

Helen Bamber Foundation Progress Report to the Postcode Equality Trust

Summary

In 2018, the Postcode Equality Trust awarded a grant of £500,000 Helen Bamber Foundation. We are pleased to submit this report with a huge thank you for your support and partnership.

Helen Bamber Foundation worked extensively with refugees and asylum seekers from all over the world, in particular Africa, Asia and Southern Europe who have experienced human cruelty, such as torture and trafficking, through a specialist Model of Integrated Care. Below is a summary of achievements in 2018, funded by the Players of People's Postcode Lottery and others.

Therapy Services – Helping survivors recover from psychological trauma

In 2018 we have offered survivors access to a range of proven therapies for Post-Traumatic Stress Disorder, including Narrative Exposure Therapy, trauma-focused Cognitive Behavioural Therapy and Eye Movement Desensitisation and Reprocessing (EMDR). The team also offered group therapies centred on symptom management and increasing daily functioning. In 2018 at least 50% of our clients suffered from PTSD.

During 2018, 183 individuals accessed therapy (96 women and 87 men), and 1,625 appointments were given including:

- 477 Narrative Exposure Therapy appointments
- 128 Psychoeducation/stabilisation sessions
- 228 Cognitive therapy sessions
- 114 Relational psychotherapy sessions
- 1 assertiveness group programme

Medico-Legal Reports (MLF) - supporting survivors' claims for international protection

In 2018, HBF's legal team supported our client cases with immigration advice; communication with clients' solicitors on their needs; assisting clients in understanding their legal position and resources available to them; and other emergencies regarding clients' legal protection needs. HBF's Medical-Legal Services provided 102 expert medico-legal reports that document the long-term physical and psychological impact of traumatic experiences and are used as evidence for international protection in the UK.

Medical Advisory Service (MAS) – offering clients specialist consultations with trained medical professionals

In 2018, the service grew and a part-time Head of Doctors was appointed, who worked alongside 4 volunteer doctors and a psychiatrist. We now have a male GP as part of the team of volunteer doctors, which has been historically female, giving choice to clients who would prefer to see a male clinician.

Counter-Trafficking – intricate, intensive and person-specific support and safeguarding for survivors of trafficking

In 2018, the Counter-Trafficking Department had 72 men and women within HBF's Counter-Trafficking Programme. The work for these clients includes ongoing contact/safeguarding support to ensure against all forms of further harm and the risk of exploitation and re-trafficking. We have delivered 318 appointments by our Counter-Trafficking team in 2018.

As part of our organisation's focus on trafficking, we also drove forward our work with the sector on appropriate care standards for survivors of trafficking:

- We were a lead contributor to the updated **UK Slavery and Trafficking Survivor Care Standards** especially with regard to the chapters on Physical and Psychological Health, Access to Safe & Appropriate Accommodation, and an introduction to the HBF Trauma-Informed Code of Conduct, which officially accompanies the standards as a guide.
- The **Trauma-Informed Code of Conduct** for All Professionals Working with Trafficking and Slavery, authored by Rachel Witkin and Katy Robjant, was published by HBF. This is an effective guide for ALL professionals which accompanies the UK Slavery and Trafficking Standards.
- **Updated National NRM Handbook:** Office for Democratic Institutions and Human Rights (ODIHR) commissioned HBF to write an Annex on psychological approaches for survivors of human trafficking for the forthcoming NRM Handbook and requested that we be on the advisory panel of authors. We have subsequently been commissioned to produce a chapter with others on all aspects of victim support and care, covering the rationale and expert advice for immediate and intermediate standards of care. This publication is due to be launched in September 2019.

We have also submitted research papers on the lived experience of the transition following the grant of leave to remain and on recognition of VoTs in general practice. We are on the Consultancy Group for the Home Office which meets at the office of the Independent Anti-Slavery Commissioner for the UK with regard to drafting and publication of UK Statutory Guidance under the Modern Slavery Act. We have been able to exercise considerable influence with others during the adaptation of the UK Slavery and Trafficking Survivor Care Standards into the UK Government's National Victim-Care Contract for the National Referral Mechanism.

Housing and Welfare- addressing homelessness and destitution

In 2018, the Housing and Welfare team have had 585 appointments with 220 clients. These from ranged from supporting our clients to apply for asylum support, through supporting clients to make mainstream benefits applications once they have status including appeals and making applications for housing to dealing with NHS debt. The team resolved 82% of housing and welfare problems with a short-term resolution in under one month and 93% of housing and welfare problems were resolved with a long-term resolution in under three months.

Integration – supporting clients to move from their past, integrate into society and build successful lives.

In 2018, HBF grew its community and integration activities, with 421 appointments provided to over 100 clients. For example 42 clients were assisted into further and higher education; 42 into colleges including English for Speakers of Other Languages (ESOL), and 4 into degree programmes (3 undergraduate/foundation and 1 postgraduate); 22 clients were assisted into specialist employment support and 8 clients offered employment; 72 clients helped into Better Gym memberships.

The Creative Arts Programme continues to expand, delivering ten weekly groups around diverse activities from knitting to football. These provide vital opportunities for HBF clients to engage in activities unrelated to their trauma and to develop confidence, self-esteem and positive peer relationships

Policy and Dissemination

The Helen Bamber Foundation is well placed to improve understanding of the needs and vulnerabilities of survivors of human cruelty. Our research programme aims to increase understanding of the clinical vulnerabilities and the complexity of trauma following atrocity, as well as to enable the development of evidence-based approaches to respond to survivors' needs. This work includes detailed monitoring and evaluation of our clinical work, and investigating the consequences of client experiences on their health and well-being. HBF maintains its influence through contributing clinical expertise to help develop law, policy and practice, and through dissemination of expertise and research findings.

In 2018, HBF successfully progressed in its research objectives of understanding the clinical vulnerabilities and the nature of complex trauma suffered by our clients, with the aim of developing more effective treatments for survivors through evidence-based approaches. In 2018, we published the following:

- Von Werthern, M., Robjant, K., Chui, Z., Schon, R., Ottisova, L., Mason, C., & Katona, C. (2018). **The impact of immigration detention on mental health: a systematic review**. *BMC Psychiatry*
- Abbas, P., Von Werthern, M., Katona, C., Woo, Y., & Brady, F. (In Press). **Narrative Dilemmas: A qualitative study in frontline professionals working with asylum seekers in the UK**.
- Bell, V., Robinson, B., Katona, C., Fett, A-K., & Shergill S (2018). **When trust is lost: the impact of interpersonal trauma on social interactions**. *Psychological Medicine* 1–6.
- Rowley, L., Morant, N., & Katona, C. (In Press). **Lived experiences of refugees immediately after being granted leave to remain in the UK: impacts on mental health and wellbeing**.
- Unigwe, S., Witkin, R., Hunt, J., & Katona, C. (Submitted). **Managing Victims of Human Trafficking**.

Our Medical Director Cornelius Katona was a member of the working groups for both: *Quality Standards: 'Healthcare for victims of torture in detention'*, Faculty of Forensic and Legal Medicine of the Royal College of Physicians of London, due to be published in 2019; and the National Institute for Health and Care Excellence's *Updated guidelines on PTSD* (NICE Quality Standard No. 116).

We also made the following submissions to inquiries, committees and researchers relevant to survivors of human cruelty:

- In February 2018, we submitted evidence to the Independent Chief Inspector of Borders and Immigration regarding the standards of asylum support accommodation.
- In March 2018, we submitted a briefing to Asylum Matters on the effects of low asylum support rates for vulnerable asylum seekers and their families.
- In August 2018, we submitted evidence to the Home Office regarding their review of asylum support rates for asylum seekers and their families under Sections 95 and 4(2) of the Immigration and Asylum Act 1999.

In addition, in 2018 we spoke at nine conferences and delivered 15 training including:

- ❖ Providing two sessions of Medico-Legal Report training to increase our pool of doctors who can write MLRs on behalf of the Foundations' clients, in order to document the psychological and physical sequela of ill-treatment as set out in the Istanbul Protocol.
- ❖ A 2-day NET Training with a group of psychologists working with a programme of refugees in Cork/Kerry in Ireland – Fran
- ❖ Giving 3 Sessions of Trafficking training to cover all Complex TB Nurses across London.
- ❖ Training at Newham General Hospital on Modern Slavery.
- ❖ Training on Trafficking and Modern Slavery for Camden and Islington GPs.