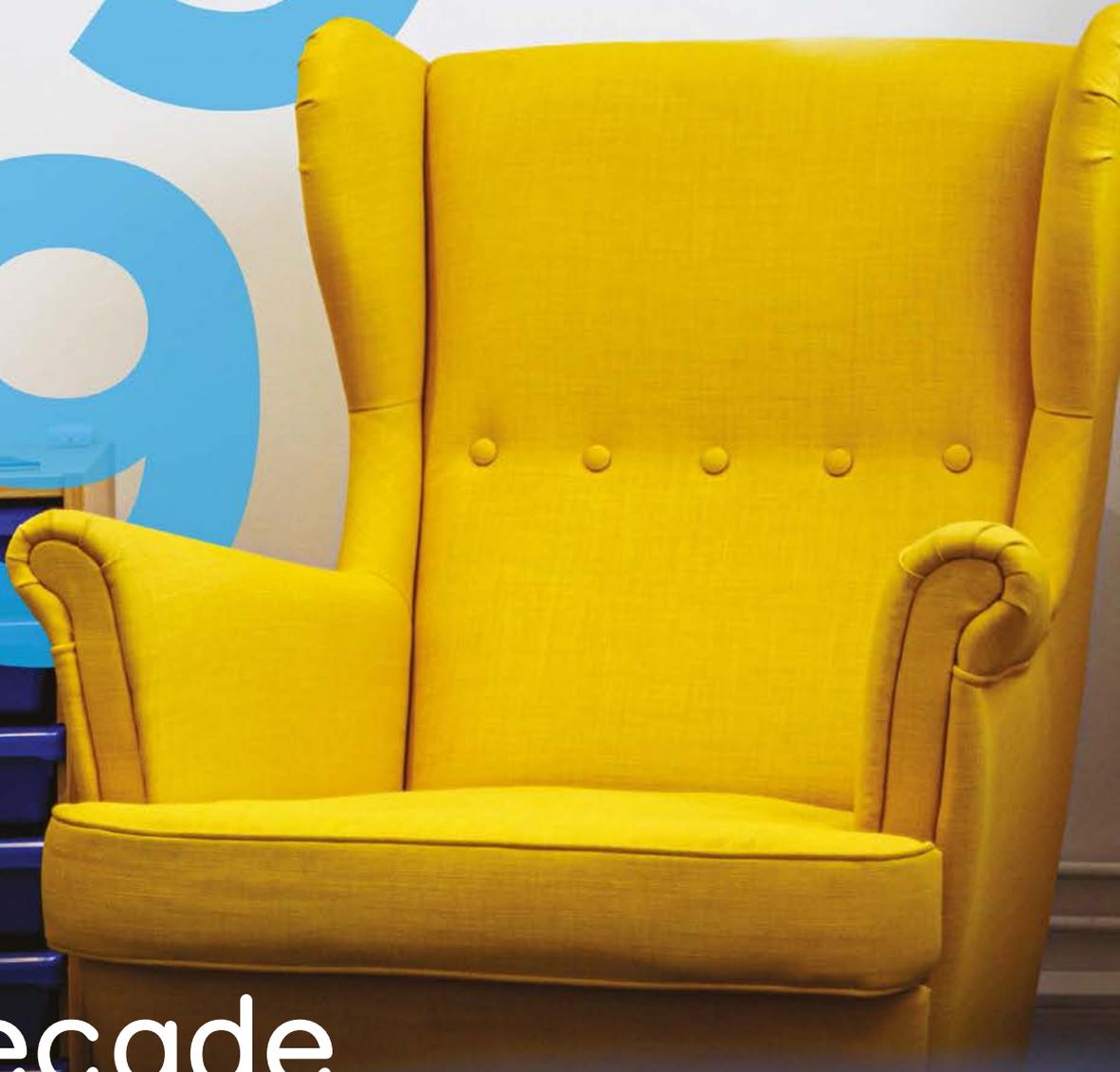


09
109



A Decade of Support

Survivors Manchester
Review 2009 – 2019

#BreakTheSilence

Mission Statement

“To break the silence of the sexual abuse, rape and sexual exploitation of boys and men in order to empower those affected to defeat the legacy of abuse to move towards positive futures”

Organisation Aims

- 1** To **promote and protect** the good health of male survivors of sexual abuse, rape and sexual exploitation; alongside those affected by male sexual violation across Greater Manchester and throughout England & Wales.
- 2** To **provide evidence based therapeutic support services to male survivors** of sexual abuse, rape and sexual exploitation; alongside those affected by male sexual violation across Greater Manchester and throughout England & Wales.
- 3** To **provide qualified counsellors, psychotherapists, specialist and general support workers to support and advise** male survivors of sexual abuse, rape and sexual exploitation; alongside those affected by male sexual violation across Greater Manchester and throughout England & Wales on how to **cope** with and **move beyond** their unwanted sexual experiences.
- 4** To **provide education, training and awareness raising campaigns** around the issue of the sexual abuse and violation of males of all ages and backgrounds, whilst continuing to **learn from our work** and **respond effectively** to new knowledge and identified needs.



Never in a million years did I ever believe that the idea that was born in my head in 2006/7, shortly after I broke my own silence and begun my own journey of healing after sexual abuse, would turn into a real organisation that employs real people and offers support to real life male survivors.

From that first “hello” with six other survivors in the back of city centre coffee shop, to stepping through the doors of 10 Downing Street to launch the UK Victim Strategy, this 10 year journey has been a ride!

There have certainly been seismic ups and downs, people have gotten off the ride and others have gotten on. We’ve got stuck in tunnels and on loops many times and sped forward at other times; and I can certainly confirm that there have been many times I’ve felt motion sickness!

But the best part of this ride has been seeing and being part of so many fellow male survivors’ journeys - in fact more than 3,000 according to our data.

I remember the first time I heard someone say “*healing is a journey, not a destination*” and it was like everything in those few words suddenly made sense to me! I’ve always tried to ensure I pass the message on to others; it’s a message filled with hope.

I’m so glad that I got on this ride, it’s saved my life, and I have every intention of staying on for at least a few more loops, highs and inevitable dips, but the journey has to continue.

Warmest wishes

A handwritten signature in black ink, appearing to read 'Duncan'.

Duncan Craig OBE

Founder / Chief Executive Officer



2020, the new decade, sees my 10th year as a Trustee in this fantastic organisation. The work of our organisation is a cause that’s not only close to my heart but is mission critical in supporting all male survivors.

I am extremely proud and humbled to support the great leadership and the wider team of what is now an internationally recognised charity, which boldly leads the way in shaping and influencing the national agenda for male survivors and which has captured the attention on the international stage to ensure we **#BreakTheSilence**.

I have seen the charity go from strength to strength despite the many challenges we’ve faced, the austerity that no one in the sector has been immune to and the shifting sands, both politically and the provision landscape we have had to navigate to ensure we still deliver a world class service for all male survivors!

We are entering uncharted waters and unprecedented times, where resilience and sheer determination must be our sword and shield, as we fight for justice and equality for male survivors, their families and the future.

I am hopeful and confident that together we can travel the journey and continue to do what’s right despite the storms ahead we may face. Never lose hope and remember it only takes a small flicker of light to push the dark shadows away.

A handwritten signature in black ink, appearing to read 'Craig Harris'.

Prof. Craig Harris

Chair of Trustees

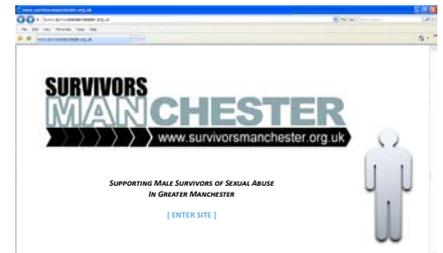
IN THE BEGINNING

The origins of the organisation begin with a battered copy of *“Building Websites For Dummies”* bought from Oxfam on Oxford Rd, a second-hand laptop, a pay as you go mobile phone containing £25 credit and a newly qualified therapist who 18 months previously, whilst training at the University of Manchester, had been triggered by a client he was working with whilst undertaking his clinical hours in an NHS service in Wythenshawe. That therapist, Duncan, had to have to deal with his own experience of childhood sexual abuse.

Recognising the absence of support for male victims/survivors of sexual abuse, rape and sexual exploitation in his birthplace of Manchester, on the 5th February 2009, Survivors Manchester was born!

“The first few years of Survivors Manchester were tough,” says Founder and Chief Executive Officer, Duncan Craig OBE. *“Literally no one wanted to know about male survivors, people just kept pointing me towards the amazing support in the Greater Manchester area for females but that was no good for us boys and men. So in the evening after my day job or during days off, I went knocking on doors and emailing anyone I could to try and find out how to get people to take me and my idea seriously.”*

The first people that actually began to listen to Duncan were Bernie Ryan OBE, who then managed St Marys SARC; Mike Blaney, a Community Development Worker; and two people from the Public Health Unit – Pete Smith and Bridget Hughes. With the practical assistance (including a £500 grant from the Public Health unit) and more often moral support of this small band of professionals, a simple plan was developed; a board of Trustees was formed, led by Lee Hughes, a website was built by Duncan using his Oxfam purchased book, and the first services began to be delivered – Survivors Manchester’s self help website and a telephone support line, albeit primitive.



**SURVIVORS
MANCHESTER**

**SURVIVORS
MANCHESTER**

**SURVIVORS
MANCHESTER**



**SURVIVORS
MANCHESTER**
break the silence, its stops with us!

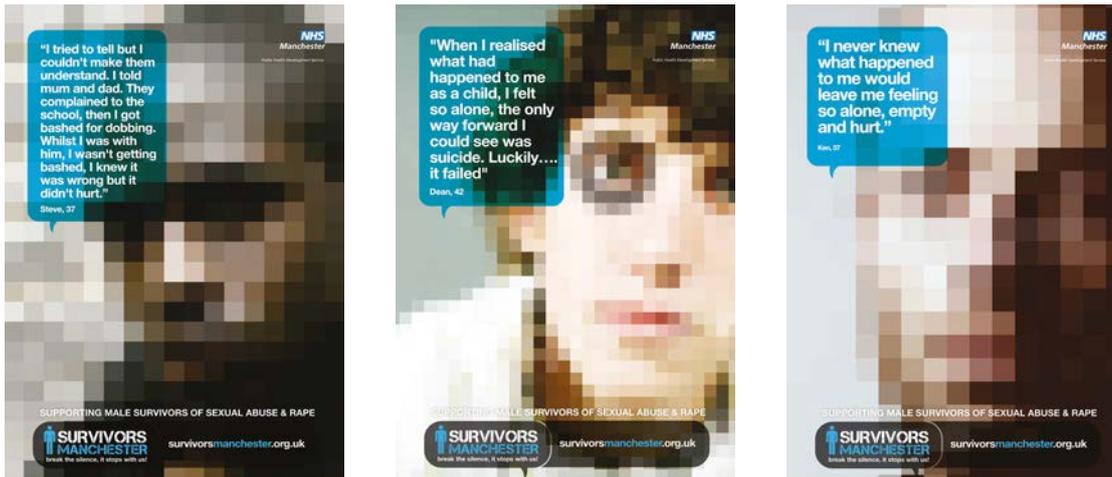
**SURVIVORS
MANCHESTER**

SURVIVORS MANCHESTER
break the silence its stops with us!

SURVIVORS MANCHESTER
break the silence its stops with us!

As Survivors Manchester began to step out into the world, it was Dave and Jaime Gee at Jam who rose to the challenge of creating more than a logo, but an identity that would be recognisable without being over-facing, and some of the first messages aimed at reaching out to male survivors in Greater Manchester.

SURVIVORS MANCHESTER
break the silence its stops with us!



Noel Gallagher famously said, *“The thing about Manchester is... it all comes from here”* and it certainly did once people began to hear about what Survivors Manchester was about. The generosity of Manchester people took hold and one adopted Manchester resident, Christos Tsaprounis, stuck his trainers on and ran the Great Manchester Run year after year, raising over £3,000 in total. These funds along with those raised by others went straight into adding credit to the phone in order to call people back from the voicemails left, hosting the website, getting messages of hope out into the Greater Manchester atmosphere, and renting the occasional room for meetings. Through this period, Anne Stebbings at Manchester Rape Crisis (now Greater Manchester Rape Crisis) built a bond with Duncan and showed him the importance of joining forces for the sake of all victims/survivors; a bond that remains to this day.

Responding to an advert on a noticeboard from a small independent Northern Quarter coffee shop inviting community organisations to use their premises, a meeting was held with the owners and an agreement met to close the shop every Tuesday at 6pm so the first male survivors peer-support group could meet in private. Members of the newly formed ‘Safe Room’ made a small weekly donation of £1 and purchased coffee from the shop, and in doing so the sustainability of the first Survivors Manchester face to face service was born.



Later in the same year, 2011, Zurich Community Trust awarded Survivors Manchester a grant of £5,000 per year for three years, enabling the organisation to reach the financial threshold to register with the Charity Commission as a charity in England and Wales.

This key moment in the life of the organisation changed everything. *“That formal registration made people take note, to listen and show that we were serious about this, we wanted to create proper services for male survivors because we deserve them!”* says Duncan *“but Zurich Community Trust didn’t just help us reach that financial threshold, they stood with us and opened their doors to allow us to access a wealth of their people with useful skills.”*

Everything that happened, everyone that the organisation engaged with, and all the conversations that were had in those formative years have made Survivors Manchester the incredible organisation it is today.

SERVING SURVIVORS

Starting from a point where there is no support, any support that becomes available is immediately welcome and grabbed at. But it is so important to us that we only offer safe, sustainable and quality assured support that primarily meets an individual's needs.

For so many male survivors, their first point of contact with Survivors Manchester has been and is via our website survivorsmanchester.org.uk and via our support email support@survivorsmanchester.org.uk. Whilst having a website is simply being part of the digital world for many organisations, for us it's so much more. Our first ever offering to male survivors was a website based on Duncan's own MA dissertation, which explored the help seeking use of the Internet and online resources by male survivors. Duncan said, "I knew first hand that 'logging on' and dipping your toe in the 'digital' water was such a shared experience of male survivors that I needed to get underneath that behaviour and understand why survivor websites were so important."

This research, which was the blueprint to the first website and our ongoing digital presence, identified not only the importance of the internet in allowing men to "explore and express aspects of self, especially those [shame] that tend to go unexpressed in everyday life"¹ but is often a necessary stage of him finding his voice to [#BreakTheSilence](https://www.breakthesilence.org.uk/).

Our online space has grown and developed into a multi-functional space that not only provides information on the service available, not only provides quality assured self-help materials and signposting to other 'issue specific' support organisations, but importantly also showcases the various creative expressions of male survivors through writing, art and photography, allowing men to be visible.

Being seen by others is often talked about in the organisation as being the polar opposite to the context of abuse, remember "abuse happens in isolation but healing happens together".



Safe spaces where male survivors can be together and be present with other men that just 'get it' has always been part of the Survivors Manchester offering, and The Safe Room has been at the heart of our group work. Beginning as a small fortnightly get together in the back of a city centre coffee shop, it has evolved into the facilitated peer-support group that it is today, hosting three separate groups to a total of 50 people per week.

The group is now structured to welcome new members at selected points each month and hosted by a different members each session, supported by a trained facilitator. The host opens the session, keeps the time and safely closes the session at the end. Supporting each member to take a turn in hosting gives everyone the opportunity to take responsibility for the space provided and creates an authentic ownership of the space.



The success of **The Safe Room** over the past eight years has given us evidence that for many men, being together is important in their healing. Using this knowledge and taking feedback from individuals using The Safe Room, we are now embarking on a new journey of growth. We are developing new groups, both structured and informal, on our premises and in the communities we live in across Greater Manchester; teaming up with other organisations to deliver community asset/locality based groups that will meet a whole manner of survivors' health and wellbeing needs. The most recent and biggest success has been in the opening of our Drop In service, which was born out of male survivors asking for us to facilitate an informal space they can just be together in without having to focus on abuse and that allows people to come and go as they please. The freedom and informality that the 'Drop In' space provides has also enabled people to dip their toe in the water, in the same way our first digital presence did.

When thinking about the development of new spaces, we have always had to make sure that it is safe. As more survivors ask for support, as the team delivering the support grows, and the range of support becomes wider, our spaces have needed to grow with us. From a single room, to

a small collection of small rooms, to our current self contained-designed and styled premises straddling the boundaries of Salford and Manchester City Centre, we have tried to make the space comfortable and even if only temporary, adapted to fit our collective needs and ours.



“Mi casa es su casa”

...or “*make yourself at home*” was very much in the forefront of our minds when designing our current home. Ensuring that the space feels like you’re going round to your mate’s and not sat in a waiting room for your therapist to collect you is part of being male survivor-informed. Having the kitchen open for people to help themselves to a brew, books on the shelves for people to take to read or the newspapers on the table, and the TV on in the background all helps to lower that help-seeking anxiety.

Our desire has been to ensure that no male survivor is sat nervously wondering what this weeks Trauma-Informed Therapy session will be like in what feels like a waiting room. The whole team has been committed to ensuring that the 1:1 therapy service is always trauma-informed and has the male survivor (or his loved one) at the heart of the session. We never fix people because the people we work with in therapy are NOT broken! Underpinning all of our therapeutic work is Dr Judith Herman’s brilliantly simple three stage model of trauma and recovery – **Stabilisation**, **Processing**, **Integration** (or as we talk about it, setting the stage and making sure the ground is solid; making sense of what’s happened and how the abuse impacts life today; taking back the power and being confident and safe in your own skin). Over time we’ve learned that survivors need to engage in therapy in two key ways, so we’ve developed two distinct therapy services: **Healing Steps** – which is a short term engagement (up to 12 weeks) which provides the survivor with a safe space to explore the here and now, learn coping skills and become more stable or resilient, and sometimes put a lid on that box for the time being; and **Break The Silence** – which is a longer term commitment (usually 16 – 20 weeks) where he can really get into his experience and work out deeper impact issues of the trauma and build a greater resilience for the future.

We always want to know if what we’re doing works and so using outcomes monitoring forms such as the GAD7/PHQ9 and the IESr (the latter being a way of measuring level of PTSD symptoms), along with timely reviews gives all parties the ability to answer the question “is this working?” for

themselves. Being a formal part of the NHS IAPT offering has been one of our greater achievements as it’s enabled us to evidence our effectiveness in dealing with trauma with the data we collect and support our staff to develop their therapy skills further. The idea of therapy taking place in a pastel coloured room with flowers and pretty pictures on the walls isn’t necessarily how it works here; it’s about creating therapy spaces in all sorts of environments and our **OUT Spoken Talking Therapy** service in the male prison estate has taught us so much about that. For over six years, we have provided various therapeutic input in prisons, but it’s the development of our work in HMP Buckley Hall that has taught us the most from what ‘safe / therapeutic space’ means for someone, how to address the power dynamic in a prison setting, and what happens when you help men in an ‘alpha male’ often toxic micro environment create change for themselves.

One of the biggest lessons learned here is the impact of helping people find their voice – they want to use it then, and so we have had to work out how to introduce an ISVA (Independent Sexual Violence Advisor) service into a setting where there hasn’t been a service like this before. Survivors Manchester’s ISVA service was the first male specific service in the UK (something we’re incredibly proud of), providing emotional, practical and advocacy support to those survivors who want to, are, have reported their experience to the Police and are maybe going through the criminal justice system – often seen as report to court. We’ve learned how important it is to offer individuals choice and so from the start we have been able to commit to a survivor being assigned a male or female ISVA, and ensured that all our ISVAs have been trained to a high standard through the LimeCulture Accredited programme.

There is so much more we can and will do and whilst some organisations run ahead, we will take careful steps to ensure what we provide now will still be here in the future.

THE EXPERTS

From the beginning, Survivors Manchester has been 'survivor-led' and the idea of engaging 'experts by experience' is vital to the organisation's existence.

Over the years we have experimented with various ways to hear, engage and develop the voices of the experts, male survivors, in our quest to have the experts front and centre; and we continue to do so to this day.

Our original and arguably one of the best ways of enabling as many people as possible to hear the voice of the expert has been through the Creative Writing and Gallery space on our website. From short stories to poems and rhymes, from drawings to paintings, sculptures to photographs, our [#BreakTheSilence](#) Scrapbook contains the expression of some of the most inspiring experts to walk these streets.



It was out of sight,
but always in mind,
sometimes it got hard,
to find the way through,
this misery and pain of mine,
this is the secret that I buried alive,
but not no more, I'm out to survive!
by KS

I have a new friend called Marc,
Knows what happened to me in the park,
Never once does he judge,
Only ever shows love,
Which makes me less afraid of the dark.
by DC

Giving an audience the opportunity to hear directly from the experts has been at the heart of Survivors Manchester's training offering. Since 2012, we have provided input into the training of Greater Manchester Police first response officers in working with male victims of rape and sexual assault and we have always ensured that we present real 'case studies'. We have been so honoured to be gifted by male survivors with their stories for the purpose of educating professionals.

One gift in particular came from one of our Ambassadors, Sam Thompson. He worked with Duncan to create a video interview of him describing his experience of being raped after a night out and the subsequent manner in which the criminal justice system treated him. Sam's story has been one of the most powerful examples of the way that once the silence is broken people can understand to create change. In fact Sam worked with us on the Coronation Street David Platt rape story, with some of Sam's experiences being used in the scripts.

Another survivor, professional boxer Callum Hancock, joined us on stage on a number of occasions at conferences in the UK and abroad speaking openly about his use of Survivors Manchester's services in the hope of encouraging others to [#BreakTheSilence](#) and not be alone. Callum's commitment to doing what he can as an expert by experience has also seen him become a founding member of our Expert Advisory Panel (EAP).

The EAP is a group of male survivors who have either used the services or are currently using the services and give their opinions, advice and guidance on how we can continue to meet the needs of male survivors, with the goals of using their feedback and recommendations in the governance and development of the organisation. Over the past two years, panel members have individually helped us think more about the needs of particular groups of men, those with additional physical needs and collectively, have helped us think about how we publically respond to key issues in the news.

As an ever-evolving entity, the EAP model is never set in stone and we're currently looking at its evolution into a Service User Council, widening the membership and looking at bi-annual council conferences. Whatever evolves though, Survivors Manchester continues to commit to authentic service user representation within the organisation to help us create change.

In fact, from the start male survivors have helped us create change. It was a group of individuals using the services that first challenged us to create some materials by male survivors for male survivors as they were sick of seeing the same old generic factsheets or reading self-help materials that were essentially written with females in mind.



Our first [#BreakTheSilence](#) booklet, funded by the Health Lottery, was written entirely by male survivors, with an editorial team meeting on a regular basis to look at and direct everything from the design to the wording on each page. Some of the editorial team even got involved in its distribution once it was finished and went knocking on organisations doors to ask them to display it in their waiting rooms.

The drive for this and the subsequent second booklet was a statement made by one of the men that he wanted to "create something that he would have wanted to pick up when he was silent".

Whilst our staff team are highly qualified and skilled in undertaking their roles; whilst they are 100% committed to their work being of the highest standard, none of us profess to be the expert but we all understand the importance of listening to male survivors and adapting our work to meet their needs.

Every single one of us, from the board to the therapists, ISVAs to central 'back office' operational staff, is without a doubt a better professional for the lessons we've learned from those experts – the male survivors we serve.

SPEAKING OUT



B B C

From printed newspapers to social media platforms, TV news to the world famous cobbles and stages; Survivors Manchester has committed to ensuring it plays its part in helping some tell inspiring stories and others report the facts.

Whilst 'raising your head above the parapet' places you in the direct line of fire; social media can give some people the idea they can say whatever they want to you, no matter how hurtful; Survivors Manchester's 4th Charitable Aim is about educating and raising awareness, so from the start we committed to engaging in public conversations – how else can we ever hope to make a difference to society?

We don't see our role as commenting on individual cases but instead engage in the debate on more on wider themes and sometimes in conversation about lifting the issue to a wider audience.

Working with various TV production companies has given us the ability to share our thoughts, ideas and sometimes (with expressed permission from the individual) even the work of those that use our services. In the BBC's 'The Truth About Child Sex Abuse' (2015) with Professor Tanya Byron, our team were filmed and interviewed about what we've learned about boyhood sexual abuse whilst the artwork made by one of the young men we supported was used throughout to highlight key facts.

sky news

Sky News anchor woman Kay Burley interviewed Duncan live to ask him about why comments made by darts player Eric Bristow were so offensive to male survivors,

and on another occasion, a Sky News reporter came to our office to talk about the poor management of sex offenders in the community.

The BBC's long running programme Crimewatch, saw Survivors Manchester be the centre of a feature on supporting sexual abuse victims / survivors; and on one occasion had Duncan in the studio talking to presenter Kirsty Young and helping with a live appeal.

On social media, Survivors Manchester has found its role in celebrating the successes of male survivors and those that support them; engaged with male survivors in areas where access to support is limited; been able to join in with the wider Greater Manchester community; and been able

to share messages of hope and practical advice and information on the services we and others provide.

Social media platforms have also afforded individuals the ability to talk to us in 'Live Chat' sessions; during particular awareness campaigns; or answer questions through direct/private messaging facilities.

Speaking directly to an audience has been a key part of our engagement with radio, from specific programmes on community based stations to talks and interviews on local, regional and national stations. In 2015, we worked with Radio 5 Live to present a programme on sexual abuse in which Duncan interviewed a convicted sex offender on his life and his belief that he would never offend again, which was then played on air and followed by a live discussion with the programme's presenter and those that called in to the show. Whilst a difficult subject to talk about, it was and still is important for us to not shy away from uncomfortable conversations.

Our long running work with Channel 4's Hollyoaks has certainly been a learning curve when it comes to difficult conversations. When Lime Pictures, the makers of the prime time long running drama first approached us, the task of telling the story of the rape of John Paul McQueen at the hands of Finn O'Connor as realistically as possible to an audience made up of mainly 16 – 24 years olds (with a reach of 16 – 34) at an airtime of 6:30–7:00pm felt mammoth.

Working closely with the researchers, writers, directors, cast, press office and producers, not only did we successfully tell an incredibly important story, but the storyline also helped shape Government thinking with the launch of the Ministry of Justice's Male Rape Support Fund. So it was no surprise that the organisations relationship with the programme maker continued, in which Survivors Manchester regularly gave advice on various different stories connected with consent. Five years after later after John

HOLLYOAKS

Paul's ordeal, Executive Producer and friend of Survivors Manchester approached us asking for help in telling a football abuse story that he had been inspired by watching Steve Walters stand outside Liverpool Crown Court and speak so powerfully at the sentencing of prolific paedophile and former football coach, Barry Bennell. A year-long piece of work with the whole creative team and cast ensued and to help us along the way we were proud to work with our very own Ambassador and the man that inspired the story, Steve Walters. We were so pleased to see that both actors Adam J Woodward and Nathan Sussex who were central to the story were recognised, winning awards at The British Soap Awards 2019.



Our work with Hollyoaks set a standard and has certainly impacted television channels in how they deal with sensitive issues – we were even interviewed for an ITV report and asked to speak at a television senior executive’s event on the impact of issues-based dramas.

But reflecting on TV’s impact on survivors, we have to move attention to the famous Weatherfield cobbles of Coronation Street. A British institution for nearly 60 years, it was our work with Hollyoaks that inspired the then Coronation Street boss, Kate Oates, to approach us to ask for help in telling a story resulting in David Platt being raped. From the outset, we worked closely with the whole team at Coronation Street and spent time with both Jack P Shepherd (David Platt) and street newcomer Ryan Clayton (Josh Tucker), talking at great length about how the characters would present themselves on screen.

In planning for the transmission of the episodes with ITV, we brought in our colleagues from the Male Survivors Partnership and the National Male Survivor Helpline to ensure that anyone impacted by the story can find the right support. None of us could ever have expected the reaction to the transmission of ‘THAT’ episode (‘THAT’ = an incredibly important and historic episode of a television drama that changes society’s view of male rape). Social media practically exploded, Coronation Street bosses were challenged by the media to defend the story and Survivors Manchester was splashed across the news. But it wasn’t until he was stood on the famous cobbles being interviewed by ITN News that Duncan says he realised how profound this actually was:

“Speaking live on camera to the ITN studio explaining how in essentially 72 hours, the helpline had seen a 1700% increase in calls, and that in my own organisation we’d had a 64% increase in referrals, I knew we’d well and truly broke the silence”

CORONATION ST.



The success of the David rape storyline has continued and as 2019 drew to an end, we saw David come face to face with the man that raped him; whilst back on the cobbles we’re once again working with the team and cast helping tell the story of Paul, played by Peter Ash, struggle to reframe his relationship with the man that sexually abused him as a teenager.

Each time we have been involved in the development of storylines, we’ve tried to ensure that it’s from a different angle and we’re not continuously saying the same thing. The nuances and subtle differences in each storyline is important to ensure we help the public have the widest understanding of this issue.

One particular angle came from a writer/actor Alex Gwyther who starred in and penned ‘Ripped’, a story of one man’s struggle to deal with being raped and how it impacts his masculinity. We supported Alex in the development of the script, talked through how this character may internalise his experience and as Alex went through each performance at the Edinburgh Fringe Festival, Duncan regularly checked in with him to support this amazing effort.

Our continued commitment to **#BreakTheSilence** in as many ways as we can, on as many platforms as we can, using as many routes as possible is about us helping society to create spaces to allow male survivors to make some noise!

TALKING GLOBALLY

Whilst our focus is always on Greater Manchester, we've always tried to ensure we don't become insular. We have a lot to learn from others and not just in our own country, but across the world.

We first ventured out on our travels to Scotland, when we were asked by Relationships Scotland to deliver a workshop on 'Working with Male Survivors', which led us to developing a relationship with **Men in Healing** and later, **Break The Silence** (*Kilmarnock*). Scotland gave us an insight into

the needs of men in small rural communities that find it near impossible to commute miles away to the nearest service 'in the city'. Similar teachings came to us from working in Wales with the **Dyfed Powys Police**. Discussions in Scotland also highlighted the need for organisations to understand its neighbours different laws and processes.

Europe has offered us a wide range of opportunities to talk, listen, learn and teach.



In 2015, as part of a European-wide initiative, we supported delegates of young people to join others at the European Council in Vienna at the finale of their project – **Sport Respects Your Rights**. Led by Dr Mike Hartill and Edge Hill University, this project focused on the emerging issue of abuse in sport. The wider European project evolved and in 2018, Edge Hill University once again asked us to support survivors at a conference in Germany that was focusing on giving survivors abused in sport a voice. We have always been proud to support this work as it not only allows us to learn from the experts (the survivors abused in sport) but assist in developing the wider healing and recovery discussion.

Developing a wider discussion on trauma and healing was the focus of a trip made to Iceland, along with our good friend Dr Gary Foster from **Living Well** in Australia. Duncan and Gary travelled to the most sparsely populated country in Europe to present at a conference hosted by the President of Iceland, Guðni Th. Jóhannesson; followed the next day by the delivery of a workshop to a range of academics and professionals. With a population of 370,000 people, it becomes clear that sharing knowledge here has the ability to create huge change for the country.

We've always wanted to share knowledge to create change worldwide, but when we share our knowledge with one person who then goes on to create change in another country then... WOW! When Angelo, who was living in Manchester at the time, first asked his Survivors Manchester therapist if he could speak with Duncan, all he wanted to do was scope out the idea of creating his own male survivor organisation back in his native country of Portugal. After emigrating back to Lisbon, Angelo set up **Quebrar o Silêncio** (Break the Silence) and we are so proud that we have been able to play a small part in it. For the past three years, Duncan has spoken in Lisbon at **Quebrar o Silêncio's** conference on the subject of male survivors and through the power of technology, continues to offer support to Angelo and the team as they continue to develop and create the first ever male-specific services in the country!



We have also been supported for many years by three extraordinary individuals in Steve LePore, co-founder of 1in6.org; Rick Goodwin, founder of Men & Healing in Canada; and Gary Foster, founder of Living Well in Australia. Duncan was invited to spend time in the USA with these and a few others to talk about services for males; look at local best practice; share research and ideas; and reach out for peer-help. In Virginia, he joined UK ex-pat and First Step Cambodia founder, Alistair Hilton and a number of international researchers and CSE practitioners to engage in an intensive five-day roundtable with ICMEC (International Centre for Missing & Exploited Children), aiming to push forward the development of a world-wide assessment for sexually exploited children. Duncan was able to share our understanding of boys experiences of sexual abuse and presented much of his own story of sexual exploitation.

Meeting and becoming good friends with people like Steve, Alistair, Gary and Angelo in other countries allows us to disseminate best practice as far and wide as possible and one cannot get further in the world from us than New Zealand, where Duncan flew the Survivors Manchester flag in 2017



Joining a number of international speakers, worldwide survivor organisation leaders, and representatives from local Māori and other international first nations peoples, Duncan presented a keynote speech on the impact of abuse in sport and joined a panel discussion on the subject of national inquires. Duncan said:

“Being at the South-South Institute conference in New Zealand opened my eyes and ears to so much new information. I had the honour of joining in discussions with survivors from other cultures than my own and learned about the impact of silence from their perspective. I also learned about how different cultures see talking therapies and the blocks to engaging in something that could be argued is quite a white, western activity.”

The **South-South Institute (SSI)**, founded by Alistair Hilton; New Zealand National Male Survivor Advocate - Ken Clearwater; and ex-pat and Director of the **Refugee Law Project** in Uganda, Dr Chris Dolan; was developed to address the imbalance in understanding of male sexual violence in the Southern Hemisphere, quickly became an important part of our learning and much of our thinking and tentative footsteps into migrant and BAME communities in Greater Manchester is because of the impact SSI has had on us.

With this in mind, in 2019 when Chris invited Duncan to Uganda to the 4th SSI Conference, this time focusing on ‘Bridging the Divide between Sexual Violence and Torture’, the whole Survivors Manchester team was adamant that he had to go and learn to bring back such important teachings. We were so proud and incredibly humbled that not only was the invitation extended, but we were asked to deliver a presentation on delivering ‘survivor-informed’ support services, and participate in a number of panel discussions and lead a small think-tank workshop.



Since returning from Uganda, we have disseminated many of the **Refugee Law Project’s** reports and work, engaged with local Greater Manchester refugee projects, and asked colleagues in government departments how we can disseminate our learning in a wider platform. We proudly display two **Refugee Law Project** posters designed to educate locals in Uganda on the issue of sexual violence in our main area for everyone to see, that not only show solidarity, but to remind us of our much needed further education when tackling such a complex issue and that those that have fled many countries need our help too, some living right here in Greater Manchester.

Survivors Manchester is committed to sharing everything we know across the world and helping others develop their territory’s understanding of male survivors’ needs; but equally, we’re committed to listening harder to the world in what they have to say. Growth is about talking but equally about listening; we still have much to learn.

BACK TO THE FUTURE

After ten years of providing support, learning, listening, talking, stressing, planning, achieving, well the question has to be what comes next?

It's true that we have achieved so much in the past decade as this Anniversary 'Almanac' shows and the best part of that is it gives us 10 years' worth of knowledge and experience to ensure we continue to learn from the past and grow to a stronger future.

Our amazing organisation has literally been built by its people and so moving into the next decade, we are investing more in our workforce in terms of ensuring that all employment terms and conditions, salaries, role profiles, supervision and support, and training and development are not only in line with standards but are of high quality best practice.

We will continue to develop volunteering opportunities and by working with the Greater Manchester Voluntary Sector development agencies such as Salford CVS, MACC and Bolton CVS, we will ensure that all of our volunteers from across Greater Manchester are supported to help us deliver our services, that access to a wide range of training is open to increase skills and knowledge, and all volunteers are engaged with, not "used". A key priority in the development of our volunteering strategy is that we make extra effort to address the particular needs of male survivors that want to volunteer to ensure we keep a healthy and resilient volunteer workforce.



It's not just in the community that we want to develop that helping role; we believe strongly that our work in prison is key to creating change for male survivors too! Over the next few years we want to ensure that our '**OUT Spoken Talking Therapy**' service that we have developed in HMP Buckley Hall is available to the whole prison estate across Greater Manchester and the North West. Working with NHS England (North), the Greater Manchester Combined Authorities, and each of the Prison Governors, we aim to begin a roll out of the service whilst being mindful of adapting as we go to meet the slightly different needs of each of the individual prison estate population. If we're committed to helping male survivors **#BreakTheSilence** so they can create change for themselves, then what better place to do that than in the prison estate to be part of creating sustainable change.

The prison population is a community that we have been and will continue to focus some of our attention on but we also need to ensure that we do more for other communities, whether that is with LGBT+ communities, BAME communities, faith communities and refugee and asylum seeking communities. Our work over the past 10 years has featured work within all of these communities and we now have to grow that work and ensure that it becomes sustainable.

We need to better identify groups and organisations already embedded within these communities, and through active listening, create partnerships to meet their needs.

It's why we have invested in employing our first Group and Community Development Worker to create bridges between organisations, develop project with these communities and importantly, create more opportunities for male survivors to build a male survivor community. We've always held the idea that whilst abuse happens within isolation, "*healing happens together*" and the future needs to be that... together.

Building communities to be together has got to be our underlying mantra for the next decade. We hear so much about how technology and the use of social media has created a society that is so separate and no longer 'together', but maybe it's just a different way of being 'together'. Within the next decade, technology will move further on and we have to ensure that we look carefully at how male survivors are using technology for being together, which is exactly where we started this journey 10 years ago.

We also need to continue to develop how we use technology to collect data, report on our work to funders and stakeholders, and engage male survivors in that process by making sure their voices don't ever become 'just a number'.

But we can't do this without you, we need your help.

We need you to use your voice to keep the discussion alive. We need you to champion our services, get the message out there to male survivors that they are not alone and that healing is a real possibility.

We need you to know that male survivors are able to “*dip in and dip out*” of our services and we want you to be able to advocate to other services that this is what happens in growth.

We need you to challenge judgements of male survivors; help break down barriers to speaking out and smash the toxic gender norms that harm us all.

We need you to help us talk, listen to us and ask us how you can help because remember...

Healing happens
together



#BreakTheSilence

Survivors Manchester, Unit 9, Brewery Yard,
Deva City Office Park, Trinity Way, Salford, M3 7BB

0161 236 2182

support@survivorsmanchester.org.uk
survivorsmanchester.org.uk

   @survivorsmcr