



Clean Slate

IMPACT REPORT

2020-21

Registered Charity number: 1132281

You have a clean slate every day you wake up. You have a chance every single morning to make that change and be the person you want to be. You just have to decide to do it. Decide today's the day. Say it; This is going to be my day.

Brendon Burchard

Abuse effects everyone

Compiled by Nadia Brown

Adopted by Board of Trustees Date: 20/01/22 and signed by: Lorraine Hyland



A helping hand to move on

Mission

The purpose of Clean Slate is to provide long term emotional support for male and female survivors of abuse in the UK, particularly in Cherwell and wider Oxfordshire. We aim to encourage individuals to explore their own mental health needs and adopt positive coping strategies for long term recovery. To support Men, Women and their families who have been victim too or witnessed domestic, sexual, mental, emotional, and financial abuse.

Structure, governance, and management

Type of governing document:	Constitution Adopted on the 25th September 2009 Amended on the 13th January 2014
How the charity is constituted	Unincorporated
Trustee selection methods	Trustees are appointed or reappointed annually at the Annual General Meeting held in February
Legal Entity	Clean Slate is a registered charity with a Trustee board consisting of trustees from all walks of life. We currently have 6 trustees who meet quarterly.
Additional Governance issues Structure:	The Board Trustees are responsible for the integral running of Clean Slate, and to ensure that services given are ethically and morally delivered. All disputes and complaints are dealt with by the Trustees if major or complex. This is made up of a group of named persons who are held accountable to the charity and the Charities Commission. CEO is a paid member of staff who is supported by 3 part-time coordinators, they oversee the general running of the whole service. They are accountable to the Board of Trustees. The CEO seeks the views of users, the staff and volunteers in deciding the activities we provide.
Policies and procedures:	There is a safeguarding policy in place. Criminal Records Bureau checks are carried out prior to commencement of employment or trusteeship and checks are carried out again in line with statutory requirements.
Relationships with any related parties:	Clean Slate is affiliated with The Survivors Trust. Members of the NCS & ACCPH, we have a long running affiliation with Dorchester Living who allow us to run our services from their premises free of charge.
Location	Our Head Office is based in Upper Heyford at The Chapel, Building 572 Brice Road, Upper Heyford, Oxon, OX25 5TE

Registered charity No: 1132281

Clean Slate, The Chapel, Brice Road, Upper Heyford, Bicester, Oxon, OX25 5TE

Tel: 01869 232461, E-mail: office@cleanslate.org.uk



A helping hand to move on

Overview of Charity

Approach

At Clean Slate we aim to provide an eclectic approach. (Different approaches appropriate to the client's needs. This is based on the theory that there is no proof that any one theoretical approach works better than all others for a specific problem), we have identified these needs during the last 11 years of providing the service.

We are currently the only service in Oxfordshire that provides long-term counselling to survivors of abuse. As a result of this we have built up working relationships with local professionals. We accept referrals from doctors, mental health teams, the police, social services as well as self-referrals.

Each client has an initial assessment. A personal pathway is drawn up, which sets out achievable goals, and this is then continually assessed throughout the process.

Counselling is provided alongside enrollment on certain programs depending on the specific needs of our client. These programs often deal with specific problems but will broadly fit into four categories:

- Improving health and wellbeing.
- Improving integration into society.
- Increasing personal safety and perception of safety.
- Improving experience of the criminal justice system.

We continually monitor user satisfaction and outcomes. We also follow the Charity evaluation monitoring programme. This allows us to review our current procedures, adapt them and evolve new ones.

Issues

These psychological problems are often deeply ingrained. Currently the NHS will offer a set number of free counselling appointments and these often only scratch the surface. There is a huge demand for free longer-term support.

Dealing with the mental health side of the problem is vital. However, this will take time and there is a real need for these people to gain practical skills to deal with certain situations they often find themselves in. For example, one of our clients was trapped in an abusive relationship. The counselling and support we provided could help her cope but it was the skills, confidence and knowledge about how to leave a relationship like this that made the biggest impact in her life.

Capabilities

The team at Clean Slate is hugely passionate about helping our clients. Many have lived experience so can understand and empathise with what our clients have gone and are going through.

Objectives

- The relief of mental and emotional stress caused by the effects of abuse either physical, mental, sexual or emotional abuse and historic by the provision of counselling and support.

Registered charity No: 1132281

Clean Slate, The Chapel, Brice Road, Upper Heyford, Bicester, Oxon, OX25 5TE

Tel: 01869 232461, E-mail: office@cleanslate.org.uk



A helping hand to move on

- To relieve the mental and emotional stress of person's resident in Oxfordshire suffering from abuse by the provision of counselling and support.
- To relieve the effects of Domestic Abuse by the provision of Counselling, Support, and peer group provision.
- To relieve the mental and emotional stress of male victims by provision of counselling and support.
- To work with other organisation through information sharing and joint working practices for the benefit of vulnerable clients.
- To promote the awareness of the effects of abuse on families, communities, and individuals.
- To safeguard all clients regardless of age, sexuality, culture, disability, and background.

Team

Paid Staff
1 x CEO (38 hours a week)
1 x Part-time Male Support Coordinator (8 hours a week)
1 x Part-time Emotional Support Administrator (20 hours a week)
1 x Part-time Volunteer Development Administrator (20 hours per week)
Volunteers
5 x Qualified Counsellors
34 x Trainee Counsellors
5 x Peer Support
5 x Administrators

2020-21 - Achievements



Registered charity No: 1132281

Clean Slate, The Chapel, Brice Road, Upper Heyford, Bicester, Oxon, OX25 5TE

Tel: 01869 232461, E-mail: office@cleanslate.org.uk



A helping hand to move on

Plans for 2021-22

- Finalise the changing the charity status to a CIO
- Secure funding for administrators posts.
- We aim to improve skills in social media; media training; management and current counselling practices.
- Re-develop youth services
- Provide more services for men
- Improving communications with volunteers (due to the volunteers now working from home)
- Increasing volunteer training opportunities

Risk Factors for 2020-21

1. The nature of coronavirus is changing daily, so we need to be flexible in our working
2. Clients wanting face to face support will depend on suitable COVID-19 friendly accommodation becoming available.
3. The needs of clients and their mental health due to COVID-19, could mean us needing to provide more support
4. Funding is difficult to acquire due to the nature of the cause and lack of understanding and public perception. Completing funding application forms is time consuming with no guarantee of success. Many funders prefer to fund new projects rather than to help to sustain ongoing projects.
5. Fundraising is time consuming and isn't always that lucrative. At times the initial outlay fails to be met. It would require a dedicated fundraiser with experience and commitment.
6. Premises, for the last 12 years we have been fortunate to have rent free accommodation, heating and lighting, in the future we will need to raise funds for rent and utilities on top of our core costs. We are currently working on a long-term strategy which we envisage would mean a move in premises as we are close to outgrowing the space, we have available to us.
7. Volunteers, our charity is dependent on volunteers. So, the wellbeing of our volunteers is vital. i.e. managing workloads and sickness
8. Recruiting, training and retaining volunteers and staff is ongoing and is being addressed in our long-term strategy.

Summary

This year has been very busy, and we have seen an increase in referral and clients accessing support. In 2019/20 we delivered 930 hours of counselling and this year we increased this to 2201 hours. We have only been able to do this with the continued support of our volunteers.

As always sustainability of the charity is always a priority, and we continue to look at ways of achieving this. We have created 2 new courses; healing the inner child and dealing with the narcissist, which is a paid for service, we will look at other courses we can provide that will increase revenue.

Registered charity No: 1132281

Clean Slate, The Chapel, Brice Road, Upper Heyford, Bicester, Oxon, OX25 5TE

Tel: 01869 232461, E-mail: office@cleanslate.org.uk



A helping hand to move on

Due to the huge increase in our volunteers, it is imperative that we develop a solid volunteer programme and that this is overseen by a dedicated co-ordinator. Due to the increased number of referrals, the outreach administrator and CEO are already working at capacity and therefore securing funding to manage this work is a priority.

During the summer holidays we refurbished our office, making it a multi-functional space, which will enable us to hold group sessions, courses, meetings and 1-1 sessions.

This year we have taken the opportunity to work with The Survivors Trust to review all of our policies and procedures in line with their new accreditation service.

We have a volunteer working with us to look at commissioning services, networking opportunities and funding strategies.

We have also taken the opportunity to update and redevelop our website including the creation of an app and resource centre.

We would also like to thank Toby Christianson for choosing to support Clean Slate, and raising £5,630 with his race to the stones, especially considering how difficult fundraising has been due to COVID-19.

Supported by:

Great Milton PC
Bletchington PC
Appleton PC
Harwell PC
Mill Meadow Charitable
Trust

Chargrove PC
Bampton PC
East Hagbourne PC
Aston Cote Shifford PC
Mr & Mrs Churchouse

Appleton PC
Enstone Parish Council

The Sir Jules Thorn CT/Ann
Rylands
Doris Field
Woodward Trust
The Neighbourly Fund
Arnold Clark

Groundwork
Cherwell Grant
Groundworks - Tesco
Allen Lane Foundation
Groundworks - Tesco
Warburtons (CAF)

Southern Trust
Thames Valley Police
Bicester Village
Cherwell Priority Fund
Bicester Town Council

Registered charity No: 1132281

Clean Slate, The Chapel, Brice Road, Upper Heyford, Bicester, Oxon, OX25 5TE
Tel: 01869 232461, E-mail: office@cleanslate.org.uk