

Impact Report

2024/2025



Vision, Mission and Values

Our Vision

A society free from sexual abuse and abusive relationships.

Our Mission

To enable positive change for those impacted by sexual abuse and abusive relationships through supporting, informing, and influencing society.

Our Values

Our work is underpinned by the following core values. These characterise how we interact with everyone:



Empowerment

We support you to recognise your strength and ability to make informed choices and create positive change.



Inclusion

We recognise our society is diverse. We are committed to being inclusive and accessible to all.



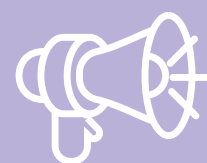
Dignity

We believe everyone has equal worth and must be treated respectfully.



Integrity

We are open, honest and ethical in the delivery of our work.



Advocacy

We amplify the voices of those impacted by sexual abuse and abusive relationships to inform and influence positive societal change.



Collaboration

We work with you, our team and our partners to develop our services, grow our expertise and support change.

Chair's Foreword

In 2024/25, Nexus continued to experience high demand for the services and support we provide, against a very challenging financial climate for the charity sector. Nexus staff and Board responded, as always, with professionalism, resilience and commitment.



Hannah Henry

This has been a year of growth and reflection for Nexus, despite the challenges faced by our charity and the wider charity sector. We continue to be guided by our Core Values of Empowerment, Inclusion, Dignity, Integrity, Advocacy and Collaboration, to support people impacted by sexual abuse and abusive relationships to create positive change.

The team have excelled in delivering against the current strategic objectives by:

1. Empowering Recovery - we directly supported over 7,000 people impacted by sexual abuse and abusive relationships to access specialist supports
2. Influencing Society – we engaged with over 2,900 young people on issues relating to safe and healthy relationships
3. Informing Policy and Practice – we contributed to relevant consultations and research projects ensuring the voice of those with lived experience of sexual abuse and abusive relationships informs and improves policy and practice
4. Breaking the Cycle – we reached over 1.2 billion people across broadcast, print and online media and delivered a suite of lunch and learn sessions to local, regional and national delegates, raising awareness of 'Sexual Abuse and Online Harms'
5. Being Fit for Purpose – we conducted our bi-annual Staff Pulse Survey to gauge how effectively we are embedding our values and supporting our people.

It has been my privilege to be the Chair of this wonderful Charity and Board for the last financial year, witnessing firsthand the achievements, progression and unwavering support the charity provides.

Thank you to the CEO, Senior Leadership and Senior Management Teams and Nexus staff for the amazing work they all do on a daily basis to provide support to our clients. I would also like to thank our Nexus supporters – our volunteers, our partnerships, those who donate - your support truly makes a difference.



About Nexus

Nexus is the leading organisation within Northern Ireland supporting individuals impacted by sexual abuse and abusive relationships. Every year in Northern Ireland there are thousands of sexual abuse and abusive relationship offences reported to police, and thousands more go unreported. The support and services that we provide are primarily focused on enabling positive change for those impacted by sexual abuse and abusive relationships.

We provide our services across Northern Ireland through our headquarters in Belfast and a network of community hubs across Northern Ireland.

- 1 Antrim
- 2 Ballymena
- 3 Bangor
- 4 Belfast
- 5 Carrickfergus
- 6 Coleraine
- 7 Dungannon
- 8 Derry/Londonderry
- 9 Enniskillen
- 10 Lisburn
- 11 Newcastle
- 12 Newry
- 13 Portadown



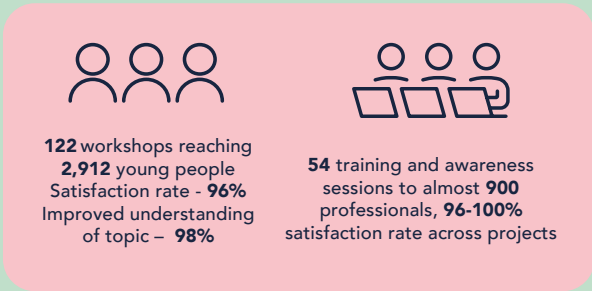
“Talking is something I have learnt that makes me feel better. I had my past going round in my head all the time and the whole process made it all worse. Talking it all through and learning and thinking differently has really begun to help me.”

Our Year In Review

Empower Recovery



Influence Society



Inform Policy and Practice



Break the Cycle



Fit for Purpose



Empower Recovery - Adult Counselling

Department of Health Adult Sexual Abuse and Violence Service

In 2024/2025, our specialist trauma-informed counselling service commissioned by the DoH and managed by the Strategic Planning and Performance Group (SPPG) continued to offer a safe and confidential space where adults could engage with trained professionals to explore issues causing them distress, supporting their recovery from experiences of sexual abuse.

Sessions booked	15,345
Sessions delivered	13,335 (up from 12,883)
Sessions delivered virtually	44%
Sessions delivered face-to-face	56%
Clients reporting Positive Reliable Change	99%



Northern Ireland Prison Service (NIPS)

Working alongside NIPS and with funding from the Department of Justice we deliver across all three prison sites in Northern Ireland—HMP Maghaberry, Magilligan, and Hydebank. This year, with additional financial assistance from NIPS, we delivered wellbeing sessions at each site, focusing on trauma awareness and emotional regulation.

Sessions delivered virtually	6% (down from 49%)
Sessions delivered face-to-face	94% (up from 51%)
Clients reporting Positive Reliable Change	100% (up from 92%)

Neighbourhood Renewal

Neighbourhood Renewal, a Department for Communities initiative, provides targeted support to people impacted by sexual abuse in Enniskillen and Omagh.

Sessions delivered virtually	21%
Sessions delivered face-to-face	79%
Clients reporting Positive Reliable Change	100%

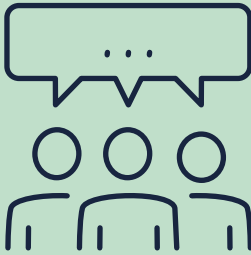
Ministry of Defence (MoD)

The MoD commissioned Nexus to provide specialist, trauma informed counselling. The Army Welfare Service refer individuals to Nexus who require therapeutic support for sexual abuse.

Sessions delivered face-to-face	100%
Clients reporting Positive Reliable Change	100%

Crisis De-escalation Service

The Crisis De-escalation Service, funded through DSA Strategy Small Grants Scheme, was introduced as a pilot project to address a critical gap in immediate support for survivors of sexual violence in Northern Ireland. Through this initiative, 102 clients received a total of 612 therapeutic counselling sessions. The service offered up to six sessions of Brief Solution-Focused Therapy, which concentrated on emotional containment, developing coping strategies, and achieving short-term stabilisation. Rather than delving deeply into trauma, the sessions were designed to help survivors manage immediate distress, restore a sense of control, and begin building resilience.



Eye Movement Desensitisation and Reprocessing (EMDR)

As part of our 2023-2026 strategic commitment to enhancing service provision, we are proud to integrate EMDR into our range of therapeutic supports. This evidence-informed approach is increasingly recognised as a highly effective intervention for people impacted by trauma. EMDR aligns with our trauma-informed framework by acknowledging the complex effects of trauma on the brain and body, and supporting healing in a safe, client-centred way. Its structured method helps people process and reframe distressing memories, reducing their emotional intensity. By offering EMDR, we continue to prioritise holistic, compassionate care grounded in the latest research.

“
I’ve thought and thought about what I went through in life, such a lot over the years and been to counselling, on and off over the years as well. This counselling has provided me with so much more information, and I am honestly feeling so much better and have a far better understanding of myself now. I even have gotten to the point of not blaming myself for all my past. Thank you so much for your help.
”

Empower Recovery - Children and Family Support

Your CHOICE - Counselling

The Your CHOICE project, funded by the National Lottery, delivered 720 trauma-informed therapeutic counselling sessions to 77 young people aged 8–16. These sessions provided a safe, supportive space for children and young people to process and explore the impact of their experiences, while also addressing any concerns or worries they may have had.

In addition, 52 family members accessed 206 tailored support sessions, grounded in trauma-informed principles. These sessions offered a compassionate space for family members to begin healing, process the emotional impact of the abuse, and reflect on how it affected their relationships and the wider family dynamic. Siblings were supported to understand how the abuse had affected them personally and were given age-appropriate guidance on how to support their siblings—particularly important in cases where the abuser was also a member of the family.

Healing Pathways

The Healing Pathways project, funded by the LFT Charitbale Trust, was created to provide dedicated support for parents and caregivers of children who have experienced sexual abuse. Acknowledging the profound emotional and psychological impact on families, the programme focused on equipping participants with practical coping strategies, emotional regulation tools, and access to essential resources to help them navigate this difficult journey. A total of 15 parents or caregivers benefited from the support offered through this initiative.

“
I want to thank you for your kindness and patience. It has helped talking to someone who I feel I could trust about my thoughts.
”

Empower Recovery - Aftercare Support

RESET

The RESET (Recover, Engage, Support, Empower, Thrive) aftercare service was launched in April 2024 with the support of the National Lottery. The remit: to support and empower previous clients with a range of activities, mentoring and group work. In the first year we received 125 referrals exceeding our target of 100 with 115 registered on the programme.



Our RESET team has provided a range of health and wellbeing and group activities, designed personal development courses including two ‘STEPS’ programmes which focus on emotion, creativity, and problem-solving. Part of the successes of the service have been the peer support within the groups and the desire of participants to take a leadership role in new initiatives like our walking groups and book clubs.

A key aim of RESET was to establish a User Forum of those with lived experience to allow them to advocate on behalf of others with the aim of improving policy and practice. They are giving feedback on our services, co-designing future services, and meeting with political representatives including the Minister for Health and Minister for Justice.

“
I feel I have benefitted immensely from this group, and under the guidance of the group and RESET team, I hope to improve my mental health, and become an active member of the community.
”



125
referrals



115
registrations



22
sessions arranged
(Health and
wellbeing activities)



10
courses offered
(Group work)



18
clients signed up
to User Forum

Empower Recovery - Domestic and Sexual Abuse Helpline (DSA)

The DSA Helpline provides a 24/7 service 365 days a year, offering victims and survivors the opportunity to connect via phone, webchat or email, offering them choice and control from the outset. It also provides information to people worried about someone they know.

In 2024/2025 the Helpline saw continued growth and development through innovative approaches to communications and engagement with the aim of supporting the hardest to reach victims and survivors of domestic and or sexual abuse. This included people aged over 55, those aged 18 - 24, and males.

A male caller who has used the DSA Helpline a few times over the past four months shared that the support provided to him has **helped him identify what was happening in his relationship as abuse.**

Another caller recounted how her first call with the DSA Helpline earlier in the month had been:

“Critical in getting back on my feet and being able to face the world.”



12,184
total calls managed



5,825
victims/survivors helped
via calls, web and email
(17% increase)



99%
positive feedback



804
emails down from 954 (decrease
of 15% indicating preference
of communication with the
Helpline is via other means)



1,314
webchats down from 1,712
(22,007 messages)

DSA Communications and Engagement

The Helpline partnership campaign with Hourglass helped to raised awareness of people over the age of 55 experiencing abusive relationships. This resulted in a 105% increase in calls from this demographic group when compared to the same time period from the previous year, exceeding our aim for the campaign.

This campaign also contributed to a 70% increase in website page views compared to last year, whilst Instagram saw significant increases where reach went up to 23,000 from 636 (3.5k% increase).



70%
increase in website
page views



website views
22,239 to
37,792
(69.6% increase)



Instagram reach
636 to
23,000



21.7 Million
broadcast reach



324,000
print reach



2.75 Million
online reach



Influence Society

Early Intervention and Prevention Services

Growth in demand for training and awareness sessions for both young people, organisations, and professionals meant that we were able to continue to meet our strategic aim to influence society as well by challenging attitudes, myths and behaviours around sexual abuse and abusive relationships.

Your CHOICE – Empowering Young People

The Your CHOICE Project, funded by The National Lottery Community Fund, exceeded targets again in its 3rd year delivering 106 workshops reaching 2,596 young people aged 11-25.

- Satisfaction rate: **98%**
- Improved understanding of topic: **96%**
- Improved confidence to talk about the topic: **82%**
- Improved knowledge of where to go to for support: **88%**



“*Learning to understand and recognise patterns in relationships. Mainly in terms of recognising manipulation and what does/ doesn’t make a healthy relationship.*”

Policing and Community Safety Partnership (PCSP) Projects

PCSP Antrim & Newtownabbey’s Domestic & Sexual Abuse Awareness in Schools was the final year of a 3-year project that saw us deliver 16 sessions reaching 316 people.

- Satisfaction rate: **96%**
- Improved understanding of topic: **98%**
- Improved confidence to talk about the topic: **91%**
- Improved knowledge of where to go to for support: **96%**



“*This workshop really helped me understand what abuse is and how to report abuse.*”

Child Sexual Exploitation (CSE) Project

Funded by the Department of Health and delivered through the Strategic Planning and Performance Group (SPPG), we facilitated 23 sessions to 270 professionals who work directly with young people who may be at risk of sexual exploitation. We delivered across all Health & Social Care Trusts as well as organisations like Bryson Care and Lakewood Juvenile Centre. This training increases awareness and understanding of the core indicators of sexual exploitation of children, understanding risk and protective factors and the hidden dangers of grooming and the concept of exchange. We attained an average of 96% satisfaction rate for those who attended both our Level 1 and Level 2 sessions.



23 sessions to
270 professionals
96%
satisfaction rate

“*Great information and topics covered. This has given me knowledge that I can take forward and use in my current role working with children.*”

Training for Professionals and Organisations

31 bespoke training and awareness sessions were delivered over the year to over 600 professionals including those from each of the five Health and Social Care Trusts, Power NI, GP Federation of NI, TBL International, SOS Bus, NIACRO, SBNI and Women’s Aid ABCLN.

Some other notable organisations that received training were Police Ombudsman of Northern Ireland who had 2 full day sessions to raise awareness of how to challenge the cultural and societal attitudes that exist with regards to rape and sexual offences.

We also delivered our new Sexual Harassment in the Workplace sessions to CTS, a local award winning, leading facilities management business/company who are passionate about being socially responsible towards the community that they serve.

“*Being more victim-focused is important. Allowing the victim time and space to communicate.*”

Inform Policy & Practice

Consultations

We responded to 11 consultations this year sharing our professional expertise and ensuring the voices of people with lived experience inform the development of key policies and practices.

Examples of consultations include:

- Protecting Children from Harms Online (Ofcom)
- Domestic Abuse Safe Leave (DfE)
- Proposals to Enhance Protection of complainants' personal information in pre-trial third-party material disclosure applications in serious sexual offence cases (DoJ)
- PPS Policy for Prosecuting Cases of Stalking
- Call for Views - New Victim and Witness Strategy 25/30
- Consultation on proposals for a Victims and Witnesses of Crime Bill



Research

Taking part in research on sexual abuse and abusive relationships is important so that research is informed by both the voices of people with lived experiences and the professional and clinical experience of our staff who work with them.

This year we participated in 6 external research projects including:

- Cyber-Located Sexual Violence: Recommendations for Improving Victim-Survivor Support Services in Ireland)
- Supporting refugee children impacted by sexual trauma: the views and experiences of professionals working in Northern Ireland
- Domestic Abuse and Faith
- Sexual and Gender-based Violence during the Troubles



Public Affairs

As part of our work to realise our vision of a society free from sexual abuse and abusive relationships, we have engaged with political representatives to enable positive change

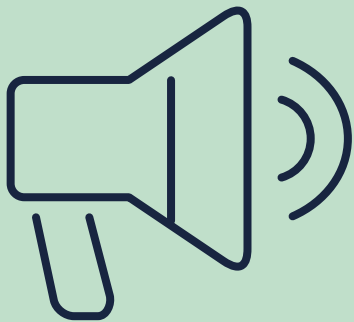
- Monitored political developments and engaged with pertinent issues including giving evidence to The Executive Office Committee on Ending Violence Against Women and Girls
- Supported the All Party Group on Domestic and Sexual Abuse with its plan for the year
- Met with individual political parties and representatives
- Hosted the Minister for Health and the Minister for Justice to meet with our User Forum so that lived experiences informs policy and practice

Break the Cycle

Communications and Engagement

Following on from a successful 2023/24 we built on what was working for our audiences online and worked with traditional media to amplify the issues that relate to sexual abuse and abusive relationships. We exceeded our target of 900 million media reach (rationalised from 2023/24, when extensive media coverage was received when we were campaigning to retain vital funding) achieving 1.2 billion reach across broadcast, print and online by responding to media enquiries and issuing press releases and comments.

We also saw more growth on digital platforms, especially on Instagram where reach increased by almost 530%.



1.2 billion

reach across broadcast, print and online platforms



Website users

86,130

(62% increase)
(April 24 - March 25)



Instagram organic reach

86,130

(528% increase)
(April 24 - March 25)



Facebook reach

134,251

(18% increase)
(April 24 - March 25)
Increased by 24,046



LinkedIn impressions

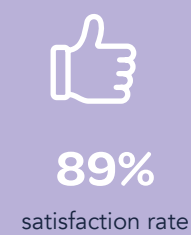
89,484

(46% increase)
(April 24 - March 25)
Increased by 40,941

Sexual Abuse and Violence Awareness Week

To mark this year’s Sexual Abuse & Sexual Violence Awareness Week, we hosted a five-day series of lunchtime webinars on the theme of ‘Online Harms & Sexual Abuse’. Each day a different presenter shared their own knowledge and expertise:

- AI & Algorithms: Child Sexual Abuse Imagery with Wayne Denner, Online Safety Trainer
- Young People’s Relationships Online with Ryan Shaw, Youth Action
- New Influences Online with Jan Winton, Nexus Early Intervention & Prevention Services Manager
- The Impact of Pornography on Young People with Megan Turner & Stephen Dorothy, Common Youth
- Revenge Porn: Adult Intimate Image Abuse with Kate Worthington from The Revenge Porn Helpline



Fundraising and Donations

We received nearly £27k in 2024/25, which represents 2/3rds funding raised in 2023/24. This highlights the extremely challenging fundraising landscape that the charitable sector is facing due to the cost of living crisis, and reinforces the need for full cost recovery of the services we deliver on behalf of government.

We are eternally grateful to all our fundraisers and donors who continue to give their time and money to support people impacted by sexual abuse and abusive relationships.

We value our partnerships with societies and organisations including Queen’s Raise And Give for 2024/25 and our new partnerships with Belfast Solicitors Association and Crawford Mulholland Financial heading into 2025/26.



Fit for Purpose

People are at the very heart of everything we do at Nexus. Together, we have made significant strides in becoming a more effective, strong, and sustainable organisation, demonstrating our commitment to being Fit for Purpose.

We’ve developed a robust Governance Framework aligned with professional body standards, underpinned by a new quality management system that is regularly reviewed and updated to ensure compliance and good governance.

Our focus on people development is evident through the implementation of an annual appraisal system aligned to our strategic values and objectives, empowering all staff and volunteers to reach their full potential. Regular supervision further supports their growth.

We’ve fostered a positive and inclusive work culture, where everyone is empowered, included, and treated with dignity. This commitment is reflected in positive feedback from our employee survey and our achievement of the Bronze Diversity Mark Award.

Staff Survey Snapshot 2023/24



Volunteer Feedback and Staff Feedback

“Thank you so much for your lovely message. It has, simply, made my day. Jan and Hannah are both so nurturing, kind and patient with the learning curve I am on. Without your and Jan’s confidence in me, I would not have had the opportunities. I think working here as helped me feel a wee bit braver.”

“I would like to say thank you. I received a £20 M&S voucher from Nexus in acknowledgement for the empowerment award. I’m looking forward to buying something nice with it.”

“Thank you for arranging! Appreciate the time and energy that has gone into it!”

Treasurer's Report

I am pleased to present the Treasurer's Report for the financial year ending March 2025. Nexus continued to maintain a robust financial management process in a challenging financial environment ensuring the organisation maintained a sound financial position.



Maurice Brogan

Our strategy remains twofold: safeguarding existing funding streams while actively pursuing diverse income opportunities, including fundraising, to help achieve our vision of a society free from sexual abuse and abusive relationships.

The wider funding environment continued to be highly competitive, with fewer resources available across the sector. In this context, we were delighted to be awarded a new four-year grant from the National Lottery Community Fund to deliver much needed aftercare services to victims and survivors. This achievement, together with a positive financial outcome for the year, highlights the commitment of the Nexus Board, CEO, and both the Senior Leadership and Management Teams to ensure Nexus retains its position as Northern Ireland's leading organisation supporting individuals impacted by sexual abuse and abusive relationships.

For 2024/25, Nexus recorded a net surplus of £144,774, the result of reduced costs and increased income, particularly from charitable activities. The Board wishes to place on record its sincere appreciation to the CEO, leadership teams, and staff for their efforts in ensuring that Nexus continues to thrive despite the pressures faced by the charitable sector.

Cash flow is strong, supported by our Reserves Policy, which aims to maintain four to six months of operating costs to safeguard the charity's long-term stability. Our principal income during the year came from the Strategic Planning and Performance Group (SPPG) within the Department of Health for specialist therapeutic support, alongside funding from the Department for Communities, Department of Health, and Department of Justice for the 24/7 Domestic and Sexual Abuse Helpline. We are grateful to these funders for their continued trust and partnership in tackling sexual abuse and abusive relationships across society.

Looking ahead, the Board and management are focused on broadening income sources and strengthening organisational sustainability. Investment in structure, processes, and reporting continues to improve efficiency and flexibility, enabling Nexus to adapt to a changing funding landscape and meet growing demand for services.

Finally, I would like to thank the CEO, leadership teams, and staff whose dedicated stewardship of Nexus' finances underpins our ability to deliver vital services. Their commitment is central to the ongoing strategic development of the organisation and to our mission of enabling positive change for those impacted by sexual abuse and abusive relationships.

	Restricted	Unrestricted	Total 2025	Total 2024
Income Resources	£1,958,747	£80,449	£2,039,196	£1,812,827
Expenditure	£1,891,024	£3,397	£1,894,421	£2,107,789
Surplus / (Deficit) for the year	£67,723	£77,052	£144,775	-£294,962
Capital and Reserves				
Unrestricted	£894,076	£817,024		
Restricted	£67,723	£0		
Total Funds	£961,799	£817,024		

Thank You

We would like to express our thanks and appreciation to our funders and partners during the 2024/2025 period. Your support is integral to our success in achieving our collective vision of a society free from sexual abuse and abusive relationships.





Nexus

Breaking the Cycle of Sexual Abuse
and Abusive Relationships

Nexus

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Nexus is accredited with BACP (British Association for Counselling and Psychotherapy) and NCPS (National Counselling and Psychotherapy Society).
Nexus is a registered charity: Charity Commission Reg No. NIC 102558



Registered with
**FUNDRAISING
REGULATOR**