

The cover features a solid orange background with a large, dark orange circular shape in the center. The background is decorated with a pattern of overlapping, light-colored circles. The text is centered within the dark orange circle.

SAVERA UK

IMPACT REPORT 2020/21

Published June 2021

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LETTER FROM OUR CEO

'Honour'-based abuse (HBA) is a 'hidden' crime, where those who are at risk fear what might happen to them if they speak out. The consequences of 'dishonour' or speaking out can include physical and psychological abuse, abandonment and also death.

Since our inception, we have supported many individuals who are at risk or survivors of, HBA and harmful practices. We have helped either directly or through providing cultural advice and support to professionals working in affected communities. Over the past year, the global health crisis and numerous lockdowns to tackle the COVID-19 pandemic have had a huge impact on those at risk of HBA and other harmful practices. They have been even more confined within their abusive environments and unable to escape.

The increase that Savera UK has seen in referrals into the support services, not just in the last 12 months, but since we first set up our 1-to-1 Support Service, has proven that specific, dedicated services like Savera UK are vital in focusing on culturally specific issues and ensuring that they are not lost within the wider agenda of domestic abuse and domestic violence support.

We are very proud to bring you our first impact report, celebrating 10 years of existence and dedication to this specific area of work and our team's achievements. It has been challenging, but also rewarding - especially seeing those who seek our support finding independence and reaching their potential, after being helped out of abusive and harmful situations and environments.

None of this would be possible without Savera UK's dedicated staff, Board of Directors, advisory board and youth advisory board, funders, donors, volunteers and all those supporting the work of our organisation - past and present.

This impact report is dedicated to you. You helped to make this happen.

Thank you.



Photo: Leah Kratschmann

Afrah Qassim
CEO & Founder

OUR IMPACT

We helped

An infographic featuring the number 141 in a large, bold, dark red font. The number is surrounded by decorative elements including a circular pattern of small dots, a stylized leaf, and a white swoosh that curves around the bottom of the number.

141

referrals from individuals, professional agencies including police, health/social services and educational establishments to find their 'new beginning'.

An infographic featuring the number 100% in a large, bold, dark red font. The number is surrounded by decorative elements including a stylized leaf, a circular pattern of small dots, and a white swoosh that curves around the bottom of the number.

100%

of training attendees agreed they had a better understanding of the impact of 'honour'-based abuse and/or harmful practices.

We engaged with more than

An infographic featuring the number 100 in a large, bold, dark red font. The number is surrounded by decorative elements including a circular pattern of small dots, a stylized leaf, and a white swoosh that curves around the bottom of the number.

100

individuals via our community awareness sessions and events.

We reached nearly

An infographic featuring the number 1,000 in a large, bold, dark red font. The number is surrounded by decorative elements including a circular pattern of small dots, a stylized leaf, and a white swoosh that curves around the bottom of the number.

1,000

professionals via training about HBA & harmful practices.

We reached nearly

An infographic featuring the number 600 in a large, bold, dark red font. The number is surrounded by decorative elements including a circular pattern of small dots, a stylized leaf, and a white swoosh that curves around the bottom of the number.

600

young people with education and awareness sessions on harmful practices and how to prevent them.

An infographic featuring the number 5% in a large, bold, dark red font. The number is surrounded by decorative elements including a circular pattern of small dots, a stylized leaf, and a white swoosh that curves around the bottom of the number.

5%

of referrals to our service had been subjected to or were at risk of FGM (January - December 2020).

An infographic featuring the number 12% in a large, bold, dark red font. The number is surrounded by decorative elements including a circular pattern of small dots, a stylized leaf, and a white swoosh that curves around the bottom of the number.

12%

of referrals to our service concerned forced marriage (January - December 2020).

An infographic featuring the number 83% in a large, bold, dark red font. The number is surrounded by decorative elements including a circular pattern of small dots, a stylized leaf, and a white swoosh that curves around the bottom of the number.

83%

of referrals to our service were at risk of 'honour'-based abuse (January - December 2020).

We have recorded the data outlined in this impact report from April 2020 - March 2021, unless otherwise stated. During this time we have worked with communities and community organisations, education services, businesses, health and social services and the police across the UK.

OUR JOURNEY

In 2020, Savera UK celebrated its tenth birthday. The charity has its foundations in discussions, consultations and research, carried out in 2008/9, around the impact of domestic abuse and mental health within Black Minority Ethnic (BME) communities.

The resulting Domestic Abuse & BRM communities group was set up and led by Savera UK's founder.

At the time, Afrah was a Community Development Worker (CDW) within Liverpool Primary Care Trust (PCT) leading on women, children and young people and working to reduce inequalities and increase access to mental health support and services for BME communities.

As the group worked to address the issue of domestic abuse across Liverpool, a school concerned about a group of young women at risk of forced marriage reached out to Afrah in her CDW role.

They wanted information, advice and support around culture and marriages. Afrah, as a mentor to the young women, communicated with them on the issue and tried to locate support services that would be able to work with them, but found that no such services existed.

Afrah stepped in to deliver the support herself, but realised the huge need for a specialist service that focused specifically on addressing issues of domestic abuse and harmful cultural practices. Consequently, on August 11th, 2010, Savera Liverpool was born. The name 'Savera' was selected because it

means 'new beginning' in Hindi, a theme that is symbolic of the support the charity provides.

During its first six years, Savera Liverpool operated in a totally voluntary capacity. However, in 2016 the charity obtained its first three years' funding from the Big Lottery Fund for the Violence Against Women and Girls Initiative.

In the same year, its name was changed to 'Savera UK' to represent the scope of the charity's services being expanded to a wider geographic area, as well as no longer limiting its services to be solely women-focused. This change in name was also accompanied by a change in branding, as well as a review of its vision and mission.

Today, the charity continues on that mission to address, challenge and provide the tools to tackle culturally-specific abuse and cultural taboos, and eradicate harmful practices for good.



2008/9

- Domestic abuse & BRM Communities Group set up
- Liverpool's first ever domestic abuse conference focusing on BME communities held

2009

- Forced Marriage and 'Honour'-Based Abuse Steering Group established
- School reaches out about cultural issues and Forced Marriage concerns
- First ever Forced Marriage conference

2010

- Second Forced Marriage conference

2016

- Changed name to Savera UK to represent the service's wider geographical scope that supports all genders at risk of harmful practices
- Nazir Afzal becomes charity Patron
- Received first three years' funding from the Big Lottery Fund for the Violence Against Women and Girls Initiative and employed first full-time staff

2010-2016

- Savera operates on a volunteer run basis, advising professionals and raising awareness

2012

- Became a registered charity
- Forced Marriage protocol was launched in Liverpool

2016-2017

- One-to-one services established

2018

- Savera UK Advisory Board established
- Savera UK Youth established

2020

- Charity's First CEO appointed

2021

- The organisation now operates nationally and continues its progress and development

OUR VISION, MISSION AND VALUES

Our Vision

To eliminate 'honour'-based abuse and harmful practices across the UK and beyond

Our Values

We are empowering, collaborative, approachable, respectful and ambitious. We are leaders and we create new beginnings.

Our Mission

"To tackle the cause and effect of 'honour'-based abuse and harmful practices, by providing one-to-one support for victims and those at risk, delivering and providing consultancy, training, raising awareness and contributing to research.

SAMIA'S STORY

After being engaged from the age of 11, Samia's family tried to force her into marriage at the age of 19.

"I kept saying no but it didn't matter to them. I wanted to leave."

Through a friend, she secretly found places where she might find help.

One organisation told her they couldn't help because at 19 she was too old.

Another told her that they could not help her either.

Then Samia was provided with the Savera UK helpline number.

When she called, Samia expected the worst. In fact, when we told her that we would be able to help, she was surprised. We listened to her talk about the consequences she feared if she left her family and answered all of her questions.

"Savera supported me to plan my escape."

After helping her to flee her family and finding her a safe place to live, Samia then had to come to terms with independent living.

"I didn't know what was going on in the outside world for most of my teenage years, so it was a shock and I was overwhelmed."

Savera UK supported Samia practically and emotionally, from helping her to use public transport for the first time, to deciding what she wanted to do with her life – her 'new beginning'.

"Suddenly you've got all the choices in the world, it's very daunting. But they provided me with information and experts to talk to."

One of her earliest questions to us was...

"can you help me go back into education?"

as she had been stopped from attending school.

Samia is now safe, settled, independent, and studying at university.

Samia said:

"The emotional support that Savera offered me was important. When you're in that situation you don't have anyone to turn to, you're vulnerable. You just need someone to listen to you who is understanding and caring and can be there for you."

"You don't need someone to tell you what is right and what you need to do, just help guide you into the decisions that you think are right for you, with their help and support. Savera was brilliant with that."

PARTNERSHIP WORKING

Savera UK spreads its message and supports its clients through extensive partnership working, with organisations and agencies including local authorities, police forces, specialist units, other charities, NGOs, health, arts and community organisations. Alongside these working relationships, we also connect with other external partners to find creative ways to support our clients and spread our message.



Partner
Malminder Gill, Hypnotherapy in London

Activity
Malminder delivered five wellbeing sessions, which were designed to help survivors of harmful practices develop tools to manage stress and promote better relaxation. Malminder provided her time for the activity for free.

Impact
Following a successful pilot, more sessions were booked in, with Savera UK clients responding positively to the wellbeing sessions: *“After Malminder’s meditation, I was able to fall asleep again after dealing with anxiety for a long time and many sleepless nights.”*



Partner
Spark & Co.

Activity
Spark & Co helped our clients by providing smartphones and data bursaries during the COVID-19 lockdown.

Impact
This partnership enabled Savera UK to continue the digital delivery of its work and allowed it to support its clients in an online format - from helping them stay connected and accessing online services from food banks, to COVID-19 information and guidelines.



St George's Hall and Cunard Building
Photo: Jennifer Bruce/Liverpool City Council

Partner
Zonta Club of London

Activity
Savera UK and Zonta London worked together to deliver a Liverpool City Region-focused campaign to support the UN's 'Orange the World' initiative and raise awareness of gender-based violence and abuse and the ways to tackle it, through the illumination of key civic buildings.

Impact
Eleven high-profile regional organisations participated in the campaign, illuminating iconic landmarks including Liverpool Town Hall, Everton Football Club's stadium and the Mersey Gateway Bridge. Eighteen pieces of coverage were achieved, there was significant online engagement and the reach of the campaign was more than 500,000.



Merseyside Police HQ Credit Merseyside Police

SURVIVING COVID-19

In 2020, Savera UK faced its biggest challenge yet - supporting its clients during a global pandemic and maintaining the charity while unable to undertake income-generating activities such as in-person training. While it had a huge impact on our staff and clients, COVID-19 allowed our dedicated and resilient team to explore other ways to develop and deliver our services.



Training & Awareness

Delivering aspects of our training digitally

Organised online events to keep communities connected and engaged

Participated and engaged with more partners locally, nationally and internationally

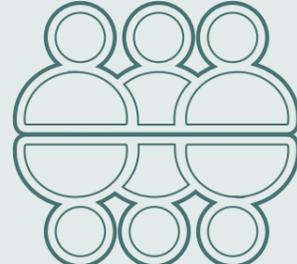


Client Services

Took client services online

Provided smartphones and data so clients could stay in touch

Arranged virtual drop-in sessions



Staff

Established COVID-19 policies and procedures

Adapted our IT and digital systems for home-working

Developed health and wellbeing strategies for staff

CLIENT FEEDBACK

Some words from our survivors about what Savera UK's support has meant during the pandemic.



"I'm so honoured that I have found someone who understands and wants to hear from me, really sometimes you just need someone to speak to and then your heart and mind is at peace. I thought it would take a psychologist to fix me but look at what you have done. One day we will sit together, share the sun's warmth and enjoy a good cup of coffee and say thank you."



"I am very grateful for Savera's attention during these current difficult circumstances. I wish joyful happiness and health for you all."



"I try my best to be strong, but something bad happened to me that made me feel bad. I hate living. I'd like someone to tell me why the world and people don't want me to be calm and happy. I'm so tired. I only relax a little when I talk to you. Thank you for supporting me like a friend for a few months. You are a very good person."



"I can't thank you at Savera enough for all you do. God bless you always."

SAVERA UK YOUTH UPDATE

Savera UK Youth is a group of young people aged 11 – 25, who are speaking out against 'honour'-based abuse and harmful practices in the UK. Through events, exhibitions, articles, poetry, artwork and more, they empower, inspire and educate their peers, while developing and gaining invaluable personal skills.

Despite launching just before the start of the pandemic, Savera UK Youth Advisory Board (YAB) reached its maximum membership in 2020 and has continued to establish itself as a visible presence that is raising awareness of - and speaking out against - harmful practices.

Youth Engagement and Education 2020/21

Despite the challenges of the pandemic, the YAB represented Savera UK Youth at events for young people and events for professionals and the community.

Savera UK Youth's Campaign & Youth Engagement Officer also delivered online youth education sessions on Healthy Relationships and Harmful Practices to the Journalism Newsroom @ University of West London and Liverpool College.

9
Events attended

587
Attendees

"Our work has been impacted by COVID-19 as we have been limited to online events. However, we found other avenues through which we could bring attention to important issues such as setting up a webinar and creating an Instagram page."

Elias, Savera UK Youth Advisory Board Member

"Being part of Savera UK Youth means that Naomi is always learning and pushing herself to be the best spokesperson/ advocate that she can be. It has given her opportunities that she may not have experienced, which have been beneficial for her personal development."

Parent of Savera UK Youth Advisory Board Member

SAVERA UK YOUTH HIGHLIGHTS 2020/21

May 2020

Award Winners

Placed third in the Youth Led National Crimebeat Awards, the crime prevention charity of the High Sheriffs' Association in England and Wales.

July 2020

Recognised Writers

Shortlisted from entries from around the world in an essay competition organised by Nazir Afzal OBE and the Honour Abuse Research Matrix (HARM) Network.

Quiz Masters

Hosted "Speaking Out with Maya Jama" an online quiz starring the Savera UK celebrity ambassador and attended by survivor ambassadors Payzee Mahmood and Kiara Mohamed, and an audience of 50 people.

November 2020

Social Media Influencers

Created, branded and launched their own Instagram page @SaveraUKYouth, as a platform for the young people to speak out about harmful practices and issues that matter to them.

December 2020

Changemakers

Represented the wider Savera UK Youth community at the Scarlet Udaan Youth Changemakers Webinar.

February 2021

Creative Leaders

Shortlisted for a Liverpool City Region Culture & Creativity Award and attended the online awards ceremony.

Speaking Out Live

Ran an Instagram Live on FGM for the International Day of Zero Tolerance for FGM.

March 2021

Choosing to Challenge

Shared what they #ChooseToChallenge for International Women's Day 2021 on their Instagram page, generating engagement with 2,100 people.



"Over the last year it's been challenging for every organisation all around, but we have been able to adapt to new ways on how to raise awareness using social media and webinar platforms."

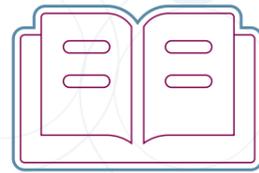
Malcolm, Savera UK Youth Advisory Board Member

SAVERA UK 2021/22 GOALS

This last year has been a year of adapting and exploring new ways of working and delivering services. Despite all the hurdles we faced during the pandemic, we kept going and never looked back. Today we continue to look forward and towards our new goals for 2021/22.



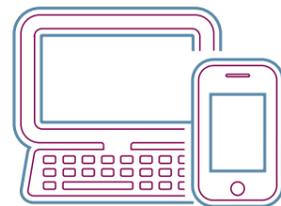
Continue strengthening one-to-one support services and increase reporting.



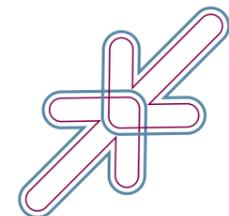
To reach 1,000 to 2,000 young people via education and our youth engagement programmes.



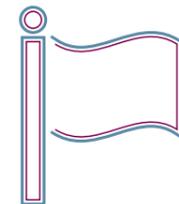
To explore specific support that will help us reach more young people at risk of 'honour'-based and harmful practices.



To engage with more young people using new creative methods learned from our time during the pandemic.



To engage more with communities, in particular those where harmful practices are more prevalent.



To begin to work alongside wider campaigns to eliminate harmful practices and also voicing the needs of young people following the pandemic.



To reach between 500 and 1,000 professionals via training and awareness raising.

GET INVOLVED

Inspired by our work? We need you!
Here are five ways you can get involved:



Recognise and call out abuse

Educate yourself on the signs of 'honour'-based abuse and harmful practices and learn where to go to get help.



Volunteer with us

Share your time and skills with us. From helping us to host a coffee morning, to joining our advisory board, there are many ways to help.



Join our campaign

Share your stance on harmful practices on social media using **#ImSpeakingOut** and tag in **@SaveraUK**.



Donate or fundraise for us

Raise money through running, bake sales, or even get your business to back us. Every single penny goes towards providing life-saving services.



Join Savera UK Youth

If you're aged 11 - 25, you can be part of a generation making change. Join our youth advisory board and help us, while gaining useful skills.



For more information, visit:

saverauk.co.uk/what-can-you-do/get-involved/



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