



Kingdom Abuse Survivors Project

Endeavours to enable adult survivors of childhood sexual abuse throughout
Fife to eliminate the debilitating effects that the abuse has on their lives.

Thanks to our Admin Volunteers

Regular callers to KASP may have found in recent months that they missed that friendly Canadian accent at the end of the telephone. Unfortunately Alice, our Project Administrator has been off sick since mid September. We all wish Alice a speedy recovery.

During her absence we have been fortunate with the level of support that our administration volunteers have been able to offer. Without their additional support we would have struggled to maintain the current level of service provision.

Consequently we'd like to say a huge big thank you to Susan, Sandy, Liz and Yonas.

Building Work at KASP

Remedial building work is taking place in the car park at the back of KASP building. It is anticipated that the work will carry on for 4 weeks although as is always the case with building work it may take a while longer.

The implication of this for the service is that we have no parking facilities at the back. Parking is available directly outside the building for a maximum of 20 minutes. Alternatively you can park up Townsend

Crescent and then first right for an unlimited amount of time.

We are also having to use Portaloo's as our toilet facilities are out of order, so if you have an aversion to using the Portaloo then try to make sure you go before you arrive. The external toilets are actually quite nice - if your only prior experience of Portaloo's are at music festivals then think again, ours are clean and bear no resemblance to the vile mess you nor-

mally expect to see in a Portaloo. They are very cold though so remember to wrap up well before you venture out.

We may also experience disruption to our water supply but this should not affect the service.

We apologise for any inconvenience this work may cause and ask that people bear with us.



CHRISTMAS DROP IN

TUESDAY 21ST DECEMBER

2PM - 4PM

IN THE GROUP ROOM

LOTS OF CHRISTMAS GOODIES

Group Work at KASP

Some of you maybe aware that KASP has recently looked at group provision and invited users of the project to put forward their views and asked them what groups they would like at KASP.

For any of you who returned the form many thanks, as you have provided us with information that will assist us with our future group provision.

These are the some of the suggestions:

- **Meditation / Relaxation group.**
This group will be beginning in the New Year.
- **Self-harm group.**
We hope to provide this resource in the New Year once we have identified facilitators.
- **Women's Support Group**, this group currently meets on alternate Thursday afternoon, a request for an evening support group will be looked into.
- **Therapeutic Group**, a 10-week session, closed group looking at specific issues. (will keep you posted re this)
- **Looking after yourself Group**, a 10 week closed group looking at taking care of you, your body and your mind. (will keep you posted re this)

There were further requests for a young persons group and a group to look at anger management.

Groups can be at KASP or at our Cupar office.

So group work for 2005 looks like it will be really interesting!

We will keep you posted in the newsletter when and where groups will be on.

KASP AGM

KASP's Annual General Meeting was held on Thursday 7th October in the Rothes Halls. The AGM provided us with the opportunity to provide an update on all of our work from 2003 to 2004.

The new committee were elected and now comprise of:

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|----------------|------------------|
| • Val Morgan | Chairperson |
| • Dave Gillan | Vice Chairperson |
| • Flora Couper | Secretary |
| • Mary Miller | Treasurer |

- | | |
|----------------------|-----------------|
| • Berenice Gallagher | Ordinary Member |
| • Marlene McMillan | Ordinary Member |
| • Lyall Allan | Ordinary Member |

After the business of the AGM was finished Sarah Nelson (Researcher) presented her findings on a research study that she undertook in Edinburgh exploring the support needs of male survivors of childhood sexual abuse.

Service Development – Befriending Scheme

We are currently in the process of trying to secure funding to employ a Volunteer Befriending Co-ordinator and cover the expenses of volunteer befrienders.

It is anticipated that the volunteers in this service would offer the following kinds of support:

- Informal regular support to those who are on the waiting list to see a counsellor. Through this we would be able to offer clients on the waiting list a named person who they could meet with regularly to support them while they are on the waiting list.
- Informal regular support to those who are near the end of their counselling and would like to be matched with a 'Befriender' to meet regularly for a coffee and chat and to assist them to access social opportunities as they begin to rebuild their life.

We are delighted to report that we have been successful in securing one third of the total required to initiate this service thanks to a grant from Kirkcaldy and Levenmouth Mental Health Area Redesign Team.

Over the coming months we will be submitting applications to other funding bodies to secure the additional funds required to start this service. Service users from KASP were consulted regarding the need for this service prior to funding applications being submitted and we will continue to consult with service users throughout the process.

We are also keen to speak with service providers about this new development and aim to do this in the near future. In the meantime if anyone would like the opportunity to discuss this service development further please contact Marnie at the KASP office.

Comfort Box

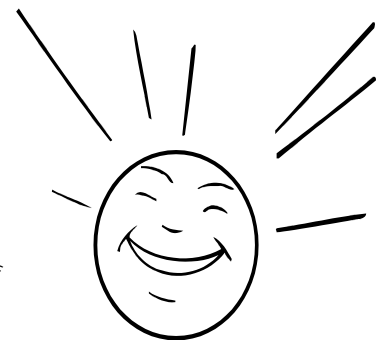
Here is something to do when your feeling a bit fed up especially as we're heading towards Christmas and it's not everybody's favourite time of year.

Find a box, an old shoebox would even do, decorate with the outside of the box some of your favourite things.

Now for in the box, what will we put in it?.....

Anything that makes you smile or gives you a warm feeling. Maybe as you read this you think that's easier said than done, try and not get despondent, to create your comfort box can take weeks, to find the right items for you.

In my box I have a bar of chocolate, my favourite video, my favourite cd, some pictures of daffodils (my favourite flowers in the whole wide world) a postcard of the sea, some shells, a book, my perfume "Poemme", love smelling it and a bottle of bubble bath. My box sits under my bed it's there when I need it.



So have a go see what you can put in your box that will bring you comfort and make you smile!

KASP Ten Years Old in 2005

KASP will be celebrating its tenth birthday next year and we anticipate holding a large-scale event to mark the event. We have decided to hold the event in October 2005 as that was the month that KASP's constitution was signed back in 1995.

It may feel like it's early to be bringing up the idea of a celebration that is 11 months away but we'd like to ensure that everyone who wants to be involved in planning an event has the time and opportunity to do so.

We anticipate holding regular planning meetings starting in January 2005 and need as many people as possible to contribute to the process.

If you'd like to be involved in the planning group for KASP's 10th Birthday please contact the office to note your interest.

MEDITATION/RELAXATION GROUP

Lorraine Crawford will be facilitating this group starting on Wednesday 19th Jan 2005 and lasting for approximately 6-8 weeks. We will be holding two sessions - afternoon 1.30–2.30 pm and evening 6.00–7.00 pm.

Lorraine will be in KASP on Wednesday 15 December between 4–5 pm and 5–6pm to offer further information, give an informal demonstration and answer any questions/anxieties you may have. If you are interested please come along on the 15th or give us a ring at KASP and put your name down for starting in January.

BEFORE!



AFTER!



Short of Ideas for Christmas?

Why not give a meditation CD?

Lorraine Crawford has produced a brilliant Guided meditation and visualisation CD called "The Gift".

Copies are available from KASP Office at a cost of £5.00 each.

Book Review— “Overcoming Depression” Dr Windy Dryden and Sarah Opie

This book demands hard work by the reader. It is based on “Rational Emotive Behaviour Therapy” which combats the thought habits of depression by using rational thinking. It teaches that “unhealthy negative emotions” result from four irrational beliefs: those which make unrealistic demands that can't be lived up to; those which “awfulise” a situation; which impose the view that a situation is intolerable and those which tell a person she is useless.

Then the authors teach how to note when these beliefs are operating and how to combat them with more realistic attitudes. (rational belief alternatives).

The changing ways of thinking- (habits of mind which cause a vicious cycle of depression) puts control of the depression into the hands of the person who is prone to this illness- (while not denying the value of medication when necessary).

This book shows how to monitor early warning signs; encourages activity as a way of avoiding the slump into deeper depression. It teaches step by step, how to challenge irrational beliefs (is this belief helpful; is it consistent with reality; is it logical?) so that intellectual insight is applied to “self defeating behaviours”.

The authors differentiate between the natural sadness (healthy) that we all feel at loss and the over-reactions that, in vulnerable people, can result in depression, anxiety, anger, guilt and shame.

There are chapters on “Preventing Future Episodes” and a “Prescription for an Anti- depressant Philosophy” plus interesting case studies.

It is probably not a book that will help when in the throes of depression because it demands application and a degree of positivity, but, for someone suffering mild depression or who knows she is prone to depressive episodes or wants to work at change, then this is a useful self help guide.

It would be a useful source book for group work.

Thanks To KASP

I was married for 15 years
During which, I suffered
Physical, sexual and mental abuse
I have 3 children
Who also suffered
I got divorced at 31 years old
I met a wonderful man
With whom I have lived with
For 7 years
I suffered a great loss when
My sister died at the age of
47 years old
Which shocked me into realising

That life is too short to be
A victim
Through KASP
I have learnt to be a survivor
Rather than a victim
I am stronger than my abuser
Because I am a survivor
And I know how to help others
To survive

Cross Party Working Group Update

There is still no news regarding a date for the launch of the Scottish Executive Short Life Working Group report into the Needs of Adult Survivors of Childhood Sexual Abuse.

As members of the CPG wait for a date to be announced they have been busy exploring other areas that the group should be involved in.

A meeting has been arranged between members of the CPG and Cathy Jamieson on 12th January to discuss justice issues regarding the newly proposed legislation – The Prevention of

Sexual Offences Bill.

The CPG are also in the process of setting up a meeting with Andy Kerr, the Minister for Health and Community Care.

The group also plans to hold a joint meeting with the Mental Health Cross Party Working Group in the New Year.

The outcome of these meetings will be detailed in the next newsletter.

Fundraising

This financial year KASP requires to raise £10,000 to cover the core services that we provide. This requires a continual effort to attract funding from different sources. Since the last newsletter edition we have raised the following:

Towards Core Funding:

- Michael Cafferkey/Gleesons Ltd - £100 having successfully completed the Windsor Marathon.
- Milton of Balgonie villagers - £380 from raffles and auction of painting kindly donated by local artist Derek Banks

Towards specific projects:

- Kirkcaldy/Levenmouth Mental Health Area Redesign Team - £10,000 per year over two years towards KASP Befriending Service.
- Coop Community Dividend - £250 for groupwork
- Unemployed Voluntary Action Fund - £365 for admin volunteer expenses.

KASP would like to extend a huge thanks to those who support our work.

Book Review— “Co-Dependent No More” by Melody Beattie

One of the effects on me of being brought up by very controlling parents was that I didn't learn how to stand up for myself. I learned how to please in order to survive.

Although life events counselling have shown me that I have a right to express my own needs I still sometimes forget and lapse into self-negation.

I was in a situation recently when I needed to say just how I felt and what I needed. But the old guilt about “What right do I have to put myself first” was making me feel very muddled.

Then I found “ Co-dependent No More” by Melody Beattie on Kaspas bookshelves and read about people who “take care of other people, resent it and expect nothing in return” Me! Co-dependency involves a habitual system of thinking, feeling and behaving towards ourselves and others that cause us pain-“self destructive habits” that lead us into or keep us in destructive relationships that don’t work. Behaviours that prevent us from finding peace and happiness with the most important person in our lives; ourselves, the only person we can change; ourselves.

I didn’t like what this book was telling me, I wasn’t a victim of others, I was a victim of my own habits. Only I could change my own behaviour. Its comfortable sometimes to blame others for ones own problems, but however victimised I may have been originally I don’t need to stay in the victim role forever. If we are focussing all our energies on people and problems we have little left for the business of living our own lives.

This book reminded me in its 233 pages that I was stuck again in the gooey glue of obsession with other people’s problems- forgetting myself.

The better way according to the author is detachment. Based on the premise that each person is responsible for herself, that we can’t solve problems that aren’t ours to solve and worrying doesn’t help.

I didn’t want to stop worrying about my various family members. I fantasised that if I stepped in to help all would be well. However, “Co-dependent No More” showed me I was trying to be in control and live through others and that it wouldn’t be wrong to let them get on with their own choices however wrong I perceived their ways to be.

Not only did I stop obsessing about my family, I was also able to express my needs to my partner and to stand firm. (After telling myself it was alright, totally OK, to want what I did, i.e. to be me) Expressing my own needs did not come easily but I did it, being openly true to myself, not shilly-shallying or being manipulative.

I’ve bought a copy of “ Co-dependent No More” for the next time I need help to put myself first.

LEAN ON ME

Let me sing you a song To camouflage your woes And usher you with petals From a sweet scented rose	Let me shower you with my laughter And bathe away your gnawing pain And drown you in a world of fun Till your humour is regained	Let me paint you a pretty pic- ture The colours enhanced with guid- ing light And add magic to each brush stroke To aid you through this desper- ate plight
Let me wipe away those bitter tears You render in the daunting night And fill your vacant heart with joy As I spin you tales of delights	Let me deliver you from weak- ness And teach you to be strong Then guide you from the treach- erous path That many people fall upon	Let me place my genuine hand within yours And support you till the bitter end Let me show you that you’re not alone You’re walking through life with a friend
Let me wrap my loving arms around you Till your soul is pure and cleansed And comfort you through trou- bled times Till all your raging fears descend	Let me lend you a torch of fire To reinstate your dampened flame And rekindle that lost sparkle The one you long to hold again	

KINGDOM
ABUSE
SURVIVORS
PROJECT

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Office telephone & fax 01592 644217
Phone helpline 01592 646 644 (daytime)

Project's hours

Mon, Wed, Thurs - 9:00 until 8:00
Tues & Fri - 9:00 until 5:00

Visit us on the web at
www.kasp.org.uk
AND
watch for updates soon !

USEFUL CONTACT NUMBERS

SAFE SPACE	01383 739084
Support for adult survivors of Childhood Sexual Abuse and their Significant Others	
Fife Rape and Sexual Assault Centre (FRASAC)	01592 412964
Support for anyone who has been raped or sexually assaulted.	
POLICE	IN AN EMERGENCY DIAL 999
DOMESTIC ABUSE UNIT	01592 418460 01592 619931(text)
CHILD PROTECTION UNIT	Kdy 01592 412970 Dunf 01383 312910
VICTIM SUPPORT FIFE	Dunf 01383 621149 Glenr 01592 764850 Leven 01592 719257
SAMARITANS	Dunf 01383 722222 Kdy 01592 654242
WOMENS AID	Dunf 01383 732289 01383 623197(text) Kdy 01592 261008 01592 205720(text) E Fife 01334 412330 01334 470111(text) Shakti 0131 475 2399
Genito-Urinary Medicine Clinics	Kdy 01592 643774 (24 hrs) Dunf 01383 624079 (24 hrs)
FIFE MEN	01592 265666
CHILDLINE	0800 1111(24 hrs) 0800 400222 (for those with impaired hearing)
FIFE WOMENS NETWORK	01592 646690 01592 643385 (text)