

Kingdom Abuse Survivors Project



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Lloyds TSB Foundation for Scotland

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Staff and Volunteers April 2006 to March 2007

MANAGEMENT COMMITTEE

Val Morgan	Chairperson
Dave Gillan	Treasurer
Flora Couper	Secretary
Berenice Gallagher	Member
Laura Crombie	Member
Hazel Bradley	Member
Sue Hampson	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 People's Support Worker
Lorna Patterson	Young People's Support Worker
Juliet Sherriff	Befriending Volunteer Co-ordinator
Susan Lynch	Project Administrator
Elaine Burgess	Young People's Service Administrator
Lynn Forsyth	Cleaner

VOLUNTEER COUNSELLORS/ COUNSELLORS IN TRAINING

Margaret Dearie	Colin Lyle
Sandy McFarland	Sharon Colville
Bernadette McWilliams	Karen Porter
Helen Shanley	Alistair Blair
Catherine Ferguson	Kerry Somerville

VOLUNTEER BEFRIENDERS

Reta MacKay	Emma Lawrence
Margaret Martin	Paula Taylor
Ruth Gilmour	Tony Davis
Gillian McElhinney	Lynne Duncan
Rose Davis	Sandra Farrell

OTHER VOLUNTEERS

Lorraine Crawford	Meditation Group
Julie Burns	Admin
Michelle Noonan	Admin

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.

Flexible Support / Befriending - 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; 2 Young People's 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 3,500 copies.

Chairperson's Report

Firstly may I commend this report to and suggest that apart from glancing at the financial statement you take time to read the various contributions from our project workers.

This I hope will highlight the diversity and breadth of support given to our client group. This work is sensitive and therefore is undertaken in a caring manner, always with the client as prime focus.

The project continues to be innovative using MSN messenger, art therapy, and group work to offer support. Giving as many opportunities for clients to approach the service.

The management committee thank our staff, volunteers and counsellors for their most valuable work. We thank clients for continuing to remind us what this service is about and who it is for and how to improve it.

As always funding is an issue, but our committee is such that we will always challenge funding issues.

May I also thank the management team who again have supported the chair brilliantly over the past year.

Val Morgan

Treasurer's Report

The wind gusted a little more strongly than expected as the Frenchman took his first tentative steps out over the void.

He was as prepared as he could be, having reconnoitred thoughtfully and evidenced his skill admirably, on several of New York's towering skyscrapers. Still, his knuckles were unusually white as he gripped the twenty two foot balance pole, which flexed and trembled with each "highly" courageous step. Even the great Blondin was visibly shaken by the giant up-draft generated by mighty Niagara, whose spray treacherously coated the fine steel mesh of his precarious walkway.

In the early twenties this circus stuntman made several attempts at crossing Niagara Falls via a tight-rope; when quizzed as to how he garnered the courage for such a perilous journey, he stated simply his absolute confidence that his route, the approach to his personal challenge had been fully prepared previously and further that his confidence grew from the professionalism of his support team. Though there is a strong element of modesty in such a statement, it was clearly accurate, as attested by Blondin's survival.

To be fortunate enough to observe such professionalism, this most necessary preparation that enables others to undertake uniquely personal journeys, is what connects me to KASP. Correctly, my management committee experience is a vicarious one, but I continue to be both proud of and wholly enthused by what you have achieved as a staff team; in particular your abilities in assisting others to complete their journeys safely.

Dave Gillan

Project Manager's Report

If 2005-2006 was a year dogged by uncertainties over funding and all the resultant anxieties and stressors then 2006-2007 seems to have been a year where we have been able to reap the rewards of our continued fight for funding to maintain and develop the services that we know are desperately needed by survivors of childhood sexual abuse across Fife.

We were delighted to find out that every one of our funding applications which were submitted in the previous year had been successful. This enabled us to continue the good work that we engage in and also add in some new aspects.

Our domestic abuse support project has been maintained for another 2 years with the support of a Violence Against Women grant from the Scottish Executive and funding from Fife Council, and for the first time we have been able to utilise the skills and services of 2 volunteer counsellors to support clients within this service.

A grant from Lloyds TSB Foundation for Scotland over 3 years enabled us to expand our specialist mental health project (funded through a Mental Health Specific Grant) to offer electronic support in the form of MSN helpline, email support and also, for the first time ever, electronic counselling appointments. This has enabled us to reach those that would not have been able to access support due to geographical limitations and also to those who faced barriers to accessing services through e.g. agoraphobia or deafness.

Our befriending project which has always been funded through precarious short term grants was yet again given another 12 months of funding from local mental health area redesign team funding and this enabled further developments and refinements of the service.

One of the largest developments to our services over the last year was the introduction of our Young People's Support service enabled through funding for 3 years from the Big Lottery Young People's Fund. This has enabled us to employ 2 part time young people's support workers and 1 part time admin to develop the support services on offer to survivors within the 16-25 age group.

This year for the first time KASP also took on an art therapy student from Queen Margaret University and through this we have witnessed the benefits of being able to offer this form of therapy to our clients. Art material to support this were supplied with a grant from North East Fife Area Redesign Team, which also covered the cost of updating books for our information and library resource.

Our funding from Fife Council and NHS Fife has continued towards our core costs – management and admin salaries, running costs and volunteer costs. This funding is significant in that it also enables us to allocate resources towards securing all the funding required for additional services.

As ever, KASP has continued to be heavily involved in partnership working primarily through our shared premises and resources with FRASAC and our involvement with the Trauma Group Meetings and Fife Domestic and Sexual Abuse Partnership (FDASAP) which included our part in creating and delivering training with FDASAP Training Consortium. Our involvement in national work has also continued in the form of the Scottish Executive Reference Group taking forward the National Strategy for Survivors of Childhood Sexual Abuse in Scotland.

It has felt like an extremely positive year for KASP and I would like to convey my heartfelt thanks to everyone who is involved in our work ... our funders, volunteers, staff, partners and of course our clients.

Marnie Collin

Assistant Project Manager's Report

When you are asked to put together a piece for the annual Report, it can feel an arduous task, looking for the right words, the right phrase, and the right thing to say.

What can you say? How can you say it? Sometimes words are lost, too hard, too complicated; just a struggle... lets stop and start again.

As I was thinking this I became aware of the similarities with our clients, looking for the words the right words! And without these words where would they be?

This has been another busy year in the project, our stats show that many men and women in Fife have found the right words to ask for help, for some an arduous task, with many stops and starts but once they have found the right words there is no stopping them, this can be a painful process.

Devoid of those words, the courage of the individual there would be no need for KASP.

"its great to talk to someone about how I am feeling.....it has helped me a lot coz now I have realised that it wasn't my fault"

With our clients words we as staff and our very faithful band of volunteers take these words to promote and raise awareness onto the wider community, to highlight the effects and consequences of being abused as children by adults. These words may be heard and in doing so may provide an opportunity for other survivors, men and women to come forward when they hear that it is okay to talk, to find their own words. The words also help the wider community have a better understanding of childhood sexual abuse for it to be acknowledged, seen, tackled and the stigma of being abused removed.

Men and women's words are even being heard by the Scottish Executive to look at a strategic response to the needs of adult survivors.

Silence has been broken!

So does it matter then, what words are used as long as they are heard, even if they are not the correct words its about not giving up however hard it is. People are listening and the feeling is that survivors, men and women's words are being and will continue to be heard!

So many thanks to all our clients who have attended and thank you for your words to which we as staff, volunteers are eternally grateful, as without these words we would have no insight into your fragile world.

I would also like to take this opportunity to thank all our volunteers for all their precious words and to all the staff for listening to all my words

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

This year has seen the Cupar office becoming busier. It has been good to have colleagues around and the general atmosphere has felt more stimulating and supportive.

I have completed the trauma training I started last year and some of this is finding its way into my work. I feel I want to do this slowly, to be very sure it is appropriate and take my time to assess the relevance of it to my clients. It takes time to knit together someone's vast learning and teaching with the unique experiences of my clients. It feels important for me to sift through this new knowledge, to contemplate on where it might make a difference and to introduce it slowly and, hopefully, wisely.

Otherwise, my clients as always are the most reliable teachers I have. Learning from them is like being given a gift – the gift of their knowledge, their trust and their perseverance. I may handle this gift clumsily at times but I always feel honoured to have received it. Thank you.

Cath Heneghan

Central Fife

The past year has been a quieter and more reflective year. This has allowed for some consolidation work to take place.

As always, the unsteady economic environment in which we work has its impact but this is more than balanced by the project's staff and volunteers and by the clients whose lives I am privileged to share for a while.

Some of the comments received this year were ***"I feel like a real person and I am important and worthwhile", one client commented "being able to be in my home environment made me open up more", another said "my life has moved on"***.

Gail Rae

Referrals in Year

11 new referrals (10 females 1 male)

7 attended first information session

1 of these accessed further support

Use of Service

14 individuals received support
(12 female 1 male; 1 new client, 2 re-referral
11 long term)

327 face to face appointments were offered

216 face to face appointments were provided

Total of 270:00 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 project expanded to a 30 hour post in 2003, and is currently funded by The Scottish Executive Violence Against Women Fund (until March 2008) and Fife Council.

The Domestic Abuse Project offers support and counselling to women who are surviving childhood sexual abuse and domestic abuse.

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. There have been numerous comments by service users on how much lighter it feels to share abuse and the trauma of violent assaults. For most women it takes years to unlock the secrets of domestic and childhood sexual abuse.

Often women felt they were keeping the same secret but because they are now beginning to talk feel the risk of repeated abuse and harassment is diminished. ***" My counselling helped my confidence and for the first time, with the support of my counsellor, I was able to face my abusive partner in court as a witness-.....this was a turning point for me! After 10 years I feel for the first time I can move on and not take him back to be further abused....."***

"Without counselling and being given the space to think I know I couldn't have faced my ex in court....now I truly will move on...I have gone back to him five times but I know for the first time ever I will never go back to him!" (To date this woman has not returned to her partner.)

November brought an exciting development and saw the expansion of the project when Karen and Sandy, two of our volunteer counsellors, undertook additional training and subsequently came on board to offer a dedicated counselling service to survivors of Domestic Abuse and CSA. Sincere thanks for their dedication and commitment.

February saw the introduction of an evaluation framework developed by The Young People's Project and to date this appears to be a useful tool in evaluating growth within the counselling relationship.

Some Comments from people who are accessing the service.....

- ***"I thought counselling would be a load of SXXT! I've avoided it for years.... I still can't believe I'm talking and can't believe how much calmer I feel...I was always so angry....!"***
- ***"Without counselling I wouldn't have felt able to attend a group or go out on my own for fear and feeling unsafe"***
- ***"The group helped me to feel accepted for the first time in my life ...I no longer feel alone and ashamed."***
- ***"I never went out and now I am feeling that I can do sometimes on my own thanks to the group and the lovely people in it."***

- ***“It has taken me a while but I have come up from the depths of depression and feelings of no hope, feeling I am only here to be abused.....I feel so much more in control of my life”***
- ***“Someone believing in ME for the first time ever has helped me so much. I now believe in ME!”***

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. In January I co-facilitated a workshop at The Sexual Abuse Conference (Self Matters) which provided the opportunity to explore the connections/patterns of behaviour associated with Childhood Sexual Abuse and Domestic Abuse. Thanks so much to Reta (co facilitator) whose input was invaluable.

Thanks

There are so many people to thank (Supportive Colleagues, Clients, The Management Committee, Volunteers, Funders and Central Fife Women’s Aid. Susan, Marnie and Lynn for their endless encouragement and support.) Janet Pringle, Pauline McGee and Sheila Noble for their enthusiasm and Carole Haighe for her objectivity and supervision.

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. Their resilience and strength continues to inspire me in my work! **Thank you** for your **trust** and **courage!** Without **you** there would be no KASP!

I look forward to the year ahead with enthusiasm!

Lorraine Cafferkey

Referrals in Year

18 new referrals
15 attended first information session
12 of these accessed further support

Use of Service

35 individuals received support (all female -
(12 new clients; 23 long term support)
649 face to face appointments were offered
519 face to face appointments were provided

Total of 771.37 hours of support provided

Flexible Support / Befriending Project

I started as co-ordinator for this part of KASP's services in June 2005. This project was a departure from the previous focus of counselling and resulted in an additional support services being offered.

The past year has been about consolidating and reviewing the project and the services.

We have an increasing number of volunteers who contact us as a result of seeing our website. I must again give particular thanks to Volunteering Fife, who regularly pass on details of high quality potential volunteers. We are keen to develop our pool of volunteers who are available to work in North- East Fife as this is an area that is currently under-resourced in terms of volunteers.

There has been two 3 day induction training course for volunteers and all active volunteers continue to receive regular support and supervision.

- *The discussions that we had at on the training days were really good and it helped to hear others views!*
- *The training is very intensive – I came out of it feeling confident about my ability to volunteer.*

Over the year the training content and duration has been reviewed on an ongoing basis to ensure that it continues to meet the needs of volunteers. All current volunteers have been offered opportunities to attend further training and many have taken them up.

During the past year we discovered that one-to-one support could often be quite difficult for some people and we decided to move towards organising group social and educational opportunities, supported by volunteers. This has meant that people can dip in and out of the project services. That has provided our clients chances to test the water and meet more than one person in social settings – this feels to be a bit more natural – how do you meet people?

We have reviewed our services and hope to focus on developing social groups and extending our pool of complementary therapy volunteers. Numerous hours have been spent since January detailing the developing services to ensure that our application for funding to the Big Lottery has been robust enough, to get funding to continue for the next 5 years. The outcome of this application is not likely to be known until December 2007. So fingers crossed!

Juliet Sherriff

Referrals in Year

16 referrals (15 female, 1 male)
8 accessed service
8 accessed service

Use of Service

10 individuals supported (9 female, 1 male,
9 new clients, 1 long-term support)
116 sessions offered
89 provided

Total of 239.20 hours of support provided

Volunteers

15 information packs sent out
7 potential volunteers applied
6 new volunteers recruited

Young People's Project Report

In 2004 and 2005 The Young People's (YP) Project had consisted of one YP's counsellor/support worker and this had been on a sessional basis for 10 hours each week. However, it became very difficult to sustain the service and in 2005 the funding had to be managed on a month to month basis. So we were delighted to learn in March 2006 that we had been successful in achieving funding to employ 2 x 18 hour YP's counsellor/support workers and also 1x 18 hour administration worker for a period of 3 years.

This money was awarded by the National Lottery Young People's fund. Mary took up post in May and Elaine and Lorna joined us in September. Unfortunately though, when Lorna and Elaine began we only had two weeks together, before Mary was off sick for four months. In the meantime Lorna completed her induction and looked after the project's clients until Mary returned in January and Elaine began setting up the new systems and procedures. Lorna and Elaine also picked up the development of the card evaluation system (a procedure which evaluates client growth and development within the counselling relationship) and completed it. It was then ready to introduce to our clients and the clients from the Domestic Abuse Service, as a pilot early in the year. (Subsequently this procedure was then adopted by the other services and rolled out to all counsellors and clients in May.)

Mary continued to work with the young people she had counselled prior to her absence and as new referrals were coming through very slowly in the first quarter of 2007, Lorna and Mary focussed on developing and preparing training materials on Childhood Sexual Abuse and Disclosure of the same. This training was then delivered to 155 people throughout the community, including 4th year students at High School, teachers and support workers who work with young people, raising awareness of Childhood Sexual Abuse.

We hosted an Open Day in March to promote/advertise our service in the North East of Fife and all together eighty professionals from various statutory and voluntary agencies attended. We also developed and distributed posters, leaflets and 'business cards' for young people to local libraries, G.P. surgeries, schools and colleges. Slowly Lorna was allocated more clients and at the moment we are both working with our maximum case load, with a small waiting list.

For our initial year, we offered a total of 354 face to face appointments; 75 individuals made contact with the agency and 20 received ongoing support/counselling. We continue to be in awe of the resilience of our young people and we admire them all for undertaking the task of facing, reliving and dealing with the sometimes harrowing affects of their abuse.

On a personal note: Mary would like to take this opportunity to thank all my colleagues here at KASP, the management committee and my clients, for bearing with me throughout what has been a very difficult year for me. Lorna would like to say a heart felt thank you for receiving a warm welcome in to KASP. I just stepped over the 1 year mark and it has been a quick and enjoyable year. I feel lucky to have the colleagues I do have and it is the first time in years I have come back from holidays looking forward to returning to work.

Thank you.

Mary Hepburn & Lorna Patterson

Referrals in Year

36 new referrals
17 attended first information session
9 of these accessed further support

Use of Service

22 individuals received continual support (all female - 9 new clients; 3 re-referrals; 10 long term support)
373 face to face appointments were offered
220 face to face appointments were provided

Total of 267.51 hours of support was 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
- Volunteer Training on LGBT Awareness
- Training on issues of LGBT, homelessness & CSA Awareness
- CSA Awareness to young people & teachers in High School
- CSA Awareness training to Drugs Project
- Fife Domestic and Sexual Abuse Partnership (FDASAP) training consortia incorporating input into the following multi-agency domestic abuse training:
 - Impact of Domestic and Sexual Abuse on Women's Mental Health.
 - Children and Young Peoples Experience of domestic abuse.
 - Multi-Agency Training Supporting and Protecting Children Living with Domestic abuse.
 - Multi Agency Training Delivered (Children young peoples experience of Domestic abuse)
 - Multi agency Training Delivered (Supporting and protecting children and young people experiencing domestic
 - Jointly run Sexual abuse Conference "self matters"-Workshop looking at the connections and patterns of behaviours in CSA and Domestic Abuse (workshop involved co-facilitation with Reta volunteer)
- KASP Volunteer Counsellors- specialised training on Domestic Abuse
- CSA Awareness to Homestart Volunteers

Self Matters Conference - BLCC, Dunfermline

In January, KASP was involved in a joint Conference with Safe Space, FRASAC and CVC. The conference was designed for workers who currently work with people who have experienced sexual abuse at some point in their lives. The conference offered an opportunity to develop understanding and enhance skills

The focus of the day was around 3 themes
Body image
Coping Strategies
Boundaries

For each theme there was an introduction from Professor John MacLeod followed by a selection of 10 workshops on the theme. The Conference was well attended not only from workers from Fife but also outwith. The workshops covered a variety of topics based around the 3 themes; it was a jam packed day.

The 4 agencies involved in the conference all felt it was a great achievement for Fife and one we would hopefully like to return to in the future.

Group Work

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

This group supported 6- 8 women on a weekly basis and met in Levenmouth. The group was an open group and facilitated by the Domestic Abuse worker. Three members moved onto employment/college/volunteering opportunities. The group focused on looking after ones emotional self, building self confidence and reducing social isolation. In addition to mutual self help/support; the group undertook a personal safety course facilitated by the local police and an assertiveness course from The Workers Educational Association.

An organised sponsored walk in July raised funds for a residential night to Loch Lomond on 14th and 15th October at The Drovers Inn-an ancient 300 year old pub frequented by Rob Roy! Members commented on the benefits of having the opportunity (for some the first) to get away from Fife and leave their everyday cares behind. Despite the trepidation of trying something new a great time was had by all, not forgetting the ghostly goings on! The group came to an end in March 2007.

Domestic Abuse Support Project - Swimming Group

Met fortnightly and aimed to tackle women's anxieties about body image, self image, enhance self confidence and provide mutual support in exercising. ***"....I never believed I would ever get back in a pool! I still can't believe I've done it....but I have! I'm proud of myself...doing something "normal" again"***

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.

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. 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!

Trauma Informed Services

KASP were involved in local trauma group meetings funded through the Choose Life Suicide Prevention initiative. This work witnessed professionals from statutory, voluntary and private sector meeting together in facilitated space to explore trauma informed services. The discussions utilised a systems approach to identify a system that could

- Meet survivors where they are in need of help by
 - Putting the client at the centre and first equal to all our agencies' responses
 - Meeting needs quickly and efficiently in order to
 - Eliminate the debilitating effect that sexual abuse has on the lives of individuals
 - Enable clients to cope with everyday life and address core issues
 - Create health and independence for all members of our community

The outcome of this work focused on training and supervision, the idea of a safe haven for survivors and better data collection. This work is ongoing. Thanks so much to the facilitators who gave their resources for a greatly reduced rate to help us think outside of the box!

Statistics and Qualitative Evaluation

Entire Projects Statistics for year 1st April 2006– 31st March 2007

Total number of clients accessing the service

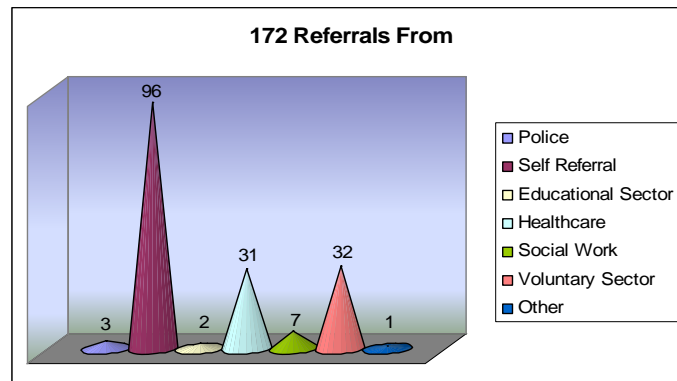
The total number of clients accessing the service this year was 298, plus 84 anonymous contacts; this brings the total number of clients that have accessed the project since 1995 up to 1,703.

New referrals

The project received 165 new referrals, of which 144 were female and 21 were male. Of the 165, 84 attended an information session to discuss the types of support available and the remaining 81 failed to move from the initial referral. Of the 84 that did attend an information session, 39 accessed further support leaving a total of 45 that did not attend their first counselling appointment.

Breakdown of the 172 clients accessing services

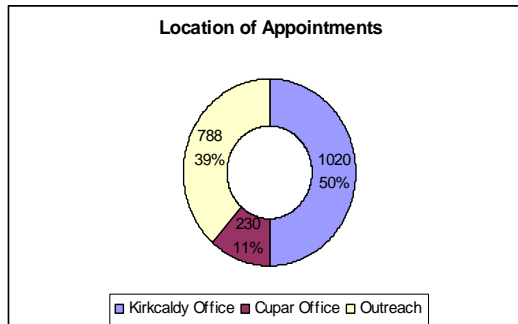
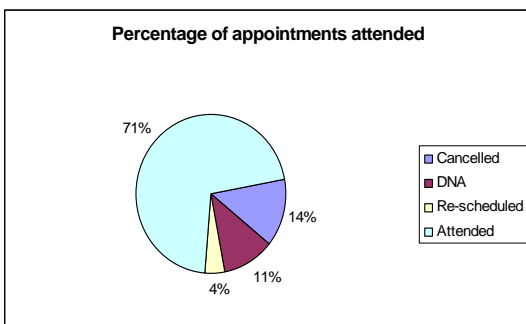
The number of people accessing project services over the year was 172, 154 were female and 18 were male. Of the 172, 39 were new clients, 22 were re-referrals and the remaining 111 were clients receiving long term support.



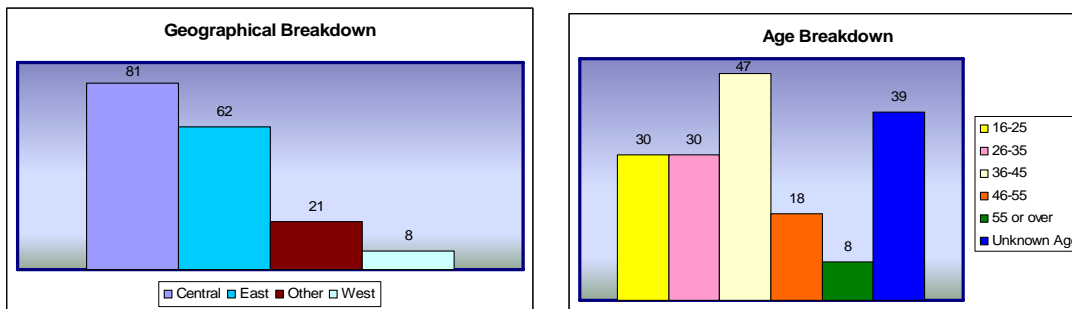
Appointments offered

Of the 3,192 face to face appointments offered over the year, 2,038 attended and a further 360 sessions being initiated without an appointment bringing the total of support session attended up to 2,398 providing 3083.28 hours of support.

2,398 Attended, 463 Cancelled, 369 DNA 145 Re-scheduled, 177 Counsellor Cancelled/Re-scheduled



Breakdown of region and age range for the 172 supported clients



Summary of Support given

The following support was offered and taken up:

Service	No. of sessions	No. of hours
Advocacy	20	27:55
Complementary Therapies	14	14:00
Face to Face *	1970	2831:43
Electronic Support	234	133:06
Providing Information	10	12:55
Telephone Support	150	63:49

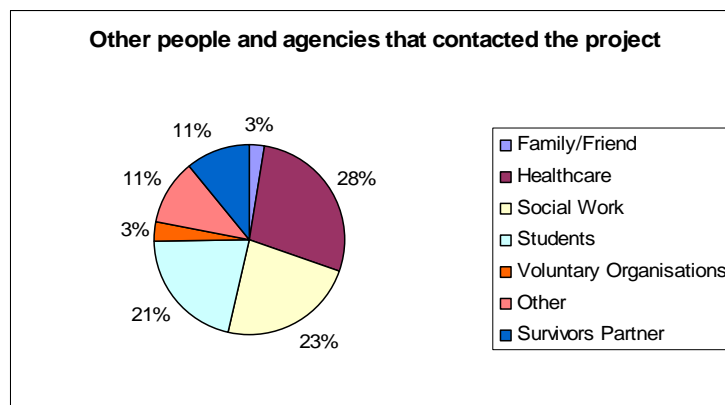
***Breakdown of Face to Face Support**

1,242	Counselling Session	118	Information Session
112	Support Session	95	Befriending Session
25	Art Therapy Session	27	Crisis Planned
11	Crisis Unplanned	340	Attended by 22 client at 69 Group Work Sessions

69 Group Work Sessions Delivered

13 Let's Get out Group	4 Other
5 Swimming Group	12 Woman's Group
5 Self Harm Group	30 Sailors Rest Group

Other people and services that contacted the project



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.

Ongoing evaluation of KASP counselling service has consistently highlighted that clients report improved personal lives e.g. analysis of a recent evaluation focusing on counselling support offered over 2006-2007 showed the following:

From our self reporting evaluation questionnaire we have discovered that:

Low self esteem was identified as an issue by 100% of those accessing support and 88% of those people identify increased self esteem as a result of receiving support.

Lack of safety was identified as an issue by 62% of those accessing support - 80% of those identify feeling safer as a result of receiving support.

Problems with physical health was identified as an issue by 50% of those accessing support - 100% of those who identified it as an issue reported increased physical health as a result of receiving support.

Problems with mental health was identified as an issue by 88% of those accessing support - 50% of these individuals felt that they had improved mental health as a result of accessing support.

Self Harm was an issue for 62%, of which 80% report decreased self harm as a result of support received.

Domestic Violence was identified as an issue by 50% of individuals of which 100% identified less domestic violence as a result of support.

Alcohol Use - was an issue for 38%, of which 100% reported reduction of alcohol use as a result of support received.

Drug Use was an issue for 50%, of which 75% reported reduction in drug use as a result of support received.

Self Confidence was an issue for 88%, of which 86% reported increased self confidence as a result of support received.

Sexual Health was an issue for 50%, of which 100% reported safer sexual health as a result of support received.

Relationships were an issue for 62%, of which 40% reported more fulfilling relationships as a result of support received.

Emotional wellbeing was an issue identified by 62% of individuals accessing support, of which 100% reported enhanced emotional wellbeing as a result of support offered. A further 25% of respondents who did not identify emotional wellbeing as being an issue when accessing support reported enhanced emotional wellbeing as a result of support.

Communication skills was an issue for 50% of which 100% reported enhanced communication skills as a result of support received.

Risk taking was an issue identified by 25% of individuals accessing support, of which 100% reported reduction in risk taking as a result of support offered. A further 25% of respondents who did not identify risk taking as being an issue when accessing support did report reduction in risk taking as a result of support.

Housing was an issue identified by 25% of individuals accessing support, of which 100% reported improved housing as a result of support offered. A further 25% of respondents who did not identify housing as being an issue when accessing support reported improved housing as a result of support.

Employment was not identified as an issue by any of the individuals who accessed support but 25% of individuals did feel that they had enhanced employment opportunities as a result of accessing support.

Education/Training/Volunteering was an issue identified by 12.5% of individuals accessing support, of which 100% reported enhanced Education/Training/Volunteering opportunities as a result of support offered. A further 37.5% of respondents who did not identify Education/Training/Volunteering as being an issue when accessing support did report enhanced Education/Training/Volunteering opportunities as a result of support.

Feeling Low was an issue for 75%, of which 83% reported less likely to feel low as a result of support received.

Isolation was an issue for 50%, of which 75% reported feeling less isolated as a result of support received.

Access to Services was an issue identified by 12.5% of individuals accessing support, of which 100% reported accessing more services as a result of support offered. A further 25% of respondents who did not identify access to services as being an issue when accessing support did report accessing more services as a result of support.

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
- Lloyds TSB Foundation for Scotland
- The Big Lottery Young People's Fund
- Kirkcaldy and Levenmouth Area Redesign Team
- Glenrothes Area Redesign Team
- North East Fife Area Redesign Team
- Donations from HSBC, Synergy Yoga and Therapy Centre, Glenrothes Church of Christ
- Those individuals who run the thrift shop to raise funds for KASP
- And various other donations from individuals and 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; thanks to Forthroad Ltd at the Boathouse for offering your minds and your 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

BALANCE SHEET

for the Year Ended 31 March 2007

	Note	2007		2006	
		£	£	£	£
FIXED ASSETS:					
Tangible Assets	4		-		105
CURRENT ASSETS:					
Debtors	5	5,053		3,782	
Cash at Bank and in Hand		<u>92,872</u>		<u>83,383</u>	
		97,925		87,165	
CURRENT LIABILITIES:	6	<u>21,245</u>		<u>24,422</u>	
NET CURRENT ASSETS:			76,680		62,743
TOTAL ASSETS LESS LIABILITIES:			<u>76,680</u>		<u>62,848</u>
FUNDS:					
Restricted Funds	7		17,737		12,063
Unrestricted Funds	8		58,943		50,785
			<u>76,680</u>		<u>62,848</u>

STATEMENT OF FINANCIAL ACTIVITIES

for the Year Ended 31 March 2007

	Notes	Unrestricted Funds £	Restricted Funds £	Total 2007 £	Total 2006 £
Incoming resources	2				
Domestic Abuse Service		6,100	32,165	38,265	36,106
Mental Health Service		3,440	33,457	36,897	29,594
Young Persons Service		3,337	42,581	45,918	3,500
Befriending Service		12,323	10,577	22,900	32,230
Investment Income		3,225	-	3,225	2,407
Other Income		110,337	16,750	127,087	124,071
Total incoming resources		<u>138,762</u>	<u>135,530</u>	<u>274,292</u>	<u>227,908</u>
Resources Expended	3				
Charitable costs		126,443	129,856	256,299	213,587
Governance costs		4,161	-	4,161	3,555
Total Resources Expended		<u>130,604</u>	<u>129,856</u>	<u>260,460</u>	<u>217,142</u>
Net incoming/(outgoing) resources before transfers		8,158	5,674	13,832	10,766
Gross transfers between funds		-	-	-	-
Net movement in funds		-	-	-	-
Total funds brought forward		50,785	12,063	62,848	52,082
Total funds carried forward		<u>58,943</u>	<u>17,737</u>	<u>76,680</u>	<u>62,848</u>

