
Kingdom Abuse Survivors Project

Annual Report
2003 - 2004

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Statement of Financial Activities
Balance Sheet

STAFF AND VOLUNTEERS

April 2003 – March 2004

MANAGEMENT COMMITTEE

Val Morgan	Chairperson
Dave Gillan	Vice-Chair
Mary Miller	Treasurer
Flora Couper	Secretary
Berenice Gallacher	Member
Sandra Smith	Member
Julie-Anne Duncan	Member
Robert Grant	Member (October – December 2003)

STAFF

Marnie Collin	Project Manager
Lynn Simpson	Assistant Manager
Heather Jenkins	Mental Health Specialist Worker
Lorraine Cafferkey	Domestic Abuse Support Worker
Alice Docherty	Project Administrator

VOLUNTEER COUNSELLORS

Margaret Dearie	Cath Heneghan
Mary Hepburn	Mary Johnstone
Liz Scott	Bernadette McWilliams
Philomena Oldfield	June Simpson
Helen Shanley	Marion Innes
Phillipa Low	

ADMINISTRATION VOLUNTEERS

Stuart Sherlock	Susan Lynch
Laura Horsburgh	Stacy Allan

Overview of KASP Services 2003-4

KASP provides a range of support services to enable adult survivors of childhood sexual abuse throughout Fife to eliminate the debilitating effects that the abuse has on their lives.

To achieve this aim, KASP provides the following services:

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.

Crisis Support - to those who feel the need for occasional support on a more flexible basis e.g. when something triggers a flashback.

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

Electronic Support - via email or through MSN Messenger.

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, a range of time limited groups according to client need.

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 topics e.g. 'Effects and Consequences of Abuse'. 'Dealing with Disclosure'.

Domestic Abuse Project - KASP employs a specialist domestic abuse worker to support adult survivors of childhood sexual abuse who are experiencing or have experienced domestic abuse.

Mental Health Project – KASP employs a specialist mental health worker to support adult survivors of childhood sexual abuse who are experiencing significant mental health problems.

Chairperson's Report

During the past year, I accepted the position of Chairperson and relinquished the Treasurer's post to my able colleague Mary Miller. Thank you Mary for taking on the financial management responsibilities for KASP.

KASP has had yet another busy year striving to maintain quality in the service provided to clients. We have embraced innovative ideas for example our volunteer office administration team, who are helping to support Alice Docherty, Project Administrator. This has proved to be very worthwhile, from all the comments received.

Marnie Collin, Project Manager has continued to encourage and support the commitment that all who work for KASP have in abundance. Little things such as welcoming calm music, new ways of working, encouraging a team approach, helping to promote the concept that all who enter KASP, in whatever guise, client, worker and management are valued and respected.

Yes we have glitches, but I hope and know these are used as learning experiences to enhance and develop the service. Thank you Marnie for your contribution this past year.

KASP continues to have involvement with the Scottish Parliament Cross Party Working Group, Choose Life and many other forums. Working together with other voluntary and statutory services to increase awareness, to network with others and to strive for further progress to benefit ways of the service.

During the last year, Heather Jenkins - Specialist Worker for Mental Health and Sexual Abuse, left to be married and to start a new life in Saudi Arabia. Thank you Heather for both your work commitment and support as a member of the committee.

On behalf of all those on the management committee, I welcome our new workers to the project, I thank them and all the staff, volunteer counsellors, fund raisers and supporters of the project for their continued dedication, caring and optimism. To the many survivors our thanks for improving our knowledge and continuing to be a very important part of KASP.

On a personal note I must thank the management committee who have supported me brilliantly during the past year and especially Dave Gillan, Vice Chairperson. KASP has offered much in the past, has much to give in the future, and is continuing to work in the present with any agency to increase understanding, address needs and use wisely available resources.

We would very much welcome any new members, anyone willing to join the management committee (it is fun most of the time!) and anyone with any interesting ideas to develop the service.

Thank you

Val Morgan - Chairperson

Treasurer's Report

Core Funds

Over 2003-4 core funding of £40,700 was received from NHS Fife and £54,060 from Fife Council. This left KASP with a goal to raise £6,000 to cover the core costs of the Project.

Pleas to local companies resulted in donations from Oasis Lomond Trust, The Russell Trust, Exxon Mobil and Shell UK Exploration.

This was enhanced by funds raised from a Ceileidh organised by our Chairperson which raised £300.

These funds, combined with bank interest and 'management and service fee' income enabled KASP to meet the target of raising the required £6k.

Specialist Mental Health Project

A Mental Illness Specific Grant of £22,192, and a contribution of £5,000 from NHS Fife financed this Project. This funded a full time worker for the majority of the year. An under spend from 2002-2003 was used in March 2004 to change the structure of the post and employ two 20 hour part time workers to replace the full time post.

Domestic Abuse Project

A grant received from Kirkcaldy and Levenmouth Local Health Care Co-operative in 2002-3 of £12,628 was utilised over 2003-4. This supplemented funding of £6,350 from the Scottish Executive Domestic Abuse Service Development fund, which was match funded (in cash and in kind) from Fife Council. These funds enabled an increase in the hours of KASP domestic abuse worker from 11 to 29 per week.

Other funds received

Information Technology Upgrade

KASP succeeded in the aim to raise £13,567 to upgrade Information Technology. This was achieved through successful applications to the following:

Henry Smith Charity	1,500
Robertson Trust	3,000
Lloyds TSB	5,188
Kirkcaldy/Levenmouth ART	3,879

Volunteer Training

A £500 grant from the Unemployed Voluntary Action Fund enabled KASP to purchase resources and training for volunteers.

Young Person's Support Worker

A grant of £9,560 was received from Kirkcaldy and Levenmouth Local Health Care Co-operative in March 2004 to be used in 2004-5 to fund 10 hours of sessional support to young survivors aged 16-25.

KASP's financial statements are attached as an Appendix to the Annual Report

Mary Miller Treasurer

Project Manager's Report

The year has provided many challenges and has incorporated a great deal of learning. Change appears to be a constant factor at KASP and this year has been no different as services have continued to expand and develop.

When tasked with the remit of writing the Project Managers Report I felt it would be useful to refer back to, and incorporate, some of the main outputs of, KASP's Vision Day, which was held early in my employment with KASP.

KASP Vision Day

In May 2003 KASP committee, staff, volunteers and clients were invited to come together for a Vision Day facilitated by Dave Davis, the aim of the day being to set priorities and targets for the next 12 months. By the end of the day all contributions had led to an agreement on the main identified priorities for the year ahead. This report focuses on the progress made with the main identified priorities to the end of the financial year – March 2004. I have also included information where significant developments have occurred beyond March 2004.

Identified Priorities

1. Find Funding to upgrade KASP Information Technology

This aim was identified in recognition that the IT systems at KASP were inefficient, outdated and did not meet the Projects requirements – all staff and volunteers were sharing 2 PC's only one of which had Internet dial up connection under a 'pay as you go' contract. It was recognised that an IT upgrade would hold many benefits not just in the area of staff efficiency.

A large number of funding applications were submitted and enough were successful to enable us to meet our target of raising sufficient funding to purchase and network 6 computers each with Broadband Internet and email facility. There has been a significant time saving element as all staff can now efficiently access computers immediately from their own workspace. Time management has also been enhanced through use of email both internally and externally. This has enabled staff to dedicate more time to direct client support work. Staff have also benefited from the ability to download research and policy documents via the Internet and this has enabled them to keep abreast of external events and have timely involvement in consultations.

KASP now has computer accounts for both volunteers and service users thus enabling them to access email and Internet facility at our premises.

We are slowly shifting from paper based to electronic data and this has been beneficial in terms of storage space of data, confidentiality, and disaster recovery against loss of data.

To enhance our ability to monitor and evaluate effectively we have been able to create databases designed to accommodate and update previous manual systems of monitoring and evaluating services.

The upgrade also enabled significant service developments:

Development of Electronic Client Support

An e-help line facility has been initiated whereby clients can email ehelpline@kasp.org.uk for electronic support. In addition, KASP piloted instant electronic support on Wednesday evenings whereby clients can receive immediate support via MSN messenger over the Internet. Discussion is currently taking place to extend this service to be available during office hours.

Project Newsletter

Another development that was made possible by the upgrade was our intention to initiate a quarterly newsletter with involvement from volunteers and service users. Utilising a desktop publishing package we published our first newsletter in June 2004 and distributed to approximately 400 clients, professionals and related agencies.

The newsletter is a platform for service users to share their experiences and be informed about issues/events that may be of interest to them.

2. Establish Outreach base in North East Fife

The lack of a suitable base from which counsellors could meet with clients was identified as a major issue affecting equity of access to services and impacting on the efficiency of services as workers juggled meetings with clients at outreach bases across North East Fife with limited availability of time.

Securing a permanent base in North East Fife was acknowledged as being beneficial to addressing these problems. Throughout 2003-4 identifying funding to achieve this proved problematic. However, effective joint working relationships with the other abuse agencies resulted in an effective solution.

Fife Rape and Sexual Assault Centre were awarded funding from the Scottish Executive towards the end of 2003 and in consultation with KASP and Safe Space (formerly Abuse Not) decided to utilise some of these funds to secure premises in Cupar for use by the three agencies.

From 2004, this development will enable workers from KASP to counsel clients in North East Fife within the Cupar premises thus enhancing access to services for clients. This development is also viewed as an opportunity to further strengthen and enhance the effective working relationships between the three sexual abuse agencies in Fife.

3. Developing Effective Systems for Qualitative and Quantitative Monitoring.

An overhaul of quantitative and qualitative monitoring systems has been undertaken over the past year. Updating the quantitative monitoring incorporated a move from paper based storage to storing information on customised 'Microsoft Access' databases as outlined under point 5 - 'IT Upgrade'

An update of the qualitative monitoring systems proved to be more problematic and several systems were piloted until an appropriate system was established which was acceptable to clients and effective for the organisation. KASP now utilises several forms of qualitative monitoring and evaluation to ensure that services are adapted and responsive to client need. The systems incorporate:

- Counselling questionnaires which are utilised with clients during their final session and intermittently for longer term clients.

- Suggestion books available in all counselling rooms. Comments are reviewed monthly and either actioned or, in cases where it is not possible to action suggestions, the reasons for this are communicated to clients.
- All group and training session participants are asked to complete qualitative evaluation forms.
- Two focus groups are held annually with clients to ascertain their views on the services received and ideas for future services. See page 18 for focus group evaluation information.
- A 'membership of KASP' has been established and this has enabled staff to communicate with clients who choose to become members whenever there is any need to consult with clients regarding internal service or external policy developments.

4. Successful implementation of full time Domestic Abuse Support worker for immediate and future work

Up to 2003 KASP had secured finances to fund 11 hours of a Domestic Abuse Support Worker post. A non-recurring grant from Kirkcaldy and Levenmouth Local Health Care Co-operative enabled the post to be increased to 29 hours a week from the beginning of June 2003 for one year.

Towards the end of 2003 KASP was successful in gaining funding from the Scottish Executive Domestic Abuse Service Development Fund and match funding from Fife Council to secure this post for a further two years from 2004 – 2006.

5. KASP Library Update

An aspect of the services that KASP provides is to make available a selection of books and materials covering a wide range of issues surrounding sexual abuse. However over the years the supply had been considerably reduced and the meagre number of books available to clients and staff/volunteers had become unacceptable.

To remedy this, successful grant applications were made to the Unemployed Voluntary Action Fund which awarded £500 towards information resources and training; and to Glenrothes Area Redesign Team which awarded £875 (the latter funds were received in April 2004 and so do not appear on the accounts for 2003-4).

Through consultation with staff, volunteers and clients, a wide selection of books were identified and purchased and the lending procedures were updated to help ease administration and minimise the number of books which go missing.

6. Additional Administration Support Required

KASP services have been developing rapidly and this had an impact on the volume of administration to the extent that additional admin support was viewed as essential. Lack of funds to employ additional staff resulted in an exploration of whether volunteers could fulfil this role.

KASP believes that volunteers should not be regarded as 'free labour' and that an exchange needs to take place whereby both volunteer and organisation gain from the partnership.

In October a pilot was established whereby a number of interested individuals (including service users) were keen to volunteer their services as admin workers to help ease the admin pressure in return for gaining essential knowledge and skills in admin work.

The success of this pilot has been tremendous. From October to March 4 admin volunteers were recruited and trained. Their input to the organisation has been of remarkable benefit and enabled the Project to develop at a greater pace than it would have without their involvement.

The return for the volunteers has been equally impressive. A significant number of them felt that volunteering at KASP, within a supportive environment, enabled them to increase their self confidence and that this helped them to feel confident in seeking paid employment opportunities. Three of the volunteers have used their experience at KASP towards gaining full time employment.

7. Co-ordination of Volunteers through recruitment of Volunteer Co-ordinator.

The Project Manager and Assistant Project Manager at KASP had historically undertaken the management of volunteers within KASP. However, the growth of the organisation, both in terms of diversifying projects and volume of volunteers, necessitated a need to secure a paid post with the remit of managing volunteers.

An application was submitted to the Unemployed Voluntary Action Fund. Unfortunately the application was not successful. There remains a need to secure funding to resource a Volunteer Co-ordinator post within KASP and this remains a priority for the coming year.

8. Continued emphasis on input to Cross Party Working Group and other Strategic Planning Forums

Historically KASP has had tremendous input on lobbying for the needs of our client group and was instrumental in the setting up of the Cross Party Group (CPG) for Adult Survivors of Childhood Sexual Abuse.

Since its launch in 2001, the CPG has held parliamentary debates, undertaken research and encouraged a broad cross-governmental approach to the issue. In response to their concerns the Minister for Health and Community Care – Malcolm Chisholm – set up a Short Life Working Group (SLWG) on the Care Needs of People who are Survivors of Childhood Sexual Abuse. KASP has had active representation on both the CPG and the SLWG over the past year and are delighted that the SLWG report is to be launched at the end of 2004.

KASP have also been involved in the strategy group tasked with developing Fife's Choose Life Action Plan. This action plan is concerned with reducing suicide in Fife.

KASP also continues to have active involvement in Fife Domestic Abuse Forum and its associated Sub Groups.

Another significant development over the past year which was not identified at the Vision Day but has been vital in ensuring effective services for survivors has been the commitment to joint working and provision of joint services where possible by the three sexual abuse agencies in Fife – KASP, Safe Space (formerly Abuse Not) and Fife Rape and Sexual Assault Centre.

Joint Working and the SALF Help line

Throughout the year representatives from the three agencies have met regularly to plan how they can work together to provide the best services for survivors. The main development that came from these meetings in 2003-4 was the establishment of Sexual

Abuse Line Fife (SALF) – a telephone help line operating three evenings a week provided by staff and volunteers from the three agencies. Prior to this each agency had struggled to offer help line support and each found that there were limitations to the service that could be provided.

The success of this service has encouraged a commitment to explore other areas of joint working for the future.

Expanding services to support Young People

A final development that occurred towards the end of 2003 was our success in gaining funding to secure a ten hour sessional post to develop support for young survivors of childhood sexual abuse (aged 16-25). This much needed service will be developed over 2004.

To sum up, it is evident that there has been considerable change and development taking place in KASP over 2003-2004. As the Project Manager I feel that this could not have been achieved without the willingness of KASP committee, staff, volunteers and clients to engage in and embrace the process. The changes that have taken place, although beneficial, have been challenging for all concerned and I am extremely grateful to everyone for their encouragement and input to ensuring that KASP continues to be a forward thinking organisation which seeks to meet the clients best interests at all times.

Marnie Collin
Project Manager

Mental Health Project Report

This service has been in place since August 2002 and covers Central and North East Fife. It replaced the previous Therapeutic Worker post based in North East Fife area that was managed by Fife Council Social Work Service.

The Specialist Worker post has been developed by KASP to meet the needs of clients who are experiencing mental ill health and find it difficult to access help or have additional needs to the therapeutic counselling process offered at KASP. These needs can be addressed through the support of the worker who can determine when therapeutic input is needed and when more pressing daily living requirements must first be taken care of through Specialist Worker input or by referral to another agency or worker.

KASP's specialist mental health service has been increasingly busy since the start of 2003 and over this year a waiting list had to be initiated.

Client work continued at Cornerstone and The Cottage in Cupar, Kingskettle, Pittenweem, Randolph Wemyss Hospital, Barony and at KASP in Kirkcaldy for central clients. The average number of clients being supported by the specialist worker over the past year at any one time has been 13.

KASP's Specialist Mental Health worker – Heather Jenkins – who had been in post since KASP took over this service resigned from her post towards the end of February 2004. This left a significant gap in the provision of this service as Heather had worked hard to establish an effective and respected service. Her hard work during her time in post with KASP has been hugely appreciated.

Instead of viewing Heather's departure as a crisis, however, it was viewed as an opportunity to restructure the post in an attempt to alleviate some of the potential problems within this service i.e. the waiting list and the potential for the service to carry a high level of stress for the post holder.

A decision was taken to employ two workers, each contracted to work 20 hours, one focusing on providing support to North East Fife clients and one to central clients. It was predicted that this may reduce the waiting list and that the workers could gain peer support from each other in dealing with the challenges of the posts.

The successful applicants to the two newly created part time posts were Cath Heneghan and Gail Ray. Both took up employment with KASP in April 2004 with Cath mainly supporting clients from North East Fife and Gail supporting central clients.

Since joining KASP their time has been spent consolidating the links previously made with other support agencies, both voluntary and statutory enabling them to provide a better package of care for clients.

"I will never forget our time together and I will look back with love and gratitude for holding my hand through the darkness of my life. I spend my days in my garden looking at life with ease and inner peace, the darkness has gone and the light has taken over. Thank you so much for your love, kindness and patience."

Domestic Abuse Support Project

The Domestic Abuse Project began in February 2001 when funding was secured to employ a sessional support worker (eight hours per week) via The Scottish Executive Domestic Abuse Service Development Fund (DASDF). 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 Abuse.

To date over 70 women have been supported through 1:1 counselling/support /crisis support and group work.

Progress has been significant since April 2003. I currently offer 1:1 counselling/support to 18 clients on a Fife-Wide basis using home visits and accessing various outreach locations throughout Fife. The flexibility and outreach aspects of the post have been positively received by clients and have made this service more accessible and affordable. Many clients have commented on how being able to meet in the safety of their own homes has increased their confidence to talk.

Support needs vary with most people receiving weekly or fortnightly support. Since Christmas 2003 a high number of clients have been in crisis bouts of depression. This necessitated increased, intensive contact for short periods of time to offer support and ensure maximum safety.

What has become apparent is the complexity of needs of clients who have experienced childhood sexual abuse and domestic abuse and the significant challenges involved in effecting change in established patterns of behaviour/thought processes. In my experience this can only be achieved through the provision of intensive-long term support/counselling and the provision of services, which are responsive to clients needs.

Following a request by Central Fife Women's Aid for specialised support/counselling for women in refuge I began offering a weekly (half-day) outreach service in Central Fife refuges in June 2003. This service has been positively received by Women's Aid workers and clients alike.

Group support is ongoing and two time-limited women's groups to address negative thoughts/build self-confidence successfully concluded in March 2004. An evaluation of both groups was undertaken with positive comments received from group members.

As planned a weekly drop-in/women's emotional well-being support group commenced in Levenmouth in January 2004. This group was established following a direct request from service users and whilst initial membership was small, from March 2004 the group offers support to 6-8 women weekly. Three service users have also offered formal input in this group, including Alternative Therapies/Meditation/Relaxation/Women's Safety Issues/Egyptian Belly Dancing. In addition to the group members benefiting from this input the three service users involved in facilitating gained greatly in confidence/experience in facilitating groups.

Input into multi agency/in-service training events has also been undertaken: Local Fife Domestic Abuse Conference, Multi –Agency Conference on 'Tackling the Taboos of Abuse', Fife Constabulary, New Integrated Community Schools, Addiction Services and Child Protection Committee.

This has been a very busy and challenging year for the Domestic Abuse Service. I look forward to the challenges of 2004-2005 with enthusiasm as we continue to ensure services provided are accessible and responsive to client need at all times in an effort to ensure the safety and personal growth of women/men.

Heartfelt thanks to all service users and agencies involved with the project over the past three years and especially to my colleagues/management committee in KASP for their on-going support and encouragement.

Lorraine Cafferkey
Domestic Abuse Support Worker

The following is a letter received at KASP by a client of the Domestic Abuse Project who has given permission for it to be printed.

*“To everyone at KASP
Especially Lorraine*

As a human being who found myself confused, frightened and emotionally traumatised by the realisation that I had been, was being and may become in the future a victim of childhood abuse, through the repetition of past acceptance of situations that were not right, I found understanding, acceptance, quiet time for reflection, space to clear my head and opportunity to discover my self esteem and strength of character to accept the past, deal with the present and plan positively for my future – which at one time I thought I had no control over.

Lorraine listened without making me feel ashamed of what I had spent most of my adult life trying to deny. When I cried she gave me space and made no demands on me.

When I describe relationships that were damaging and frightening she understood that these important people in my life were still people I loved, whose behaviour I was not responsible for.

GP’s treated me with anti-depressants, referred me to psychological services but I could not suppress the feelings of guilt, shame and fear that had stopped me from being able to say No! and to make changes. Now I can.

I hope others who need the services that Kirkcaldy Abuse Survivors Project provides will not have to depend on luck. Proper funding should be available to ensure this service is freely available to all who need it and that those dedicated team members are recognised for the skills and compassion that they show to other human beings in need of support and understanding.

Yours sincerely...”

Counselling

“ climbing the stairs for the first time was bad enough, sitting in the room waiting for my counsellor was agony, stomach ached, palms were clammy and all I wanted to do was escape, out the window, down the stairs and to run far, far away”

Counselling is the core service that KASP provides and without the courage of our users we would not have a service. Referrals this year have come in thick and fast, and due to this our waiting list was placed, for at least 6months of this year, at 4-5months for a first appointment.

This has not been an ideal situation, but project users are informed during their information session of additional support that they can access i.e. crisis support sessions, support sessions and the help-line.

The backlash from this is that unfortunately we can lose some people, but hopefully they will have taken on board some of what was given to them at the information session. If they need KASP again, they will hopefully feel more at ease to pick up the phone and make that call.

As part of the projects on going development, the staff team continually look at ways to improve this service.

Training And Presentations

Again this year KASP have been approached by agencies to provide training and workshops on Childhood sexual abuse including

Lomond Trust Addiction Services
FRASAC Contact Point, Kirkcaldy
Fife Constabulary –Sexual Crime Training
Fife Domestic Abuse Forum

Which section of the training did you like most and why?

“Exploring fears and ‘taking care of yourself’.”

“How to communicate with abuse victims. But I found it all beneficial. And speaking to professionals who work with survivors of abuse.”

“All. Open, friendly – not too heavy!”

“Case study, made us think of what we had read and how we each perceived it.”

“All sections were informative.”



Training Facilitators: Lynn Simpson, Lorraine Cafferkey, Marnie Collin

Groupwork

As usual, this year KASP has been very busy group wise.

Women's Support Group

In May 2003, Women's Support Group had it's 1st group meeting. This group meets every alternate Thursday's in the group room. This is an open informal group that women from a previous group had requested further group support.

As facilitator I have been very lucky to be involved in this group and have watched the women grow, trust and support each other. It can be a very lively group who are not frightened to tackle any issue and meet it square on.

As a worker I have also been privileged to learn so much from this group of women. Due to the group being so popular at one stage we had to put a cap on the numbers as we could only get 10 chairs in the room!

Benefits identified from clients attending this group

- *To be able to listen and talk to other women who have been abused*
- *Identification*
- *It helps to know that it didn't just happen to me*
- *To be able to talk about how you are feeling*
- *Felt supported by the group and have felt able to support others*

Thinking Positive Group

This is another popular group. This group took place from October 2003 with a break for Christmas finishing in the spring of 2004.

This was a small closed group. The emphasis of the group was to concentrate on the positives and not dwell in the negatives and hopefully in the exercises and discussion, change negatives into positives.

The group worked extremely hard and celebrated their hard work with a day away in Dunkeld, which was lovely. The group process for some had been quite hard and painful but from this there had been movement and growth, fun and laughter.

"For the first few weeks, a bit uncomfortable and uneasy, then after relaxing a bit, I began to realise that after talking and listening (which was essential) I wasn't as mad as I thought I was or had been told! It was like a giant weight lifted from me"

"It has made such a change in my outlook-I feel for the first time in years and years- clean. I don't feel so "tainted" by events of the past. I feel as if I've had a real "body and soul shower""

Drop-In

Drop-in was reinstated in October 2003; this is a space for users of the project to meet up with other users. It has been relatively quiet space but as one user put it, "Knowing that it is there, is what counts". There is an opportunity to use the computer / Internet while Drop-in is on.

“Going out “Group

Six women meet every 6-8 weeks to try out different experiences in the safety of the group, these experiences range from meditation and hand massage, belly dancing, visiting the Edinburgh Festival, eating out, visiting the bingo. As a way to continue increasing self esteem and self confidence, this group provides a safe space in a friendly environment to do stuff that you have always wanted to do, but never courageous to try and if you decide this is for me and you want to explore further you can!

“ I’ve often thought about relaxation techniques, but didn’t know where to start, the meditation was good so good that I went and bought a tape and some incense sticks, and I make” me” time at home to do this “

“It’s just good to get away and have a laugh and just be like everybody else”

Below is a letter received at KASP from a group member who gave permission for it to be reproduced:

“Dear Friends

The first day I attended the group, I was extremely cautious and nervous and feeling very insecure indeed. But then I met you and I realised you all understood me and I began to feel acceptance, which was a strange, new, but welcomed feeling. Some of you who were here in the beginning may not be here in person today but they are surely in my heart and thoughts as they were a part in my development as the weeks have progressed.

We have all shared a vast range of our emotions with each other, happiness, fear, sorrow, but most of all; I appreciate the unconditional love that each and everyone of you have showered me with. You have all helped me to realise that I can stay a “victim” forever, or proceed onwards and head for success. It would be easy and less effort for me to remain as a “victim” for the rest of my days – But – with everyone’s help I’ve realised that I deserve to be more. I am not pulling blinkers over my eyes, in surmising that it won’t be a struggle to do this but we never gain without pain do we? Thank you all for your love and support during this group, you have helped me to find enthusiasm, courage, self worth.

Extremely cautious and nervous and feeling very insecure indeed. But then I met you and I realised you all understood me and I began to feel acceptance, which was a strange, new, but welcomed feeling. Some of you who were here in the beginning may not be here in person today but they are surely in my heart and thoughts as they were a part in my development as the weeks have progressed.

We have all shared a vast range of our emotion with each other, happiness, fear, sorrow but most of all, I appreciate the unconditional love that each and everyone of you have showered me with. You have all helped me to realise that I can stay a “victim” forever, or proceed onwards and head for success. It would be easier and less effortless for me to remain as a “victim” for the rest of my days –But – with everyone’s help I’ve realised that I deserve to be more. I am not pulling blinkers over my eyes, in surmising that it won’t be a struggle to do this – But we never gain without pain do we? Thank you for all your love and support curing this group, you have helped me to find enthusiasm, courage, self worth, acceptance, the list goes on and on but the thing I value most is all your love.”

The groups at KASP have been facilitated by:

Lynn Simpson
Assistant Project Manager

Lorraine Cafferkey
Domestic Abuse Support Worker

Balloon Launch 2003

September is the month where projects all over the country, take part in raising awareness of the prevalence and effects of childhood sexual abuse.

On September 27th 2003 at Pittencrief Park, KASP with Safe Space (formerly Abuse Not) held a balloon launch.

As part of this campaign both projects felt the launch was a very fitting way to demonstrate our commitment to the issues of childhood sexual abuse while giving our users an opportunity to be part of campaign but also providing a space where they were able to communicate their thoughts sensitively.

A small group of people met on the Saturday morning to launch purple balloons above the Pittencrief Park. Each balloon had a personal message attached.

One user from KASP was there on behalf of the women's support group and launched 7 balloons for the group members, as some felt it was too scary to attend. Also at KASP we had tags available for clients who wanted to write their personal message on it. The message was attached to the balloon and set free on the day. So although clients were unable to attend their thought and words were represented.

All had a good day even though the weather let us down.

Monitoring and Evaluation April 2003-March 2004

Quantitative

The process of revising and adapting KASP monitoring and evaluation systems to create a system that best meets organisational and client needs has taken the best part of a year with many systems being piloted and adjusted before a suitable system was identified. Consequently, it has been difficult to obtain detailed comparative quantitative information for the entire 12 months.

The following information was readily available.

Total Counselling Sessions Delivered	1,296
Total Information Sessions Delivered	168
Total Crisis Support Sessions Delivered	48
Total Help line Calls Delivered	260
Sexual Abuse Line Five Calls (from Jan to March)	20

With our revised system of monitoring and evaluating services we are confident in our ability to provide a detailed breakdown of statistics for the different Projects within KASP for the next financial year (2004-2005).

Qualitative

From our qualitative evaluation we have managed to capture meaningful information regarding how our clients experience the services we provide. Throughout the report we have included quotes that have been captured regarding each of our services through our qualitative evaluation systems.

Focus Group

As part of KASP's ongoing evaluation of our service provision two focus groups are organised each year.

The first group of six female service users met on 23rd March 2004.

The information below outlines some of the main areas addressed and responses received.

- **What do you think KASP provides at the moment?**

The group were very focused with this answer; they all agree that KASP is a supportive safe haven, somewhere, where you feel free to talk. Staff are easy to talk to, encouraging and very supportive.

"always get back to you, won't just leave you"

KASP is not just a place that you come to talk; KASP provides other resources, referring on to other agencies. KASP is in the heart of the community, central location easy to access. KASP opening hours offer 3 evenings a week, easily accessible for anyone that works.

"a place to turn to, in the past nothing"

All the women in the group felt accepted and believed by the project.

“if the project believes in me then I can start believing in myself”

- **Had you contacted any other agencies for support?**

All 6 women had in the past contacted their GP's and in turn referred onto psychologist's, psychiatrist' CPN's.

They felt unsupported and unheard, faced with negative attitudes and no understanding of the impact of being abused as a child. The professionals were interested in treating the illness not the person. They felt disbelieved at times. It was acknowledged by one group member that she felt that attitudes were changing and the service is a bit better than it was.

“ being judged as having a screw loose by other services”

At KASP the group felt that CSA was acknowledged and the effects and impact of the abuse was accepted and worked with in a genuine, non-judgemental empathic way.

- **Do you get the type of services that you would like from KASP?**

All 6 women felt that the service that they received was what they had wanted. The services consisted of counselling, support and group work. The women emphasised the importance of social outings with the group. They discussed how in the past due to lack of confidence to go out socially had become extremely difficult. One woman commented on how she felt transparent, like everyone could see right through her but in the group it seemed different, you felt safer, you were with women that you trusted who had similar difficulties and it was okay. In the group, although scary at first, it was good to be with other women who they were able to build trusting relationships with and in doing so, were able to when they felt confident to transfer their skills into the wider community.

“ it was nice that it was our ideas”

Group work was acknowledged as the way forward after counselling. You were not on your own; although difficult you were able to help each other while learning from each other. The women felt safer with a group facilitator. One woman found facing up to her CSA extremely painful and thought about not coming back after the 1st session.

“ if it wasn't for the group where would I be, couldn't talk at the start, now look at me”

- **Do you think the project has affected your personal situation?**

All 6 women felt very similar; KASP had had a huge impact on their personal situation. There was a feeling of greater understanding of themselves plus heightened self-awareness of how they function as a person. Confidence and self-esteem were far greater but that doesn't mean the women don't have bad days, when they do there is a better understanding of themselves and the issues behind it.

“a nice warmth in me now”

“ feel connected again, this body is mine”

- **Are you aware of anywhere else locally that you could get this type of service?**

Abuse Not in Dunfermline

- **Can you suggest any changes/ improvements to any aspects of the service?**

More alternative therapies, art therapy, relaxation etc

At group sessions time to socialise at the end of a session, time to wind down before you go home, opportunity to leave thoughts, feelings and emotions at KASP.

Refresher group to see how everyone has progressed.

- **Any other comments**

“ Thank god for KASP!!”

What KASP plan to do over the next 6 months in response from the feedback is to continue providing a quality person centred service.

Group work was highlighted as a valuable part of this service and although scary to start with, very much felt like the way forward. Therefore KASP plan to continue to develop group work, the Women’s Support Group will continue to meet alternate Thursday’s but staff will look at providing a similar group on an evening. Hopefully also providing a structured closed group at KASP but also looking at the feasibility of providing similar group work out with the Kirkcaldy area.

Group outings were another popular service and something that staff hopes to continue to develop further.

Alternative Therapies was requested as an improvement to the service, this may involve identifying funding for this, alternately using the services of volunteers, this is something that KASP hope to explore over the next 6months.

I would like to take this opportunity to thank the women who agreed to be involved in the Focus Group, their input is vital in the continued development of KASP.

Lynn Simpson
Lorraine Cafferkey

Thank You's

KASP relies heavily on the good will of others in supporting our work and helping us to provide a service. Without such support we would be unable to provide a service.

We would like to dedicate this page to say thank you to all of those who help us in the work that we do. To the committee, the staff team and all KASP volunteers a huge thank you.

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We would like to also thank the other agencies that support our work and most importantly we would like to thank survivors of childhood sexual abuse whose courage inspires us in the work that we carry out.