

June 2005
No: 5



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.

KINGDOM
ABUSE
SURVIVORS
PROJECT

Welcome to the June Issue

Welcome to the first edition of KASP's newsletter for this financial year. We had intended to issue subscription reminders with this newsletter but have decided to wait until the next edition in September to do this. The reason for this is that we hope to incorporate the other two sexual abuse agencies in Fife – Fife Rape and Sexual Assault Centre and Safe Space - in the newsletter to create a 'Sexual Abuse Agencies Fife' Newsletter and it was felt to make more sense to offer subscription at that point.

We anticipate that each of the agencies will have their own pages to promote their services in future editions and that there will be generic pages where we will publish articles which will be of interest to all of our service users/interested professionals. We are still very keen to receive contributions to the newsletter from anyone who has news they would like to share.

If you have any opinions or ideas about this proposal please feel free to get in touch.

Breathing Space – Telephone Support

Breathing Space is a free and confidential telephone support service which has been in operation since February 2004 but which is currently being promoted throughout Fife.

The service aims to:

- Promote mental health and reduce the incidence of mental illness and suicide
- Reduce the stigma associated with depression
- Provide an alternative first stop service which is easily accessed
- Provide assistance at an early stage and stop problems from escalating
- Provide empathy, understanding and advice through active listening
- Instill hope where none exists

Provide direction for those who do not know where to seek help

The service is aimed at:

- Young men (aged 16-40) in particular (but not exclusively – 50% of callers are female)
- Those living with mental health problems
- Those experiencing emotional difficulties

Family members, partners and friends who require support

The phone lines are manned between 6pm and 2am every day of the year by paid helpline advisors who are specially trained in telephony and have specialist skills and experience in mental health.

The service provides listening, information, advice, support and referral and aims to complement existing services e.g. Samaritans.

To access this service telephone 0800 83 85 87 between 6pm and 2am.

Staff Changes at KASP

June will be a time of change yet again for the staffing of KASP. Alice, our Project Administrator for the last two and a half years has decided to leave KASP and use the time to travel and spend time with family and friends. Everyone will be sad to see Alice go but we all wish her well for the future.



Alice has written a short goodbye for the newsletter:

“Just a wee note with a big thanks to the wonderful people at K.A.S.P. - the service users, volunteers, committee and my staff colleagues - it’s been a treasure to meet everyone and an opportunity to work with you.

This Project Administrator is away for a few months of globe-trotting – watch this space for post-cards.

It’s “so long for now” and I wish good health and fortune to all as well as a Happy 10th Birthday to KASP. Take care, Alice”

We currently have additional administration support from Susan Lynch who came on board as a part time administration assistant with KASP in April. Susan is currently sharing her time between KASP and FRASAC, she is generally available in KASP from Wednesday afternoons and Thursday and Friday. Susan had been with KASP as a volunteer admin worker for one and a half years before taking up her paid position.

KASP have also now recruited our new ‘Befriending/Flexible support volunteer coordinator’. Juliet Sherriff was the successful candidate and she started with KASP on Monday 13th June. Juliet has kindly written an introduction for the newsletter:



I’m looking forward to meeting everyone who comes to KASP – service users, volunteers, work colleagues and members of the management committee.

I have worked in a number of voluntary organisations and local authorities since leaving school (feels like a very long time ago!). Much of my employment has been working in partnership with others and developing new and expanding current services. I have also been volunteering in one way or another for the past 10 years. I am still involved as a volunteer working with teenagers and with people with epilepsy so as you can see I’ve been around a bit!

I will be working all day Monday, Tuesday and Wed mornings, but I can be around at others times depending on what’s going on with my post in KASP. I hope to have volunteers supporting people by October 2005. If you are interested in finding out a bit more about what I will be doing or think that you might be interested in becoming a volunteer in this part of KASP’s services why not give me a call!

“Hugging Is” by Lorraine Crawford

Hugging is healthy. It helps the immune system, cures depression, reduces stress and induces sleep!

It is invigorating, rejuvenating and has no unpleasant side effects. Hugging is nothing less than a miracle drug. Hugging is all natural. It is organic, naturally sweet, no artificial ingredients, non-polluting environmentally friendly and 100% wholesome.

Hugging is the ideal gift. Great for any occasion, fun to give and receive, shows you care, comes with its wrapping and, of course, fully returnable.

Hugging is practically perfect. No batteries to wear out, inflation proof, nonfattening, no monthly payments, theft proof and nontaxable.

Hugging is an underutilized resource with magical powers. When we open our hearts and arms, we encourage others to do the same.

Think of the people in your life. Are there any words you'd like to say? Are there any hugs you want to share? Are you waiting and hoping someone else will ask first? Please don't wait! Initiate!

Newsletter Funding

Thanks to all who have kindly donated funds towards the costs of our KASP newsletter. These monies allow us to produce this bulletin and provide editions on a quarterly basis.

But more importantly your grants allow us to provide copies *FREE* to our service users.

We welcome your contributions and again express our sincere thanks.

A small number of service users received a letter with their last edition of KASP newsletter asking them if they would like to make a donation of £10 to support the newsletter costs. This was sent out in error and we would like to apologise for this. If you received such a request and made a donation please contact the office to have it refunded.

Free Home Safety and Security Advice and Equipment

Through the service of the 'Fife Cares' project KASP may be able to access home safety and security advice and where appropriate free installation of equipment for KASP service users e.g. intruder alarms, door chains and smoke detectors. If you would like more information about this please contact Susan in the office.

Meditation & Relaxation Group

This group finished for the summer on 1st June 2005
And resumes again on 7th September 2005.



SPONSORED WALK TO RAISE FUNDS FOR KASP

A SMALL GROUP OF SERVICE USERS WOULD LIKE TO DO A SPONSORED WALK IN AID OF KASP-(APPROX 5-6 MILES) SOMETIME IN JULY 2005. INTERESTED???? IF SO PLEASE LET A MEMBER OF STAFF KNOW.

SWIMMING GROUP

DURING THE MONTH OF MAY A SMALL NUMBER OF WOMEN HAVE BEEN MEETING FORTNIGHTLY TO SWIM AT LEVENMOUTH POOL (LADIES ONLY NIGHT **MONDAYS 8PM**) WHILST INITIALLY APPREHENSIVE THE REWARDS OF FEELING MORE RELAXED/INVIGORATED AND SOCIALISING HAVE BEEN NOTICED. GO ON GIVE IT A TRY! YOU MIGHT EVEN ENJOY IT!!! TALK TO LORRAINE AT KASP IF YOU NEED MORE INFO..

FOCUS GROUP

The Focus Group consists of Service Users who meet occasionally to discuss the services KASP provides.

We will be holding another Focus Group in the autumn (date to be confirmed).

If you are interested in being part of this, please contact a member of staff.

KASP DROP IN

A chance to meet others over a coffee and gain mutual support

Every Tuesday from 2-4pm

Services for Men

At the beginning of 2005 KASP sent out consultation questionnaires to client members to find out what sort of groups people would like to see running over 2005. The response has been used to plan a group work programme over the year but we were aware that very few men responded to the questionnaire.

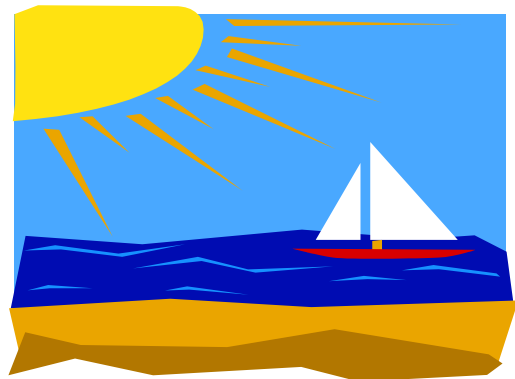
This has led us to question whether there may be current gaps in service provision for male adult survivors of childhood sexual abuse and we are keen to explore this further and if necessary seek to initiate services to fill any perceived gaps.

We are therefore seeking to consult with male survivors on this area and would like to ask male survivors who would be willing to be involved in this to contact Marnie or Lynn at KASP. When you contact us we will take a note of your name and find out whether you would prefer to be consulted individually or as part of a group.

Forthcoming Event

Fancy a Day at the Boathouse ?

The Boathouse
Silver Sands
Aberdour



A day to explore, have some fun, meet new people.

What we have thought about and been asked for by some of our users is to try and do something different, this is what this day is all about. We have a lovely building by the sea, some good food, and some things that may feel a bit scary but will hopefully be a bit of fun! Some dancing, some arty stuff, some relaxation, some music.

The date to be arranged for the end of summer, so if you want more info contact the project and ask for Cath, Gail or Lynn plus we will be sending out further details nearer the time.

Help Needed

BIRTHDAY CELEBRATIONS

In the last newsletter we asked if anyone would be interested getting involved in helping us organizing our 10th Birthday celebrations.



We are planning don't know what yet (that's where your input is required) an event or two in October.

Meetings for this can be at KASP in Kirkcaldy or at venue near to you, what ever is easier.

So get your thinking caps on, and contact Lynn regarding this

PS A letter will be also winging its way to you as well regarding this.

Sexual Abuse Audit

In the last edition of the KASP newsletter we updated readers on the sexual abuse audit which was commissioned by the three sexual abuse agencies (KASP, FRASAC and Safe Space) with the aim of carrying out an independent audit/evaluation of the provision of services to survivors of sexual abuse in Fife and making recommendations for the development of these services in the future.

The audit included consultation with the three agencies committees', staff, volunteers, service users and other related professionals.

We are delighted to report that the audit was completed on time and that the findings were that service users had a high level of satisfaction with current service provision. The audit has highlighted some possible options for the future of sexual abuse services in Fife and since the production of the audit the committee's and staff of the three agencies have participated in facilitated meetings to discuss the recommendations.

Discussions are still underway amongst the three agencies regarding how they would like to progress this issue. As more information becomes available we will utilise the newsletter to keep everyone informed.

Update on Cross Party Working Group – Adult Survivors of Childhood Sexual Abuse

The cross party group had planned to meet with the Mental Health Cross Party Group in March but this meeting has now been postponed until November.

In the December edition of the KASP newsletter we outlined that the Office Bearers of the Cross Party Group were in the process of setting up a meeting with Andy Kerr – the Minister for Health and Community Care. The aim of the meeting was to discuss how to progress the recommendations of the Scottish Executive Short Life Working Group report into the Needs of Adult Survivors of Childhood Sexual Abuse.

Since that time the office bearers have had 2 meetings with Andy Kerr and it is likely that there will be solid information regarding proposals for the way forward by the time the next newsletter is due. Watch this space...

A time to thank our volunteers...

A **BIG** thank you to -

Counselling Volunteers

KASP relies tremendously on the hours of support provided by all of our volunteer counsellors – without them we would be unable to provide half of the service we do. Some have been with us for a very long time while others are just starting out with us, however all of them do an amazing job so thanks to Alice, Ina, Margaret, Catherine, Mary, Angela, Bernie, Roberta, Liz, Helen and June.

Admin Volunteers

Until we manage to recruit a new admin worker we are in the fortunate position of being able to rely on our administration volunteers Sandy and Nikki and we would like to thank them for the extra effort that they are putting in.

Information Technology Volunteers

KASP has been fortunate to have the support of 2 highly skilled IT volunteers who have helped with updating all of KASP Information Technology requirement. The amount of work they have committed to us has been tremendous so from everyone at KASP we would like to convey a huge thank you to Silv and Mike.

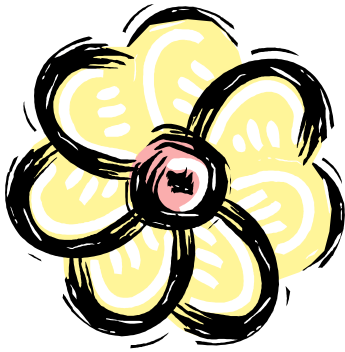
We have also been fortunate to have the voluntary services of Irene to create our fabulous new website. Irene is continuing to be the administrator for our Website and we offer her our thanks for enabling us to have a highly regarded website to be proud of.

Meditation Group

Thanks also to Lorraine who has done a marvellous job facilitating our weekly meditation group. Those who have attended this group have gained a huge amount from it and even those who don't attend love it when the building is filled with the soothing smells of incense.

Anyone who is interested in volunteering for KASP in any capacity should contact Marnie or Lynn.

Flashbacks



Flashbacks are memories of past traumas.

They may take the form of pictures, sounds smells body sensations, feelings or lack of them (numbness).

One may have the sense of panic feeling trapped, feeling powerless. These experiences can also happen in dreams.

The flashback can make you feel like you are reliving your abuse all over again, it can feel so bad and so real that you feel like that child again and it can feel like the adult part of you has disappeared. The adult part that is available to you for reassurance, protection and grounding.

These intense feelings and body sensations can be so frightening, that you may start to feel that you are crazy and feel afraid to tell anybody what is going on, who would believe it!

Flashbacks are normal, you are not crazy you are remembering what has happened to you as a child and instead of just words building up a picture you are using all of your senses. You are healing from your abuse

What Helps?

Tell yourself that you are having a flashback

Remind yourself that this is the past when you were little and you survived

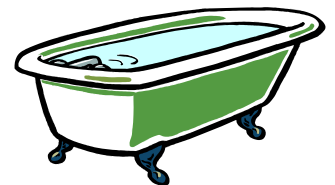
Breathe, when we get scared we can stop breathing, our body panics due to the lack of oxygen, breathe deeply, long deep breathes.



Get grounded, in the present , use your senses to bring you back to the present, what can you hear , what can you see, what can you feel

Reassure your "little one" as you become more aware of the adult side returning, speak to the little one,

that it is okay to have these feelings but that you are here now. Wrap up in a blanket, hold a teddy, go to bed, what will help you at this time.



Take time to recover , flashbacks are powerful , you will feel emotionally drained and sore, you need to take time ,have a nap, take a bath, be kind and gentle to yourself.

Appreciate how much your little one went through as a child

As a child you survived this horrible time.

As an adult healing from childhood sexual abuse as you remember, you are honoring your experiences. Be patient it takes time to heal and this is part of healing.

85 mile Cycle to Raise Funds for KASP

In July a group from Glenrothes College will take part in an 85 mile cycle to raise funds for KASP. The route will cover all the road bridges in Fife.

The group are all members of the Preparation for the Army course at the College and as part of their course they have to plan the complete day – from arranging transportation for themselves and the cycles to arrive at the starting point to making sure they have enough water to collecting in their sponsorship money.

Good luck to all on the day – here's hoping the sun shines and the wind stays at your back.

ALTERNATIVE THERAPIES

TRAINED VOLUNTEER THERAPISTS REQUIRED!!!!

ARE YOU TRAINED IN ALTERNATIVE THERAPIES EG. MASSAGE/REIKI/
REFLEXOLOGY?

WOULD YOU BE PREPARED TO OFFER A COUPLE OF HOURS A WEEK?

KASP HOPES TO OFFER CLIENTS A RANGE OF ALTERNATIVE THERAPIES
STARTING IN SEPTEMBER 2005. IF YOU CAN HELP IN ANY WAY AND HAVE
THE REQUIRED INSURANCE COVER PLEASE CONTACT A MEMBER OF STAFF AT
KASP OR SPEAK TO LORRAINE CAFFERKEY.

KINGDOM
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29 Townsend Place
KIRKCALDY, Fife
KY1 1HB

Email info@kasp.org.uk
Website www.kasp.org.uk
Ehelpline ehelpline@kasp.org.uk
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

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)
BREATHING SPACE	0800 838587 (6pm— 2am)