



# Impact Report 2023-24

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You have a clean slate every day you wake up. You have a chance every single morning to make that change and be the person you want to be. You just have to decide to do it. Decide today's the day. Say it; This is going to be my day.

Registered Charity number: 1197726

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# Mission

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"The purpose of Clean Slate is to provide long-term emotional support for male and female survivors of abuse in the UK, particularly in Cherwell and wider Oxfordshire. We aim to encourage individuals to explore their own mental health needs and adopt positive coping strategies for long-term recovery. Our goal is to support men, women, and their families who have been victims or witnesses of domestic, sexual, mental, emotional, and financial abuse."



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# Achievements this year

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366 New Referrals

Partnership with Brookes University -  
We have taken on 2 trainee social  
workers to do their placements

3265 Counselling  
hours provided

79 Qualified/Trainee  
Counsellors volunteering  
for us

295 clients accessed  
counselling

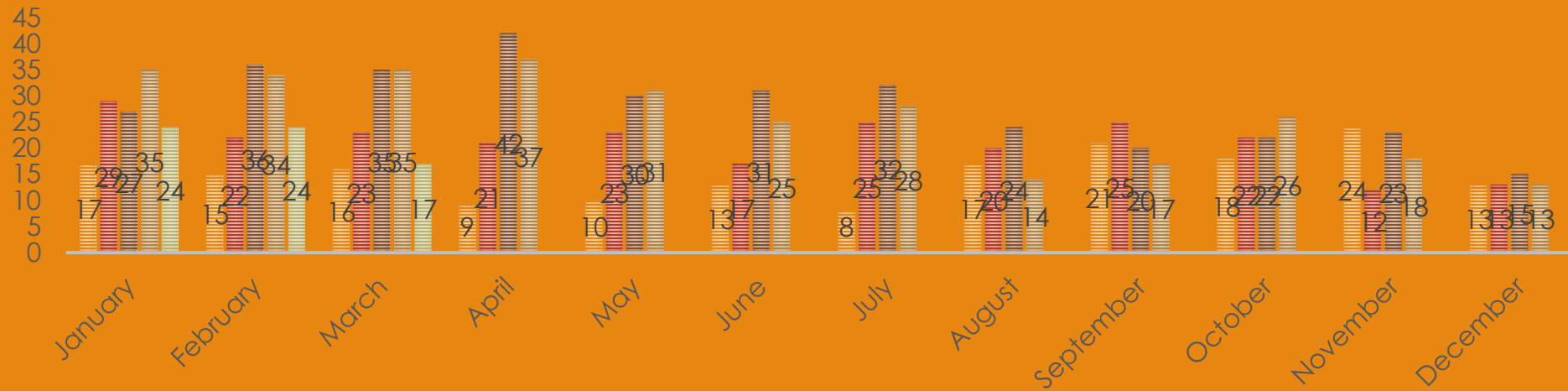
Updated our client  
management  
system

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## Growth over the last 4 years

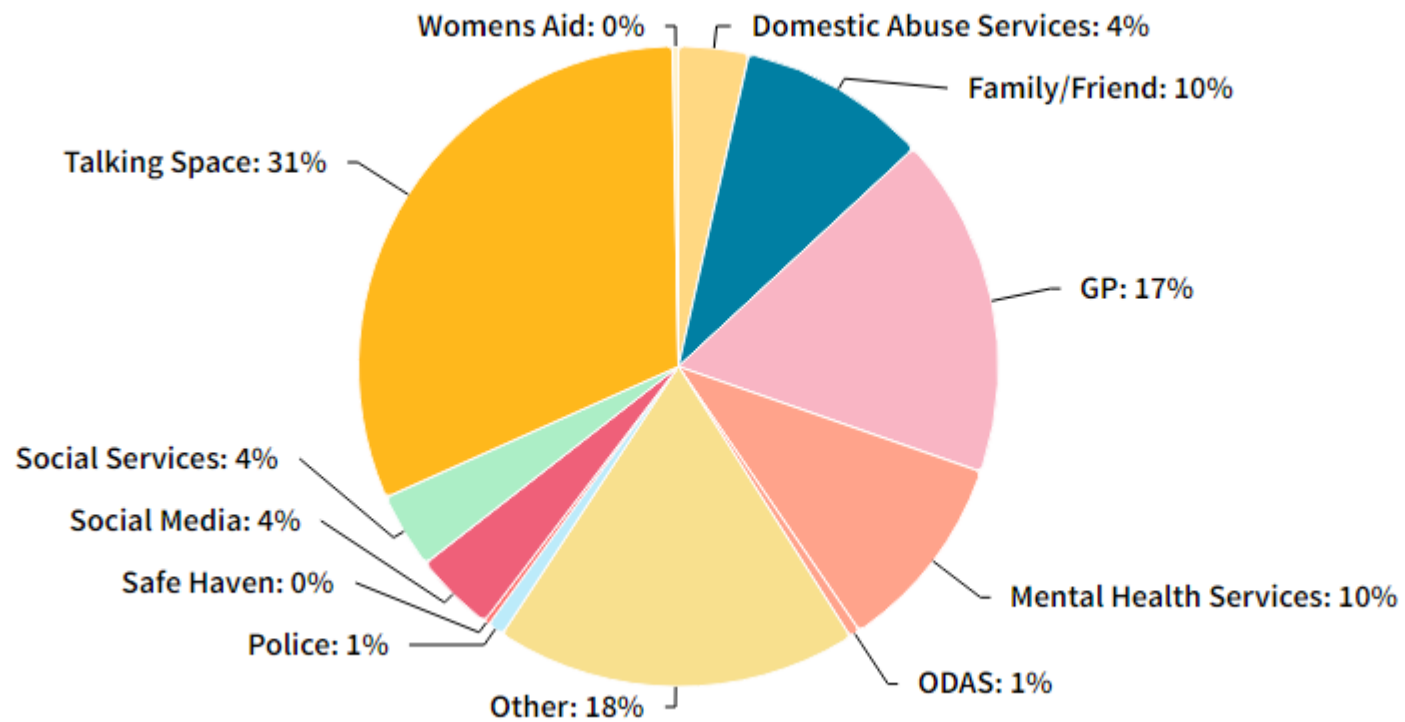
### REFERRALS

2020 2021 2022 2023 2024



# Referral sources

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*When I started the process of looking for help I really thought what I needed was a rigid, step focused, quick-fix approach to my problems because that is my job and the way I tend to approach most things. I was shocked to realise that all I needed and wanted was someone that I could trust to ask how I was feeling and to help me understand myself. I felt immediately comforted by Poppi's energy and felt like I could trust her straight away when talking about very difficult topics. Poppi is very present in the sessions and will often pick up on small details from previous sessions which makes me feel very heard and something I really appreciated. Her holistic approach was completely new to me and, whilst it helped me to process my main problems, I genuinely believe I will be using these skills and ways of thinking for the rest of my life for (probably) all aspects of my life. Poppi is very authentic and I don't feel like I am a subject or client, I feel like I am talking to a non-judging, neutral, listening ear who will pick up on her own energy and mine when discussing different things. This can be extremely validating for someone who has never felt very validated. From Poppi I have learnt about trusting your gut, checking in on yourself, grounding techniques and being ok with setting boundaries to name a few tools. I had one session per week with Poppi but when I had a particularly challenging week she made herself very available to have another, last minute session which I was very grateful for. Poppi has changed my life and I feel incredibly lucky that our paths met and only wish that others can find her as I did.*

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I wanted to take this opportunity to thank you and the team and to say how amazing it is that you are able to offer these services to people who need it and for as long as they need them. This has made a huge difference to both of these clients in particular and I have seen them grow and look to positive futures. They are both young and I hope having been brave enough and able to access the therapy early in their lives they will go on to have very happy futures.

# Grants & Charitable Trusts

June 2024

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<b>J A Pye</b>	<b>£ 1,000.00</b>
<b>Albert Hunt</b>	£ 2,000.00
<b>Asda Foundation</b>	£ 450.00
<b>Oxfordshire Community - OCVA</b>	£ 3,000.00
<b>Doris Field</b>	£ 1,000.00
<b>Lottery</b>	£ 10,000.00
<b>Co-op</b>	£ 763.36
<b>Platform Housing</b>	£ 3,200.00
<b>Magdalen Hospital</b>	£ 2,000.00
<b>Souter Charitable Trust</b>	£ 4,000.00
<b>Bartlett Taylor</b>	£ 500.00
<b>J A Pye</b>	£ 1,500.00
<b>TCPCC Community Fund</b>	£ 5,000.00

# Parish & Town Councils

June 2024

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Cumnor Parish Council

Launton Parish Council

Kennington Parish Council

Lewknor Parish Council

Wallingford Town Council

Tetsworth Parish Council

Steeple Barton Parish Council

Eye & Dunsden Parish Council

Easr Hagbourne Parish Council

Bletchingdon Parish Council

Chalgrove Parish Council

Crowmarsh Parish Council

Stanford Parish Council

Drayton Abingdon Parish Council

Witney Town Council

Bix & Assen Parish Council

Harwell Parish Council

Aston Cote Shifford Parish Council

Appleton with Eaton Parish Council

East Hendred Parish Council

Forest Hill with Shotover Parish Council

Uffington Parish Council

Caversfield Parish Council

Heyford Park Parish Council

Abingdon Town Council

Didcot Town Council

Chipping Norton Town Council

Faringdon Town Council

Hinton Waldrist PA

Croperdy Parish Council

# Goals for 2024-25

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## Business priorities

- Gain TST Standards
- Increase fundraising income
- Promotion of self-paced courses
- Using social media to promote our services
- Update our Volunteer Management System
- Improve male service provisions
- Develop a Youth Provision

## Employee opportunities

- Train more Peer support workers
- Ensure all volunteers and staff have completed all statutory and mandatory training, to improve their abilities and enhance their experience with the charity

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# Long Term Goals

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## Goal 1

Sourcing and securing additional space for counselling face to face

## Goal 2

Funding strategy for a new premises

## Goal 3

Become self-funded to avoid relying on time-consuming grant access.

## Goal 4

Youth Provisions

# Summary

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## **Our Charity is achieving its objectives**

We have spent the past year Suring up our policies and procedures, and working towards achieving a service standard in line with other charities in the sector

## **We're delivering for our clients**

Last year we supported 366 clients with long term support

## **We put our clients first.**

We are managing our waiting lists and supporting clients whilst they wait.

## **Our clients give excellent feedback**

Our clients always give positive feedback

## **Our lived experience leadership team and volunteers, deliver a service that we are proud of.**

Every person who accesses our service has the opportunity to give back.