projects with the Cranfield Trust. The aim is to support AMIS to develop the organisation, building on the talents of our larger, stronger Board of Trustees, and ensure that any board succession is well-prepared.

Our Main Aims

- Continuing to provide the best possible response to all clients contacting AMIS
- Securing sufficient funding
- Managing the increasing and more complex casework to help clients achieve the best outcomes
- Sharing more and better data on the needs and outcomes of all the work we do
- Identifying and addressing external threats that can compound the abuse of male victims
- Increasing AMIS's impact on public policy and practice towards more inclusive and less adversarial approaches to all aspects of dealing with partner abuse

We will work on:

Direct support

We will continue to develop all our existing direct services - helpline, email, face to face support and, as soon as capacity allows, a chat service. We need to recruit and train two more staff members and several more volunteers so that we can offer easier access to client support over increased opening hours.

Indirect support – training for other services

We welcome other services offering support to male victims. AMIS cannot possibly address the needs of every man in Scotland in need of help. Those supporting male victims must have a good understanding of the dynamics of the abuse they experience and the barriers that get in the way of support. With additional staff, AMIS will be able to offer more training opportunities.

We also need to develop AMIS's communications capacity to

- Be alert to relevant parliamentary debates at Holyrood, and provide informed briefings
- Be proactive with or respond quickly to relevant media items or publications
- Seek out and develop more networking, influencing and partnership opportunities

Events

AMIS will have more webinar events. After our successful webinar on 19 November, we plan a series of talks and discussions, featuring researchers, practitioners and others with expertise in this field. The planned Roadshows initially scheduled for early 2020 will also take place via Zoom, later in 2020 or early 2021.

Education

AMIS will aim to be ready to take up requests to deliver sessions on healthy relationships for young people once the COVID-19 situation has eased. We have printed materials ready for the purpose.

Peer support project

Requested by clients, will be possible when we have the new staff. We will learn from other organisations which do this – Shared Parenting Scotland, Menspeak and others.

Local support project

We have been planning to build a network of local contacts in areas across Scotland to distribute information to support services, including small local groups that help people to rebuild their lives, for whatever reason. One former client told us about how moving and reassuring it was to chat with female victims of abuse, after their initial disbelief that he could also have been a victim. The contacts will share local knowledge with those on the helpline, etc., to provide more, updated, local information. We will start this work with remote connections at first, to be able to move on to direct contact when the virus situation allows.

Challenges

Though AMIS's priority is to address client needs, it is clear that unless we deal with some of the factors that compound the abuse of male victims, we will face an ever-increasing number of hard-to-resolve cases.

These include:

- i) Abused men feeling unsupported or mistrusted by agencies that fail to recognise the male experience of abuse, possibly through lack of training
- ii) Guides for practitioners containing factual errors likely to create doubt that men are victims
- iii) Measures designed to protect women used as Legal & Administrative abuse against men

AMIS has been very cautious around political involvement, all too aware of the possibility of being perceived as a 'men's rights' organisation, which has never been the case. However, we must not shy away from raising issues that create additional layers of abuse for victims.

Monitoring publications

AMIS is aware of domestic abuse training publications in circulation that marginalise abused men through dismissive language and easily verifiable factual errors. These would be likely to influence practitioners to disregard male victims, increasing the dangers abused men face and making support for such men and their children less likely. AMIS is in discussion with one publisher of such materials. Trustees are now involved in reviewing other publications, so that this practice can be highlighted and stopped.

Scrutiny of proposed legislation

There will be a need to ensure that the Domestic Abuse (Protection) (Scotland) Bill currently subject to consultation, will not provide a new avenue for Legal & Administrative abuse. The Act will require robust safeguards built in to ensure 'suspected perpetrators' male or female, who may be victims of false allegations, are not wrongly ejected from their homes.

How we will achieve these ambitions

The urgent need is for secure funding to ensure sufficient capacity to meet the needs of the men who need us, allowing staff and trustees to concentrate on this, without constant financial distraction and worry.

Though it is well recognised that domestic abuse escalated during the lockdown, our applications to the Scottish Government Wellbeing Fund and to the National Lottery, both of which focused on additional needs resulting from the pandemic, were unsuccessful. We continue to submit requests to both small and larger funders. Evidence around the need for AMIS and the difference we make (and could make with more capacity) should now be sufficiently convincing for us to achieve our aims.

We plan to recruit another helpline support officer so that our Services Manager can devote more time to training new volunteers, networking, other training and influencing work while continuing to work with the more complicated client cases. As we increase the numbers of volunteers on the helpline and local contacts, we also hope to recruit another member of staff to play an intermediate role, providing some direct support, while training and managing volunteers and undertaking some of the outreach/training/educational work.

These are modest aims, realistic in the current circumstances. Still, they offer a prospect of moving forward as a lean but effective organisation, making a difference to many more victims, while reducing some of the barriers they should not have to face.

Financial Review

At the end of the financial period, 30 March 2020, the total fund balance was £42,970. Restricted funds: £36,807; Unrestricted: £6,163.

Policy on Reserves

AMIS keeps aside sufficient reserves to pay for potential redundancy payments and any ongoing commitments, other than salaries. At 30 March 2020 the charity held free reserves of £6,163. That would provide a sufficient amount for redundancies and three months' volunteer-only service should that ever become necessary. We intend to build funds as soon as possible so that three months' full operational budget may be kept in reserve. At current spending levels, this should be £17,500.

Donated Services and Facilities

During the accounting period, a Trustee provided 20 days' helpline cover, the monetary value of which to the charity is £1,955 (calculated at the HSO rate for £97.75 per day).

Other significant donations of volunteer time and expertise from the board:

Building and maintaining new AMIS website
Building AMIS social media presence
Managing a review of AMIS Policies
Preparing funding applications and end-of-grant reports

These donations-in-kind free up a large amount of staff time to devote to providing direct support.

We will continue our efforts to secure funding from:

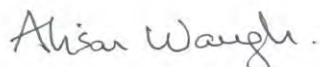
- Trusts and foundations
- Local authority and health board Integration Joint Board Funding Programmes
- Other local government funding programmes
- Any appropriate Scottish Government third sector funding programmes
- More organised events such as the Kilt Walk, Forth Bridge Abseils and Comedy Nights
- Another Crowdfunder is currently active
- Individual fundraising initiatives
- Charging for training and consultation work
- Donations in kind from individuals and organisations
- Corporate funding opportunities.

To our supporters

We are very grateful to all who have supported AMIS's work - for all grants and donations, large and small; participation in AMIS fundraising events such as the Forth Bridge Abseil or Comedy Night; and other fundraising initiatives on our behalf; and the many voluntary donations of valuable time and expertise. You have made it possible for us to help transform and sometimes save, the lives of hundreds of men and their families. We thank you on their behalf and on behalf of all at AMIS.

Signed on behalf of Trustees:

Date: 17 Dec 2020



Alison Waugh Board Secretary

Independent Examiner's Report

I report on the financial statements of Abused Men in Scotland for the period 1 October 2018 to 30 March 2020 which are set out on pages 21 to 32.

Responsibilities and basis of report

The charity's trustees (who are also the directors of the company for the purposes of company law) are responsible for the preparation of the accounts in accordance with the requirements of the Charities and Trustee Investment (Scotland) Act 2005 ("the 2005 Act") and the Charities Accounts (Scotland) Regulations 2006 ("the 2006 Regulations") and the Companies Act 2006.

I have satisfied myself that the charity is not subject to audit under Regulation (10)(1)(a)-(c) of the 2006 Regulations or company law and is eligible for independent examination. I have therefore examined your charity's accounts as required under section (44)(1)(c) of the 2005 Act and Regulation 11 of the 2006 Regulations. In carrying out my examination I have followed the guidance issued to independent examiners by the Office of the Scottish Charity Regulator (OSCR).

My role is to state whether any material matters have come to my attention giving me cause to believe:

1. that accounting records were not kept as required by section 44(1)(a) of the 2005 Act and Regulation 4 of the 2006 Regulations; or
2. that the accounts do not accord with those records; or
3. that the accounts do not comply with the accounting requirements of Regulation 8 of the 2006 Regulations; or
4. that there is further information needed for a proper understanding of the accounts.

Independent examiner's statement

I have completed my examination and I have no concerns in respect of 1 to 4 above and I have found no other matters that require drawing to your attention.



Chris Smith BSc (Hons) FCIE
Glascairn Cottage Aytounhill
Cupar
Fife KY14 6JH

Date: 26/12/20

Statement of Financial Activity
for the period ended 30 March 2020

	Notes	18 Months to 30 March 2020			18 Months to 30 September 2018		
		Unrestricted Funds	Restricted Funds	Total	Unrestricted Funds	Restricted Funds	Total
		£	£	£	£	£	£
Income							
Donations	3	22,261	-	22,261	267	1,498	1,765
Charitable Activities	4	36,750	57,625	94,375	-	142,121	142,121
Fundraising Events and Activities	5	3,127	-	3,127	-	2,966	2,966
Other Income		-	-	-	35	-	35
Total Income Resources		62,137	57,625	119,762	302	146,585	146,887
Expenditure							
Expenditure on Charitable Activities	6	(39,215)	(59,538)	(98,753)	(253)	(177,029)	(177,282)
Expenditure on Fundraising		(389)	-	(389)	-	-	-
Total Expenditure		39,604	59,538	99,142	(253)	(177,029)	(177,282)
Net Income/ (Expenditure) Before Net Movement in Funds		22,533	(1,913)	20,620	49	(30,444)	(30,395)
Transfer between Funds		(29,620)	29,620	-	1,710	(1,710)	-
Net Movement in funds		(7,087)	27,707	20,620	1,759	(32,154)	(30,395)
Fund balance brought forward		13,250	9,100	22,350	11,491	41,254	52,745
Fund balances carried forward		6,163	36,807	42,970	13,250	9,100	22,350

Balance Sheet

at 30 March 2020

	Notes	30 March 2020		30 September 2018	
		£	£	£	£
Fixed Assets					
Tangible Assets	7		-		117
Current Assets					
Trade Receivables & Prepayments	8	35		745	
Cash and Cash Equivalents		45,895		25,304	
<i>Total Current Assets</i>		<u>45,930</u>		<u>26,049</u>	
Liabilities					
Creditors falling due within one year	9	(2,960)		(3,816)	
Net Current Assets		42,970		22,233	
Net Assets		<u>42,970</u>		<u>22,350</u>	
Funds of the Charity					
Restricted Funds	11, 12		36,807		9,100
Unrestricted Funds	10, 12		6,163		13,250
Total Charity Funds			<u>42,970</u>		<u>22,350</u>

Signed on behalf of Trustees

Date: 17 Dec 2020



Tom Wood Chair

Note 1 - Basis of Preparation

1.1 Basis of accounting

These accounts have been prepared on the basis of historic cost in accordance with: -

- (a) The Charities & Trustee Investment Act (Scotland) Act 2005, and
- (b) The Charities Accounts (Scotland) Regulations 2006 as amended
- (c) The Company's Act 2006
- (d) Financial Reporting Standard 102 (FRS102) (Effective January 2015),
- (e) Charities SORP (FRS 102) (Effective January 2015)

1.2 Changes to Basis of Preparation

The accounts have been prepared for the period 1 October 2018 to 30 March 2020 as the accounting reference date was changed from the 30 September to 30 March.

1.3 The charity meets the definition of a public benefit entity as defined by FRS102.

1.4 The charity is dependent on the continuing support of donors. However, the trustees have no reason to consider that this will not continue or that there are any material uncertainties about the charity's ability to continue as a going concern.

Note 2 - Accounting Policies

2.1 Form of Financial Statements

The charity maintains two types of funds for accounting purposes: -

- (a) A general unrestricted fund that can be expended at the discretion of the trustees on furthering the objects of the charity, and
- (b) Restricted funds that may only be used for specific purposes. Restrictions arise when specified by the donor or when funds are raised for specific purposes.

2.2 Income

- (a) Income is recognized and included in the Statement of Financial Activities (SOFA) when the charity becomes entitled to the resources; their receipt is probable; and the monetary value can be measured with sufficient reliability.
- (b) Where income has related expenditure the income and related expenditure are reported gross in the SOFA.
- (c) Funds received in advance and which specifically relate to a future accounting period are treated as deferred income.

2.3 Expenditure & Liabilities

- (a) Expenditure is accounted for on an accruals basis.
- (b) Liabilities are recognized as soon as there is a legal or constructive obligation to pay out resources; it is probable they will be paid, and the monetary value can be measured with sufficient reliability.

2.4 Assets

- (a) Tangible fixed assets are capitalized if they have a value greater than £300 and have an economic life of more than one year. They are valued at cost or, if gifted, at their value on receipt.
- (b) Depreciation is calculated to write off the cost of tangible assets over their useful economic life as follows:
 - Office equipment 3 years straight line
 - Fixtures and fittings 3 years straight line

2.5 Debtors

- (a) Debtors are recognized at the settlement amount due
- (b) Prepayments are valued at the amount prepaid

2.6 Cash

Cash at bank and in hand includes cash and bank deposits repayable on demand

2.7 Creditors

- (a) Creditors are recognized where the charity has an obligation resulting from a past event that will probably result in the transfer of funds to a third party and the amount due can be measured or estimated reliably. Creditors are normally recognized at their settlement amount, usually the invoice amount.
- (b) Accrued charges are normally valued at their settlement amount.

2.8 Taxation

The charity is not liable to income or capital gains tax on its charitable activities. Irrecoverable VAT is included in the asset cost or expense to which it relates.

Note 3 – Donations and Appeals

	18 Months to 30 March 2020			18 Months to 30 September 2018		
	Unrestricted Funds	Restricted Funds	Total	Unrestricted Funds	Restricted Funds	Total
Donations and appeals	£ 22,261	£ -	£ 22,261	£ 267	£ 1,788	£ 2,055
	<u>22,261</u>	<u>-</u>	<u>22,261</u>	<u>267</u>	<u>1,788</u>	<u>2,055</u>

Note 4 - Charitable Activities

	18 Months to 30 March 2020		18 Months to 30 September 2018	
	Unrestricted Funds	Restricted Funds	Unrestricted Funds	Restricted Funds
	£	£	£	£
				Total
Crerar Trust	29,000	-	-	-
Garfield Weston Foundation	-	10,000	-	-
The Robertson Trust	-	28,000	-	-
Scottish Government	-	12,625	-	-
Lord Thorn Trust	750	-	-	-
W. M. Mann Foundation	1,000	-	-	-
Cruden Foundation	1,000	-	-	-
The Foyle Foundation	5,000	-	-	-
The Allen Lane Foundation	-	7,000	-	-
Big Lottery Fund - Becoming a survivor	-	-	-	142,121
	<u>36,750</u>	<u>57,625</u>	<u>-</u>	<u>142,121</u>
				<u>142,121</u>
				<u>94,375</u>

The Garfield Weston Foundation grant is towards the Services Manager salary and overheads. The Robertson Trust is designated match funding for salary costs of Helpline Support staff. Scottish Government – Justice is designated to the preparation and printing of training materials, and delivery of 10 Roadshows on the 2018 Domestic Abuse (Scotland) Act. The Allen Lane Foundation is restricted for use in remuneration of a service manager.

Note 5 – Fundraising Events and Activities

	18 Months to 30 March 2020			18 Months to 30 September 2018		
	Unrestricted Funds	Restricted Funds	Total	Unrestricted Funds	Restricted Funds	Total
	£	£	£	£	£	£
Fundraising Events and Activities	-	-	-	-	2,966	2,966
Training for Family Rights Group	2,000	-	2,000	-	-	-
Training for Blue Triangle Housing	240	-	240	-	-	-
Christmas Raffle	887	-	887	-	-	-
	<u>3,127</u>	<u>-</u>	<u>3,127</u>	<u>-</u>	<u>2,966</u>	<u>2,966</u>

Note 6 - Expenditure on charitable activities

	18 Months to 30 March 2020			18 Months to 30 September 2018		
	Unrestricted Funds	Restricted Funds	Total	Unrestricted Funds	Restricted Funds	Total
	£	£	£	£	£	£
Accounting Fees/ Xero	449	48	497	-	-	-
Conferences	174	-	174	-	258	258
Consultation	-	-	-	-	3,819	3,819
Depreciation	-	117	117	-	686	686
Development Costs	-	-	-	-	187	187
Equipment	44	-	44	-	-	-
Governance Costs (6b)	634	-	634	95	2,525	2,620
Helpline	-	-	-	-	816	816
Incidental	39	-	39	-	-	-
Insurance	1,157	82	1,240	-	1,009	1,009
IT	120	-	120	-	584	584
Memberships & Subscriptions	700	-	700	-	272	272
Office Supplies	185	41	226	155	755	910
Postage	58	-	58	3	36	39
Professional Fees	-	-	-	-	832	832
Publicity	837	4,265	5,102	-	2,070	2,070
Rent	10,681	3,629	14,310	-	14,652	14,652
Research	-	-	-	-	2,000	2,000
Rowan Alba	-	-	-	-	57,937	57,937
Salary Costs (6a)	21,438	50,376	71,814	-	83,981	83,981
Small Supplies	-	-	-	-	27	27
Internet & Telephone	2,491	706	3,197	-	2,575	2,575
Travel	17	275	291	-	2,008	2,008
Volunteer Expenses	192	-	192	-	-	-
	<u>39,215</u>	<u>59,538</u>	<u>98,753</u>	<u>254</u>	<u>177,029</u>	<u>177,281</u>

Note 6a – Salary Costs

	18 Months to 30 March 2020			18 Months to 30 September 2018		
	Unrestricted Funds	Restricted Funds	Total	Unrestricted Funds	Restricted Funds	Total
Salaries	19,912	47,102	67,014	-	78,203	78,203
Employer's NI	-	590	590	-	1,273	1,273
Employers Pension	948	2,097	3,044	-	2,596	2,596
Staff Developments/ Training	144	-	144	-	1,259	1,259
Payroll service charges	329	588	917	-	190	190
Recruitment	105	-	105	-	460	460
	<u>21,438</u>	<u>50,376</u>	<u>71,814</u>	<u>-</u>	<u>83,981</u>	<u>83,981</u>

No employee received remuneration of more than £60,000 (2018: None).

The average monthly number of full-time employees during the year was 1.6 (2018: 3).

The charity operates a defined contribution pension scheme. The contributions made by the charity for the period were £3,044 (2018: £2,596)

Note 6b – Governance Costs

	18 Months to 30 March 2020			18 Months to 30 September 2018		
	Unrestricted Funds	Restricted Funds	Total	Unrestricted Funds	Restricted Funds	Total
Independent Examiner's Fee	350	-	350	-	2,215	2,215
Travel & Conference costs for trustees	224	-	224	-	245	245
Training Costs	-	-	-	-	65	65
Other Governance Costs	60	-	60	95	-	95
	<u>634</u>	<u>-</u>	<u>634</u>	<u>95</u>	<u>2,525</u>	<u>2,620</u>

Note 7 – Fixed Assets

Fixed Assets

	Fixtures & Fittings	Office Equipment	Total
<i>Cost</i>			
at 1 October 2018	129	1,923	2,052
Additions	-	-	-
At 30 March 2020	129	1,923	2,052
<i>Depreciation</i>			
at 1 October 2018	121	1,814	1,935
Charge for the period	8	109	117
At 30 March 2020	129	1,923	2,052
<i>Net Book Value At 30 March 2020</i>	-	-	-
At 30 September 2018	8	109	117

Note 8 - Trade Receivables and Prepayments

	At 30 March 2020	At 30 September 2018
	£	£
Rent Deposits	-	745
Prepayments	35	-
	35	745

Note 9 - Creditors falling due within one year

	At 30 March 2020	At 30 September 2018
	£	£
Trade Creditors	1,000	274
Accruals	1,644	3,237
Other Creditors	316	305
	2,960	3,816

Note 10 – Unrestricted Funds

	At 30 March 2020					At 30 September 2018				
	Opening Balance	Income	Expenditure	Transfer Between Funds	Closing Balances	Opening Balance	Income	Expenditure	Transfer Between Funds	Closing Balances
	£	£	£	£	£	£	£	£	£	£
General Funds	13,250	62,137	(39,604)	(29,620)	6,163	11,491	302	(253)	1,710	13,250

Note 11 – Restricted Funds

At 30 March 2020

At 30 September 2018

	Opening Balance £	Income £	Expenditure £	Transfer Between Funds £	Closing Balances £	Opening Balance £	Income £	Expenditure £	Transfer Between Funds £	Closing Balances £
Scottish Government Equality Fund	292	-	-	-	292	292	-	-	-	292
Tudor Trust Helpline and/ Support Fund	1,066	-	(1,066)	-	-	8,358	-	(7,292)	-	1,066
Refuge	2,122	-	-	-	2,122	2,122	-	-	-	2,122
Peoples Postcode Trust	4,540	-	(4,540)	-	-	20,000	-	(15,460)	-	4,540
Office Space Campaign	1,080	-	(2,700)	1,620	-	-	1,800	(720)	-	1,080
Allen Lane Foundation	-	7,000	(315)	-	6,685	-	-	-	-	-
The Robertson Trust Yr1	-	14,000	(28,000)	14,000	-	-	-	-	-	-
The Robertson Trust Yr2	-	14,000	(7,542)	14,000	20,458	-	-	-	-	-
Scottish Government Fund	-	12,625	(5,375)	-	7,250	-	-	-	-	-
Garfield Weston Foundation	-	10,000	(10,000)	-	-	-	-	-	-	-
Scottish Government Equalities Fund - National Development Officer	-	-	-	-	-	-	-	467	(467)	-
The BIG Lottery Fund: Becoming a Survivor	-	-	-	-	-	10,482	144,785	(154,024)	(1,243)	-
	<u>9,100</u>	<u>57,625</u>	<u>(59,538)</u>	<u>29,620</u>	<u>36,807</u>	<u>30,772</u>	<u>1,800</u>	<u>- 23,472</u>	<u>-</u>	<u>9,100</u>

The movement in funds from unrestricted to restricted for The Robertson Trust (£28,000) were done as part of match funding. The movement of £1,620 was made to facilitate the completion of the Office Space Funding Campaign.

Note 12 – Analysis of Net Assets

	18 Months to 30 March 2020			18 Months to 30 September 2018		
	Unrestricted Funds	Restricted Funds	Total	Unrestricted Funds	Restricted Funds	Total
	£	£	£	£	£	£
Fixed Assets	-	-	-	-	117	117
Current Assets	38,451	7,479	45,930	14,999	10,760	25,759
Current Liabilities	(1,644)	(1,316)	(2,960)	(1,749)	(1,777)	(3,526)
	<u>36,807</u>	<u>6,163</u>	<u>42,970</u>	<u>13,250</u>	<u>9,100</u>	<u>22,350</u>

Note 13 – Related Party Transactions

The charity's insurance policy includes Trustee Indemnity Insurance for its trustees. No Other remuneration was paid to the trustees or to any connected persons during the period. During the period, 3 trustees were paid £224 for expenses to attend training and meetings.