

June 2004



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KINGDOM ABUSE SURVIV
29 TOWNSEND PLACE, K

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.

Welcome

Welcome to the first edition of Kingdom Abuse Survivor's Project new newsletter.

This newsletter was made possible by grants from the Henry Smith Charity, Robertson Trust, Lloyds TSB and Kirkcaldy/Levenmouth Mental Health Area Redesign Team. Funds were raised from these sources to enable KASP to upgrade our tired Information Technology and an outcome of the upgrade was the ability to produce a quarterly newsletter.

We anticipate that the newsletter will be a platform to enable information to be shared and this could include news about KASP services, updates on progress that the Adult Survivors of Childhood Sexual Abuse Cross Party Working Group is making, and information on any issues that are pertinent to survivors.

Most importantly though, this is a newsletter by and for survivors and as such we positively encourage you to send in articles that you would like to see published in the newsletter. So please put pen to paper and submit your stories, poems and observations. If you come across information that you think should be included let us know. We also need to know what sort of information you feel needs to be included, even if you don't feel able to provide it yourself. So if there is a subject area you would like us to write about, let us know and we will do our best to accommodate.

At the moment, the newsletter

team consists of a very small handful of individuals and relies on clients, staff and volunteers to find spare time to pull it together. Again we welcome involvement from anyone who has an interest in being involved. From those that express an interest in the newsletter we would like to form a newsletter sub group which can meet at KASP premises to undertake the work needed to create future copies of the newsletter.

If you think you might

like to be involved in this sub group please give your name to Alice and we'll get back in touch with you to let you know the date of the first meeting of the group.



View from the Window

Sexual Abuse Line Fife (SALF) Tel: 01592 642336

Is a new telephone support service offered by trained volunteers to anyone who has been sexually abused, assaulted or raped.

The volunteer will:

- Believe what you say
- Support you in the choices you make
- Not judge you for what has happened to you

The service is available on:

- Mondays and Wednesdays from 5.30-7.30
- Thursdays from 7.00-9.00

Electronic support is also available by emailing: ehelpline@kasp.org.uk at any time.

Instant electronic support is available on Wednesday evenings between 5.30 pm and 7.30 pm by downloading MSN Messenger version 6.1 from www.messenger.msn.co.uk and adding volunteer@kasp.org.uk as a new contact.

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Special points of interest:

- *Welcome to KASP's first newsletter*
- *Books, books and more books*
- *Any budding writers out there?*
- *New Helpline launched*

Any Artists Out There?

Do you have time to spare, like to learn some new skills?

KASP are currently seeking to recruit administration volunteers to help out in our office. Typical tasks would include the following:

- Reception – greeting clients and answering telephone
- Filing
- Typing
- Other light office duties.

In return for your time we will equip you with the skills you need to undertake these tasks. If you are interested please contact Alice for more information.

Need to Access the Internet or send emails?

KASP now has a computer available for service users in our group room that has access to Broadband Internet.

If you'd like to make use of this facility please call Alice to arrange a convenient time to come in. Help can be provided if required.

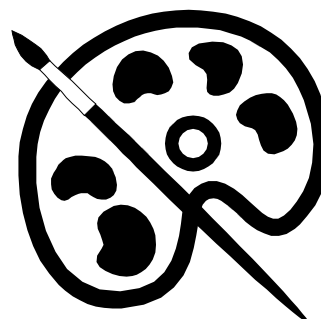
Would you like to have your very own art works hanging up in our premises?

We have a small number of clip frames hanging already which could do with some fresh work inserted.

Any thing can be displayed and you do not need to be an established artist, not only that but you can claim your art work back at any time of your own choosing.

So if you can paint or draw and would like your work seen by others then please do ask us and we will be very willing to help.

It is hoped that this type of activity will give our service users more attachment to KASP and its activities.



Groups at KASP

Women's Support Group

This group meets alternate Thursday's from 2pm until 4pm.

This is an open group. This means any one can join and leave when they wish.

The group provides a chance to meet other women and with the support of others explore and share their experiences.

The group is a place where you will feel hopefully not so alone.

The group provides an opportunity to explore, who you are ?

The group is also about having some fun! !

Lynn facilitates the group, if you are interested and want to find out more, a time can be arranged to meet with Lynn.

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

KASP Drop In

Meets every Tuesday between 2 and 4pm

An opportunity to meet and chat with other survivors

Coffee and Biscuits provided

Women's Emotional Well-Being/ Support Group

This Group meets in the Sailor's Rest Centre, Lower Methil—Thursdays 1.30—3.30 pm.

This is a very informal group which provides an opportunity to build self-confidence and to meet with other survivors to explore and try alternative therapies.

For further details contact Lorraine at KASP.

Cross Party Working Group Update

Since its launch the 'adult survivors of childhood sexual abuse cross party working group' has held parliamentary debates, undertaken research and encouraged a broad cross-governmental approach to the issue. In response to concerns raised by this group, the Minister for Health and Community Care, Malcolm Chisholm, set up a Short Life Working Group

tasked with the remit of producing a report on the needs of adult survivors of childhood sexual abuse. The Working Group has now produced a draft report which has been circulated for consultation. The report covers policy context, prevalence, health and social consequences of CSA; effectiveness of current models of care; training

issues; and recommendations for the future. A copy of the report is available at KASP premises.



Library Grant



We are pleased to have received from Glenrothes Mental Health Area Redesign Team, the sum of £875.00.

The purpose of this donation is that of re-stocking the Projects user library. In order for us to re-order books it is important that we attempt to establish the current numbers of books which are overdue. (This is a substantial amount.) We therefore make an impassioned plea to all of our members and service users to return to us any books, which may be outstanding.

We will allow an amnesty period of one month in order to recover as much as possible of this deficient stock before we place new orders. If the books are not returned then we cannot provide you

with an efficient, free service. Please remember that as our service users and members, this library is yours and is provided free of charge.

We would also welcome any suggested titles or subject areas you might like to be included when we order the new supply of books. Please contact Alice with your ideas and requests or email them to info@kasp.org.uk. We are hoping to make the order very soon so please let us know as soon as possible. Watch this space for further information about the replenished library service as KASP.

FRASAC

Fife Rape and Sexual Assault Centre are a Fife Wide independent charitable voluntary organisation providing free, confidential information and support to anyone affected by rape and sexual assault at some time in their lives.

The project has trained volunteers offering a support service to:

- Anyone who has been raped or sexually assaulted
- Non-abusing parents, partners or other supporters of those who have been assaulted
- Workers from other agencies

Fife Rape and Sexual Assault Centre will:

- Offer face to face support sessions
- Raise awareness in the community, to challenge myths around rape and sexual assault
- Facilitate support groups
- Offer training to statutory and voluntary agencies
- Develop outreach to all areas in Fife
- Develop a range of relevant leaflets and other resources.

Self referrals are welcomed. Contact and referrals are also encouraged from friends and family members or agencies with the consent of the individual. Contact us on 01592 412964.

KINGDOM ABUSE SURVIVORS
PROJECT
29 TOWNSEND PLACE,
KIRKCALDY, FIFE

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Fife
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Phone/Fax: 01592 644217
Helpline: 01592 646644—Office Hours
Email: info@kasp.org.uk;
Ehelpline: ehelpline@kasp.org.uk
Website: www.kasp.org.uk

Opening times: Monday—Friday 9 am—4 pm

We're on the Web
www.kasp.org.uk

USEFUL CONTACT NUMBERS

ABUSE NOT	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) East 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)