
Kingdom Abuse Survivors Project

Annual Report
2002 - 2003

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

STAFF AND VOLUNTEERS

April 2002 – March 2003

MANAGEMENT COMMITTEE

John Dye	-	Chairperson
Val Morgan	-	Treasurer
Flora Couper	-	Secretary
Berenice Gallacher	-	Member
Dave Gillan	-	Member
Heather Jenkins	-	Member (to July 2002)
Mary Miller	-	Member
Angus Shaw	-	Member (to March 2003)
Sandra Smith	-	Member

STAFF

Anne Macdonald	-	Project Manager (to February 2003)
Marnie Collin	-	Project Manager (from March 2003)
Lynn Simpson	-	Assistant Manager
Heather Jenkins	-	Mental Health Specialist Worker
Lorraine Cafferkey	-	Domestic Abuse Support Worker
Yvonne Napier	-	Project Administrator (to August 2002)
Alice Docherty	-	Project Administrator (from September 2002)

VOLUNTEER COUNSELLORS

Margaret Dearie
Beverley Dellar
Cath Heneghan
Mary Hepburn
Heather Jenkins
Mary Johnstone
Valerie McGhie
Bernadette McWilliams
Philomena Oldfield
June Simpson
Helen Shanley

Chairperson's Report

This has been yet another busy year of changes and expansion for KASP. Probably the most significant change was the loss of Anne MacDonald and the appointment of Marnie Collin as Project Manager.

During her time with KASP, Anne led the organisation through many difficult times and was able to raise KASP's profile throughout Fife and beyond. She also highlighted the need for joint working and secured much needed support from statutory services. On behalf of staff, volunteers and survivors, I would like to wish Anne all the best in her new ventures.

Marnie took up the manager's post in March and has made the change over seem effortless. Her enthusiasm and hard work has meant that services have been maintained with ease. Staff, volunteers and the management committee have welcomed her fresh outlook.

Other developments this year include the expansion of the Domestic Abuse Support Worker's post to 29 hours. Hopefully we will be able to build on this and meet, sadly, the increasing demand for this specialised work.

On May 13, the management committee, staff and volunteers got together for a very positive 'Vision Day'. It was a time for reflection and looking at the growth of KASP since it began, which then let us concentrate on where we would like the organisation to be in the future. The day allowed us to focus as a team and gave everyone a sense of ownership and even inspiration. We were able to set the scene for the challenges ahead. Thank you to Dave Davis for facilitating an enjoyable and productive day.

KASP is still involved with the Scottish Parliament Cross Party Working Group and other local forums that are highlighting the plight of survivors of CSA and domestic abuse. Hopefully these will continue to raise awareness and influence the need for further progress both nationally and at local level.

This successful year would not have been possible without the hard work and dedication of staff, volunteer counsellors, my colleagues on the management committee and our many supporters – thanks to you all. I must also mention the determination and courage of the many survivors who have passed through our doors and those who continue to be part of the organisation.

As the demand for our services still outstrips the provision we hope to consolidate funding and focus our efforts where they are most needed. I am proud to say that KASP continues to provide high standards of service and is always striving to be innovative.

Raising our profile and the awareness of CSA has been a challenge but maintaining it is harder work.

John Dye
Chairman

Treasurer's Report

Last year at the Annual General Meeting of the Kingdom Abuse Survivors Project, I accepted the position of Treasurer. The past months have been a learning curve and I am indebted to Anne and Alice for supporting me through it all.

Our present core-funding from Fife Council and Fife NHS Board is presently secure and I take this opportunity to thank them for their continued financial support.

In January we were fortunate to receive funding from Kirkcaldy and Levenmouth Local Healthcare Co-operative to further finance our Domestic Abuse Support Worker. Thank you for supporting this area of work within the project.

We have also received funding through the Mental Illness Specific Grant to fund the KASP Mental Health Specialist Post, again our thanks.

Throughout the year we have also received numerous donations from individuals and organisations that support our aims all of which have enabled us to provide a quality service to survivors. Thanks to all who have donated in cash or in kind - your support is greatly appreciated.

We appreciate however that it is always wise to look for other avenues of funding before rather than after a financial event.

To this end we have set up a small sub-finance group to look at other and different ways to raise money to support the charity.

We have many ideas and hope that some or all of you will support them if required. We continue to submit applications for funding to recognised bodies and have had some success.

We have also been looking at different packages of financial software to improve our present systems. This is an ongoing process.

Finally, I would write that this project is important and that we have a responsibility to continue to seek out and secure funding to support all of its many activities and to enable the continuation of a caring, professional service.

Val Morgan
Treasurer

Project Manager's Report

As I joined KASP as the new Project Manager in the middle of March 2003 I feel I only just qualify to make comment on the activities of the Project over the financial year April 2002 to March 2003.

Prior to taking up the post of Project Manager I had undertaken some detective work and put feelers out in an attempt to gauge what kind of organisation I would be joining. I was immensely relieved to find that everyone I spoke to had such positive things to say about KASP. I was later to find out that this was largely due to the hard work of my predecessor, Anne MacDonald, in ensuring that the work and profile of KASP was positively promoted throughout Fife and beyond.

The positive image of KASP has been reflected in my own experience, albeit limited, of working here. What struck me most in my first few weeks was the boundless commitment and enthusiasm from the staff team and volunteer counsellors towards their work in this area.

I also very quickly came to realise that KASP is an extremely busy Project and that demand for services continues to grow. In responding to the needs of survivors the Project has not lost sight of the need to be an outward looking organisation and links with local groups and Forums remain strong e.g. the Scottish Parliament Cross Party Working Group and Fife Domestic Abuse Forum.

It is clear that the Project has undergone significant growth and change over the past year with changes in the staff team, an increase in the Domestic Abuse Support workers hours and the introduction of the Specialist Mental Health worker.

Change can be difficult but it also affords exciting opportunities and plans have been made to consolidate and further develop over 2003-2004 the great work that KASP undertakes.

I would like to thank the management committee, the staff team and the volunteer counsellors for all the support they have shown me since I started at KASP.

Marnie Collin
Project Manager

Specialist Worker - Mental Health & Sexual Abuse

The post of Specialist Worker, managed by KASP, has been in place since August 2002. This post replaced the previous Therapeutic Worker post based in the North East Fife area which was managed by Fife Council Social Work Service and now covers North, East and part of Central Fife.

The main aims of this post are 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 has been particularly important for people in North and East Fife who may have the added difficulties of accessing services due to geographical constraints as well as other factors associated with their mental health. To April 2003 (from August 2002) there had been 25 clients referred for counselling and support with 14 forming a weekly caseload for this post. Three days a week was spent in outreach work.

Networking with other agencies in these areas have resulted in many opportunities for enhancing the service provided by KASP and the support work undertaken by myself as Specialist worker. Joint working partnerships and interagency working have been possible with the advent of this outreach post, and indeed, are necessary to ensure provision of service to our clients.

Over the past year I have worked in a variety of settings in both the voluntary and statutory sector and would like to thank everyone who has helped provide a space for me to work in. With the help of other agencies I have been able to see people in a location of their choice including the hospital ward if that is where they happen to be and have been able to work alongside other workers and practitioners in certain instances when undertaking support for particular clients.

I see this work as very innovative allowing more flexibility to engage with client needs. Through the support function of this post, client's basic needs can be addressed, allowing a fuller therapeutic relationship to become established. Sometimes, for instance, it is the environmental and social factors that need put in place to allow that person the capacity to take charge of their life and begin to address the past.

When the basic needs of daily living eg. housing, security or financial assistance, are not in place then a person has huge barriers to engaging in therapy and my work allows me to interact in a way that tackles such issues through referral to other relevant workers in both the health and social care field. In some instances it is employment and educational establishments who are instrumental in helping improve the quality of life experienced by the client and support is needed to access or maintain these services.

The counselling process that results when a person is able to engage with their community is far more helpful and rewarding to them than the limiting conditions imposed by daily survival needs.

I feel the post has been a great success for KASP and continues to develop and establish a way of working which provides ongoing, joined up services for people who have been marginalized by the experience of trauma from abuse and mental ill health in their lives.

Heather Jenkins

Domestic Abuse Support Project

The Domestic Abuse Support Project began in February 2001 when KASP, in consultation with Fife Domestic Abuse Forum secured funding for a sessional support worker (eight hours per week) via Fife Council and The Scottish Executive (Domestic Abuse Development Fund). The post evolved in response to KASP becoming increasingly aware of the need to provide a specialist and intensive support service to people who had experienced Childhood Sexual Abuse and Domestic Violence.

As anticipated the project immediately received numerous requests for support and it soon became evident that a part-time post could not realistically meet the demand. I am delighted to report that increased funding received this year via The Scottish Executive, Fife Council and Kirkcaldy and Levenmouth Local Health Care Cooperative (LHCC) has allowed development of the post to 29 hours per week; at least until March 2004.

To date I have provided support to over 50 women and currently support 15 clients on an ongoing basis. Support needs vary and whilst the majority of clients are seen on a weekly basis in some instances people are supported fortnightly/monthly. In addition to counselling/emotional support; services include the provision of practical advice, advocacy and support in relation to housing issues, benefits, access to services, inclusion into community based/social activities and working alongside agencies such as health/social work to provide multi-agency support packages.

I continue to offer a Fife wide service and work at various outreach locations throughout Fife eg. Sailors Rest, Delta, Local Office Network, Women's Aid, Gingerbread and Cornerstone. Despite the time constraints, clients and other agencies have positively received the flexibility and outreach aspects of the post. The fact that I am able to respond via home visits and at outreach locations has I believe made our service more affordable and accessible to people. Several clients have commented on how being able to talk in the safety of their own homes has enabled them to feel more confident and secure before gradually being enabled to meet at local outreach locations or within KASP premises.

Input into multi agency/in-service training events has also been undertaken ie. Local Child Protection Committee, Fife Constabulary, Homestart, Cornerstone, Abuse Not, Addiction Services and Fife Domestic Abuse Forum-multi agency training. Lynn and I successfully facilitated two workshops at the Fife Domestic Abuse Conference in March where the focus was on raising awareness of the links between Childhood Sexual Abuse and Domestic Violence. The workshop we facilitated was entitled WHY ME? (Making the connection) and proved very popular with approximately 20 candidates at each session. This was an excellent opportunity to raise awareness of the post and work currently undertaken in the field of Domestic Abuse within KASP.

I would like to say a special thank you to Michelle and Tracey for their assistance and courage in sharing their experiences and thoughts within the

training event and allowing delegates the opportunity to learn from survivor's experiences.

Group support has also been ongoing and I am currently assisting a local survivors support group to maintain positive thoughts and behaviours alongside Lynn our Assistant Manager. Further groups are planned in the next six month period: A women's support group aimed at building self confidence/self esteem and a drop-in/informal support group which will meet at outreach locations. A number of clients are currently involved in substance misuse and there may be the opportunity this year to work jointly with drug/alcohol support services to develop appropriate group support.

Whilst the direct provision of Service is a vast proportion of my work I am actively involved in The Fife Domestic Abuse Forum (Gaps In-services Sub-Group) who continue to be supportive of the work undertaken within KASP. I would like to thank Sheila Noble (Domestic Abuse Coordinator) for her ongoing support and enthusiasm, staff from the Local Domestic Abuse Unit, Fife Council Social Work Service, Marleen Macmillan / Dr Les Bissett and The Kirkcaldy and Levenmouth Local Health Care Cooperative. The recent funding contribution from the LHCC has allowed the project to further develop and continue to at least March 2004.

Thanks must also go to our dedicated Management Committee, staff team and the many services that offer outreach facilities and support. In particular DELTA, GINGERBREAD, WOMENS AID, SAILORS REST, BROOM FLAT, FIFE COUNCIL SOCIAL WORK SERVICE, and FIFE WOMENS NETWORK.

Finally I would like to thank the many service users who have allowed me the privilege of supporting them in their survival and for sharing their experiences and unbelievable courage.

Lorraine Cafferkey

Groupwork At Kasp

Over the last year the groups that have been on offer have been:

Art Group

Kate Hill, a local artist offered a 6 session art group, to provide an alternative way of communicating. The mixed group met on Friday's in June and July. Kate's gentle approach to art made the whole experience feel very safe for the group members, as they explored different art techniques. The group also provided an opportunity for people to meet, have some fun and try out a new creative activity. One lady enjoyed it so much she went out and bought herself some paper and paints to have a go at home.

Group Facilitator: Kate Hill

" School had put me off art, I was told I couldn't draw or paint, but now I know I can, Kate made it so easy, I really enjoyed my Friday's and felt sad when it came to an end "

Thinking, feeling, behaving positive Group (Activity Based)

This bunch of 6 women decided that they wanted to keep meeting once the first "Thinking, feeling, behaving positive group" came to an end. They had enjoyed working together and had bonded socially and wanted to keep up the good work challenging their negative thoughts. So the outcome was to meet up every 4 - 6 weeks and do something POSITIVE. Over the months we have been very busy, growing and gaining in confidence as different experiences have been tackled, not forgetting the fun and laughter that has been evident through out. The highlight of these meetings was the night we met on Aberdour Beach for a picnic, sun, and sea and seals what more could one want!

Group Facilitators: Lorraine Cafferkey and Lynn Simpson

" Confident, in control, useful, no longer alone, strong, happy, able to cope, lighter, whole, joined up "

" I feel part of something again and feel encouraged to look at things in a more positive light. "

Women's Therapeutic Group

This small closed group ran for 12 sessions from November through to March on a Thursday afternoon. It can be an extremely scary to join a group, exposing yourself to your greatest fears and also meeting other survivors !!

These fears slowly diminished and the group jelled and confidence grew as issues were tackled. Over the weeks we looked at low self-esteem, trust, yourself and other people, working with fear, how to communicate, family relationships, assertiveness and our own bill of rights.

We also made time to get out of the project and just enjoy ourselves. This was a small group and the group members had to work doubly hard but at the end of the group the women felt that they had got to know themselves a bit better.

Group Facilitator: Lynn Simpson

" It was really scary to start with but now I feel like I'm not alone and I'm not a freak, that there are other women who feel the same "

" It made me think about my relationship with my father and how I wasn't bad to not want nothing to do with him "

Drop - In

The Drop-In was a place where users could just drop in on a Tuesday; the format was that the space would be available for who wanted it, from 2:00 p.m. until 4:00 p.m. Over this year the numbers have slowly dwindled, from being a happening place with lots of hilarity, the Christmas drop-in with home made Christmas cake to a quiet room. It feels odd to have a quiet afternoon on a Tuesday's and I'm ever hopeful that the space will soon return to the busy place it was.

The User - Involvement Group

The User Involvement Group was extremely busy the first part of the year organizing raising funds for our trip to London for the Picnic in the Park, an event for survivors, partners, families, friends and supporters to come together and have a day of fun and laughter, pain and sorrow, to raise awareness of the issues for survivors and to continue breaking the silence.

The thrift shop in Leven was taken over by us for 1 week in July and raised over £ 350.00 for our trip. The group worked extremely hard together organizing the collecting of the thrift, picking it up, labelling it, pricing it and not forgetting working in the shop for a week. Everybody mucked in and worked extremely hard and without their commitment, there would have been no trip.

The trip to London was different from previous years and everyone was looking forward to a day away. We travelled over night by coach and by 7:00 a.m. we were in London making our way to Brockwell Park and following the purple ribbons to the picnic. It was a lovely day the sun shone, we had our new banner that everyone had worked on and we were there to make new friends, talk to other supporters and just enjoy the day that we had all worked hard to make happen. There was an element of sadness in our group due to some difficulties, which had arisen prior to us departing, our group was smaller in numbers than expected but they were in our thoughts. A lovely day which although was painful in places was much enjoyed and as we sat on the bus to return to Kirkcaldy we all agreed that it had been a fantastic achievement.

Again many thanks to everyone involved.

Lynn Simpson

Training And Presentations

KASP endeavours to respond to all requests for training and presentations in an effort to raise the profile of the work that is undertaken by the Project and also to support other professionals to work effectively in supporting adult survivors of childhood sexual abuse.

Over the past year the training and presentations undertaken by KASP have included:

Training

- Fife Constabulary Sexual Crime Training
- North East Fife Women's Aid
- Fife Rape and Sexual Assault Centre
- Hear for You Helpline
- Fife Domestic Abuse Conference
The Links – Domestic Abuse and Sexual Abuse

Presentations

- Samaritans
- Paxton Nursery
- Glenrothes College – Social Care Students
- Fife College – Residential Care Students

“ This has been a very helpful day, very interesting and a chance to refocus on a key aspect of our work ”

“ Answered a lot of my questions and fears ”

“ The day was very informative and supportive, it was not as heavy as I thought it would be which was a relief ”

“ Raised awareness of the complexities of abuse ”

Facilitators: Lynn Simpson, Lorraine Cafferkey

What some of our KASP clients think

You are so easy to talk to ... you really understand

I know someone is there when I need them

The sheer relief of being able to talk was overwhelming

I appreciate your help and support

Thank you for not judging me

I got my life back after years of self-blame and self-harm --- THANKS !

You helped me to believe in myself and to believe I'm not to blame

Just talking to you helps so much

Things are beginning to make sense

I found my soul-mate within the group

KASP provides a safe place to talk !

You listen, you understand and you really care

You helped me sort out the jumble in my head !

To be treated as an equal; a valued human - being is such a relief

You shared my pain

You helped me Taa !

I now know what I feel is normal

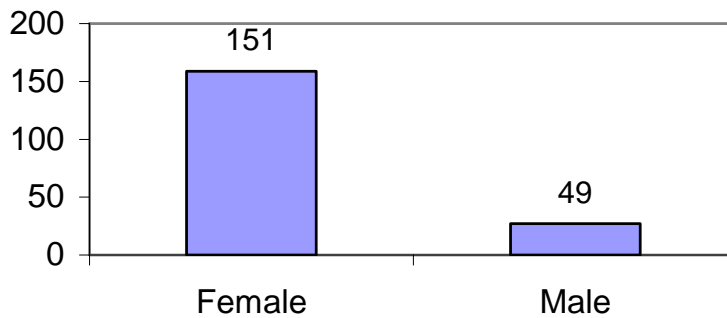
Statistical Information

The following statistics show a breakdown of the Project's activities during period
August 2002 to July 2003

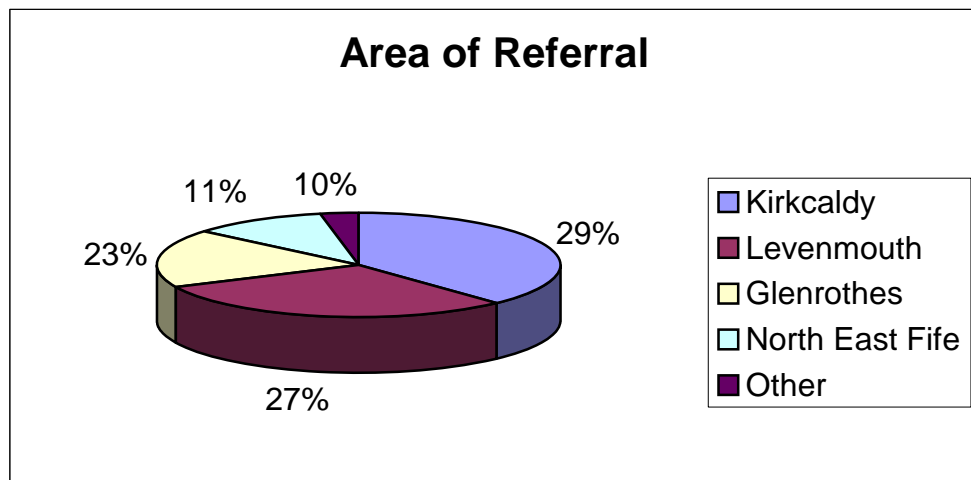
(last year's figures in brackets)

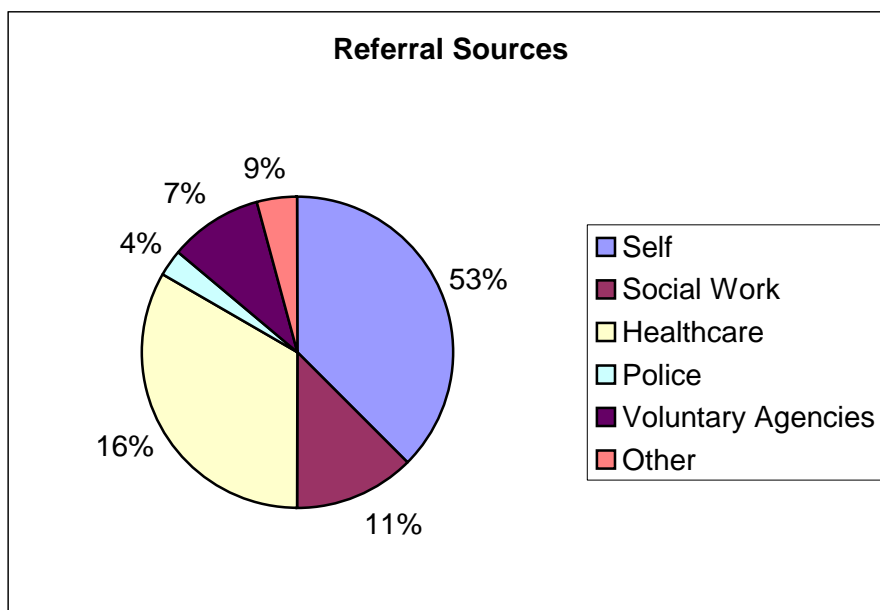
New referrals received in period:	200	(182)
Total clients receiving counselling & support:	216	(209)
Total counselling & support sessions offered:	2,640	(1,628)
Total telephone contacts:	3,920	(3,743)

New Referrals to KASP



Area of Referral





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, other groups can be initiated according to client demand

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. Training can cover a range of issues e.g. “The Effects and Consequences of Childhood Sexual Abuse” and “Dealing Effectively with Disclosure”.