FOREWORD FROM CHIEF EXECUTIVE
SUSAN MUNROE

2014 was the beginning of my role leading Freedom from Torture. It also marked 30 years of the adoption of the UN Convention Against Torture.

The Convention enshrines the rights of torture survivors to rehabilitation and not to be returned to a further risk of torture; and sets out the duty of ratifying states to hold perpetrators of torture accountable.

2014 showed me that the Convention and Freedom from Torture are needed more than ever. We received 1,313 new referrals for our services.

An all too common form of torture experienced by our service users is sexual violence. Many survivors from the Democratic Republic of Congo (DRC) have related their experience of rape in police detention to our doctors. We used this evidence to shine a spotlight on the DRC Government when they attended London's Global Summit on Preventing Sexual Violence in Conflict.

According to the Foreign and Commonwealth Office our report prompted them to raise concerns with the DRC Government, resulting in the closure of police detention facilities in the DRC and release of those being held arbitrarily.

This shows the tremendous impact that our services and our policy influencing activities have. Protecting and rehabilitating survivors; ensuring they can have a voice in evidencing torture; and working with us to hold torturing states to account and prevent further torture: these are the cornerstones of Freedom from Torture’s mission exemplified by this work.

We must do more of this joined-up and impactful work in the future. Many of those who flee repressive regimes worldwide put their faith in the UK as a place of protection and help.

As our Chair of Trustees Dr Frank Margison sets out later in this Review, the challenge that we have set ourselves in our 30th anniversary year of 2015 is how we support even more survivors over the next ten years. I invite our generous supporters and partners to work with us to make sure that we rise to that challenge.

As this is Dr Margison’s final year serving as Chair of Trustees, I take this opportunity to thank him for his unstinting work for Freedom from Torture.

FOREWORD, BY HANA,
SURVIVORS SPEAK OUT ACTIVIST

I hoped my struggle would end when I landed at Heathrow Airport twelve years ago, but as for many survivors of torture, it didn’t. What I did not know then was that a new struggle had begun - I now had to fight another system having just escaped one.

I look back at what I went through and how I could not think beyond day-to-day-life. Then one day I met the Survivors Speak OUT network Coordinator and co-founder Kolbassia Haoussou. It was then that I recognised that what had happened to me happened for a reason.

Being in and out of detention made me lose trust in the UK - a place that I thought would offer me protection. I felt hopeless and my heart and spirit were broken. I wondered whether there would ever be a place that I could walk freely without feeling guilt and shame. I had so many questions ... as if what happened to me was my fault. I couldn't find the freedom I was craving.

Being part of Survivors Speak OUT gave me the hope that I had lost. It is a network of former clients of Freedom from Torture who are speaking out against torture based on their lived experiences and they asked me to join. Making a difference in people’s lives was always a core value for me and I rediscovered that because of the network. Today I am proud of my journey because I can now speak for those who have been silenced.

I am pleased to be writing this foreword as I am thankful for all the support I have received from Freedom from Torture and other organisations who gave me the desperate help I needed... without them I wouldn’t have made it this far and I certainly wouldn’t be using my voice to speak out against torture and its impact.
In 2014 more than 59 million people worldwide were refugees, asylum seekers, or otherwise displaced persons*, many fleeing conflict and atrocities in the Middle East and Africa. Countries in the developing world hosted the majority of them. Freedom from Torture received 1,313 referrals of torture survivors in the UK. They shared 78 countries of origin between them and 269 were children and young people. Survivors were referred by GPs, and lawyers, charities and agencies supporting refugees and asylum seekers.

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*UN Refugee Agency figures
In 2014 Sri Lanka was yet again our top country for torture survivor referrals not only because of torture during the civil war but also torture in the post-conflict period right up to 2014.

Once more Iran followed Sri Lanka. Other countries that made it to our top ten countries for referral for another year in a row were Afghanistan, DRC, Pakistan, Turkey, Nigeria and South Sudan. India and Eritrea also made it into the top ten.

Regionally Asia contributed the largest number of referrals, (45 per cent) followed by Africa (26 per cent); Middle East (21 per cent) and Europe (8 per cent).

**SRI LANKA**

Torture and ill-treatment of detainees were widespread, especially at the moment of apprehension and the early stages of pre-trial detention. The Prevention of Terrorism Act was used to detain many without charge or trial, with the Tamil minority being particularly targeted. Freedom of expression and assembly were restricted. Intimidation, harassment and attacks on religious minorities, journalists, artists and opposition parties were prevalent. Human rights defenders were subjected to harassment and arrest.

**AFGHANISTAN**

Torture, extrajudicial executions and enforced disappearances were common throughout 2014, without any member of the Afghan military or police being prosecuted for such offences. Human rights defenders struggled to deliver their important work in the face of ineffective legal and practical protections. Attacks on civilians were common, with the Taliban and other insurgent groups conducting suicide attacks and planting improvised explosive devices in busy civilian areas.

**DEMOCRATIC REPUBLIC OF CONGO**

Attacks on civilians by both armed groups and security forces were common and often linked to control over resources and trading routes. Conflict led to more than 2.7 million civilians being internally displaced. Documented human rights abuses included torture, extrajudicial killings and forced disappearances.

Rape and sexual violence were rife throughout the DRC, not just in, but also outside of the conflict zones, as indicated by Freedom from Torture’s report *Rape as torture: sexual violence beyond the conflict zone*. The UK government raised our research with the DRC government which reportedly responded by shutting down detention facilities and releasing those held arbitrarily. Another glimmer of hope was the DRC government’s engagement with the UK-led global initiative on Preventing Sexual Violence in Conflict.
India

Human rights violations such as torture, unlawful detention and arbitrary arrests continued throughout 2014. Torture was used in state detention centres, including against women. A flawed anti-torture bill expired with the change in Government in May. Communal violence and violence against minorities remained an issue, as the historical violence between Muslims and Hindus continued. These ethnic clashes caused both deaths and displacements.

Turkey

Despite the general number of reported cases falling from previous years, torture and ill-treatment remained an issue. Excessive use of force by police officers was extensive, especially during protests against demonstrators, and sometimes live ammunition was used. Freedom of expression and the right to peacefully protest were eroded in the context of ongoing political crackdowns.

Nigeria

The human rights environment of Nigeria in 2014 was badly affected by the conflict between Nigerian security forces and Boko Haram, a militant insurgent group responsible for the kidnapping of nearly 300 school girls in the town of Chibok. The conflict involved both sides perpetrating forced abductions and torture. The security forces made arbitrary arrests, and many detainees were subject to ill-treatment. Freedom of expression, including by the media, was restricted further.

South Sudan

After conflict sparked in December 2013, South Sudan suffered a humanitarian crisis with mass human rights violations by both government and opposition forces. Thousands of civilians were killed, with millions more displaced, infrastructure destroyed and whole towns wiped out. Incidences of sexual violence were widespread. The erosion of freedom of expression was exacerbated by the conflict, as both human rights defenders and journalists were harassed, and even asked to leave the country.

Eritrea

Torture and ill-treatment were common throughout 2014. Arbitrary arrests remained a problem and prisoners were kept in appalling conditions, in overcrowded cells or shipping containers with little or no light with a lack of food and water, and subjected to regular physical abuse. Reasons for detention, often indefinite, included criticizing the government, working as journalists and practising a religion not recognised by the state.

Our services are a lifeline to torture survivors who make it to the UK.

Many suffer enduring psychological trauma but find it difficult to obtain help from the NHS; and face tough challenges from the asylum and welfare systems.

Our expert psychological therapies are at the heart of the services we offer them, whether on a one-to-one basis, or through group-based meetings and creative activities, such as art, football and gardening.

We also provide forensic documentation of torture by expert doctors that survivors can use to support asylum claims; and legal and welfare advice.

We offer services via our five regional bases in Scotland, the North West, North East, West Midlands and London and the South East. In 2014 nationally, 1,272 survivors of torture were helped by our rehabilitation services.

We are constantly looking at how to keep delivering top quality services to those who need them most against the difficult background of austerity.

CASE STUDY: CREATIVE THERAPEUTIC PROJECT

The Stone Flowers group is a partnership between survivors of torture at our North West centre and musicians from Music Action International. Twenty-seven members, from different backgrounds including the Democratic Republic of Congo, Cameroon and Sri Lanka meet to compose, rehearse and perform music at events like the Manchester Food & Drink Festival.

A key aim of the project is to provide a platform for survivors to communicate their experiences to a wider audience.

“Music is good therapy, two of the songs related to me and helped me, the one saying ‘I want to win –They want I lose’ and the Lingala song saying ‘Tell me where my father has gone” – Survivor

The Stone Flowers have already recorded one album and last year donors helped them to raise more than £9,000 towards their second.
National Clinical services Director Andy Keefe said: “2014 was a challenging but successful year, with implementation of a restructure in London in the early part of the year and planning for further changes in other Centres throughout the year.

“We continued to operate services for adults, children and young people in all five regions. European Commission funded partnerships with SOLACE in Yorkshire & Humberside and with the Refugee Council in the West Midlands achieved their aims of developing services for survivors of torture in those areas.

“All our clinical work is delivered to an exacting set of clinical standards. We began to use a clinical outcome tool, specially developed to assess the progress of therapeutic work with adult survivors of torture, and began to to develop a tool for children and young people. We recruited a Quality Assurance Manager to lead on further enhancing the quality of our work and the rehabilitation experience for the survivor.”

LAWS
The Legal Advice and Welfare Service (LAWS) received 853 referrals from our clinical teams, of which 339 (40%) were for welfare advice and 514 (60%) were for legal advice.

Cuts in the availability of external welfare services meant that survivors were increasingly reliant on LAWS to solve complex welfare problems. The general lack of accommodation in cities made this challenging.

A male Iraqi survivor of torture in his early forties had been street homeless for nearly two years. He did not have an asylum claim, had never claimed any benefits and survived on handouts. He was totally disengaged from any organisations and authorities that might be able to help him and extremely vulnerable. LAWS secured short-term accommodation for him and liaised with his solicitor. He now has an asylum claim pending, is in Asylum Support accommodation and is receiving the benefits to which he is entitled.

Survivors faced ongoing delays in processing asylum claims, poor decision-making, particularly on medical evidence, and restrictions on access to legal aid.

MLR SERVICE
Medico-legal reports (MLRs) document the physical and psychological consequences of torture for survivors in accordance with the Istanbul Protocol, the UN-approved clinical standard for documenting torture and are used by survivors mainly as expert evidence for asylum claims in the UK.

The MLR service consists of solicitors and specially trained doctors, many of whom are volunteers, as well as legal volunteers and support staff; and in 2014 produced 238 MLRs nationally, therapy reports accounting for approximately 10% of the total. Initial urgent assessment of the cases of torture survivors in the detained fast track asylum system is also an important part of its role.

Each MLR usually involves three meetings with the survivor and the whole process takes at least 20 hours of doctors’ time in total. In 2014 the service’s support to doctors included a monthly support group and twice-yearly Study Days and training sessions.

In 2014 the revised version of the Asylum Policy Instruction (API), containing guidance on how Home Office caseowners deciding asylum cases should use MLRs from us, came into effect; and the MLR team started training legal representatives to spread the word about using the API effectively.

Dr Juliet Cohen, Head of Doctors, trained members of the judiciary on the issue of medico-legal evidence, contributed to the development of the new Global Protocol on Preventing Sexual Violence in Conflict and presented recent findings of our medico-legal reports on torture to the UN Human Rights Council review of Sri Lanka.
SCOTLAND
MANAGER NORMA MCKINNON SAID:
“In 2014 Freedom from Torture in Scotland saw 142 torture survivors for therapy. Our partnership working and training approaches are vital to making sure torture survivors get the support they need. We worked alongside local NHS primary care networks to promote awareness of the complex needs of survivors among GPs; and members of our Scotland team were given ‘honorary lecturer’ status by the University of Glasgow in response to our continued training of medical students.

“We worked alongside the British Red Cross Chrysalis programme to run a Tree of Life trauma therapy group attended by 30 young people aged between 16 and 25 from a range of countries. This enabled young people to share their experiences of trauma and loss in a supportive format. One said: “Whenever I feel sad I think of the picture of the tree and this helps me to think positively and to concentrate on the future.

“When the British Red Cross piloted their partnership Third Country National Integration Service, working with families in the family reunion process, we used group work to support families in exploring the impact of the past trauma on life now and the role of worry in family life.”

NORTH WEST REGION
MANAGER JUDE BOYLES SAID:
“The North West remains the highest dispersal area for asylum seekers in the UK. Our Manchester-based centre, now in its 12th year, continues to offer psychological and physical rehabilitation to torture survivors as well as a dynamic and effective medico-legal report service.

“In 2014 we saw 171 clients for treatment. We reach even more torture survivors by offering training, supervision and consultancy to other agencies and practitioners who work with survivors across the region. We supervised 15 different organisations in 2014, offering a total of 114 group and individual supervision sessions.

“Stone Flowers, our Music Group, began recording their 2nd album in 2014 and performed to an audience of over 200 at the Manchester Food and Drink Festival. We also started a partnership with the Manchester United Foundation to offer football coaching to a group of 11 survivors at Old Trafford every week. We are now discussing a 2nd group for children/young people for 2015.

“For the third year in a row we saw a rise in the detention of our clients which has a profound impact on their mental health by retraumatising them. Whenever a client is detained we provide support daily until release.”
LONDON AND SOUTH EAST
MANAGER ROBIN EWART-BIGGS SAID:

“We saw 754 survivors for treatment in London and the South East in 2014. We started a second Tamil-speaking group, the first time we have run two concurrent groups for the same population, reflecting the unprecedented and ongoing volume of referrals of Tamil survivors.

“These are amongst the fifteen therapy and activity groups that we run at the London centre. Following the completion of our partnership pilot project with the Refugee Council we have focused on the particular challenges facing 16-25 year old survivors who are in the UK following separation from their families, which include the impact on development of suffering trauma at young ages, adjusting to life in a foreign country with accompanying welfare and asylum obstacles and overcoming all of this without the support of family and community. Many of these young people have benefited from the groups that we run in partnership with the community team at our close north London neighbour, Arsenal Football Club.

“During the year we have reached out to more colleagues working with survivors, offering training or other forms of support to around one hundred different organisations.”

WEST MIDLANDS:
MANAGER JOANNE ADAMS SAID:

“We received 150 new referrals in 2014, for individuals from 36 countries. We were able to offer one-to-one psychological therapy to 144 clients, as well as a new group therapy programme. Sessions covered how to sleep well and cope with nightmares, exploring methods for moving beyond trauma and developing coping strategies aimed at empowering individuals to make positive changes.

“The addition of a volunteer physiotherapist and pain management specialist to our team has enabled us to offer physiotherapy for clients suffering with chronic pain as a result of the torture, whilst our children and young people’s therapist continued to work with 10 young people under age of 25 and five families.

“In co-operation with a local partner organisation, our clinical staff developed an EU-funded project which explored the benefits of a fast track referral process for therapy and evidence-based complementary therapies as part of a holistic rehabilitation programme. We worked with a number of other partner organisations in the area to deliver specialist training and other forms of support which will build the capacity of their own staff to work with torture survivors, and help ensure that survivors’ complex needs can be met throughout our region.”

NORTH EAST REGION
MANAGER TAMARA BIRKETT SAID:

“We continued to provide individual therapy, group work, case work, English lessons, complementary therapy, and welfare support, delivered from within the Newcastle centre. We also provided outreach work in Stockton in the form of individual therapy and a monthly women’s group.

“We have also helped service users to access residential in partnership with Ministeracres retreat centre in the west of Northumberland which enabled service users to experience respite and a range of creative activities including poetry writing and arts and crafts. We continued to develop the child, young person and family model including ways to engage children and young people; and external networking to build links with both statutory and non-statutory services.

“A number of therapists, doctors, and complementary therapists volunteered their services. We assisted other organisations in building their capacity to work with survivors of torture by training local organisations, for example Newcastle Psychology Association, West End Refugee Service, the Manuel Bravo Project and domestic violence charities.”
In pursuit of our mission to work for a world free from torture we use the experience of the torture survivors we support, and our staff and volunteers to create positive change.

For example we use the forensic evidence of our doctors and testimony from survivors to hold torturing states to account through international bodies and in the media, and to advocate for torture prevention.

We also work to influence UK Government departments such as the Home Office and the Department of Health and public bodies on issues such as asylum policy and service access for torture survivors.

We draw on our experience of good practice with torture survivors to train and build capacity among professionals from other organisations and public services who assist them.

And it’s really important to us to support survivors to raise their own voices. In addition to mainstreaming service user participation in our own service development we also facilitate survivor activism, including through Survivors Speak OUT (SSO), a network of former Freedom from Torture clients.

Survivors use their experience to directly influence debate and discussion on torture, its prevention and asylum issues, including with Home Office officials, world leaders and young people, among others. Survivors who are members of Write to Life, our mentored creative writing group, develop publications and performances that build creative bridges to the public.

**HOLDING THE DRC TO ACCOUNT FOR TORTURE**

The Democratic Republic of Congo consistently features among the top ten countries of origin for survivors referred to us and is a country well-known for endemic use of sexual violence as a weapon of war.

Our 2014 report ‘*Rape as Torture in the DRC: Sexual violence beyond the conflict zone*’ drew on our powerful forensic evidence and...
the voices of doctors and survivors to show that rape is not only prevalent in the conflict zone but has also been used systematically by the authorities to torture political activists in Kinshasa and elsewhere.

The report, produced with the support of Survivors Speak OUT activists, was launched on the eve of the Global Summit to Prevent Sexual Violence in Conflict in London in June. It generated national and international media coverage which forced the DRC Communications Minister Lembert Mende to respond to reporters on our evidence of torture.

A debate event we organised at the Frontline Club for foreign correspondents was attended by more than a hundred NGO colleagues, reporters and supporters. This discussion of Freedom from Torture’s evidence was later streamed via the Frontline Club’s website.

The UK Government later disclosed that it raised our evidence with the DRC Minister for Human Rights and pushed for an investigation. According to the Foreign and Commonwealth Office, the DRC authorities conducted surprise checks at police detention facilities and closed down those where torture was found to have taken place and released people being held arbitrarily.

PREVENTING SEXUAL VIOLENCE
The launch of our report was co-ordinated with advisory work by our Head of Doctors and SSO to the UK Government on the new global International Protocol on the Documentation and Investigation of Sexual Violence in Conflict. SSO’s work with the Foreign and Commonwealth Office culminated in SSO Co-ordinator Kolbassia Haoussou being invited to share a platform with Angelina Jolie and the then UK Foreign Secretary William Hague for the launch of the Protocol at the Summit.

SSO contributed to a major parliamentary inquiry into the detention of asylum seekers; and was invited by the Home Office to contribute to a programme of work aimed at improving survivor experiences of the asylum process.

Members of Write to Life were in demand at a number of literary festivals for Souvenirs, their verbatim theatre piece about the experience of seeking asylum.

TRAINING AND CAPACITY-BUILDING
Our Training and Capacity-building team and psychological therapists in all our centres regularly work in this way with other individuals and organisations who support survivors of torture, thus ensuring survivors beyond our client base are able to access services appropriate to their needs in their communities.

In 2014, Freedom from Torture delivered over 100 training programmes and over 200 capacity building interventions, which included supervision, consultation support, facilitating networking, skill-sharing fora and so on. Forty-two per cent of this work was with voluntary and statutory clinical services (such as primary care practices, local voluntary counselling services) and 31% with front line services providing practical or social support (such as housing or applying for asylum support). Freedom from Torture also trained legal representatives, and staff from other key statutory services.
These included another successful concert by the Doctors’ Orchestra led by conductor Stephen Brearley, a supporter event to mark the launch of our latest report on sexual violence in the Democratic Republic of Congo and the return of our popular food event The Big Cook Up, where acclaimed chef Paul Merrett and his team of hand-picked chefs cooked up a storm for supporters and survivors at the Divertimenti Cookery School. We’re grateful to patron and Booker Prize-winning author Julian Barnes and clients from our Write to Life group for their participation in our literary evening as well as celebrity writers from Martina Cole to Margaret Atwood who donated new characters in their novels for our Immortality Auction (pictured top right) at the same event.

**CENTRAL EVENTS**

Thank you to all our supporters

**CELEBRITY SUPPORTERS**

As well as celebrity author participation in the Immortality Auction, celebrity star power continued to shine a light on our work with Juliet Stevenson, Sue MacGregor, Helen Mirren (main picture) and Stephen Fry backing our DRC report. We thank Andy Paterson, producer of the film The Railway Man, for helping us to arrange special film screenings in aid of Freedom from Torture. Patron John McCarthy hosted our annual fundraising dinner and inspired the guests to raise thousands of pounds for survivors while enjoying a stylish celebration of our work at the Waldorf hotel.
Individual supporters across the UK raise vital funds and awareness by participating in and organising events. From 48-hour dances, to walking the Camino de Santiago and marathon running - they did us proud. Adrian Boylan (pictured right) ran the Berlin Marathon to raise almost £800. He said; “Running the Berlin Marathon to raise money for the charity was a great experience, made all the more memorable by sharing the event with a new world record-breaker Dennis Kimetto.”

Freedom from Torture would like to thank the following people and companies for their support:

Stephen Brearley and the talented musicians of the Doctors’ Orchestra; Paul Merrett and his hand-picked selection of top chefs - Sophie Michell, Allegra McEvedy, Anton Manganaro, Henry Harris and William Curly; Stephen Browett and Farr Vintners; Samantha Harvey and her team at the Divertimenti Cookery School; 3 fish in a tree; our patron Julian Barnes for his ongoing commitment to the charity; all the authors who donated naming rights for a character in a future novel to our Immortality Auction; and our immortality auctioneer Piers Boothman, Director of Valuations at Christie’s.

Our groups are made up of volunteers who give up their time to raise funds and awareness of our work. Their activities included a sold-out Bristol performance of Souvenirs (a play written by our Write to Life group) and plays with talks in Bury St Edmunds featuring the late Ruth Rendell and Louis des Bernieres which raised almost £2,500. In Kirkby Lonsdale, an Open Garden event raised almost £4,000. Local group members also undertook many challenges, from a sponsored walk across London, to sky dives to bicycle rides and to “five fabulous treks” across the North East.

A special welcome goes to our two newest groups in Llangollen and Aberystwyth and a special thank you goes to our South East London group which alone raised almost £20,000 in 2014.

Our ethical partnerships with Triodos Bank and Investing Ethically continue to develop; our ten-year partnership with Triodos has raised more than £70,000 for survivors of torture, thanks to our many supporters whose ethical savings and investments with Triodos help raise this money. In 2014 the Arsenal Foundation supported our football therapy group and the Manchester United Foundation began supporting our second football therapy group in the North West. Law firm Freshfields Bruckhaus Deringer LLP sponsored the printing of our report on sexual violence in the DRC.

The generous support we received in 2014 from trusts, foundations and institutional donors has continued to enable us to deliver important outcomes for our clients. Grant funding has supported the successful development and implementation of a cross-referral pathway between Freedom from Torture and other voluntary organisations in the West Midlands to ensure that torture survivors in the region are able to access the most appropriate rehabilitation in a timely manner. It has also enabled the ongoing delivery of therapeutic services to clients in the North West as well as supervision and support to practitioners in over 14 refugee and clinical organisations who are in contact with survivors of torture, enabling them to improve practice, increase their confidence and build enhanced skills for staff responsible for assessing and supporting torture survivors. Funding allows our individual and group therapies to continue to be provided to adults, children and young people and families in our centres in Glasgow, Newcastle, Manchester, Birmingham and London helping more clients to achieve rehabilitation from the effects of torture. It is not possible to mention individually all of our donors, but a selection is listed on the back page of this report.

We remember with gratitude those generous donors who chose to leave Freedom from Torture gifts in their wills. In 2014 these raised more than £1.35 million and left a lasting legacy of hope and healing for survivors.
THANK YOU FROM THE CHAIR OF TRUSTEES, DR FRANK MARGISON

In 2015, as we go to press on this 2014 annual review, Freedom from Torture is marking 30 years as the only UK-based human rights organisation dedicated solely to the treatment and support of torture survivors. The understanding gained from this work helps us to challenge the use of torture and to hold torturing states to account.

From our beginnings in a hut in Amnesty International’s backyard and then as the Medical Foundation for the Care of Victims of Torture, we have grown into an organisation with our own London centre and centres around the UK.

We take almost no government funding so none of this would have been possible without the generosity of all the individuals who give and raise money. In 2014 their gifts amounted to well over three-quarters of our £8 million funds.

We also received significant financial and other support from trusts and foundations, corporate partners, celebrity supporters and distinguished patrons.

It is clear that a great many of you feel passionately about supporting torture survivors. This in itself sends a powerful message to survivors that you are standing alongside them - thank you.

Our 30th anniversary is a year of taking stock and aiming for a step change, in particular around the challenge of making high quality services available to more survivors in the next ten years.

As survivors are sometimes dispersed at great distances from our centres, we’re looking to develop innovative local outreach partnerships with other charities and the NHS, so we can deliver therapy in communities across the UK as well as from our centres.

As 2015 is my last year as Chair of Trustees, I pay tribute to staff, volunteers and torture survivors from the family of Freedom from Torture, for their determination to rebuild lives and prevent torture.

I would also like to thank the many dedicated colleagues on the Board with whom I have worked over the years and include, currently:

Peter Atfield; Raj Chada; Serge-Eric Yamou; Melanie Essex; Gillian Fawcett; Sanjeev Gupta; Dr. Michael Johnson; Mark Jones, Claire-Louise Leyland; Lady Alison Kelly; Dick Oosting; Neil Serougi, and Rebecca Wright.
### Overview of annual accounts

#### CONSOLIDATED INCOME AND EXPENDITURE

<table>
<thead>
<tr>
<th></th>
<th>2014 £000</th>
<th>2013 £000</th>
<th>2014 £000</th>
<th>2013 £000</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>INCOMING RESOURCES</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Voluntary income from:</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Individuals</td>
<td>5,092</td>
<td>4,715</td>
<td>5,817</td>
<td>5,255</td>
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<tr>
<td>Trusts &amp; Foundations</td>
<td>910</td>
<td>602</td>
<td>940</td>
<td>710</td>
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<tr>
<td>Government and public bodies</td>
<td>308</td>
<td>819</td>
<td>385</td>
<td>910</td>
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<tr>
<td>Legacies</td>
<td>1,354</td>
<td>1,016</td>
<td>1,400</td>
<td>1,090</td>
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<td>Companies</td>
<td>51</td>
<td>81</td>
<td>63</td>
<td>104</td>
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<tr>
<td>Income from charitable activities</td>
<td>225</td>
<td>247</td>
<td>247</td>
<td>276</td>
</tr>
<tr>
<td>Activities for generating funds</td>
<td>219</td>
<td>253</td>
<td>229</td>
<td>253</td>
</tr>
<tr>
<td>Investment income</td>
<td>9</td>
<td>26</td>
<td>10</td>
<td>26</td>
</tr>
<tr>
<td><strong>Total incoming resources</strong></td>
<td><strong>8,168</strong></td>
<td><strong>7,759</strong></td>
<td><strong>8,000</strong></td>
<td><strong>7,630</strong></td>
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<tr>
<td><strong>RESOURCES USED</strong></td>
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<td></td>
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<tr>
<td>Direct charitable expenditure:</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Medical, therapeutic and casework</td>
<td>3,962</td>
<td>4,005</td>
<td>4,250</td>
<td>4,250</td>
</tr>
<tr>
<td>Education, training and information</td>
<td>869</td>
<td>843</td>
<td>900</td>
<td>850</td>
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<tr>
<td>Human rights work</td>
<td>653</td>
<td>598</td>
<td>650</td>
<td>598</td>
</tr>
<tr>
<td>Relief grants to individuals and families</td>
<td>104</td>
<td>104</td>
<td>110</td>
<td>110</td>
</tr>
<tr>
<td>Management and administration</td>
<td>26</td>
<td>29</td>
<td>29</td>
<td>29</td>
</tr>
<tr>
<td>Sub-total direct charitable expenditure</td>
<td><strong>5,614</strong></td>
<td><strong>5,579</strong></td>
<td><strong>5,700</strong></td>
<td><strong>5,640</strong></td>
</tr>
<tr>
<td>Cost of generating funds</td>
<td>2,153</td>
<td>2,114</td>
<td>2,170</td>
<td>2,110</td>
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<tr>
<td><strong>Total resources used</strong></td>
<td><strong>7,767</strong></td>
<td><strong>7,693</strong></td>
<td><strong>7,870</strong></td>
<td><strong>7,750</strong></td>
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<tr>
<td><strong>FINANCIAL FOOTNOTE TO ACCOUNTS</strong></td>
<td></td>
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<td></td>
<td></td>
</tr>
<tr>
<td>Freedom for Torture’s 2014 statutory accounts show a surplus of £409k. The annual accounts were approved by the Trustees on 30 September 2015, and audited by [Auditors Name]. Financial statements can be downloaded from our website <a href="http://www.freedomfromtorture.org">www.freedomfromtorture.org</a></td>
<td></td>
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</table>

#### CONSOLIDATED BALANCE SHEET

<table>
<thead>
<tr>
<th></th>
<th>2014 £000</th>
<th>2013 £000</th>
<th>2014 £000</th>
<th>2013 £000</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>FIXED ASSETS</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Tangible fixed assets</td>
<td>5,042</td>
<td>5,255</td>
<td>5,092</td>
<td>5,255</td>
</tr>
<tr>
<td>Investments</td>
<td>12</td>
<td>11</td>
<td>12</td>
<td>11</td>
</tr>
<tr>
<td><strong>CURRENT ASSETS</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Debtors and prepayments</td>
<td>604</td>
<td>1,180</td>
<td>604</td>
<td>1,180</td>
</tr>
<tr>
<td>Cash at hand, in bank and short-term deposits</td>
<td>3,217</td>
<td>2,196</td>
<td>3,217</td>
<td>2,196</td>
</tr>
<tr>
<td><strong>Net assets</strong></td>
<td><strong>7,701</strong></td>
<td><strong>7,300</strong></td>
<td><strong>7,701</strong></td>
<td><strong>7,300</strong></td>
</tr>
<tr>
<td><strong>Net current assets</strong></td>
<td><strong>3,449</strong></td>
<td><strong>2,926</strong></td>
<td><strong>3,449</strong></td>
<td><strong>2,926</strong></td>
</tr>
</tbody>
</table>

#### RESOURCES USED

**Direct charitable expenditure:**
- Total assets less current liabilities: £8,503 vs £8,192
- Medical, therapeutic and casework: £3,962 vs £4,005
- Education, training and information: £869 vs £843
- Human rights work: £653 vs £598
- Relief grants to individuals and families: £104 vs £104
- Management and administration: £26 vs £29
- Sub-total direct charitable expenditure: £5,614 vs £5,579
- Cost of generating funds: £2,153 vs £2,114
- **Total resources used:** £7,767 vs £7,693

**FINANCE FOOTNOTE TO ACCOUNTS**

Freedom for Torture’s 2014 statutory accounts show a surplus of £409k. Income in 2014 was higher by £409k compared to the previous year. Income from Individuals, Trust & Foundations and Legacies all showed marked increases in 2014. Overall, the financial outcome for 2014 was exceptional.
Freedom from Torture is proud to mark 30 years of our work dedicated to the treatment and rehabilitation of torture survivors. Now we need your help to continue supporting survivors of torture across the UK. Please use this form to donate and return to Freedom from Torture, Freepost WD4196 London N7 7BR or call our fundraising team on 0207 697 7788 or please visit our website at www.freedomfromtorture.org

Yes I would like to make a difference to torture survivors

£10  £20  £50  £100  Other amount £_____________

Visa  MasterCard  Maestro  Cheque  CAF  American Express

I enclose a cheque/ Postal order payable to: Freedom From Torture OR

Please debit my MasterCard/Visa/Maestro/CAF charity card (delete as appropriate)

Card Number

Expiry Date  Start Date  Maestro Issue no. (if applicable)

Security Number  Issue Number

Title: First Name: Surname:

Address:

City: Postcode:

Email:

Phone: Signature:

Gift Aid Declaration: Gift Aid enables us to reclaim tax on all donations from UK taxpayers. I would like Freedom from Torture to reclaim tax on all donations I have made for the four years prior to this year and all donations I make from the date of this declaration until I notify you otherwise*. Please tick this box and sign below

* To be eligible for Gift Aid, you must pay Income Tax or Capital Gains Tax in the UK equal to or more than the amount that we will reclaim on your donations. If you pay tax at a higher rate, you can claim further tax relief for this donation in your Self Assessment Tax Return. You can cancel this declaration with us at any time in writing or over the phone. We’ll stop claiming the tax on your donations immediately.

Registered charity numbers 1000340/SC039632

30 YEARS
SUPPORTING SURVIVORS
Freedom from Torture
Medical Foundation for the Care of Victims of Torture

ADDRESS:
111 Isledon Road, London N7 7JW
T 020 7697 7777  E info@freedomfromtorture.org  W www.freedomfromtorture.org
Registered charity number 1000340/SC039632  Company limited by guarantee, registered in England and Wales: number 2398586

WE WOULD LIKE TO THANK THE FOLLOWING DONORS FOR THEIR GENEROUS SUPPORT TO FREEDOM FROM TORTURE IN 2014:

A & S Burton Charitable Trust
Alan & Babette Sainsbury Charitable Fund
Barbara Saunders Trust
BBC Children in Need
Beatrice Laing Trust
Berni Charitable Trust
Big Lottery
Breadsticks Foundation
Brock Webb Trust
CB and HH Taylor Charitable Trust
Comic Relief
David and Elaine Potter Foundation
D’Oyly Carte Charitable Trust
Esmee Fairbairn Foundation
European Union
Evan Cornish Foundation
Eveson Trust
Gunter Charitable Trust
Henry Smith Charity
Ian MacTaggart Trust
Lambert Charitable Trust
London Catalyst
London Churches Refugee Fund
Mackintosh Foundation
Newby Trust
Northern Rock Foundation
Oakdale Trust
Paristamen Foundation
Patrick and Helena Frost Foundation
Paul Hamlyn Foundation
Philip King Charitable Trust
Pilkington Charities
Scottish Government
Sir James Reckitt Charitable Trust
St Christopher’s Trust
Stanley Thomas Johnson Foundation
The 1989 Willan Charitable Trust
The DG Charitable Settlement
The Robertson Trust
The Roughley Trust
The RS Macdonald Charitable Trust
Three Oaks Charitable Trust
Trust for London
United Nations