

Kingdom Abuse Survivors Project



*29 Townsend Place
Kirkcaldy
KY1 1HB
Tel/Fax: 01592 644217*

*2A Burnside North
Cupar
KY15 4DG
Tel: 01334 656176*

E-mail: info@kasp.org.uk

Website: www.kasp.org.uk

*Scottish Charity No: SCO23079
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Staff and Volunteers April 2005 to March 2006

MANAGEMENT COMMITTEE

Val Morgan	Chairperson
Berenice Gallagher	Vice-Chair
Dave Gillan	Treasurer
Flora Couper	Secretary
Amber Higgins	Member
Laura Crombie	Member
Hazel Bradley	Member
Lyall Allan	Member
Avril Crossley	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	Administrator

VOLUNTEER COUNSELLORS

Margaret Dearie	Angela King
Davina Carkit	Roberta Mingay
Liz Scott	Bernadette McWilliams
June Simpson	Helen Shanley
Alice Beveridge	Catherine Ferguson
Alistair Blair	John Kennedy
Karen Porter	Sharon Colville

VOLUNTEER BEFRIENDERS

Reta MacKay	Emma Lawrence
Margaret Ramsay	Paula Taylor
Ruth Gilmour	Tom Rodden
Lorraine Crawford	Jenna Broughton
Lynne Duncan	

OTHER VOLUNTEERS

Lorraine Crawford	Meditation Group
Silv	Information Technology
Irene Falconer	Website

Overview of KASP Services

KASP provides a diverse 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:

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. This is available in the Kirkcaldy and Cupar premises and an outreach service is provided to ensure equity of access for all survivors across Fife.

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 text, email, MSN Messenger helpline support and electronic counselling support.

Advocacy – support with legal issues, benefits, information.

Group activities – therapeutic and social support groups are provided according to need.

Befriending / Flexible Support - one to one befriending/ flexible support for individuals is provided in the community to take part in a range of activities with the aim of developing their personal and social networks

Library – a wide range of books and publications are available for loan.

Training – Training is offered in response to requests from both statutory and voluntary sector agencies and KASP is also an active member of Fife Domestic and Sexual Abuse Training Consortium. Training can cover a range of topics e.g. 'Effects and Consequences of Abuse', 'Dealing with Disclosure'.

Specialist Workers – are employed in the following areas – 1 Domestic Abuse Support Worker, 2 Mental Health Support Workers; 1 Young People's Support Worker. Beyond March 2006 the Young People's service will expand to incorporate 2 support workers.

Website, www.kasp.org.uk – our website is a platform to promote our services and update on current activities. It incorporates a users' forum.

Newsletter – A quarterly newsletter is produced which has a distribution of 600 copies.

Chairperson's Report

Once again I am delighted to write a few words to be included in our Annual Report.

KASP continues to grow and to offer caring support to those seeking help in many different and innovative ways.

I would like to personally thank all our staff, our volunteers and our counsellors for all the valuable work that they do and have done. I know that the Management Committee wish to give their thanks too.

I also need to thank the Management Committee for their time and commitment to KASP and for the support they have given to the chair. But most importantly I thank the survivors for showing us what is meaningful and important for them so that we can continue to give a relevant service.

Val Morgan

Treasurer's Report

In 1903, a typhoid epidemic which swept through New York was traced to a Mary Mallon, who carried the disease but evidenced no symptoms. Mary spread this devastating horror by taking various jobs that involved handling food, and having little ability to understand the role of catalyst, she refused to stop work and was summarily imprisoned. She campaigned alone until 1938 to be treated and released; however her efforts carried little weight simply as her ability to express herself was poor and there was little understanding that her plight was indeed a major social issue. Certainly no-one understood she too was very much a victim.

Some years later she was allowed an advocate, and a number of local citizens formalised a media campaign and a specialist support group. Finally, Mary had back-up and this resulted in her release. She died in 1939, two months after her being discharged from prison for the crime of being Mary Mallon. Alone the weight of the world can be yours; working together, the seemingly impossible can be achieved.

Again this year I have been afforded a special in-sight into the work of KASP; and having reflected on the issue it was undoubtedly the overall selflessness of the project, exemplified by the commitment and professionalism of the staff that has encouraged me to return. Thank-you, staff and committee members for this opportunity; participating with you is a privilege and always a pleasure.

Dave Gillan

Project Manager's Report

The prevailing theme of 2005-2006 seemed to be one of uncertainty - uncertainty over the here and now and uncertainty over the future. Two dominant issues that were fuelling this uncertainty seemed to be:

- The fact that funding for all of our services was coming to an end in March 2006.
- The possibility that the three separate sexual abuse agencies in Fife may become a single agency.

Sourcing and maintaining funding is always an issue for voluntary sector projects and it is only to be expected that a significant amount of time has to be allocated to this necessary activity. However, it seemed that half of last year was given over entirely to what was to become an all-consuming attempt to maintain the services that we had worked so hard to initiate and which we knew were helping survivors to move beyond trauma being the defining factor in their lives.

Towards the end of 2005 we had no certainty that our domestic abuse project, befriending project and young people's project would continue beyond April 2006 and we were also faced with drastically reduced hours for our mental health project. The fact that these support workers maintained an impeccable level of service delivery during a time when their future employment with KASP was tenuous is testament to their commitment to their work in the arena of childhood sexual abuse. Some of the clients who were using these services were unaware of the impending financial crisis but I'm aware that clients of the young people service managed a 6 month period of instability while their support worker's contract was extended on a month to month basis as we waited with baited breath for results of numerous funding applications. This situation felt totally unacceptable to survivors who need to be assured of continuity once they make the courageous and painful commitment to weekly counselling and support.

A total of 21 funding applications were submitted over a 6 month period and it is impossible to completely capture and communicate the profound effect this had on staff and clients during this period of uncertainty. Because we eventually managed to secure all of the funding we required to continue all of our services it would be easy to minimise in our heads the impact of the uncertainty. Writing this I am thrust back into that dark place and it makes me all the more determined to argue for increased security in our funding. As public awareness of the issue of childhood sexual abuse increases it is more widely accepted that this is an issue that will not disappear and as such it must receive adequate, long term funding commitments to enable service providers to concentrate on service provision. We were delighted to hear that NHS Fife had made a decision to mainstream our funding from April 2006 and we hope to find ways to secure our other funding streams.

Exploration of a move to a single agency service provision consumed a great deal of space in 2005-2006. In helping to decide whether KASP, FRASAC and Safe Space should work towards becoming one agency a great number of people gave over a significant amount of time and energy taking part in the audit carried out by Reid Howie and involving themselves in discussions about benefits and drawbacks and considering what shape such an agency should take. Throughout this process the staff were again thrust into uncertainty over the future. Ultimately it was decided to stay as separate agencies though the process of exploration produced many benefits including increased joint working. The exploration of single agency provision took place over a 12 month period - a long time for the staff to be in that 'not knowing' place.

As you read through this report and become aware of the wide variety and huge volume of work that has been undertaken I think it is worth bearing in mind that all of this was achieved during a time that staff were managing the stress of uncertainty. I believe you would struggle to find evidence of the effects of this stress in their provision of support and I feel that this exemplifies their un-floundering commitment and passion to this work. A huge thank you to them, to our volunteers, to all our supporters and of course to the survivors that we work with as their courage and strength fuels our motivation.

Marnie Collin

Assistant Project Manager's Report

At KASP we recognise that without our clients we would not have a service, and from their strength, their dialogue and their stories, we have a wealth of knowledge, understanding and awareness of survivors issues.

At KASP we don't see "us" as the experts, we very much perceive our clients as the experts, the experts in their experiences, their feelings, their emotions and their daily living with the impact and consequences of being abused as a child.

With this wealth of knowledge and understanding that KASP have been provided with, we believe we have been able to provide information on behalf of our clients to other agencies and the wider community which will aid understanding on the impact and consequences of childhood sexual abuse.

This year we have worked with FRASAC to create a training package to provide external agencies with the confidence to listen to someone disclose their sexual abuse history while providing the survivors support they need, enabling the survivors to cope with their daily life which at times can seem chaotic. The training also acknowledges the impact this has on workers.

The training has been picked up by FDASAP which offers a 1 day course: **SEXUAL ABUSE –the Extent, the Secrecy and the Impact**. These days have been well attended from workers in statutory and voluntary agencies with positive feedback and workers claimed to have:

We were also approached by Fife Council Housing Services (Training and Development) who were looking at specific training for housing staff and again we were happy to provide 1 day 'basic awareness' and 2 day 'working with disclosure': **Understanding and Working with Survivors of Childhood Sexual Abuse, Rape and Sexual Assault**.

- *a wider knowledge and understanding of the main issues relating to people's feelings, actions*
- *found the course interesting and informative, there is a possibility of using the idea's within the classroom and outreach*
- *a much better insight into sexual abuse*

The feedback from these days has been positive and we have also been approached by Housing again to provide further training for their staff. This has to have positive implications for survivors who choose, as so many of them do, to disclose to workers who are supporting them in the community. We hope for those that have attended the training that they will feel more confident to offer support to their clients.

It feels important to acknowledge there is a National Training Programme, Beyond Trauma National Awareness Training Project. KASP was invited to be part of an Advisory/Review group to aid/support the national trainer due to our work with adult survivors of childhood sexual abuse and the training that is being delivered in the Fife Area.

This year the joint training has really taken off and it felt exciting to be able to go out in to the community and to publicly talk about childhood sexual abuse, the impact and consequences and to spend time talking about a subject that has been taboo for so long.

Many thanks to all our clients who over the years have provided us with insight into their world.

Lynn Simpson

Mental Health Project Report

This service has been in place since August 2002 and incorporates two 20 hour posts. Cath Heneghan mainly undertakes outreach work in North East Fife and Gail Rae covers the central area of Fife.

East Fife

When I began to think back over the past year, it seemed to have disappeared in a blur of activity and it was hard to pull out the highlights. However, on reflection, training seems to have featured a lot this year, both delivering and receiving.

On the delivery side, I have been involved with the Fife Domestic and Sexual Abuse Partnership Training Consortium developing and delivering a one day course. The course explored the particular impact of domestic and sexual abuse on mental health and why survivors are more likely to develop mental health problems. The course has been well received and it has been very worthwhile helping other workers understand the connections and how they can best be of service to survivors.

On the receiving side, I have just finished the second of 3 training blocks run by Babette Rothschild. Each block is 4 days long and hugely informative. Babette is an American therapist who has worked for many years with clients suffering from Post Traumatic Stress Disorder. This condition is now used to describe the symptoms of many survivors of childhood sexual abuse. Babette's book 'The Body Remembers' is available from KASP' library. My hope is that something I have learned on the course will make my client's journey less painful and help minimize the effects of their abuse.

The main highlight, however, continues to be the work my clients allow me to do with them. My humble thanks for their courage, endurance and wisdom.

Cath Heneghan

Central Fife

This year has brought changes for me – changes to my days of work and to the pattern of work. Changes brought about by funding and client's needs. There have been changes in client list – some have finished counselling and some of those have moved on to use other KASP services and some have decided to stop counselling for their own reasons.

Reflecting on all of this and bearing in mind our mission statement that KASP "endeavours to enable survivors of childhood sexual abuse throughout Fife to eliminate the debilitating effects that the abuse has on their lives", makes me think of an airport and the conveyor belt type walkways that they have. I always realise that my journey is on its way when I get to the corridor that takes me to the gate to catch my flight. I have a choice whether I get on the moving walkway and stand and get taken to the gate or if I walk while I'm on the walkway or if I walk alongside the walkway and sometimes I use a combination of all the different ways – lots of choices and different ways to get to where I am headed. That's what KASP's Mental Health Project has been like for me this year - a small part of someone's journey; one that offers choices to our clients, without whom there would be no project. Thank you for allowing me to accompany you on part of your journey.

Gail Rae

Referrals in Year

13 new referrals
10 attended first information session
8 of these accessed support

Use of Service

25 individuals received support
(8 new clients; 8 re-referral; 9 long term)
587 face to face appointments were offered
467 face to face appointments were provided
Total of 409.51 hours of support provided

Domestic Abuse Project

The Domestic Abuse Project started in February 2001 as an eight hour sessional post funded by The Scottish Executive Domestic Abuse Service Development Fund and Fife Council. The post expanded to a 30 hour post in 2003.

Through the Domestic Abuse Project I offer counselling and support to adult survivors of childhood sexual abuse who have or who are currently experiencing domestic abuse with the aim of enabling this population to address and eliminate the debilitating effects that the abuse has had on their lives. I also aim to assist women to feel safer and be protected from repeat harassment.

One woman comments:

- *Without counselling and having the space to think I know I couldn't have faced my ex in court...but I did it! Now I truly will move on...I've gone back 5 times but I know in my heart I will never go back to him!*
- *I began to see that the abuse I had suffered in childhood had gone on into adulthood and I now believe it wasn't and isn't my fault!*

Support/counselling can be in a 1:1 context or in a group setting and can be provided within the home or at safe outreach locations throughout Fife. Many women have commented on how much safer they feel when seen within their own home:

- *I don't think I would have been able to come to KASP for help as I didn't feel able to walk down the street for fear he was watching me...*
- *My partner made me eat excessively to put on weight so that I wouldn't go out...couldn't go out....the worker came to the house otherwise I wouldn't have got the help I needed...I have only just begun to understand what he was doing to me!*

Domestic abuse takes many forms: physical violence, sexual abuse, emotional abuse with the main element being power and control over another human being. The number of incidents reported to the police this year has continued to rise. Needs of women vary greatly and whilst some women want to talk through the issues affecting them either historically or currently, others may require more practical support e.g. assistance with housing, benefits, making a safety plan, referral to the Domestic Abuse Unit, securing refuge space at Women's Aid. I work closely with Fife Women's Aid providing ongoing counselling within Central Fife Women's Aid Refuge and follow-on support on leaving refuge as and when required.

Group Support

Three support groups have continued this year – Lets Get Out Group; Emotional Wellbeing/ Sailors Rest Group and the Swimming Group. These are documented under the 'group work' section of the annual report (p13).

Training

I have facilitated training in response to requests from Glenrothes and Kirkcaldy Homestart and have provided training through FDASAP training consortium throughout the year.

The formal part of the report completed I just wanted to say...It's been another busy busy year! Challenging and exhausting but nonetheless rewarding!

Where does the time go? I find it unbelievable to think that I have been working in KASP for over 5 years!!! My hair has gone decidedly grey - not as a result of working here but due to the natural ageing process!! (Honest!)

KASP and all that it means: Service Users, Staff, Volunteers, Counsellors, Groups, Help-line, friends of KASP continue to remain dear to my heart. I would like to thank each and every person out there for their courage, support, commitment and contribution to what makes us KASP: a unique and wonderful project!

Meeting service users (old and new), listening to their experiences their courage their trauma and being part of their journey is an honour and a very personal and unique experience. This experience inspires me in my work! Thank you for your trust and courage! Without you there would be no KASP!

One final inspirational comment from a long-term service user:

- *Without your genuine help and the counselling I would still be stuck living in the darkness, haunted by the shadows of torment that has destroyed my childhood....your constant patience and support has helped me to rise above the fears that controlled my life for decades! I have found the power from within to break free into a world filled with open doors which I can enter by choice....which I now feel ready to attempt. What a joyous feeling that is! Thank you for never judging me and for letting me journey at my own will and pace...you have encouraged me to live again!*

Lorraine Cafferkey

Referrals in Year

23 new referrals
17 attended first information session
13 of these accessed support

Use of Service

34 individuals received support (all female)
(13 new clients; 1 re-referral; 20 long term)
658 face to face appointments were offered
564 face to face appointments were provided
Total of 1009.30 hours of support provided

Befriending / Flexible Support Project.

I started as co-ordinator for this part of KASP's services during June of 2005. This project was a departure from the previous focus of counselling and resulted in an additional support service being offered. As a new service a huge amount of work was required to get the framework for a good quality service to be provided!

The past year has been about developing the project to enable well-trained and supervised volunteers to take on the role of social support in the community. There have been two 3 day induction training courses for volunteers and all active volunteers receive regular support and supervision. All volunteers are also issued with a handbook detailing the policies and procedures within KASP, which are relevant to their needs.

A proportion of the volunteers come to KASP having an understanding of some of the issues either through personal experience or of those who are close to them. Their input to the training, through sharing personal perspectives and feelings has enabled the training experience to be "real" and I am really grateful that they were willing and felt able to do this – thank you!

- *I found the training to be informative, worthwhile and interesting – friendly people too!*
- *I thoroughly enjoyed the day, although difficult issues were discussed. I feel much more prepared*

I must give particular thanks to Volunteering Fife, who has regularly passed on details of high quality potential volunteers. We became members of the Befriending Network Scotland at an early stage of the project. Their training toolkit was invaluable to me when developing an appropriate training package and sharing expertise amongst members has also been a great help and support to me.

Developing initial relationships between individuals and befriending volunteers has been a slow process – the aim of this project has been to support individuals to develop trustworthy relationships and this is a scary thing to do when there have been previous relationships based on abuse or unsupportive to the individual.

- *I'm scared of meeting someone new in case they let me down badly as this has often happened to me in the past*

Initial results from the project have been really positive. Going out on trips to other towns and cities have been a very big part of this project – some people have not had the confidence or someone to go with, for a very long time! Even going for a coffee and a wander around the town makes that sense of isolation less intense.

From feedback there has been a very unexpected and heartening outcome – some people who self harm or injure on a regular basis have found that they are doing this much less often than before –

- *I know that if things are getting on top of me, I can chat to my befriender – letting off steam to someone else who I trust really helps me to cope*

I have learnt a huge amount during this past year and the comments and feedback from all individuals who are using the service, the volunteers and my colleagues has been invaluable. The project continues to evolve to meet needs and has developed with the intention of becoming an established long term part of KASP's services.

Juliet Sherriff

Young People's Project Report

The Young People's Support Project was started as a pilot in July 2004 offering 10 hours a week of direct counselling and support to clients aged 16-24. The pilot was originally intended to last for 12 months.

At the end of the 12 month period evaluative data demonstrated the tremendous value of early intervention and the young people involved were adamant that this service needed to be expanded and sustained. Through consultation with young people a funding proposal was drawn up to enhance the support service and incorporate national awareness raising of CSA amongst young people. The funding proposal was submitted to and turned down by various funders over the following 12 month period. During this time we managed to maintain the 10 hour weekly support that had been offered through the pilot project by accessing a small amount of funding from Fife Council and NHS Fife to cover salary costs. We are extremely grateful to these funders for having the faith that we would eventually secure longer term funding and for enabling us to maintain the continuity of support for clients accessing the service during this difficult time.

Our last chance to maintain this project appeared when the Big Lottery announced the arrival of their Young People's Fund. We felt that this fund fitted perfectly with our future vision of a Young People's Support service and we were delighted to learn in March 2006 that we had been successful in achieving funding to employ 2 support workers and admin support.

We believe that early intervention is crucial in minimising the potential for CSA to impact negatively in survivors' lives. The benefit of the counselling support provided as part of our pilot project has proved us right in this belief as testified by the clients who have used this project.

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

Referrals in Year

31 new referrals
21 attended first information session
12 of these accessed support

Use of Service

24 individuals received support (all female)
(12 new clients; 1 re-referral; 11 long term)
386 face to face appointments were offered
251 face to face appointments were provided
Total of 305.19 hours of support provided

Training and Presentations

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

- FDASAP: Domestic and Sexual Abuse Awareness raising
- Volunteer Counsellor Induction Training
- Self harm suicide workshop
- Assist Training: Suicide Intervention
- HNC counselling students at Adam Smith College
- FDASAP Training: Sexual Abuse , the Extent , the Secrecy and the Impact
- Fife Council Housing Services:
Understanding and Working with Survivors of CSA, Rape and Sexual Assault

FRASAC and KASP have worked jointly on the Sexual Abuse, the Extent and the Secrecy and the Housing Services training.

This year we were also represented on FDASAP Training Consortium and Beyond Trauma National Awareness Training Advisory Group

Group Work

It feels like it has been a quiet year for groups but yet again when you start to look at what has been happening, there has been a lot of group work going on.

Women's Support Group

This has been a well attended group, meeting fortnightly at KASP on a Thursday. This year the group decided it was important to leave the building and with the group take part in a couple of social events which was fun but for some brought a few anxious moments! This new environment brought out aspects of individuals that they had not seen before:

- *I never thought I was competitive... It felt scary, didn't understand what was happening ... but BOY did I want to win!!*

This year a couple of women have moved on due to changes in their life, they had dealt with their abuse and now wanted to get on with the rest of their lives. It is sad when relationships end or change but there is also a sense of empowerment when this decision is taken

- *I had talked about abuse enough now I wanted to just get on with my life and look forward not back*

Domestic Abuse Support Project - Emotional Well-being Group/Sailors Rest

This group supports 8 women on a weekly basis and meets in Levenmouth. This group is an open group. Three members recently moved on to employment/college/volunteering opportunities. The group focuses on looking after ones emotional self, building self confidence and reducing social isolation. The group organised a sponsored walk in July to raise funds for a residential night to Loch Lomond.

- *I can't tell you in words how it feels to be truly accepted by a group.....I cried when I read the nice things people wrote about me. I couldn't believe after all these years of feeling self hate that other people saw me as a good person!*
- *I get reassurance from the others, the group gives me strength ...I'm learning to trust again in a safe space*

Domestic Abuse Support Project - Swimming Group

Meets fortnightly and aims to tackle women's anxieties about body image, self image, enhance self confidence and provide mutual support in exercising.

- *Its 25 years since I was in a pool...never thought I would be able to do it but I did!*
- *Once I got over the fear I enjoyed it*

Let's Get Out Group – (Co- facilitated by Domestic Abuse Worker and Assistant Manger)

This group continues to meet 4-6 times a year predominantly for social events, their confidence has grown and grown this year, but it is the comfort of being able to go out in a group that feels safe and secure.

Last year they organised a sponsored swim and used the proceeds to go up to Pitlochry for the night, where everyone had a great time although there were also some mixed feelings, one group member had never left her children before.

Group members reported that they were able to let their hair down, feel free from old inhibitions and let the child within out to play. The group also went to German Market at Christmas, played bowls and bingo.

Self Harm Group

This was a joint group with the self harm project at Penumbra. This was a closed group that met for 10-12 sessions to look at the issue of self harm, provide a safe space to share feelings around this issue while also looking at alternatives but the group was not about getting people to stop.

This was a very small group which met for 6 weeks. It was a very fragile group dealing with a very sensitive subject and when the group met up; people shared a side of them that's often kept hidden and felt heard.

- *Coming to the group was scary. I felt ashamed of myself until the others started to tell of their experiences too*
- *We were different from each other in the ways and reasons why we self harmed, I don't know if there's a cure or whether it will always be part of me but understanding why it happens helps a bit*

I would like to say thanks to everyone who came along it felt a privilege to be a co facilitator. Many thanks to Sophie from Self harm project who was my co facilitator.

User involvement Group

This small group of volunteers has been particularly busy this year. KASP is funded to provide a specific service, fund raising makes possible the non specific service we all dream about, whether that be client transport expenses or a day trip to Edinburgh. There are personal benefits as well - being involved in this band of committed hard working individuals provides an opportunity to put something back in the project, increase your self confidence, make new friends , pass on skills and learn new ones.

This year the user group took over the Thrift Shop, Manse Road, Leven for KASP for a week and raised a substantial amount of money for the project.

Well done, everybody who worked extremely hard and put in a lot of extra hours. I believe we have been invited back!!

- *it's hard work but enjoyable hard work , it felt good when customers would ask who the charity was and then tell me to keep the change as we were doing a good job at KASP*

I want to thank everyone who has over this year attended one of our group sessions - you can't have a group without women! And let's not forget the men, any men out there wanting a group, please speak to your counsellor and we will see what we can do!

Other Services/Activities over 2005-2006

KASP 10th Birthday

KASP witnessed its 10th birthday in 2005 and this was celebrated at our last AGM in October 2005. From KASP inception to the end of March 2006 the project has supported 1,383 individuals!

Electronic Support

MSN Instant Electronic Support

Support has been provided through MSN Messenger on a Wednesday evening by KASP counsellors. This service 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.

On-Line Counselling

Funding from Lloyds TSB allowed this project to continue. Currently we are supporting 3 people weekly and there are plans to continue expanding this service.

Newsletter

A quarterly newsletter is produced by KASP on behalf of the voluntary sector sexual abuse agencies in Fife – KASP; FRASAC and Safe Space. This is circulated to 600 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 the three agencies.

Joint Work with Fife Sexual Abuse Agencies

Joint work has continued over the year. KASP and FRASAC share premises in Kirkcaldy and Cupar and this arrangement enabled both agencies to share an admin support worker in the Kirkcaldy office. This will be the second year running that KASP and FRASAC have held their AGM's on the same day to enable shared resources and planning.

All three sexual abuse agencies have been involved in joint work to deliver various sexual abuse training packages throughout Fife and the managers of the three agencies have benefited from regular meetings to exchange information and a development weekend away.

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.

A reference group has been created and tasked to take forward the detail of the strategy. The reference group has been meeting every 6 weeks and has made much progress in putting the recommendations into practice. KASP Project Manager is a member of the reference group.

KASP has also had representation on Fife Domestic and Sexual Abuse Partnership and its associated sub groups and Fife Choose Life suicide prevention strategy group.

Statistics and Qualitative Evaluation

Statistics for all KASP services 1st April 2005 – 31st March 2006

New referrals

KASP received 199 new referrals of which 166 were female and 33 were male. Of the 199, 139 attended an information session to discuss the types of support available and the remaining 60 failed to move from the initial referral. Of the 139 that did attend an information session, 96 accessed further support leaving a total of 43 that did not attend their first counselling appointment.

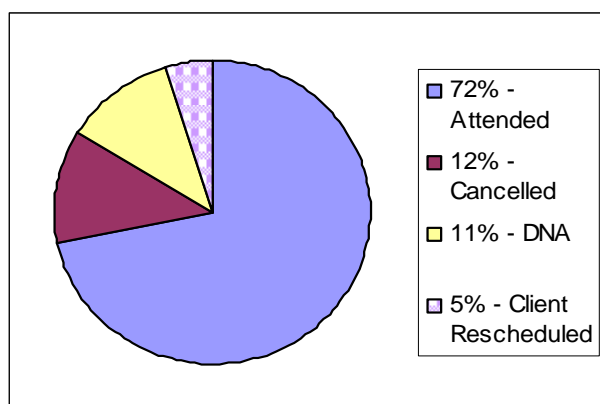
The majority of KASP's DNA's are accumulated from the 60 clients who failed to attend for an information session and the 43 clients who failed to attend the first counselling appointment.

Number of clients accessing services

The number of people receiving support over the year is 188 of which 162 were female and 26 were male. Of the 188, 96 were new clients, 29 were re-referrals and 63 were clients receiving long term support.

Appointments offered

Of the 3,295 face to face appointments offered over the year, 2,275 were attended. A further 360 sessions were provided without an appointment. Thus the total support sessions attended over the year was 2,635 incorporating 3,135:14 hours of support provided by the project.



Location of appointments attended by clients

Not including the 360 contacts without appointments

Breakdown of region and age range for the 188 supported clients

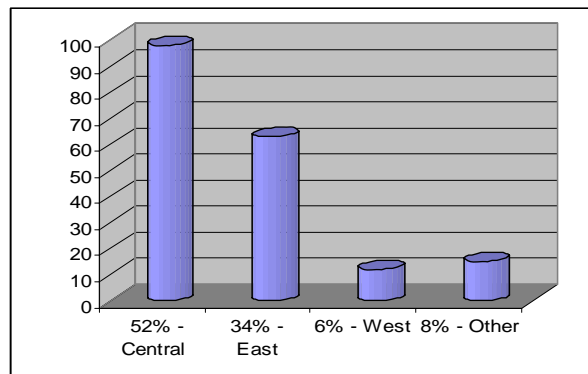
Geographical Breakdown

98 Central
63 East
12 West
15 Other

Age Breakdown

31 16 - 25
27 26 - 35
38 36 - 45
19 46 - 55
6 55 or Over
67 Unknown Age

The support was offered in the following geographical areas of Fife



Summary of Support given

The following support was offered and taken up:

Service	No. of sessions	No. of hours
Advocacy	42	74.12
Complementary Therapies	31	28.20
Face to Face*	2212	2853.18
Electronic Support	179	74.00
Providing Information	58	47.52
Telephone Support	143	56.12

***Breakdown of Face to Face Support**

1471 Counselling Session
168 Information Session
162 Support Session
26 Befriending Session
62 Crisis Support
323 Attended by 31 clients at 72 Group Work Sessions

Group Work Sessions Delivered

6 Let's Get out Group
8 Swimming Group
3 Young Persons Group
28 Sailors Rest Group
20 Woman's Group
7 Other Groups

Total 72

Qualitative Evaluation

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 on 23rd September 2005 which was attended by four service users.

Accessing the service

On commenting what it was like accessing the service for the first time one user said:

- *Scary, harboured it for 30yrs to come out and tell somebody*

One person contacted KASP by phone and was so relieved that for the first 5 minutes all they did was cry. The group liked the anonymity of 29 Townsend Place and the availability of parking.

Thoughts on Services

- *MSM messenger is another excellent support, especially after office hours, crisis doesn't always happen in office hours*
- *MSN is so busy now that some Wednesday's you can't get on*
- *No time limit with KASP, which is tremendous, you don't feel like you are being pushed too fast.*
- *KASP provides a safe space, to tease things out, somewhere to come to be me, don't have to put a face on, won't be judged and accepted as me.*
- *KASP provides a peaceful and tranquil space, sometimes you actually forget you are in Kirkcaldy*
- *it was good to talk to other women in the group who understood and you felt that nobody was going to hurt you*

In discussing how the support from KASP had affected their lives everyone commented on how much their personal life had changed for the better from little things to major parts of their life. E.g. Understanding you, liking you, finding out your triggers and understanding your own personal awareness.

Suggested changes/improvements

- *After hours support, crisis don't always happen during working hours -would be a god send.*
- *Waiting list, how can we improve this, when you're ready to come to KASP you have to wait 3-4 months for a counsellor that can feel like the longest wait ever?*
- *A waiting room, doing room, computer books magazine.*
- *Anger room, padded cell, and punch bag somewhere you can let go your angry feelings*

Any other comments

- *Staff and volunteers put themselves out for you at KASP, it is really appreciated and it is not a 9-5 job!*
- *More fun*

Thanks

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 Area Redesign Team
- Glenrothes Area Redesign Team
- North East Fife Area Redesign Team
- Diosynth Ltd
- Frank Buttle Trust
- Oasis Trust
- Andersons Strathern
- L. Crawford
- Leading Light Spiritualist Church
- 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.

APPENDIX

KINGDOM ABUSE SURVIVORS' PROJECT

STATEMENT OF FINANCIAL ACTIVITIES

for the Year Ended 31 March 2006

Incoming resources	Notes	Unrestricted Funds £	Restricted Funds £	£	Total 2006 £	Total 2005 £
Domestic Abuse Service						
Scottish Executive Domestic Abuse Dev. Fund	6	4,067	19,710		23,777	23,759
Fife Council Section 10 Funding – Domestic Abuse Contribution	6	-	12,029		12,029	11,880
Diosynth Ltd		-	100		100	-
Frank Buttle Trust		-	200	32,039	200	-
Mental Health Service						
Fife Council Funding MHS		2,944	21,344		24,288	23,988
NHS Fife – Mental Health Project Contribution		-	5,306	26,650	5,306	5,150
Young Persons Service						
Kirkcaldy & Levenmouth ART/LHCC		-				9,560
NHS Fife re Salary YPP Project		-	1,500		1,500	-
Fife Council Special Project Grant		-	2,000	3,500	2,000	-
Befriending Service						
Kirkcaldy & Levenmouth ART		8,809	19,921		28,730	-
Glenrothes ART		-	3,500	23,421	3,500	-
Other Income						
NHS Fife Core Funding		43,049			43,049	40,700
Fife Council Section 10 Funding		55,420			55,420	54,736
Donations		4,655			4,655	2,918
Fees – Training & Newsletter		3,216			3,216	796
Unemployed Voluntary Action Fund		-			-	365
NE Fife ART re travel expenses		1,300			1,300	-
Fife Council Award GSC		500			500	-
FRASAC Rental and Org Contribution		11,851			11,851	-
New Deal Income		1,950			1,950	-
Fundraising		626			626	-
Scottish Exec.- reimbursement hire of City Chambers		1,111			1,111	-
Sundry Income		143			143	-
Paye online filing incentive		250			250	-
The George McLean Trust		-			-	300
Glenrothes Area Redesign Team		-			-	875
Co-operative		-			-	250
Diosynth Ltd		-			-	250
NHS Fife		-			-	500
Bank Deposit Interest		2,407			2,407	1,614
Total incoming resources		<u>142,298</u>		<u>85,610</u>	<u>227,908</u>	<u>177,641</u>
Resources Expended						
Charitable costs	5	85,120		93,034	178,154	137,307
Administrative expenses	5	38,988		-	38,988	33,212
		<u>124,108</u>		<u>93,034</u>	<u>217,142</u>	<u>170,519</u>
Net incoming/ (outgoing) resources		<u>18,190</u>		<u>(7,424)</u>	<u>10,766</u>	<u>7,122</u>

KINGDOM ABUSE SURVIVORS' PROJECT

Balance Sheet

31 March 2006

		<u>2006</u>		<u>2005</u>	
	Notes	£	£	£	£
FIXED ASSETS:					
Tangible assets	2		105		211
CURRENT ASSETS:					
Debtors	3	3,782		4,069	
Cash at bank and in hand		<u>83,383</u>		<u>106,234</u>	
			87,165		110,303
CREDITORS: Amounts falling due within one year	4	<u>24,422</u>		<u>58,432</u>	
NET CURRENT ASSETS:			<u>62,743</u>		<u>51,871</u>
TOTAL ASSETS LESS CURRENT LIABILITIES:			<u>62,848</u>		<u>52,082</u>
CAPITAL					
Restricted funds	6		12,063		21,041
Unrestricted funds	7		<u>50,785</u>		<u>31,041</u>
			<u>62,848</u>		<u>52,082</u>

The financial statements on pages 4 to 10 were approved by the management committee on

18/9/06
MARY MILLAR
SECRETARY

Mary Millar
 Treasurer

