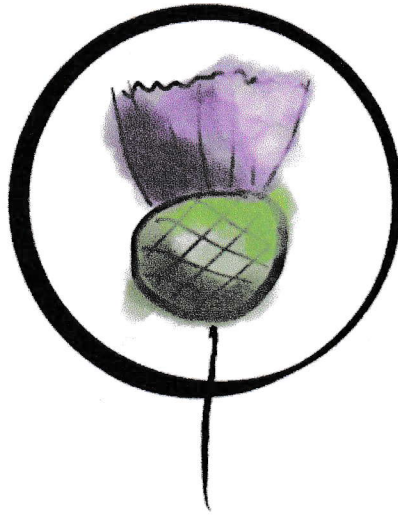




Mairsinn

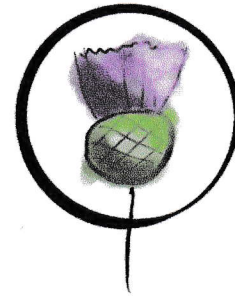
**(Formerly called Ritual Abuse Network
Scotland)**

Trustees' Annual Report

1st April 2025 – 31st March 2026

Charity number SC033706

Contact information



Mairsinn

Scottish Charity Number: SC033706

Email: hello@rans.org.uk

www.mairsinn.org.uk

Charity Trustees

1. Barry Eggleton
2. Jane Leslie
3. Nicole Matthew
4. Sandra MacIntosh
5. Bamidele Agbakuribe

Bankers Royal Bank of Scotland plc
3 High Street
Dundee
DD1 9LY

Objectives and activities

The charity was set up in 2002 by survivors of ritual and organised abuse who had been unable to find a suitable support service. Our main aim is to provide vital support and information services to survivors as well as raise awareness of the abuse that people suffer and the impact of same. In addition to providing services to survivors, we provide training for other agencies so that they can best provide for survivors and have better awareness and sensitivity.

Mairsinn is currently based in Angus, although our work reaches across Scotland and the wider UK. Over the years we have built up an excellent reputation with agencies nationally and globally, and with our local community.

Purposes

The aims/objectives of Mairsinn are to relieve the mental and physical distress of people who have suffered from extreme forms of abuse such as ritual or organised abuse, or sexual exploitation and in furtherance there of:-

Provide emotional and practical support to people who have experienced ritual, organised abuse or sexual exploitation and to provide them with information and support.

Provide support and information to people suffering long-term effects of extreme abuse including Post Traumatic Stress Disorder (PTSD) and dissociative conditions such as Dissociative Identity Disorder (DID).

Encourage research into the causes and prevention of ritual or organised abuse or sexual exploitation and into ways of preventing or relieving suffering caused by extreme abuse, providing such research is compatible with the other aims of Mairsinn.

Ensure that information which could identify individuals is accessible only to charity trustees.

Raise awareness of the public and professionals about the nature and extent of extreme abuses such as ritual, organised abuse or sexual

exploitation and its long-term effects and to encourage support and understanding of the people affected and how to help them.

We offer a package of support to survivors including:

- Individual support provided by volunteers and staff. This varies depending on the individual needs of survivors.
- Emotional support via Online Forums
- Information sessions for survivors and supporters of survivors.
- Training and awareness sessions for staff and volunteers.
- International online conferences in partnership with Survivorship and SMART in the USA

Structure, governance and management

On 18th June 2013, Izzy's Promise changed its legal form from an unincorporated association of members to a Charitable Incorporated Organisation (SCIO). Approval for this change was granted by the Office of the Scottish Charity Regulator (OSCR) on the same date.

On 31st August 2020 Izzy's Promise changed its legal name to Ritual Abuse Network Scotland (R.A.N.S.) to make it easier for survivors and agencies to find and recognise the service it provides. This was approved by the Office of the Scottish Charity Regulator (OSCR).

In 2023 Ritual Abuse Network Scotland changes its legal status to a single tier SCIO and altered its constitution to more closely reflect its client group. The Management Board are trustees for the purpose of charity law and can appoint other Board members. The Board is appointed at the Annual General Meeting and meets bimonthly. At each AGM, one third of the charity trustees retires but are eligible for re-election. New members of the Board are introduced to the aims and objectives of the charity by the chairperson.

On 3rd September 2024, Ritual Abuse Network Scotland changed its legal name to Mairsinn. Mairsinn is Scottish Gaelic for surviving.

Day-to-day operations are delegated to the Manager.

Achievements and performance

This year we moved our office to Forfar in Angus to reduce rental and overhead costs. With increased support happening online there has not been the same necessity to have large premises. We are also now more flexible whenever we need to meet for support, training or consultancy as we can easily book a venue in the most convenient location to suit everyone.

Our services are accessed by people (mostly women though our services are open to males too) fleeing organised sexual violence, asylum seekers, and people with Complex PTSD and dissociative conditions. All the women we support have suffered gender-based violence and many find it difficult to trust statutory authorities and need a high degree of confidentiality to help rebuild trust. Our vision is to support survivors in their recovery as we know the challenges faced by survivors are complex and varied: perhaps the most important challenge being the denial by society of the existence and extent of these extreme abuses, not to mention the great harm done to survivors through the now completely discredited false memory syndrome movement. As far as we are aware, we are the only specialised agency for survivors of ritual extreme abuse in the UK.

We provide emotional and practical support, accompaniment to other agencies such as police, courts, social services, housing, etc. We also provide training and consultancy for other agencies and professionals to increase their awareness of extreme abuse and their ability to help survivors.

We provide peer support via 2 online forums, through trained volunteers and through face to face and online peer led support groups. Often survivors want to talk to someone with lived experience, and we actively encourage survivors to become volunteers, join the management committee and help in whatever way they choose. Many of our volunteers have lived experience of abuse and issues arising from abuse such as poverty, mental health problems, addictions and experience of the care system.

Through receiving support and information abuse survivors can reduce their isolation and can become more aware and empowered to escape and end abuse, get help to move towards recovery and prevent further abuse of themselves and their children. Through being listened to and believed, confidence and self-esteem can grow which also helps recovery. Through being provided with practical support they are helped to secure housing and benefits, and access other services and agencies such as health, social services and police.

Over time, survivors can volunteer in their community, access further education and secure employment. Some survivors in time find their voices and use their lived experience to help prevent abuse and help other survivors.

We have a steering group which consists wholly of service users and experts by lived experience who help develop projects, evaluate projects, carry out research and input to decisions.

Over the past year we have directly supported 268 survivors. 69 new survivors joined the RANS Support Forum (this forum is to talk directly about abuse issues).

22 new survivors joined the FPP Support Forum (this forum is to talk about mental health issues). Online support groups have supported 28 survivors.

One of the key projects we have been running over the year has been the pilot of peer-led support groups. These have been online and face to face. A great deal of planning has gone into these groups and survivors have completely led, designed and developed this project. The huge gain for survivors has been an increase in self-confidence, better mental health and a gaining of new skills such as facilitating and planning skills.

Financial review

The charity aims to maintain unrestricted funding at a level to cover expenditure for a 6-month period in the event of an end of funding. Since the organisation relies on trusts and grant funding, which is uncertain and time limited, it is prudent for the organisation to maintain a reserve fund to cover for costs for a period of 6 months.

At present the charity meets this objective. Mairsinn anticipates that it will need £80,000 in the next financial year for running costs, service delivery and project development therefore 6-months running costs is £40,000. This is set aside as a designated fund.

R.A.N.S. Management has also designated £5,000 for staff and volunteer training; £2886 is set aside for repairs, fixtures, purchase of office equipment and security costs and £5000 for rebranding of the charity. £2374 from the Bank of Scotland Reach Fund is set aside for additional salary costs.

Details of any deficit/surplus

There was a deficit this year of £30,524

Future plans

We have plans to carry out participatory research into the effectiveness of setting up and running peer-led support groups for survivors. Many of our steering group meetings have been recorded and transcribed and we have developed a partnership with a University and researchers to take this forward. We hope to publish this research in peer reviewed journals to inform and encourage others to carry out this type of essential work.

We also plan to raise funds to scale up delivery of support groups for survivors. The pilot of the support groups has shown such promising results for survivors that we hope to continue and expand on this.

Declaration

Signed on behalf of the charity trustees:

Nicole Matthew

Print name

NICOLE MATTHEW

Designation

TRUSTEE

Date

20/08/26