

# Kingdom Abuse Survivors Project



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## Staff and Volunteers

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### MANAGEMENT COMMITTEE

Val Morgan	Chairperson
Dave Gillan	Vice-Chair
Mary Miller	Treasurer
Flora Couper	Secretary
Berenice Gallacher	Member
Marlene McMillan	Member
Lyall Allan	Member

### STAFF

Marnie Collin	Project Manager
Lynn Simpson	Assistant Manager
Gail Rae	Mental Health Specialist Worker
Cath Heneghan	Mental Health Specialist Worker
Lorraine Cafferkey	Domestic Abuse Support Worker
Mary Hepburn	Young Persons Support Worker
Juliet Sherriff	Befriending Volunteer Co-ordinator
Susan Lynch	Administration Assistant

### VOLUNTEER COUNSELLORS

Margaret Dearie	Angela King
Davina Carkit	Roberta Mingay
Liz Scott	Bernadette McWilliams
June Simpson	Helen Shanley
Alice Beveridge	

### SELF HELPLINE VOLUNTEERS

Elizabeth Malcomson	Trudie Paterson
Karen Porter	Nicola Johns
Ruth Gilmour	Lesley Ness
Christina Rae	Kay Scott
Wilma Johnstone	Michelle Whiteley
Val McGhie	Audrey Mann

### OTHER VOLUNTEERS

Sandy Fraser and Nikki Krucyk	Administration
Lorraine Crawford	Meditation Group
Silv and Mike	Information Technology
Irene Falconer	Website

# Overview of KASP Services

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***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.

Young Person's Project – KASP has piloted the employment of a young person's worker to support adult survivors of childhood sexual abuse who are aged 16-25. We hope to attract funding to initiate this as an integral service of KASP.

# Chairperson's Report

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Another year of involvement with KASP is ending as we approach our AGM, a time of reflection.

Firstly, I must thank various people on behalf of myself and also the management committee for their commitment, to KASP, and wish them well in their new ventures.

Alice Docherty our Project Administrator has left. Thank you for supporting us at KASP and good luck in the future. We are delighted that Susan Lynch has joined us, bringing new skills to the post. Susan was previously one of our volunteer administration workers.

Dave Gillan, Vice Chairperson, who has given much wise counsel, has resigned due to other commitments, but has assured us all, that "he is only a phone call away if need be!" Thank you Dave for all your hard work, support, but most of all good humour.

We would like to welcome our new Befriending Co-coordinator, Juliet Sheriff, and wish her well in this new position. This is a new flexible support service we are offering to service users. Further evidence of our need to continually develop the service we offer and provide. To all new volunteers who have joined us in many capacities welcome and thank you for your important contributions to the project.

KASP has undergone much 'I.T. Upgrade'. Still a bit of a mystery to me, I have to confess! We are extremely grateful for the hard work and dedication to this project by a supporter of KASP, who has worked tirelessly to bring our I.T. system up to scratch. Thank you so very much for all your efforts. This has enabled internet support to clients as well as a much more effective system generally.

At KASP I think we do truly work as a team, having but one aim and that is to provide the best quality service that we possibly can.

Marnie Collin, Project Manager, always seems to find innovative ways to make our financial resources stretch that bit further. Thank you Marnie. Continuous networking on all levels by every worker helps to raise awareness of the project. Every point of view and thought is important.

During the past year Reid Howie Associates looked at our service and that of FRASAC and Safe Space. A full report was written and interesting thought provoking ideas suggested. We will now take time at all levels, Management Committee, staff and service users, to consider these possibilities.

Our AGM this year is jointly with FRASAC, who now also enjoy our company in Townsend Place. A move which has been very successful.

This year we are celebrating the tenth birthday of KASP. A great achievement, when I think of all the serious funding issues over the years. A group of service users have come together to look at ways we can celebrate this event. It is going to be exciting. Thank you to them for their hard work, effort and time putting this event together. There will be something for everyone and I hope as many people as possible will help us celebrate.

Finally, as I said in my report last year, the management committee is not all hard work. We do very much welcome ideas, suggestions from anyone to improve the service. Or better still come and join us on the management committee.

Thank you

**Val Morgan**

## Vice Chairperson's Report

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I am primarily a fisherman; all other aspects of my character being secondary to what constitutes a good angler. Now given that the most accurate description of a fisherman I've ever heard was "a stick and a string, with a worm at one end and a fool at the other", I recon I've indeed been fortunate over the past couple of years at KASP not to have been found out!

I have enjoyed the company of people whom I respect, witnessed the maturation of a vital specialist service, and have marvelled at the courage demonstrated by all in their unfaltering commitment to survivors. It is both a pleasure and a privilege to have participated in your work.

**Dave Gillan**

## Treasurer's Report

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### **Core Funds**

Over 2004-5 core funding of £40,700 was received from NHS Fife and £54,736 from Fife Council. These funds cover the employment costs of the Manager; Assistant Manager and Administrator; the volunteer counsellor costs and the running costs of the Kirkcaldy premises.

### **Specialist Mental Health Project**

A Mental Health Specific Grant of £23,988, and a contribution of £5,150 from NHS Fife continued to finance this Project. These funds, combined with an under spend from previous years, enabled the staffing of this Project to be restructured from one full time support post to two 20 hour support posts. This has been beneficial in terms of peer staff support and staff cover during periods of annual leave. It has also enabled more clients to be supported through this Project.

### **Domestic Abuse Project**

In 2004, KASP were successful in gaining a 2 year grant from the Domestic Abuse Service Development Fund (DASDF) and Fife Council. Over 2004-5 DASDF contributed £23,759 and Fife Council contributed £11,880 in cash and £11,880 in kind. This has been a significant increase in funding for this Project and has brought enhanced stability to the service.

### **Other funds received**

#### *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.

*The George McLean Trust*

KASP received £300 worth of grants on behalf of service users from the George McLean Trust.

*Glenrothes Area Redesign Team*

Provided £875 to enable KASP to develop our information resource by purchasing books and journals.

*Co-operative Community Dividend*

Contributed £250 towards group work at KASP.

*Diosynth Ltd*

Made a donation of £250 towards the Sailors Rest Group.

*NHS Fife*

Donated a grant of £500 towards the production and distribution costs of meditation CD's through KASP's meditation group.

*Unemployed Voluntary Action Fund*

A £365 grant from the Unemployed Voluntary Action Fund was utilised towards expenses for KASP admin volunteers.

*Donations*

£2,918 of donations were received over the financial year.

*Training and Newsletter Fees*

£796 was raised through the provision of training and the KASP newsletter to other agencies.

We would like to thank all of our supporters who have contributed financially to KASP over the year. KASP ended the financial year with an unrestricted fund of £8,059. This enabled an increase in our total unrestricted funds from £22,982 to £31,041 which we have allocated as a reserve fund to cover 3 months running costs.

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

**Mary Miller**

# Project Manager's Report

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I was struggling to think about how on earth I could pull all of the vast volume of work that KASP undertakes and bring life to it to enable a true appreciation of what we do here at KASP. Then it occurred to me that the last time we grappled with the question of pulling together all of our services into a coherent picture was during the initial stages of creating our custom built database.

After much deliberation and frustration our volunteer systems analyst came up with the concept of 'the client lifecycle' to capture all of the potential elements of a client's experience of support at KASP. And so I am going to present an imaginary client – Jade - and her hypothetical journey or lifecycle through KASP to illustrate how all the services of KASP work together to provide the kind of support that survivors tell us they require.

We start with an individual who is experiencing intolerable psychological distress and presents at their GP for advice and support. She is given contact information about KASP but cannot pluck up the courage initially to make personal contact. She notices that there is an e-helpline contact and nervously constructs a tentative email giving only her name and asking what we can do, then she hits the 'send' button.

The next morning the email is picked up and responded to by a KASP counsellor. For two weeks Jade and this counsellor correspond via email. The counsellor tells Jade about our MSN instant electronic support and Jade decides that this feels like a safe next step. For the next 4 weeks she speaks online to a KASP counsellor every Wednesday evening and begins to develop a thread of trust that these people might be able to help her. Still she feels unable to come into the centre but decides that she could accept a home visit for an information session with a view to possibly setting up counselling. She then arranges an information session appointment over MSN.

Within the next week a counsellor arrives at Jade's home and spends time talking to her about what counselling involves and informing her of some of the other services that KASP has to offer. Jade decides that she would like to try this but is disappointed to hear that there is a 4 month waiting list for this service. She is however glad to hear that the counselling that KASP has to offer is not time limited and that there is the option of support while she waits for her first counselling appointment.

While Jade is waiting to be allocated a counsellor there are moments when she feels the pain is too much to bear and so she phones the KASP helpline and arranges for someone to come out and see her for 'crisis support'. She also continues to make use of the MSN messenger support on Wednesday evenings. In addition, she takes comfort during this time from logging onto the KASP website Forum area and reading the messages of support that survivors are sending each other though she doesn't yet feel ready to join in.

Eventually Jade is allocated a counsellor and meets the person who will accompany her on what will become for Jade a two year journey of healing. Jade meets with her counsellor once every week – sometimes when things are becoming particularly difficult Jade will have periods of meeting twice weekly. At times saying the words feel too hard in the session and occasionally Jade will go home and write down her feelings and then email them to her counsellor. She will get a carefully considered email response from her counsellor and can choose to talk this through in her next session. She may also decide at times to call her counsellor for words of support between sessions. Sometimes her counsellor is not available when she calls but Jade is re-assured because at such times she can chat briefly with KASP's administrator who she knows and trusts to speedily pass the message on.

In making sense of her experiences Jade decides she would like to read about some of the issues she is grappling with and her counsellor may then recommend particular books or fact sheets that Jade can borrow from the KASP library. The counsellor may even spend some time researching the Internet or journals for particular information to help Jade.

As her counselling progresses Jade begins to contribute to the KASP website forum and enjoys the peer support she gains from this. She feels she might quite like to join a group within KASP to benefit more from peer support so she checks the KASP newsletter that has just arrived through her letter box to find out what groups she might like to access. She decides to try out the women's group and finds that she benefits from the sense of belonging that this gives her. She also comes along to the meditation group to help her relax during times of stress.

Two years down the line and after a great deal of hard work, Jade is feeling much stronger, she is considering ending her counselling but feels there will be a big gap in her life now and she is worried about how she will fill it. She enquires about the KASP befriending service and decides that she would like to be matched with a befriender who can help her take up social opportunities. Jade ends her counselling but continues to see a KASP befriender for the next 6 months. Through this Jade tries out new social activities and establishes a sound social network. At the time that her befriending relationship is about to end Jade is feeling in control of her life. She has successfully applied for a new job and enjoys going out and spending time with her friends. Occasionally things can still get on top of her and at these times she might phone KASP for support or have a one off support session – knowing that she can do this helps her feel safe. In the main she is getting on with her life and feels that her life is no longer defined by the effects of abuse.

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I hope that Jade's story has given a flavour of the range of services that we provide here at KASP and how they contribute to survivor support. I think that for too long a lot of this support has been invisible and even the support staff themselves have not recognised the vast volume of support that they provide. The process of writing the annual report enables an appreciation of the tremendous amount of work that is undertaken within KASP and affords us an opportunity to take the time to reflect and appreciate what a magnificent service we provide for survivors of childhood sexual abuse in Fife. At times it can feel overwhelming. As I think about the difficult act of balancing all of our working commitments as the service has grown I visualise it as the staff team and volunteers standing in a circle passing juggling balls to each other, then a few more balls are passed in and we manage to incorporate them without too much adjustment, some of us are then asked to juggle our own balls as we also continue to pass the initial balls between us. Sometimes we have to quicken our pace in managing the juggling balls to make up for temporary staff absences. Occasionally we think we cannot manage any more balls but a really shiny spectacular ball is offered and we can't resist and so accept that into our circle.

I feel that we have reached a stage in KASP history where our current structure necessitates that we cannot risk accepting any more juggling balls, regardless of their glittery temptation. Instead we need to take the time to bed down our skills and knowledge in managing all these balls and handling them with expertise so that we are resolutely confident that none will fall.

I would like to convey my admiration and gratitude for all that our staff and volunteers do in managing the juggling act that is required to provide such depth of support. And to all of the Jade's out there I would like to say that we feel humbled and privileged that you allow us to walk alongside you in your journey. Your courage and magnificence provide our motivation to juggle.

**Marnie Collin**

# Assistant Project Manager's Report

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## Support Delivered through Core Funding

During the 12 months from our last Annual Report KASP, core funding has enabled the provision of:

- 403 counselling sessions
- 30 information sessions ( clients who attended )
- 25 support sessions
- 83 telephone/crisis support sessions
- 22 Group sessions

Our core service is provided by 1 staff member and our loyal and dedicated team of volunteers.

Stats and figures are extremely important for any annual report and demonstrate, especially to funders, what KASP has achieved over the last 12 months and the support that has been offered to our clients. I see it like the bones of the project. This gives us no insight into what I would call the actual heart of the project "the feelings and emotions", the time spent with clients, the time spent answering the telephone, the time spent with our volunteers. The human touch that is so important to KASP. So what I have decided to do is to tell you a little about the human touch.....

- Taking a group of women to the Christmas market in Edinburgh and going on the hobby horses, as a child, one woman had always wanted to do this but never felt brave enough but now knows exactly what it is like!
- Speaking for the first time about what happened to you, and being believed!
- Being able to ask for a cuddle when you feel sad and know that it is ok.
- Hold down a part time job even in days when you feel so crap that you can't be bothered to get out of bed, but you make the effort and go.
- Being able to email the project for help when you are still not to sure if you want help or if you can trust anyone fully yet.
- Being able to say it how it is and you know you won't feel judged and in fact your counsellor will pat you on the back and say well done!
- Saying thank you with a big bunch of flowers but knowing that if you feel a bit wobbly you can pick up the phone and speak to someone.
- Learning to like you and have fun by going to the park and playing on the swings.
- Apologizing for using all the hankies!
- Helping someone to see that maybe there is something worth living for; they had just lost sight of it.

This is some of the humanness of KASP, which without there would be no stats. Every stat tells a story, whether it be a guy phones for help from Portsmouth or a client who attends for weekly counselling session. This is KASP.

Every year we seem to get busier and busier, media coverage of childhood sexual abuse is ever prominent and with that enables survivors to come forward and look for help and support to make sense of what has happened to them, whether that be in talking it through, confronting their abuser or in some cases going to the police and hoping for a conviction. What we hope to happen is that as ever funding for our project and similar become more secure so that survivors who take that step will be guaranteed a service for years to come. With that we get back to the stats and the need to keep proving how much this resource is needed and will continue to be needed.

**Lynn Simpson**

# Mental Health Project Report

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From April 2004-March 2005 the Mental Health Project has provided:

- 334 counselling sessions
- 35 information sessions
- 19 support sessions
- 5 crisis support sessions
- 2 group support sessions

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 which was managed by Fife Council Social Work Service.

In February 2004 the full-time worker, Heather Jenkins resigned and it was decided that the post should be split into two 20 hour posts and Cath Heneghan and Gail Rae took up employment in April 2004.

Each worker originally supported 5 clients per week and this has now risen to 7 per week, with most people receiving support on a weekly basis. We also have the capacity to support clients on a twice-weekly basis during crisis and can also provide flexible support to meet clients' needs.

We undertake a lot of outreach work in the North Fife and Central Fife areas and have tried to improve on existing and build new links with the community.

## East Fife

In reviewing the past year, my first thought is 'How did Heather manage this on a full time basis?' In truth, there have been days when I have felt I've not done very much. But then there have also been days when I have been left washed out, wrung out and depleted. Although my title is Mental Health Worker, all Kasp's counsellors support clients with their mental health. My clients tend to perhaps have more than their share, are presently in crisis or are already in psychiatric care.

The highs have been the awesome privilege of sharing with clients the deepest moments of their despair. In these moments, I have been profoundly moved by their courage and, against all the odds, that they will still risk reaching out and trusting someone, maybe even for one last time.

I've also enjoyed the opportunities the post has provided for liaising with other support workers. Becoming part of a wider network of care for a client has given me knowledge about what other help is available and has afforded me the experience of standing my ground in the face of some 'disagreement.'

The lows have been when institutions seem to lack the sensitivity my clients so need and deserve and the times when it feels impossible to help. But I have also found to my amazement that my clients are often stronger than I sometimes believe. And this lifts me also.

I have had a great first year with KASP. The kindest of colleagues, the best of clients and learning beyond what I thought I could pack in in a year!

**Cath Heneghan**

## Mental Health Project Report *cont'd*

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### Central Fife

This last year has been a great big learning curve. At first I wasn't too sure of my role as I thought all survivors' mental health was affected by their experiences. As the year progressed, I began to realise just how much their experiences have affected their lives and it was then I began to understand why KASP had Mental Health Specialist Workers. Over the year, I've learned how fragile people can be and yet in that fragility they are still surviving.

I've also been involved in providing electronic support via MSN Messenger and this has been a rewarding area of work. From a slow start, this has built up to a number of regular users.

I'd like to share with you "Sally's" story:

*Sally had previously been a client of KASP. She felt she had a good relationship with the counsellor she was working with at that time and wanted to restart counselling with this counsellor. Unfortunately, the counsellor was not available and Sally was offered another counsellor.*

*Sally was really anxious about this and wasn't sure if counselling would work with the other counsellor. Sally contacted MSN and spoke to this other counsellor before the counsellor visited Sally. Through this contact, Sally agreed to meet the new counsellor and her previous counsellor went along to introduce them.*

*From a slow beginning, a relationship built up between Sally and the new counsellor. This happened initially via MSN as Sally was too anxious to speak face to face. As time went on, Sally used MSN to say the things she was unable to say face to face.*

*A year on, Sally and the new counsellor have now built a good working relationship, which is enhanced by contact on the MSN but where the majority of work is done face to face.*

This has been a good year and I am looking forward to the next part of my journey with KASP.

**Gail Rae**

# Domestic Abuse Project Report

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From April 2004-March 2005 the Domestic Abuse Project has provided:

- 242 counselling sessions
- 23 information sessions
- 23 crisis support sessions
- 19 group work sessions

The Domestic Abuse Project began in February 2001 when funding was secured to employ a sessional worker via the Scottish Executive 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. It soon became evident that a part-time post could not realistically meet the demand and a grant received from Kirkcaldy and Levenmouth Local Health Care Co-operative allowed the post to increase to full-time for a year until funding was secured (until March 2006) through Fife Council and the Domestic Abuse Service Development Fund.

It is hard to believe that I have now been in post for over 4 years! I am pleased to report that progress has been significant and in the twelve month period over 90 women and 5 men have been supported. Support needs have varied between individuals depending on need; with most people receiving weekly/fortnightly support. I currently offer 1:1 support to 15 clients on a Fife wide basis. People are seen in their homes/various outreach locations allowing the service to be accessible and affordable. Many people have commented on how much safer they sometimes feel being able to be seen in their own home. In addition I support approx 20 women through various group sessions. (The Sailors Rest Group, Swimming Group and Lets Get Out Group).

Comments from evaluation questionnaire on counselling.....

*"It helps me discuss and work on any problems I have much easier than I used to..." "Helps me think more clearly about things and make sense of muddles!" "I think my counselling is doing me a lot of good...I felt worse before I began to feel better..." "I tried other counselling before coming to KASP but didn't like it but I am getting on better here and feel good too!" "You have helped me see that I can stay a VICTIM forever or move on towards success and your belief in me will help me succeed-THANK YOU!"*

Comments in the group evaluation included

*.."Teaches you how important you are to yourself." "Provides the opportunity to test out new relationships, learn to trust." "Providing the chance to try new things-gives you confidence." "Practical help". "The world seems smaller now that I've come out of my house!" "Since going in the train to Edinburgh for the first time ever and trying something new I have gained the confidence to try new things." "I like living in the light instead of darkness!"*

## **Domestic Abuse Support Project *cont'd***

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Ongoing work has continued in Central Fife Women's Aid refuges. 18 women have received counselling/support in refuge. In addition 7 women have received ongoing/follow-up support on leaving refuge. This follow-up support is currently not provided by Women's Aid due to funding restrictions and it is felt that on-going support is essential in some situations to ensure maximum safety of women and their children being reintegrated back into the community. Support on leaving refuge has also included financial support/advice/referral to the agencies Home start/drug/alcohol Projects.

Input into multi-agency training has been ongoing - Fife Domestic Abuse Conference "Emotional Abuse Hurts too" Raising Awareness Seminars and Black and Minority Ethnic Training seminars on Domestic Abuse.

This has been another busy and challenging year and I look forward to the challenges of 2005-2006 with enthusiasm and with maximum effort to ensure the safety and personal growth of women/their children.

Sincere and heartfelt thanks to all service users for their inspiration, trust knowledge and courage! Thanks also to our invaluable volunteers, colleagues/management committee/agencies working alongside KASP for their ongoing support, encouragement and commitment.

**Lorraine Cafferkey**

# Young People's Project Report

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From April 2004-March 2005 the Young Persons Project has provided:

- 141 counselling sessions
- 10 group work sessions

I was recruited as the Young People's counsellor/support worker in July 2004 and after a month of induction; I became familiar with the project's policies and procedures. I then started to promote the new post by writing letters to local statutory and voluntary organisations introducing myself - and made visits to various local projects.

I became conversant with the objectives of my post which was to provide a service which would improve the health and emotional well being of young people aged 16-25, who had suffered childhood sexual abuse.

I have aimed to do this by providing holistic counselling and support, maximising the safety of the young people and addressing the isolation and inequalities often experienced by these clients. I have also focused very much on empowerment of my clients, thereby helping them to take charge of their lives and have provided information and advice on matters of sexual health. I feel my aims have been achieved through one to one counselling, group work, training, telephone, crisis support and, with the increased popularity of our website and e-mail.

My experience of working with adult clients as a volunteer in KASP encouraged me to apply for this post. My motivation was to provide intervention as early as possible-before the young people were faced with failed relationships both with partners and their own potentially vulnerable children.

In the period July 2004 till April 2005, I have supported twelve young people through one to one counselling and four of these joined a small group which was held in KASP each Thursday evening. Ten young people have received telephone support and two e mail regularly.

I recently asked my clients to complete a questionnaire and was extremely pleased with the feedback received. Their comments are included here in bold. The young people told me that they had found out about KASP in the following ways:-***Through, either a family member, College personnel, their G.P. or previous clients.***

When asked how they found the experience of accessing the service, they replied that they found it:-***Easy, welcoming, friendly and-straight away, it felt like having a friend.***

I then asked them to tell me the services KASP provided for young people at the moment, they replied:-***help & support, best of help, a key to unlock your personal self, counselling and groups, support and assurance.***

The next question asked if they had contacted any other agencies for support, they replied:-***No***, one answered ***No, I wouldn't, KASP is all I need*** and another also felt that ***the people there are very understanding.***

When asked if they got the type of services they wanted from KASP, all of them said ***Yes*** and one added ***and more.***

## Young People's Project Report *cont'd*

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When asked if they felt the service had affected their personal situation, the answers were all a resounding **Yes**. One added **Yes, for the better**, whilst another said **Yes, in a good way**. Yet another said **Yes, I feel better about myself**.

The final question asked for any additional comments and the replies were:-  
**My life doesn't feel so stressful, I still get my bad days, but I can always talk to the people at KASP and I love it at KASP, it is great to have people to talk to.**

Many issues have been addressed and tackled as part of the service, including:- Substance misuse, self esteem, depression, homelessness, budgeting, housing and employment, as well as self harm.

I have participated in training, benefiting my own development e.g. Workshops in Self Harm, Bullying and Suicidal interventions and have also delivered training to groups in local Colleges. Because of the limited flexibility afforded by a ten hour post, I have found that my work has had to be delivered in KASP's premises in Kirkcaldy. However, because of the willingness and co-operation of my team members, I have been able to make internal referrals for agoraphobic clients as well as those who have benefited from complimentary therapies.

For the past nine months, I have found the work here at KASP to be challenging but extremely rewarding and hope that in the coming year this service will not only be sustained but hopefully expanded so that we can reach more young people whose lives have been blighted by Childhood Sexual Abuse.

**Mary Hepburn**

## Training and Presentations

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Over the year KASP has responded to a range of requests for training and presentations:

- Domestic Abuse Conference: "It Hurts Too"
- Police Sexual Offences Training
- 'Self' Training
- Kennoway Health Visitors
- Volunteer Counsellor Induction Training
- Domestic Abuse Awareness Raising Training
- Dissociation Workshop
- Tackling the Taboos of Abuse Conference

### **KASP's Involvement in ASIST - Applied Suicide Intervention Skills Training**

The Scottish Executive's Choose Life strategy was launched in December 2002 and forms a key part of the National Program for Improving Mental Health and Well-Being in Scotland. The strategy and action plan aims to ensure we take action nationally and locally to build skills, improve knowledge and awareness of 'what works' to prevent suicide, improve opportunities to prevent premature loss of life and provide hope and optimism for the future. Choose Life decided to develop a National Training Strategy to deliver training within Scotland.

The training that has been used is Applied Suicide Intervention Skills Training (ASIST)

ASIST was developed in Canada in 1983 by a partnership of four mental health professionals in conjunction with the Canadian Mental Health Association and the government of Alberta. They worked to develop a suicide intervention training programme that would be suitable for both professional and other caregivers. ASIST is a 2-day intensive, interactive and practice-dominated course aimed at enabling people to spot the risk of suicide and provide immediate help to persons at risk.

I was lucky enough to be selected to be a trainer for ASIST and took part in a week's training for trainer course in Glasgow in November. T4T teaches participants the content of ASIST and the skills needed to deliver a workshop. The first two days are spent participating in an ASIST workshop, facilitated by two coaching trainers; the next three days are spent on coaching sessions and practicing the content of the workshops with feedback received throughout.

I found this to be a challenging, intensive and practice-based course, which provided me with lots to think about while being filled with trepidation when I eventually would be a co trainer for the ASIST 2 day workshops.

My first 2 day work shop was in February which I survived even though it was a small group due to the weather!

Suicide is such a taboo subject and for KASP to be part of a national strategy to highlight suicide and bring it out into the open, and in a sense make it user friendly, can only be a positive step for everyone in the community.

Lynn Simpson

## Groupwork

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### Group work at KASP

This year we looked at evaluating our group work programme and invited our clients to give us their views on what groups they would like run at KASP. From this two new groups were developed:

### Meditation/Relaxation Group

This has been a very popular group which has two separate sessions per week. This group offers an opportunity to develop meditation and relaxation techniques in order to cope with trauma and anxiety. The group is facilitated.

"I just love coming in on a Wednesday I feel so at peace when I leave, just what I was looking for"

"I was really worried about joining the group but now glad I did, it has been a great help!"

### Swimming Group

The swimming group was initiated at the request of service users who have found all aspects, and especially the intimacy associated with swimming too traumatic, as the result of previous abuse issues. This has been a very challenging group in that people's fear and lack of self confidence has been evident but their commitment to overcome this fear with group support has been totally admirable

"I can't believe I've done it, it's 10 years since I was in a pool"

"I look forward to a Monday"

## **Groups that have continued at KASP have been:**

### **Women's Support Group**

This group continues to meet alternate Thursdays. This is an open informal group where women receive mutual support from each other. The group continues to be popular and a very useful resource. The women felt confident this year to go out to a local Italian restaurant for a Christmas lunch which was a great success. The group provides a space to not just talk about the past but to look to the future meet new women and allow them to have some fun too!

What was valued most

- The strong bond and friendship
- Belongingness
- Not being patronised
- Honesty
- Feedback
- Talking

### **The Going Out Group**

This group of 6 women has continued to meet up every 6-8 weeks. The Going Out group is just what it says, they go out and in doing so in a group that feels safe they feel more confident and able to try out new things, while finding out bits about themselves but most importantly having some fun. What can look fun on the outside for everyone to see on the inside can be a bundle of nerves. This year we have been to the Edinburgh Festival, the German Christmas Market, Aberdour Beach for a picnic, alternative therapy night, and had fish and chips at Pittenweem.

“This group outing encouraged my childlike qualities to come to the fore. It was the expectation, excitement and the anticipation.”

### **The Emotional Well-Being Group/Sailors Rest**

This group offers support to 6-8 women on a weekly basis and meets at outreach location in Levenmouth. The location allows easier access to the service. This is an open group. This group provides invaluable support/self help to survivors of domestic abuse and childhood sexual abuse assisting women to try alternative therapies, provide education, learning opportunities, social contact and in doing so reduce isolation.

The group also undertook a 6 week course which the domestic abuse support worker arranged to be delivered by the Workers Education Association. This included assertiveness, confidence building, challenging negative thoughts, coping with stress and was positively received by the members.

*Groups are facilitated by Lorraine Cafferkey and Lynn Simpson*

## **Other Services/Activities over 2004-2005**

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### **Electronic Support**

The development of KASP's IT systems has enabled the project to provide 3 new areas of electronic support:

#### *MSN Instant Electronic Support*

Support has been provided through MSN Messenger on a Wednesday evening by KASP counsellors. Although initially slow to take off, this service is now being accessed by approximately 4 service users each week and has been particularly helpful in enabling those who are isolated or unable to leave their homes with much needed support. It has also been used as a useful means for making contact amongst those service users who have found it particularly difficult to access services.

### *E-helpline at KASP*

KASP now has a dedicated support email address where service users can email for support. Again this has been useful in enabling service users to make contact in the first instance and develop trust before accessing support services in person.

### *KASP Website*

The KASP website has been developed by a KASP client and through the provision of a forum has become another essential element of support for KASP clients enabling them to access peer support and share their experiences.

### **Newsletter**

Linked to our IT upgrade KASP were able to develop a quarterly project newsletter which was circulated to 400 agencies and individuals. The newsletter – produced by staff and volunteers – has become a platform for service users to share their experiences and to promote services within KASP. Towards the end of the year a decision was made to expand the newsletter to cover the three sexual abuse agencies in Fife – KASP, Fife Rape and Sexual Assault Centre and Safe Space. The first edition of the newly developed 'Sexual Abuse Agencies Fife' Newsletter will be circulated in September 2005 to a distribution of 600.

The value of the newsletter can be summed up by one service user who called the KASP helpline recently and explained that she had been feeling extremely low and alone when the KASP newsletter dropped through her letter box and enabled her to feel that it was okay to phone the project as there were people out there who cared and could help.

### **Information Resource**

KASP were able this year to enhance our information resource through a grant which enabled us to purchase a significant number of new books identified as useful by service users and counsellors. We also now stock a range of self help packs to help service users combat areas of difficulty.

### **Conference – Tackling the Taboos of Abuse**

Back in April 2004 KASP jointly hosted a conference with the project 18 & Under in Dundee. The conference called 'Tackling the Taboos of Abuse' was held in Dundee's West Park Conference Centre and aimed to highlight areas of abuse which were often still shrouded in secrecy – ritual abuse; sexual exploitation, women as abusers, and abuse within lesbian relationships. Speakers included Sarah Nelson – researcher Lilly Greenan - Eva Project, Susan Stewart – F.A.C.E; Peter Connelly – Sexual Exploitation Group; Sara Lovelock – Planning Officer Child Protection and Health and indigo V – Scottish Women's Aid. There was also much valued input from survivors.

The conference was well attended by individuals from throughout Scotland and evaluation indicated that attendees had gained a lot from the day and that it had achieved the aim of providing a forum where these issues could begin to be recognised and discussed.

### **Use of Admin Volunteers**

KASP has continued to recruit and benefit from administration volunteers and were delighted to be able to recruit one of our very first admin volunteers into the post of Administration Assistant at the end of March 2004. The role of the admin volunteers has become crucial to the smooth running of the project and we are pleased that many such volunteers have been able to use their experiences to secure paid employment or pursue further education opportunities.

### **Befriending/Flexible Support Project**

KASP were delighted to secure funding from Kirkcaldy/ Levenmouth, and Glenrothes Mental Health Area Redesign Teams to develop a Befriending/Flexible support service. This funding was received in April 2005 and so is not accounted for in the finance information of this report. This service will be developed over 2005-6 by KASP's part time Volunteer Co-ordinator.

### **Joint Work with Fife Sexual Abuse Agencies**

This year saw a dramatic increase in joint work taking place between the three sexual abuse agencies in Fife – KASP; Fife Rape and Sexual Assault Centre (FRASAC) and Safe Space. KASP are extremely grateful to FRASAC for funding premises in Cupar which has enabled the three agencies to counsel clients in North East Fife. KASP were also happy to have FRASAC move into the premises in 29 Townsend Place, Kirkcaldy. This has eased the process of joint working.

One of the first joint services that was established by the three agencies was the introduction of a joint sexual abuse helpline. Unfortunately the low take up of this service combined with the discovery of a national sexual abuse helpline run by the Rape and Abuse Line led to this service being disbanded.

Nevertheless, joint working has continued and a great deal of discussion has taken place over the year regarding the possible development of a single Fife wide agency for the provision of sexual abuse services. These discussions have been informed by an independent audit of sexual abuse services which was commissioned by the three agencies and financed by FRASAC. The audit confirmed that current services were appropriate to service user needs and highlighted that all the major stakeholders were generally favourable to a single agency service provision that had the potential to deliver a more efficient service enabling any cost savings to be directed into direct service delivery.

The discussions regarding the possible move to a single agency service are continuing.

### ***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 had active representation on both the CPG and the SLWG. The Short Life Working Group has now reported and Ministers have agreed on a range of proposals including:

- Establishing a lead professional to assist implementation of the strategy.
- Establishing a survivors network to give survivors a say in how services can be improved.
- Publishing a paper highlighting mainstream Scottish Executive initiatives already benefiting survivors.
- Scoping what Community Health Partnerships and Managed Clinical Network structures could offer given that survivors are not yet aware of the potential benefits these could bring.
- Commissioning NHS Education for Scotland (NES) to undertake self-help training and public awareness raising.
- £2million pump priming funding to develop better local services.
- Calling for bids from demonstration projects to be met from the Survivors' Fund.

KASP perceives this as a huge move forward and are delighted with the news that a reference group is to be utilised to advise on how to take forward the detail of the strategy.

KASP has also had representation on Fife Domestic and Sexual Abuse Partnership, the Choose Life strategy group and as a Choose Life Applied Suicide Skills Intervention Trainer.

# Qualitative Evaluation

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KASP utilises a variety of evaluative means in an attempt to measure the effectiveness of our services and to address any gaps and/or problem areas. This includes qualitative evaluation questionnaires for the counselling service, groups and training provision; structured focus groups and freely available suggestion books in all of our rooms.

The overwhelming sense that we get from these tools is how much our service is valued by our clients and the quotes throughout this report exemplify this.

Our bi annual focus groups are one of the most crucial means we have of gaining our service users opinions and what follows are excerpts from the last focus group which was held in December 2004 which was attended by six service users.

- **What was it like to access the service?**

The group all felt similar, a very frightening experience. Once they got to KASP and met with a member of staff, although they were still frightened, everybody was friendly, put you at ease, offered you a cup of tea and you were even allowed to smoke. This was an important issue for this group, being allowed to smoke. Also it felt good that you could bring someone with you on the first session.

*“Terrified” “felt like a weight was lifted off my shoulder, someone there for me”*

Building yourself up for the information session, then being told you would have to wait to be seen by a counsellor, was quite an anti climax. Everybody appreciated the waiting list but it didn't help that you find your voice, and then you have to shut up for weeks until you are designated a counsellor.

*“find out you can talk, then it was like you really needed to talk and there was nothing”*

One woman had used telephone support while waiting; it was good to talk on the phone.

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

Handy that there is a group in your area, wouldn't travel to Kirkcaldy  
Home visits are really good; if Lorraine hadn't come out I wouldn't have travelled to Kirkcaldy  
Refer you on to other agencies.  
Emotional support, people who understand you  
Flexible, good that there is no time limits, come when you need it, outreach, home visits  
Outings are brilliant  
Wouldn't have the guts to do ourselves, to do something different.  
Groups are dead important, build up relationships in a non-judgemental atmosphere  
Acceptance  
Affirmation that you are not going off your head.

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

The group had used a variety of different services, psychologists, psychiatrists, and mental health drop –in, and day hospital.

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

All 6 women felt they got more than what they expected, 1 woman commented on her counsellor “putting herself out”

All women felt the services that were receiving was unique, KASP sees everyone as an individual .At KASP you learn to take one step at a time, looking not to far ahead.

The 6 women all commented on how friendly the service is, how good it was to have someone to talk to and for some the relationship was extremely important,

Groups were extremely popular, everybody can say what they want, everyone learns from each other, all equal in group

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

*“sometimes you can’t do anything about the past”*

All 6 women felt the service and the support they received had a huge impact on their lives. 1 woman had been able to leave her house, come out and in doing so, had impacted on her self worth and self-esteem

*“I’m not fully there but getting there”*

Another women spoke about not being here without KASP, when questioned she had been thinking of suicide. Doors had been opened she had thought were shut, new opportunities and paths you never thought existed were accessible and life began to have a different meaning.

*“never thought in my life I would ever feel so good”*

Another woman spoke about volunteering with a homeless project and how she now believes in herself.

*“I used all the influences from KASP at the interview to volunteer at the homeless project”*

The youngest group member talked how attending the group had made her realise that she was in bad relationship, she had choices, she didn’t have to stay in the relationship, she could get out, and support from the group members had helped.

They also commented that still they can have bad days but were able to handle them better, and not dwell in a pool of negativity.

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

Obviously a KASP without a waiting list would be fantastic! They suggested more staff, more outreach. This would entail further funding.

Another suggestion was to keep the library up to date.

One woman suggested some/ more info on court procedure.

The group were keen for group work to still be a part of the service, especially outings.

The group were enthusiastic to give something back to the project, to become involved in fundraising; talked about in the past how there had been a user involvement group. 5 women were eager to become involved.

- **Any other comments?**

The group were of a unanimous opinion that KASP provided a really excellent service.

*“no magic pills to help you, but they throw you pills anyway, talking helps more”*

*“acceptance”*

# Thanks

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KASP relies heavily on the goodwill 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.

*Thanks also to the following for financial support offered to KASP:*

- Fife Council
- NHS Fife
- Scottish Executive
- Kirkcaldy and Levenmouth Local Health Care Co-operative
- Oasis Lomond Trust
- Glenrothes Area Redesign Team
- The George McLean Trust
- Co-operative Community Dividend
- Diosynth Ltd
- Unemployed Voluntary Action Fund
- And various other donations from those who wish to remain anonymous.

We would like to also thank the other agencies that support our work, in particular Fife Rape and Sexual Assault Centre and Safe Space, and most importantly we would like to thank survivors of childhood sexual abuse whose courage inspires us in the work that we carry out.

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# APPENDIX

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## STATEMENT OF FINANCIAL ACTIVITIES

for the Year Ended 31 March 2005

Incoming resources	Notes	Unrestricted Funds £	Restricted Funds £	£	Total 2005 £	Total 2004 £
<b>Domestic Abuse Service Project</b>						
Scottish Executive Domestic Abuse Dev. Fund		3,949	19,810		23,759	6,350
Fife Council Section 10 Funding – Domestic Abuse Contribution		-	<u>11,880</u>	31,690	11,880	12,628
<b>Mental Health SG Funding</b>						
Fife Council Funding MHSG		3,330	20,658		23,988	23,692
NHS Fife – Mental Health Project Contribution		-	<u>5,150</u>	25,808	5,150	5,000
<b>Kirkcaldy &amp; Levenmouth ART/LHCC</b>		2,040		7,520	9,560	3,879
<b>Other Income</b>						
NHS Fife Core Funding		40,700		-	40,700	40,700
Fife Council Section 10 Funding		54,736		-	54,736	54,060
Donations		2,918		-	2,918	1,285
Fundraising		-		-	-	100
Fees – Training & Newsletter		796		-	796	2,350
Henry Smith Charity		-		-	-	1,500
Lloyds TSB Foundation for Scotland		-		-	-	5,188
Robertson Trust		-		-	-	3,000
Unemployed Voluntary Action Fund		-		365	365	500
Children in Need		-		-	-	50
The George McLean Trust		-		300	300	-
Glenrothes Area Redesign Team		-		875	875	-
Co-operative		-		250	250	-
Diosynth Ltd		-		250	250	-
NHS Fife		-		500	500	-
Bank Deposit Interest		1,614		-	1,614	878
<b>Total incoming resources</b>		<u>110,083</u>		<u>67,558</u>	<u>177,641</u>	<u>161,160</u>

**Resources Expended**

**Balance Sheet**

**31 March 2005**

		2005		2004	
	Notes	£	£	£	£
<b>FIXED ASSETS:</b>					
Tangible assets	2		211		317
<b>CURRENT ASSETS:</b>					
Debtors	3	4,069		3,152	
Cash at bank and in hand		<u>106,234</u>		<u>55,528</u>	
		110,303		58,680	
<b>CREDITORS: Amounts falling due within one year</b>	4	<u>58,432</u>		<u>14,037</u>	
<b>NET CURRENT ASSETS:</b>			<u>51,871</u>		<u>44,643</u>
<b>TOTAL ASSETS LESS CURRENT LIABILITIES:</b>			<u>£52,082</u>		<u>£44,960</u>
<b>CAPITAL</b>					
Restricted funds	6		21,041		21,978
Unrestricted funds	7		<u>31,041</u>		<u>22,982</u>
			<u>£52,082</u>		<u>£44,960</u>

The financial statements on pages 3 to 10 were approved by the management committee on 27 June 2005.

Mary Millar  
Treasurer