
Kingdom Abuse Survivors Project

Annual Report
2001 - 2002

29 Townsend Place
Kirkcaldy
KY1 1HB

Tel/Fax: 01592 644217

Email: info@kasp.org.uk

Website: www.kasp.org.uk

Scottish Charity No: SCO 23079
KASP is supported by the Fife NHS Board & Fife Council

MANAGEMENT COMMITTEE

Aileen Braid - *Chairperson*
John Dye - *Acting Chairperson & Vice-Chairperson*
Caran Shergold - *Treasurer*
Val Morgan - *Acting Treasurer*
Flora Couper - *Secretary*

Berenice Gallacher *Mary Miller*
Heather Jenkins *Sandra Smith*

STAFF

Anne Macdonald - *Project Manager*
Lynn Simpson - *Assistant Project Manager*
Yvonne Napier - *Office Administrator*
Lorraine Cafferkey - *Domestic Abuse Support Worker*
Heather Jenkins - *Mental Health Specialist Worker*

VOLUNTEER COUNSELLORS

Margaret Dearie *Bernadette McWilliams*
Beverley Dellar *Mary Pizl*
Rosemary Hopkins *Philomena Oldfield*
Heather Jenkins *Helen Shanley*
Valerie McGhie *June Simpson*

Chairperson's Report

I am writing this Report because Aileen Braid, who has been Chairperson of KASP for three years, has unfortunately had to stand down from this position, due to personal family commitments which have made it impossible for her to continue.

Aileen has given KASP a great deal over the years, firstly as Link Officer and then as Chairperson. She managed her role with great commitment and enthusiasm, overseeing the project during some of its more difficult times. I would like to thank her on behalf of all of the Management Committee at KASP, as well as the staff and volunteer counsellors and of course the many survivors who use the project, and hope, as she has intimated, that one day she may come back on board.

Well, there is no such thing as a quiet year for KASP and 2002 is no different. We did achieve greater security of funding, with a commitment from Fife Council for the core activities of our work being met by them. This is crucially important due to this being the final year of our Community Fund Grant and the history of previous uncertainties regarding security of funding.

The number of survivors contacting the Project for help has increased, as have referring agencies. We can see that the demand certainly outstrips provision and we are constantly trying to accommodate the need for support for survivors by recruiting and training additional volunteer counsellors.

I would, however, like to take this opportunity to acknowledge the hard work and commitment continually shown by the staff and Committee of KASP. Anne, Lynn, Yvonne and Lorraine are a strong staff team and work extremely hard to provide an excellent service for survivors. Sadly, Yvonne our Administrator of almost three years is moving on to another post and we all wish her well for the future. We do say hello, though, to Heather Jenkins, who has just started a full time position as Specialist Worker in North East and Central Fife with KASP.

I hope 2002 and 2003 bring greater certainty for our future and a beginning of being able to consolidate our work and continue to give an excellent service to those survivors who use the Project now but also to those who may be yet to contact us for help.

John Dye ~ Vice Chairperson ~ Acting Chairperson

Treasurer's Report

Like John, I too am recording thanks, to our previous Treasurer, Caran Shergold, who had to stand down from her position this April, due to other commitments. Caran gave a great deal to KASP over the years as a voluntary counsellor, as well as a member of the Management Committee and latterly Treasurer. We all wish her well and hope she too will keep in touch with us. I myself have been a member of the Committee and have been happy to take on the role of Acting Treasurer, and Treasurer should I be voted on at this year's AGM.

Due to the excellent financial records maintained and produced regularly by Yvonne and the full audit by our Accountants, J. Harley Hepburn, my role has been a fairly easy one, although one I do take seriously, as we are a very financially prudent and responsible project.

John has mentioned that we are coming to the final phase of funding from the Community Fund, formerly National Lotteries Charities Board, and I would like to take this opportunity to thank them for their generous grant award, which enabled us to continue and expand during what was a precarious time. Their grant bought us time, during which we continued our dialogue with Fife Council regarding secure core funding and have entered into a three year Service Level Agreement. I would also like to extend thanks to Fife Council for their part in providing us with financial support during the period of the NLCB, Community Fund Grant, as well as, hopefully the beginning of a more stable period in our history.

On behalf of the project, I would also like to thank all those who have supported our work through generous donations, which makes possible additional work to be carried out at KASP.

We have also achieved continued funding for our Sessional Worker Post from the Scottish Executive Domestic Abuse Service Development Fund, matched again by Fife Council, which will enable us to work with women survivors experiencing domestic abuse. As well as this, we have been requested to take on the management of the Mental Illness Specific Grant funded post, for a Specialist Worker. This is an exciting new development, which will offer increased scope to KASP.

I would, finally, like to extend thanks to my colleagues on the Management Committee, the staff, Anne Lynn, Yvonne, Lorraine and Heather and hope next year brings about increased security for this excellent and worthwhile project.

Val Morgan ~ August 2002

Project Manager's Report

In the last Annual Report, I highlighted the need for some degree of stability and consolidation for the project, and again, whilst this has been a more stable year in some respects, it still feels at times uncertain, due to the arduous process we have had to undergo to enter into a Service Level Agreement with Fife Council, whilst coming off the security of the Community Fund Grant. I am, however, optimistic that we will receive continued funding, as Fife Council adopted the Recommendation made from the Independent Enquiry Report Into the Sexual Abuse Children in St Margaret's & Linnwood Hall, for the survivor agencies in Fife to have secure and sustainable funding.

It is sad that I have always over these past four years been beginning my Report as such, as so much good work is carried out at KASP. We are busier than ever ~ there are no quiet days or times. An increasing amount of referrals, both self and from health care, indicates the crucial need for our service. Apart from the direct work with survivors, we continue to work in other forums to highlight the issues surrounding sexual abuse, including the Scottish Parliament Cross Party Group, Fife Domestic Abuse Forum and the newly established Fife Abuse & Psychological Trauma Forum.

Changes have happened this year in the staff team, with Yvonne, our Administrator, leaving for a new post. We are sad to say goodbye to Yvonne, as she has given so much to the project over the past two and a half years, but wish her well in her new post. As one door closes, another opens, this time with the appointment of a new full time member of staff. Heather Jenkins, formerly a volunteer counsellor at KASP, was appointed as Specialist Worker for North East and Central Fife last month. We welcome Heather aboard the staff team and look forward to having this new and exciting service bring another dimension to our project.

I would like to end by thanking Lynn, Yvonne and Lorraine for their continuing hard work and commitment to KASP - they keep me going through all the trials and tribulations; our volunteer counsellors, on whom we depend so much; the Management Committee, for their continued support; and finally, the many survivors who use our project and from whom we realise why we are needed and why we are here.

Anne Macdonald ~ August 2002

Specialist Worker ~ Mental Health & Sexual Abuse

Having only recently taken up the post of Specialist Worker – Mental Health and Sexual Abuse, on 29th July 2002, I would first like to say thank you to the Staff and Management Committee for such a warm and encouraging welcome. The post of Specialist Worker, managed by KASP, replaces the previous Therapeutic Worker post based in the North East Fife area and managed by Fife Council Social Work Service. This post will now be based at KASP with outreach work being undertaken and developed in North East Fife.

The main aims of this exciting new post will be to provide a counselling and support service to adult survivors of childhood sexual abuse who have had, or are experiencing mental ill health as a result of their abuse. This is particularly important, I feel, for people in North East Fife who may have added difficulties in accessing services due to geographical constraints as well as other determining factors. Networking with other agencies in this area, both in the statutory and voluntary sectors, will ensure opportunities for enhancing the service provided by KASP and encourage joint working partnerships and interagency working where appropriate.

Over the past few years I have worked in a variety of healthcare settings, starting off in a more care-orientated role working for Aberlour Childcare Trust with children and young adults who had severe physical and learning disabilities, before moving on to the Scottish Association for Mental Health and Fife Employment Access Trust in a Mental Health Support capacity. My first contact with KASP (or KAASP as it was then called) was in 1997 when I met Lynn – the Assistant Project Manager – through the counselling courses we were undertaking at that time and I became involved in volunteer work with the project at the former premises at Hunter Street. After a short break, during which time I briefly pursued a nursing career, I came back to work at KASP in 1999 as a Volunteer Counsellor and Volunteer Counsellor Representative on KASP's Management Committee.

I now have the chance to combine two areas of work which are extremely motivating and interesting to me and see my role as developing the opportunities available for future clients and Health Professionals to link into the specialist knowledge and resources KASP has to offer in the field of childhood sexual abuse, whilst understanding the implications and issues of mental ill health. I look forward to developing this service and the challenges ahead and am delighted to be in a post which is in its early stages of growth and so full of potential. I thank Anne, Lynn and Yvonne for all the help and patience they have provided in this settling in period and making the transition to post so easy. Thank you.

Heather Jenkins ~ August 2002

DOMESTIC ABUSE SUPPORT PROJECT

I have now been in post as Domestic Abuse Support Worker for eighteen months. This post evolved due to an increasing awareness of the links and strong correlation between Domestic Violence and Child Sexual Abuse and the need to offer support to people who have experienced both.

The post is funded by the Domestic Abuse Development Fund and has been successful in obtaining extended funding until the year 2004.

Support can be offered on a short-term (crisis led) and longer-term basis either within KASP or at outreach locations throughout Fife. People requiring support can either self refer or be referred by other agencies such as Gingerbread, WASH, Domestic Abuse Unit, Social Work, Health Service or police. Good working relationships continue with all relevant agencies. This has allowed clients to benefit from joint packages of community support when required. I have been involved in delivering a number of training initiatives which have allowed me the opportunity to raise awareness of the links between Domestic Abuse and Child Sexual Abuse and the effects on individuals, eg Fife Deaf Women's Safety Day, Home-Start Volunteers, Local Child Protection Group and Positive Change Women's Group.

The past eighteen months have been both challenging and demanding, so I would like to say a big thank you to Anne, Lynn, Yvonne, Heather and the Management Committee for their ongoing support.

Lorraine Cafferkey

Domestic Abuse Support Worker

GROUPS – WHAT’S BEEN HAPPENING AT KASP

Group work at KASP this year has grown and developed. Not only have we continued to run the successful women’s group, but in addition Lorraine and I have co-facilitated a group in the evening promoting positive change.

Thinking, feeling, behaving positive.

The group proved extremely positive and the women who participated worked extremely hard, challenging their negative thinking. There was also time to have some fun and learn a new skill, belly dancing!

Quote: *“I now have a better understanding of how I am, the way I am, that it’s not because I am a bad person but how I have been moulded.”*

ART GROUP

“It’s brilliant, you don’t have to be an artist, and you just express how you feel.”

Kate Hill, a local artist, has been facilitating this group on Friday afternoons. The group was open to anyone who was interested in using art as another form of communication. Again this proved very popular for both men and women who use the project. The group not only provides an opportunity to learn new and interesting art techniques, but a chance to find out a bit more about yourself, to meet new people, and also the chance to just mess about and enjoy the whole experience.

DROP-IN

The Drop-in remains very popular with the regulars at KASP. Every Tuesday you will find the group room filled with a variety of people who have come together just for a coffee, a chat and some cake. From the drop-in this year a user involvement group was developed.

USER INVOLVEMENT GROUP

The group meets on the first Tuesday of every month. The meetings are informal and confidential. The group provides users of the project a chance to use their experiences and energy in the promotion of KASP's work on behalf of survivors. The focus this year was raising funds to travel to London for the annual Survivor Event. The thrift shop was very successful and everyone involved worked extremely hard – well done.

Lynn Simpson
Assistant Project Manager

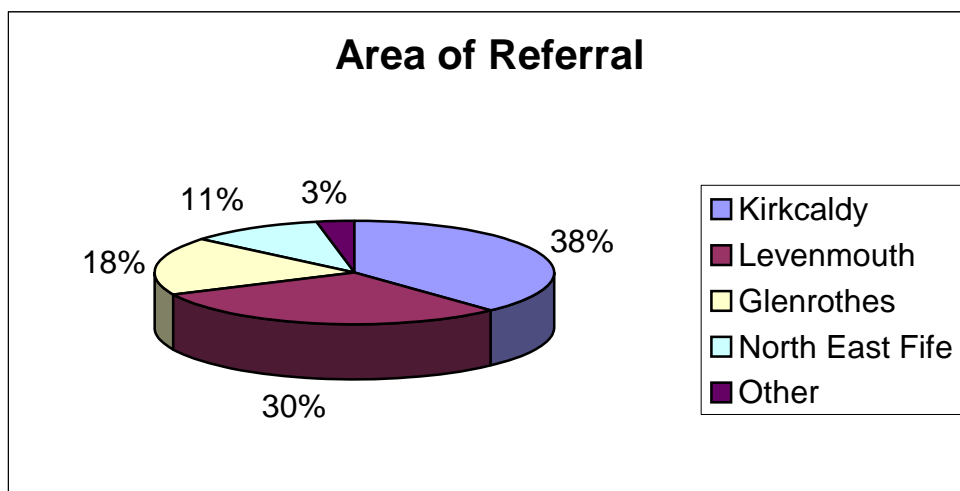
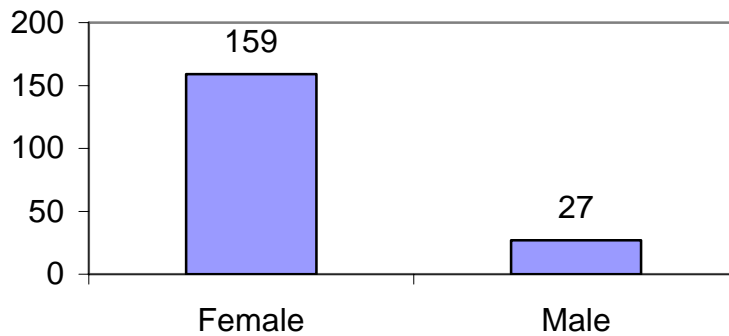
STATISTICAL INFORMATION

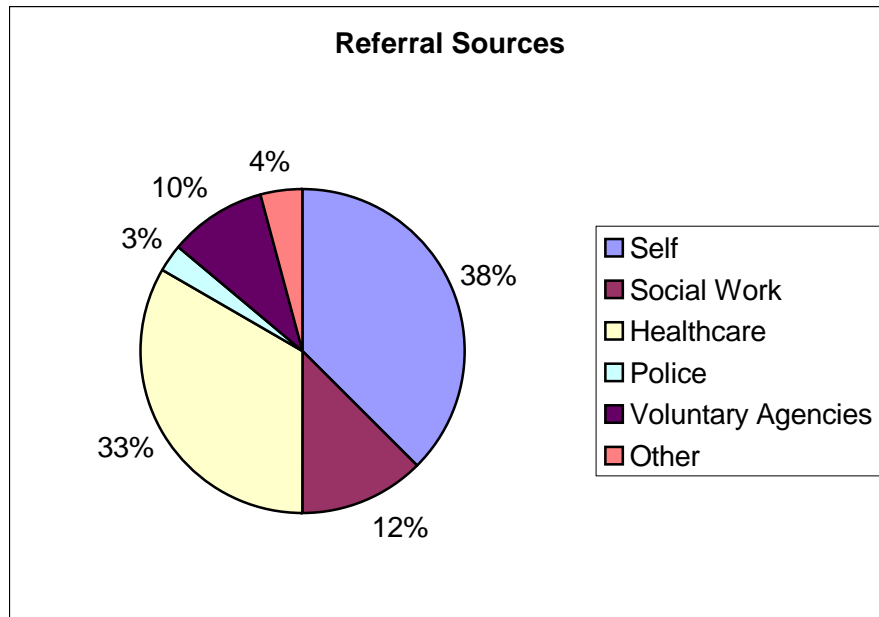
The following statistics show a breakdown of the Project's activities during period
August 2001 to July 2002

(last year's figures in brackets)

New referrals received in period:	182	(133)
Total clients receiving counselling & support:	209	(178)
Total counselling & support sessions offered:	1,628	(1,283)
Total telephone contacts:	3,743	(3,582)

New Referrals to KASP





KASP provides:

Counselling and support to anyone over the age of sixteen who has been sexually abused as a child, to partners, family members or anyone supporting someone who has been abused

Counselling at outreach bases or at home for anyone who is unable to access the services at the project

Telephone support – offered to existing clients or to anyone who feels unable to come to the project but wishes to speak to someone anonymously

Advocacy – support with legal issues, benefits, information etc on a client need basis

Group activities – a weekly drop-in for men and women, women’s therapeutic group, art group

User Involvement Group – a forum for users of the project to have their say on issues surrounding childhood sexual abuse and an opportunity to be involved in implementing change

Library – a resource for users and other professionals

Training – KASP offers training on request on childhood sexual abuse to statutory and voluntary agencies.

KINGDOM ABUSE SURVIVORS PROJECT

STATEMENT OF FINANCIAL ACTIVITIES

for the year ended 31st March 2002

	Unrestricted Funds £	Restricted Funds £	Total 2002 £	Total 2001 £
Incoming Resources				
Fife Council Funding	22,500	0	22,500	22,500
Community Fund Grant	0	62,107	62,107	60,449
Domestic Abuse Development Fund	0	5,362	5,362	5,532
Camelot Foundation	0	0	0	3,560
Community Fund Capital Grant	0	0	0	506
Fife Council Inquiry Expenses	1,176	0	1,176	3,374
Fife Charities Trust	0	0	0	300
Donations	1,232	0	1,232	750
Other Funding	0	0	0	500
Fundraising	1,483	0	1,483	302
Fees	308	0	308	148
CPWG	564	0	564	0
Bank deposit interest	745	0	745	856
Total incoming resources	28,008	67,469	95,477	98,777
Resources Expended				
Charitable costs	4,952	57,325	62,277	54,043
Administrative expenses	22,232	9,845	32,077	28,500
	27,184	67,170	94,354	82,543
Net incoming/(outgoing) resources	824	299	1,123	16,234

KINGDOM ABUSE SURVIVORS PROJECT

BALANCE SHEET

at 31st March 2002

	2002		2001	
	£	£	£	£
FIXED ASSETS				
Tangible assets		529		1,578
CURRENT ASSETS				
Debtors	2,395		9,508	
Cash at bank and in hand	<u>33,201</u>		<u>14,517</u>	
	35,596		24,025	
CREDITORS: amounts falling due within one year		<u>10,984</u>		<u>1,585</u>
NET CURRENT ASSETS		<u>24,612</u>		<u>22,440</u>
TOTAL ASSETS LESS CURRENT LIABILITIES:		£ <u>24,018</u>		£ <u>24,018</u>
CAPITAL				
Restricted funds		11,487		11,188
Unrestricted funds		<u>13,654</u>		<u>12,830</u>
		£ <u>25,141</u>		£ <u>24,018</u>

Approved by the Management Committee on 25th June 2002

Copies of the full accounts for the year to 31st March 2002 are available for inspection during office hours at 29 Townsend Place, Kirkcaldy.