

FREE MAGAZINE



MEDAILLE TRUST

REFUGE AND FREEDOM FROM MODERN SLAVERY

Combating modern slavery by offering safe housing, supporting victims, raising awareness and partnering with law-enforcement agencies.

Finding our voice

We are working to help every victim of human trafficking flourish

Inside this issue:

- Hear** Victims' Voices
- Read** Moving on Project
- Discover** Debranding
- Give** Please support Medaille Trust

Spread the word

SUMMER 2021



Guide

- 4. House news**
Stories from our safe houses
- 8. Moving on Project**
Taking the next steps
- 10. Victims' Voices**
Supporting survivors to access justice
- 12. Debranding**
Freedom from branding
- 14. Dig for Freedom!**
The power of nature
- 16. From First Response to Recovery**
Discover how we use your donations
- 17. Make your donations go further!**
An opportunity to gift aid

For security, client names have been changed throughout.

Designed by Sam Moore
Printed by Bensons Printing Company Ltd,
12 Perry Rd, Witham CM8 3YZ



MEDAILLE TRUST
REFUGE AND FREEDOM FROM MODERN SLAVERY

Medaille Trust is one of the UK's largest providers of supported accommodation for victims of modern slavery.

We were founded through the vision and generosity of Catholic Religious congregations and our origins remain key to our identity. Our work is guided by the principles of Catholic Social Teaching: human dignity, solidarity, preferential option for poor and vulnerable people, and the dignity of work.

Our national network of safe houses provides personalised support, empowering clients on their path to a life that is free from slavery and exploitation.

In addition to providing clients with life-changing accommodation, Medaille Trust has now expanded our work to support women survivors in the community through our Moving On Project.

We also work to promote justice and awareness. We work closely with law-enforcement authorities to inform and support our work.

Medaille Trust works in partnership with like-minded charities in other countries to help prevent human trafficking and to support those victims who return home. We also raise awareness in the UK, through the likes of our Look Up! campaign with the Archdiocese of Birmingham and our newly released cookbook *A Taste of Home*.

Thank you for your interest in our work and your commitment to ending modern slavery. If you would like to know more, please get in touch.

Medaille Trust, Cathedral Centre,
3 Ford Street, Salford M3 6DP

Visit: medaille-trust.org.uk
Email: enquiries@medaille-trust.org.uk
Call: 0800 0699916

   @medailletrust

Medaille Trust is a registered charity, number 1117830

Welcome

As I write this introduction, the European Football Championships are reaching their conclusion – in fact by the time you read this you'll know whether football did indeed come home.

As an avid football fan myself, it's been particularly good to hear fans back in stadiums. After a year of watching football in silent stadiums or with dubbed on crowd noise, it makes a remarkable difference to hear a live reaction to what is happening on the field. For a football fan, freedom of expression in the stadium is part of what makes the game great. I can't wait to get back to Roots Hall myself later this year to express my thoughts on the performance of the players (and the officials)!

Freedom of expression is at the heart of our theme in this issue of our magazine. It's been exciting to witness the start of our Victims' Voices project as we train staff to take evidence from our clients that can be used to tell their story as part of their journey to freedom and to hopefully see justice.

For those clients who have been branded by those who exploited them, it has been wonderful for them to express their freedom through transforming their tattoos into designs of their choosing – this theme was at the heart of my TEDx talk at the University of Bristol as well.

We have again been giving our team members an opportunity to express their opinions in the latest staff survey and also through our new Equality, Diversity and Inclusion Group – allowing freedom of expression is important, so is listening to what people have to say.

The Greek philosopher Euripedes once said "But this is slavery, not to speak one's thoughts" (The Phoenician Woman). Thank you again to all who have supported us prayerfully, practically and financially – your support enables us to empower others to find their voice and to find freedom.



Garry Smith
CEO, Medaille Trust

House news



Stories of hope from our safe houses...

Your continued support helps keep our safe house doors open to victims of modern slavery throughout the UK. Thank you.

#EndModernSlavery

Central Service *Finding our passion*

Since we came out of lockdown, Team Central have been busy creating joint working opportunities with local services. Local charity "Dressability" have donated sewing machines and created classes where our clients can learn new skills. We have linked up with new voluntary opportunities and we now have two clients who are training to volunteer at MOP's new drop in café. We also have two clients training to be volunteers at a local therapeutic social enterprise café, where they will also be completing qualifications.

We have had two successful moves to Hope at Home placements enabling our clients to take their next steps. One of our caseworkers has secured funding from The Salvation Army so that a client can embark on an Access to Nursing qualification in September. This has given her great confidence and she has got herself a job as a carer in the meantime.



We are currently celebrating the Euro 2020 tournament. Our Independent Living Coordinator has been holding some fun workshops with facts about each country involved and we held a big BBQ for everyone to enjoy, with table football, goal scoring and lots of food. Each client has picked a team to support and we are all enjoying the spirit of the game!

Coastal Service *Finding confidence*

Summer is finally here and at Coastal we are making the most of the lifted restrictions and the lovely weather. Our confidence building workshops have resumed with the support of the crèche run by a local early years project. Our clients have been enjoying the gardens; playing outdoor games led by staff including team sports, parachute games and water fights. These sessions are rounded off with a picnic tea, with everyone sat under the gazebo in the garden.

Recently staff accompanied clients on a visit to a prestigious art gallery in a nearby town. The visit was a huge success, with the clients exploring the diversity of modern art and delving into the depths of the town's history. A particular favourite was an exhibition showing different countries, with landmarks from across the world. Clients enjoyed looking for familiar



places and some were happy to share their experiences of these.

Everyone who attended enjoyed a portion of chips, ice cream and drinks. They all sat together on the beach, giving them the chance to enjoy the sun and the spectacular sea views. This was followed by a short quiz based on the town itself, encouraging teamwork to find specific details and locations.

London East Service *Finding reasons to celebrate*

Despite lockdown keeping us indoors for a substantial time during winter and for some parts of autumn, London East remained the best party house in town. We have been able to make the most of any warm weather we have had and have held two amazing BBQ's in the sun. We also celebrated some fabulous birthdays, feasted during Eid and continued to dance and drum whenever we have had an excuse.

We have some very keen bakers amongst our clients and not a single celebration went by without a tasty treat for all. So delicious that we have noticed visitors from other services coming in during celebration days. Suspicious... I think so!

It is wonderful to see everyone keeping their spirits high, bringing individual talents to the table and encouraging one another to enjoy



the little moments we have in the safe house. Although we have had to say goodbye to some members of staff, we also welcomed in four new team members who quickly joined in the party spirits. Through the spirit and enthusiasm of the women in the house, staff have counted themselves as lucky to be able to come in to work and spend time amongst people during yet another prolonged period of being at home.

London West Service *Finding wellbeing*

These past couple of months have been spent taking care of our house plants and our beautiful garden. We have introduced wellbeing days on Wednesdays with our resident activities coordinator. Wellbeing Wednesday includes two yoga sessions and a cooking and nutrition class. The food cooked by clients and staff is all vegan and nutritious for the body and mind. One client said the food 'tastes like magic'.

We have also started educational movie evenings about current important topics or issues, like 'Seaspiracy' and 'Breaking Boundaries', which is then followed by a discussion. Clients have explained that they have learnt lots of new information that will help them make informed decisions moving forward. They also like these evenings as they are entertaining, whilst they can share their thoughts and opinions.



One of our most proactive clients has also started garden therapy with anyone else who is willing, helping all to get a good night's sleep afterwards, which can be a rarity amongst some of our most traumatised clients.

Lastly, we have lots of babies and children in our safe house, so sensory classes have been created, which consists of lots of laughing, babies chatting and cuteness overload.

Mersey Service *Finding strong partnerships*

Through a successful partnership by an NGO in the Czech Republic, we were able to help another client to be happily repatriated to his country of origin with a full package of support at the other end. Our good relationship with the local housing department proved to be fruitful once again and another client found his own beautiful bungalow where he can be visited by his friends.

Clients remaining in the service feel empowered after lockdown and focused on their professional development – we have even more fire marshals, first aiders and forklift operators.

The easing of restrictions made it possible for clients and team members to visit Chester Zoo which brought a lot of joy to all who participated. Even the sudden change in the weather did not stop us from connecting with nature on the day.



The trip was possible due to the fantastic grant we received from the local Council, for which we are very grateful.

At our safe house, our caretaker is working with clients to create a golf course on our land – we shall see how many times we get a hole in one! Clients have the option to use either a golf club or a garden rake during leisure time!

Northern Service *Finding pride in our work*

Our Northern Service was the first of Medaille Trust's safe houses to be inspected under the new contract, with the audit taking place in early June. Clients and staff were interviewed during the inspection and although this was a stressful time we were so pleased with the positive feedback we received. The auditor commended the safe house manager on the relationship between clients and staff. She said that it was one of the best audits she has ever had: the staff were fabulous, clients engaging and the record keeping was fantastic and second to none. She could see that we are a team that really cares for each other and works well together.

One of our clients shared their feedback, saying:

"The staff here are fantastic; the work they do here is unbelievable. They treat me like a family and I am very grateful for their help and support. They do a really good job."



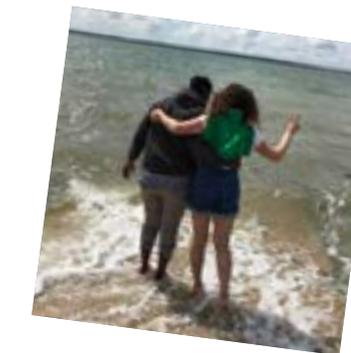
We are really proud of everyone involved in the audit.

We've also been doing some lovely activities over the summer months, with the help of a great volunteer. This has included painting flower pots, BBQs and growing our own herbs and sunflowers from seeds. We even had a Mexican themed day to relive the fun one of our residents had on a holiday when they were younger!

Southern Service *Finding joy in the little things*

Our allotment has continued to be a source of great joy in the Southern service- more about this later. We have found ways to elevate our client's moods during the pandemic. We asked our clients if they would be interested in studying online whilst movement outside the safe house was restricted. They showed interest in a beauty course, so four clients enrolled to take part in this online. All four worked hard, studied and completed their course, achieving accreditation certificates.

Back in the spring following the easing of lockdown we arranged a day out for our clients. They specifically asked for a trip to the beach. They all thoroughly enjoyed it and felt free after a long time. Clients were chasing the sea waves



and dipping their feet in the water- even though the water was very cold.

As groups of six people were allowed to meet we have been arranging a breakfast day for clients and staff. Clients enjoyed gathering around the dining table, sharing food, socialising and laughing together.

Moving On Project...

...taking the next steps

In our Spring Edition, we shared the exciting news that our Moving on Project, funded by the Department of Digital, Culture, Media and Sport via the Tampon Tax Fund, was ready to launch.

The Moving on Project supports female survivors of modern slavery in the community to live independently and move on with their lives. The project is now well and truly underway, with five of the seven hubs up and running around the country...

Wiltshire

It's been a really busy start for the project in Wiltshire and we've already welcomed our first baby! Mother and baby have settled into a new home and we'll continue to offer support to them going forward.

From our 'hub space' at a local community café, we've held our first volunteer introduction day and are happy to have three volunteers join the team. We've also held our first drop-in session for women affected by violence and exploitation and with six attendees, including our volunteers, we took the opportunity to talk about what we'd like to do at future drop-ins.

We've also been busy raising awareness of modern slavery in the community through giving talks. Our audiences have ranged from members of Rotary Clubs to staff at the local Department for Work and Pensions.



Hampshire

Our recent focus in Hampshire has been on establishing our drop-ins. We're now able to provide information drop-in sessions twice a month and weekly women's groups in the Portsmouth area. This is thanks to the wonderful partnerships we've established with Portsmouth City of Sanctuary, Spa 61 and Vista. Working together, we've already delivered colouring therapy sessions, a women's empowerment session and Spa 61 has held nail and hand massage sessions as well as a lip scrub making class.

Over the next couple of weeks, we'll be offering women more beauty treatments, crafting sessions, dance classes and some great refreshments!



Kent

This has been an exciting month in Kent as we held our first drop-in session in Margate and have another planned in Gravesend for next month. The drop-ins are such an integral part of what we do, enabling women whose lives have been affected by exploitation and abuse to meet with others in an inclusive female space. We hope more women will join us in the future.

London

Like our colleagues in the other hubs, here in London the women we're working with come with a range of different needs. Poor English skills can be a real barrier and women are coming to us with letters and documents they don't understand. We have helped them to understand and manage paperwork and bills. One woman hadn't been able to respond to letters about her TV licence and we were able to work with her to stop any further proceedings.

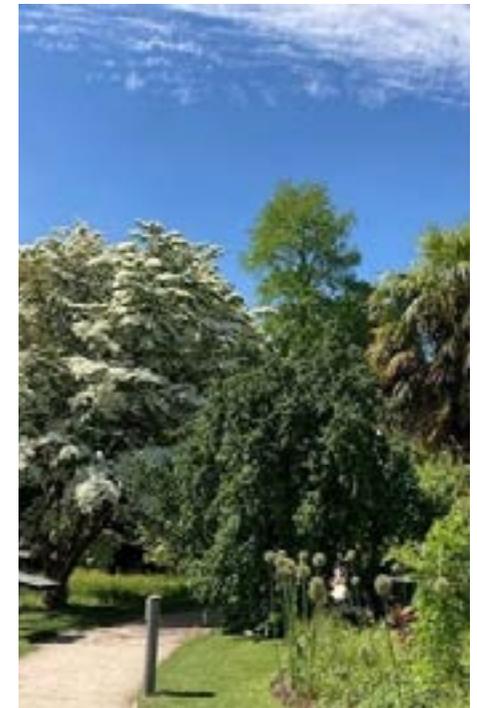
We've also been supporting women to book their COVID vaccinations, enrol in English classes, and join local walking groups. At the same time, we've been busy settling into our new hub space in central London.



Manchester

As one of the more recent hubs to open, our focus has been on networking and letting other organisations know what we can do to help women affected by modern slavery in Manchester. We attended a Manchester Against Modern Slavery virtual round table discussion and we hope to be allocated time at a future session to introduce the Moving On Project.

We've also been able to secure space in a beautiful location in the city for a couple of hours each week. We hope that we'll be able to run drop-in sessions, community activities and client meetings here.



We're excited to open our two final hubs in Merseyside and the West Midlands shortly.

VICTIMS' VOICES



In June, Medaille Trust launched our innovative "Victims' Voices" project, training Medaille Trust staff to undertake interviews to Achieving Best Evidence standards. This means the information gathered can be used in criminal proceedings to seek justice for exploitation and to challenge conclusive grounds decisions. We hope that through equipping our staff to lead these interviews in a familiar setting and with a friendly manner, more people will be able to tell their story and more perpetrators will be brought to justice. We believe we're one of the first organisations outside of law enforcement to train our staff in this way.

Here, our Moving On Project Local Coordinator Babette shares her experience on the Victims' Voices training...



When working with survivors of Trafficking and Modern Slavery it can sometimes feel like an uphill struggle with police investigations. Many of our service users have had experiences of corruption or even violence from police in their home countries and it can seem unimaginable to speak to UK police about their exploitation. With investigating forces sometimes based on opposite ends of the country, the fear of entering ominous police stations and speaking to officers they have just meet, it is unsurprising how few modern slavery interviews are conducted. But that's about to change.

Victims' Voices aims to minimise these barriers for our clients to report their abuse. 24 Medaille staff are now being trained to an investigator standard to conduct modern slavery interviews, something very few people previously outside the police have been qualified to do. The training consisted of three parts, legal knowledge around Virtually Recorded Interviews, cognitive interviewing skills that we used in practice interviews with actors, and giving evidence in court. The training was led by experts in the field with years of experience who truly inspired us. By the end of the seven days of intense training it was clear how important this role was, the level of responsibility of conducting the interviews properly for the court and the powerful change this can have for the people we support. By conducting these interviews in our houses and as part of our Moving On Project we hope to see more of our service users feeling confident and safe as they speak up and seek justice.



DEBRANDING

Freedom from Branding



For most who have them, tattoos are an opportunity to express yourself. Throughout history tattoos have been a form of expression, identity and in some cases, cultural belonging. But tattoos have also been used to express belonging in the worst possible way, in the case of branding individuals as though they were a possession. Sadly, this is not something that only happened in years gone by.

Some of the people we work with are living with unwanted tattoos; modern day branding. Sometimes this is the name of the exploiter physically placed onto the body of the victim. These unwanted tattoos serve as a prominent physical reminder of the trauma they have lived through. For our clients, taking back control of their lives includes taking back control of their bodies. So we've been working to help clients who have been branded transform these unwanted tattoos into expressions of identity and freedom.

We're proud to be working with our first clients, alongside talented volunteers from the tattoo community, to change unwanted tattoos into creative expressions of hope and freedom. Under the leadership of our Director of Police and Justice Partnerships, we are supporting our first two clients to redesign their tattoos.

In late June, a client supported by the Moving on Project became the first to take ownership of her unwanted tattoo. The name of her exploiter was tattooed prominently across her hand. Working with tattoo artist Talen Stalley from Terry's Tattoos in Bishops Stortford, who gave his time for free, she chose a beautiful butterfly design.

Speaking after her tattoo had been transformed, she said:

"You don't understand what this means to me, it is freedom"



Garry's TED Talk

Our Chief Executive was recently given the opportunity to raise awareness of modern slavery through recording a Ted Talk. Ted Talks are short speeches from experts across a range of professions, designed to educate, challenge and inspire.

Garry recently shared our work to transform branding into expressions of freedom and identity as part of his Ted Talk, recorded at the University of Bristol. He challenged those listening to recognise their role in ending modern slavery. Here's an extract from Garry's speech...

The ending of modern slavery is not the task of just the police, the justice system or charities like my own – it requires communities to come together, to call out exploitation when they see it, to ask questions about why and how goods and services are so cheap. If I could ask you to do three things today to help stamp out modern slavery it would be this:

1. Learn to spot the signs of modern slavery – someone who appears neglected, scared or being controlled by someone else could be a victim of modern slavery in your community – in a hand car wash, nail bar or acting as a maid for a neighbour.
2. Don't turn a blind eye – report it to the police, local authority or one of the many charities, like my own, who will know what to do next.
3. Make ethical decisions about your purchases, if it only costs a fiver for 6 people to wash your car by hand it could be because the workers are being exploited. If they're not wearing proper PPE, look neglected and appear frightened of the boss then they most definitely could be. We all love a bargain, but sometimes if something is cheap it's because someone else is paying the price.



We will share Garry's talk on our website at www.medaille-trust.org.uk/news

Dig for Freedom!

In our Southern and Mersey services, brilliant volunteers are working with our staff and clients to bring the power of nature into our safe houses through gardening. Here the teams tell us more about how the Dig for Freedom project has been supporting clients...

Southern

In our Southern service, the allotment has been helping clients for around 8 years. Initially, we had a farmer who advised us on how best to use the space, including the use of insecticide free planting. He visited us every week for two years and was an enormous help as we got things going. Currently we have a wonderful volunteer gardener who brings a wealth of knowledge and has been indispensable for the last 3 years.

Since its inception, the allotment has been a great help to clients. They have found the activity of planting, caring, and harvesting fruit and vegetables a very rewarding experience. As client movement has been inhibited by the Covid-19 lockdown the allotment has been a vital help, even though it was unusable for long periods. As a result, our current clients have been able to follow through all the growing seasons.

After their hard work, clients look forward to enjoying a drink and a snack together, with shortbread and custard creams the current favourites!



Mersey

Thanks to generous support from the Charles Plater Trust and the hard work of Allotment Coordinator Emily, the allotment project at Mersey is starting to reap many rewards. Emily has spent the last few months preparing the ground and planting vegetables with the help of our clients. Emily has a wealth of experience, local knowledge and links into the local partners.

Herbs have been planted in the garden along with garlic, peppers, peas, beans, mixed salad leaves, courgettes, tomatoes, beetroot, sweetcorn, chard, strawberries, raspberries, blackberries, gooseberries, carrots, parsnips, brussel sprouts, spring onions and shallots. As we move from one season to another, clients will be able to enjoy the taste of home grown produce. We were even able to donate some of our harvest of lettuce to the local food bank.

This summer, we plan to install picnic benches for clients to enjoy the nice weather in the garden and maintain the vegetable plants by weeding and pruning. When we move on to harvest time clients will be able to learn how to pick the vegetables and best of all what they taste like!

We are currently looking to recruit volunteers to support Emily and the clients with the work in the allotment in Mersey. If you are interested please contact Sharon Marsh (s.marsh@medaille-trust.org.uk) for further information.



From First Response to Independence...

As an independent charity, we are committed to supporting victims of modern slavery throughout their journey to recovery. We rely on you help us do that. Here's how your donations help us provide support from first response to independence...

First Response

Medaille Trust is one of only a small number of organisations designated as First Responders. This means we can be called upon to help identify and support potential victims of modern slavery. Not every organisation working in this sector has this role. We're proud to have been the third most active voluntary sector first responder according to the latest figures, behind the Salvation Army and Migrant Help. Although it's a vital role, we receive no funding for it. Your support helps us to identify those most at risk of modern slavery.

Protection

We are proud to be in our tenth year of delivering support to victims of modern slavery as sub-contractors of The Salvation Army through the government's Victim Care Contract. This is our biggest source of income and it funds the majority of the work that we do in our safe houses. Your donations help to enrich the support we can offer; from funding courses, day trips, gardening projects and other activities. We remain one of the biggest providers of specialist safe house accommodation in the UK and we want to do more and do better. With your help we can.

Prevention

We remain committed to prevention. We undertake awareness raising talks in different community settings and look for opportunities to communicate about the work we do and how to spot the signs of modern slavery. We recognise that communities have a role to play in ending exploitation. Through your donations, we can help more people to spot the signs of modern slavery.

Prosecution

We're committed to helping those we work with seek justice for the exploitation they've experienced. Your support helps us fund people and initiatives that seek justice and work towards prosecutions. Our Director of Police and Justice Partnerships, who has lead the Victims' Voices project and helped create partnerships with the Police to bring perpetrators to justice, is funded entirely by your donations.

Partnerships

Your donations help us pursue new partnerships and innovative ideas so that we can help those we support in a rounded way that reflects their needs. This includes schemes like the tattoo transformations shared in this magazine. Your support helps us continue this work.

From first response to recovery, we rely on your support. Thank you for helping us make a difference.

Tri for justice!

Our fantastic caseworker Vitoria is swimming 10 kilometers to raise money for activities in our Central service. Vitoria said...

"Every day I get to see the incredible work the Medaille Trust do to bring back dignity and empower victims of modern slavery. A big part of this is giving our service users the opportunity to do activities that allow them to relax, enjoy and learn. I really believe in what we do and have decided to complete a 10k swim to fundraise for this work. Please get involved and donate."

Search "Medaille Trust Activity Fund" at www.gofundme.com



Please pledge your support and make a donation.
If you can, please *giftaid it*. Thank you.

My details (please complete in block capitals)

Title:.....

First name or initial:.....

Surname:.....

Home address:.....

.....

..... Postcode:.....

Our Privacy Pledge: We will store your data securely and ensure the security of your data when dealing with banks and the postal service. For more details, please read our privacy statement online: medaille-trust.org.uk/legal/privacy-policy We are registered with the Fundraising Regulator.

I would like to make a donation of:

£200 £100 £50 £20 £10 Other £

Please make cheques payable to: **Medaille Trust**

I do not require an acknowledgement for this donation

Regular Giving

By completing the following section, your bank will pay us automatically. You can donate monthly, quarterly or annually.

Please pay to: Medaille Trust Limited

Account No: 43966674 Sort code: 20-25-29
Barclays Bank, 31 High Row, Darlington DL3 7QS



The sum of £.....

Each month / quarter / year (please circle) until further notice and debit my account

Account No:.....

Sort code:.....

Starting on:.....

Signature:.....

Date:.....

To the Manager (Bank name and address)

.....

..... Postcode.....

...thank you for your support



giftaid it

Boost your donation by 25p of Gift Aid for every £1 you donate

Gift Aid is reclaimed by the charity from the tax you pay for the current tax year. Your address is needed to identify you as a current UK taxpayer (please complete on p17).

To gift-aid your donation, please tick this box:

I want to gift-aid my donation of £..... and any donations I make in the future or have made in the past four years to Medaille Trust.

I am a UK taxpayer. I understand that if I pay less income tax and/or capital gains tax than the amount of Gift Aid claimed on all my donations in that tax year, then I will be responsible for paying any difference.

Please notify the charity if you:

- Want to cancel this declaration
- Change your name or home address
- No longer pay sufficient tax on your income and/or capital gains

If you pay income tax at the higher or additional rate and want to receive the additional tax relief due to you, you must include all your Gift Aid donations on your self-assessment tax return or ask HMRC to adjust your tax code.

Please detach this form and post to:

Medaille Trust, Cathedral Centre, 3 Ford Street, Salford M3 6DP

KEEP IN TOUCH (please tick if you'd like):

To receive free copies of our magazine in the post (three issues a year)

To receive our magazine via email (three issues a year)

My email address:.....

Information about how to get more involved with Medaille Trust

Information about leaving a legacy to Medaille Trust in your will

To be removed from our postal mailing list or our email list

Thank you for your kind donations and continued support.
Please know that every £ makes a difference.



Save Resources, Save the World!

We love keeping in touch with you and sharing our work via our magazine. We're committed to continuing with them. But with more and more people accessing information online we wanted to let you know how you can receive our magazine via email if you would prefer!

Receiving our magazine via email saves us money in printing and postage. It is better for our planet, saving paper and ink. It also means you get the very first look at our magazine each time it's released!

If you would like to receive our magazine via email in future, please email comms@medaille-trust.org.uk so we can sign you up!



Medaille Trust is a member of Renate, COATNET, CSAN

Chair of Trustees: Simon Young
Life President: Sister Ann Teresa
Editor: Rebecca Langton

   @medailletrust



MEDAILLE TRUST
REFUGEE AND FREEDOM FROM MODERN SLAVERY

Medaille Trust, Cathedral Centre, 3 Ford Street, Salford M3 6DP
Visit: medaille-trust.org.uk Email: enquiries@medaille-trust.org.uk

Medaille Trust is a registered charity, number 1117830