

Hello,

Welcome to **Week 13 MSCOS**. Please check out this week's news, features and of course, our online pages and moderated [discussion forums](#), where you can post anonymously – we need YOUR perspectives on practice so get scribbling!

You can also find our previous weekly updates [here](#). All our weekly updates are best viewed on desktop versus mobile ☺

This week we would like to thank **Dr Júlia Tomás** and **The Passage Modern Slavery Advisory Group** who warmly welcomed us to their multi-agency forum to give an update presentation on the MSCOS Community of Practice. Check out MSCOS partner practice model: [The Passage Modern Slavery Toolkit](#).

THIS WEEK'S FEATURE



Finding purpose in life and self-actualisation



Our focus in **Week 13** remains on [Finding Purpose in Life and Self-Actualisation](#). This core outcome was highly significant for survivors who participated in the original [MSCOS academic study](#) and was described by them as being entirely individual to each person rather than proscribed for them by professionals or services. We selected it for our first online forum (17 May), because rather than a 'final outcome' to be achieved after all other needs are met, [Finding purpose in life and self-actualisation](#) represents the fundamental basis of recovery, well-being and integration, requiring the awareness of professionals from the outset.



Peter, a member of the [MSCOS Research Advisory Board](#) shares his thoughts on this outcome for our forthcoming podcast, which you can listen to on our website, [here](#). Peter recommends the [Base 51 service](#).

“Everything for me is about connection, the people who surround you and their impact upon you; whether that is positive or negative. There may be people who can find purpose and self-actualisation on their own, this depends on their strength and if they are able to hold and keep their motivation, but for survivors it is difficult because they are facing hinderances and challenges. Their lives are still in other peoples' hands for a very long time, even after trafficking. There are many problems: the past, they are bottling it; their present, they have to fight for it; and their future is not guaranteed. They are in a boat, just swimming in the middle of nowhere, not knowing what to do.

If you do not have the right support, finding purpose and self-actualisation will not happen. By support, I don't mean only professionals – survivors do not live 24 hours a day with professionals. I don't have any statistics, but from my experience as a survivor leader I think that 99% of survivors get a negative impact from their surroundings. Only 1 %, that is so minimal, find the right support.

A show of kindness from other people around you can spark a light, and it is cool to be kind in return, I find it grounds me. Purpose comes from having this light sparked – it is like a candle, and it is so delicate, you need it to stay bright and not to be put out. Any movement you make affects the light of the candle – your

Base 51 offers free services for young people aged 11-25 in Nottingham:

Counselling: Free counselling service allows you to come and talk in a safe, welcoming, and confidential space on a 1-2-1 basis.

OutBurst: A safe space for LGBTQIA+ offering, 1-2-1 support, advice and signposting,

Young Leaders: Giving 16-24 year-olds the chance to run activities and have a say in the decisions we make at **Base 51**

F-Word: Group for young women aged 13-24 to improve their mental and physical health.

NGY MyPlace: Universal support delivered through a range of activities and variety of facilities available for any young person to use.

Evolution: Dedicated counselling for survivors of serious violence

movement towards it needs to be careful and slow, so you don't create too much movement and cause it to go out. The more care and kindness that a survivor gets, the more they can find their 'oomph', their purpose to light and glow – just shine.

I often speak using visual ideas (like the candle) to describe a situation – so that it feels safer for me to describe it, and for another person to hear it. Sometimes I will talk more practically if I am helping another survivor in my work, but I find it difficult to think about the past. Once, a trainee therapist freaked out and ran out of a room, leaving me by myself when I began to answer their questions about what had happened to me. He could not handle it. You need to find the right therapist, it comes from their understanding, from being trauma-informed and being in the right profession. When you tell your history to a therapist, it opens a wound, every time. Survivors need to feel confident that therapy will help them to make a difference in their life and move forward.

*I had a very good therapist before, at a service for young people, but then I suddenly had to leave when I reached the upper age limit – this was the very moment I was finding actualization and getting a grip on my life. The service was **Base 51** in Nottingham, and I wish they had more resources for the work they do: I want to volunteer there because it made a massive impact on my life - it was not only about therapy - there were different activities that were in the same building and they were free - there was a gym in there, music studio, young people socialising, lovely staff, and a therapist who was really understanding and could ground me. After several sessions there were activities offered to me and different techniques to carry with me to try at home.*

I found kindness quite late after my trafficking, but receiving it now has helped me to connect to people around me and find trust again. It has also helped me to connect back to my good memories in my past. That's another important connection to have, because the past is so hard to revisit after such a terrible thing has happened to you, but it is helpful. I can think about my mum, who was my only pillar, who was my best friend and who moulded me."

Look out for more information coming soon from our forums on: [Finding Purpose in Life and Self-Actualisation.](#)

Ability to define **self success** and being able to **dream and hope**

Having ambitions, setting and focusing on goals

Resilience when experiencing different emotions

Being able to cope on a **day to day** basis (including in my community)

Living life to the fullest

Free to do what you want

Setting healthy boundaries to decide on friendships, relationships I want to have, putting myself first and questioning if something doesn't feel right for me

The **Commonwealth 8.7 Network webinar on Modern Slavery and Disability**, moderated by **Shivaun Scanlan** of **Human Rights Initiative** (6 June) which brought together experts from **Europe, Asia and Africa** to explore the intersections of disability and modern slavery and the need to uphold their rights and ensure protection. This webinar focused on **the human rights social model of disability**, exploring the societal factors that lead to disproportionate risks of human trafficking, rather than framing disability as an inherent vulnerability. **Dr Suri Mohapatra**, CEO **Swabhiman** and Vice-chair **Commonwealth Disabled Peoples' Forum** and **Afasi Komla**, Director of Special Projects with **Engage Now, Africa** spoke on the work that their organisations are involved in to protect and support people with disabilities and **Dr Emma Veitch** Clinical Psychologist at **Helen Bamber Foundation** spoke on supporting survivors with a cognitive disability. The webinar was a valuable opportunity to share knowledge and develop learning in this area. One common barrier to developing services that was identified was the lack of disaggregated data available to show not only the numbers of survivors with disabilities, but also the relative rates of different disabilities that survivors live with.



[Access to medical treatment](#)

The **Modern Slavery and Cognitive Disability Working Group** brings together expertise on supporting survivors of modern slavery with cognitive disabilities. The working group is currently developing a valuable toolkit to support the work of frontline practitioners with the aim of improving service provision for survivors with cognitive disabilities. This resource will be developed for professionals and include simple, accessible guidelines, with in-depth working guides for practitioners who are working closely with clients with cognitive impairments who have experienced human trafficking/modern slavery. **Dr Silvana Unigwe** (GP, former head of Medical Advisory Service, Helen Bamber Foundation) and **Dr Emma Veitch** (Clinical Psychologist, Helen Bamber Foundation) have recently convened a number of semi structured discussions with variety of health professionals (working in physical and mental health) to capture current practice and identify gaps in service provision, knowledge and training in this area. This information will be fed back to the working group in due course. If you are a healthcare practitioner interested in this project, please contact **Dr. Emma Veitch**: emma.veitch@helenbamber.org

DID YOU KNOW?

If you've joined our mailing list recently, over the last 12 weeks we have covered a variety of outcomes, highlighting best practice models and frameworks. You can access them all [here](#).

Please forward MSCOS to any colleagues or network connections that you think may be interested in our work, and they can sign up to receive newsletter invites via our contact form [here](#), or by direct email to mscos@kcl.ac.uk.

The MSCOS Community of Practice content is designed and directed by Queenie Sit and Rachel Witkin.



[Working with core outcomes as a set](#)



[Secure & suitable housing](#)



[Safety from any trafficker or other abuser](#)



[Long-term, consistent support](#)



[Trauma-informed services](#)



[Finding purpose in life and self-actualisation](#)



[Access to medical treatment](#)



[Access to education](#)