Cruelty, exploitation, violence and atrocity are difficult words to deal with. The natural reaction is to shut them out, but survivors have to spend a lifetime coping with trauma. We offer kindness, professionalism, community and a place of safety. Our interaction with clients is sensitive to their language, culture, gender and history. We focus on the here and now; shaping care according to their changing circumstances. It’s a delicate and sensitive relationship that helps clients rebuild their lives.
“Helen Bamber Foundation is right at the coal-face of the most difficult, hidden problems in the world. From the clients I hear stories that help me to understand the complexities of human suffering. From the Foundation, I learn what can be done to alleviate it. It is one of the most exciting, upsetting, innovative, imaginative, frustrating and healing places I have ever experienced.”

EMMA THOMPSON, PRESIDENT
“Everyone hurt me - even those who offered to help me. I did not know who to turn to. My head was full of frightening things.”

SARA’S STORY

Sara was only 9 years old when her parents were killed in an accident. She was adopted by a family friend who sexually assaulted her and forced her to become a domestic servant. When she fell pregnant, Sara was thrown on the streets and had to beg to survive.

A stranger offered to help with food and clothes. He promised a passport and a job in the UK. But at the airport he sold her to a trafficker and threatened her with a curse; if she ran away she would die.

Imprisoned in a suburban house, Sara was starved, beaten and forced into sexual slavery. She lost count of the men who raped her.

The abuse was so traumatic, Sara eventually collapsed. The doctor who treated her called the police. She was detained as an illegal immigrant but had no idea what was happening. Eventually she dared to tell her story to a solicitor who referred her to us.

We provided a medico-legal report to support her asylum case, and after two years, she was granted leave to remain in the UK. Through specialist psychotherapy we helped her to trust again, advocate for herself, and reduce her fear of the curse. She attends our Creative Arts Programme, and is now training to become a nurse.
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HELEN BAMBER FOUNDATION

We provide therapy, medical consultation, legal protection, and practical support for the most vulnerable and marginalised in society. Formed in 2005, we are the only charity that provides integrated care to all survivors of human rights violations.

Our clients come from over 90 countries. Many have lost the ability to trust, and form positive relationships. They struggle with poverty, destitution, unsafe housing, and have to cope with distressing legal procedures.

We see increasing numbers of people who have been tortured, raped and mutilated by traffickers, criminal gangs and government agents. Some are victims of racial conflict or domestic abuse. All are haunted by memories of entrapment, debilitating flashbacks and nightmares.

We treat the visible and hidden injuries of trauma, isolation and loss to achieve sustained recovery.
We provide a safe place where clients can recall and articulate their experiences, come to terms with what has happened, and navigate the complexities of everyday life.

We protect clients from re-trafficking, suicide, self-harm, exacerbation of illness and injury, social isolation, and wrongful forced removal from the UK. Some clients have been imprisoned or detained in the UK or in other countries and suffer continuing threats.

All require immediate attention for debilitating trauma symptoms complicated by serious physical and psychological injuries.

We are a leading authority in the documentation of the physical and psychological impact of interpersonal violence and considered by the Home Office as the foremost respected body working in this field.

Our creative, unconditional and sustained commitment protects and inspires.
MODEL OF INTEGRATED CARE

Our Model of Integrated Care has been developed over decades of research and practice. It combines three elements of care that tackle the root cause of trauma.

The support and protection we provide breaks the inter-generational impact of human rights violations, and shines a light on the identity and actions of perpetrators. We are creating a model of care for survivors that will be accessible to clinicians and practitioners everywhere.

1. Clinical Care

*Therapy, Medical Assessments, Mind-Body & Creative Arts*

Every week, around 150 clients come to us for a wide range of therapies and our Mind-Body and Creative Arts programmes. Often, client’s GPs do not have sufficient time to take full histories and so we also offer detailed medical assessments and co-ordinate external healthcare services.

"I have been refused so many times by so many people. HBF were the only people who ever said ‘yes’ to me."

XIN, HBF CLIENT
**Individual Therapies**

- Trauma focused Cognitive Behavioural Therapy
- Narrative Exposure Therapy
- Mindfulness based Cognitive Behavioural Therapy
- Existential and Integrative individual psychotherapy
- Individual systemic therapy

**Group Therapies**

- Group for Post-Traumatic Stress Disorder
- Cognitive Behavioural Therapy group for victims of trafficking
- Family therapy
- Group psychotherapy

**Body / Mind Therapies**

- Yoga and pilates movement classes
- Mother and babies groups
- Osteopathy
- Acupuncture

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XIN, HBF CLIENT
2. Legal Protection

Witnessing clients’ experiences and documenting their injuries supports recovery because it reduces prolonged questioning by decision makers. We help clients access expert legal representation and highlight policy concerns raised by cases.

Legal representatives instruct us to prepare medico-legal reports for the Home Office and HM Courts & Tribunals Service on individual cases. Our evidence on the long term physical and psychological consequences of trauma is produced in line with the Istanbul Protocol, rules of expert evidence and case law. We offer pro bono support to clients who do not qualify for legal aid.

“I deal with a lot of organisations but I think HBF is one of the finest. I am amazed at their dedicated and – old fashioned as it sounds – care. It’s a great quality and clients get the best. They are an encouragement to us all.”

PARTNER, BINDMANS LLP
3. Prevention Of Social Deprivation

We help clients to access asylum, welfare and housing services. We ensure that our clients can survive and that their basic needs are met.

Our emergency relief grants enable clients to buy essential food, clothing and medicine - even when destitute or homeless. We also reimburse travel costs to ensure they can access essential services at the Helen Bamber Foundation centre in London. We work closely with statutory and non-statutory organisations.

“One cannot give therapy if a person does not feel safe, if they have no food or a roof over their head.”

HELEN BAMBER OBE
4. Policy Influence

We influence national and international law by helping to develop policy and practice. This enables victims of trauma to get the legal protection and access the care and rehabilitation they need.

We liaise with the Home Office and act as expert interveners in strategic litigation, for example we helped to widen the definition of torture within the Detention Centre Rules 2001 to ensure that all those who have suffered interpersonal violence are considered unsuitable for detention.

5. Research

We generate evidence to establish international standards of safety, clinical assessment and therapeutic care. As part of this, one of our programmes focuses on the concept and impact of Complex Post-Traumatic Stress Disorder. This is disseminated to relevant professionals in government agencies, healthcare services, the criminal justice system and judiciary.
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“Our society will be judged by how we respond to those to whom we owe nothing.”

HELEN BAMBER OBE
How you can help

A gift of any size can change someone’s life.

• £10 could pay for a destitute survivor to travel to our centre for specialist therapy
• £25 could provide emergency relieve for a survivor who is in crisis
• £50 could provide two hours with a specialist doctor to assess and coordinate the individual’s medical needs
• £150 could enable a survivor to participate in a Creative Arts Programme
• £250 could pay for 10 sessions with a specially trained psychotherapist

To learn more about our work and set up a regular donation, please visit our website www.helenbamber.org
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“The concept of cure is often inappropriate. The rehabilitative aim is to free victims from a form of bondage through which the torturer ensures that his interventions will last over time. We find the remnants of resilience and courage to achieve creative survival.”

HELEN BAMBER OBE