

March 2005
No: 4



KINGDOM
ABUSE
SURVIVORS
PROJECT

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 to the March Issue

Welcome to the March Newsletter. Its been almost a year since we published our first newsletter and this is the last issue in that first year. We hope you have enjoyed reading it and will continue to subscribe in the future.

We plan to improve on what we have learned over this last year and any suggestions for topics in the future or any articles to be included in this will be welcomed.

Watch this space ...

FRASAC Move to KASP

We are delighted to report that Fife Rape and Sexual Abuse centre will be moving in to KASP premises as of the beginning of April.

From that date FRASAC will have exclusive use of the smaller office space near the kitchen and will also be making use of KASP counselling rooms and group room.

FRASAC and KASP staff have met to discuss this move and to address any perceived problems and through this we anticipate that there will be no disruption to the service currently provided by KASP.

We view this move as an opportunity for both organisations to strengthen links and enhance the joint working that is already taking place.

**KASP
DROP-IN**

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

Every Tuesday afternoon
from 2:00 until 4:00 p.m.

Sexual Abuse Audit in Fife

Recent years have seen the development and expansion of services provided to survivors of sexual abuse in Fife. The three key voluntary sector agencies which provide services to this group of service users are Fife Rape and Sexual Assault Centre (FRASAC); KASP and Safe Space (formerly Abuse Not).

Overall the development of these services has provided positive options for survivors of sexual abuse in Fife. The three organisations have worked to develop closer working relationships with each other and to ensure that successful joint initiatives are undertaken. It is now seen to be important to build upon current provision and to continue to develop these services in appropriate ways in the future.

The detailed roles and remits of the services share some common areas of provision, and some differences in terms of factors such as, for example,

- Service user groups
- Geographical areas covered
- Issues which can be addressed
- Methods of service delivery

It has been recognised that, in order to develop provision in the most appropriate ways, it is important to take a strategic and coordinated approach to the development of provision to survivors. As is often the case when services develop in response to identified need, it has been acknowledged that there has been a lack of coordinated approach in the past.

Consequently the three abuse agencies, with the support of the Fife Domestic Abuse Forum, have commissioned an independent evaluation/audit to help to identify their options for the future which is to be conducted by Reid Howie Associates. FRASAC have agreed to fund the audit and we would like convey our thanks to them for this.

The overall aim of the work is to “carry out an independent audit/evaluation of the provision of services to survivors of sexual abuse in Fife and to make recommendations for the development of these services in the future.”

The audit is being carried out over the months of February, March and April and will incorporate consultation with a wide range of stakeholders – service users, volunteers, staff, related agencies, funders etc.

We are all feeling very excited about the findings of the audit and will include them in our next newsletter. Once we receive the findings of this research KASP plans to hold a Vision Day and will be inviting service users and volunteers to be involved in this.

Need to access the Internet, send emails
or word process documents ?
Come and make use of the computer
at KASP in our group room
To ensure that the group room is not in use we recommend that you
call the office to book your time on our computer.

Just One Click

I recently attended a conference organised by Barnardo's about the sexual abuse of children through internet and mobile phone technology. Much of the information was shocking and made for harrowing listening. The new technology makes children much more accessible, it provides anonymity and it may act as a vehicle for groups of abusers to communicate. Grooming and abusing children via the internet or mobile phone is no different to other forms of grooming with the intent to abuse.

Grooming online masks the identity of the abuser. He/she may lie about their age, pretend to be in touch with the feelings of the target and spend time developing a trusting relationship. Many children have been traumatised by what took place when they met their 'special friend' in real life. However, over 80% of perpetrators of sexual abuse against children are either related or well known to their victims.

Adult pornography is now available to children on a vast scale, and sexual abusers use chat rooms to introduce children to these sites hoping to desensitise them to the images, which may become increasingly abusive. Chat rooms and bulletin boards on the internet are also being used to advertise and sell children for sex. They may be unaware that their image is being displayed and that their location is being given. These images are frequently set in private homes, taken by family members or friends.

And maybe most horrific of all is the abuse of children filmed secretly or otherwise and then posted for payment onto a website.

The police do monitor, identify and close down these sites but unfortunately, another one opens to take its place.

Barnardo's states that the primary focus has been on prevention or attempting to detect and apprehend offenders. While vital, there needs to be additional initiatives which concentrate on the needs of the child victims.

"the number of child victims is starting to mount. Children are currently being abused but their whereabouts are rarely detected. It is essential that this state of affairs is addressed in order to protect the children and help them recover."

Flexible Support Befriending Service at KASP

We are delighted to announce that we have been successful in gaining funds from Kirkcaldy and Levenmouth Mental Health Area Redesign Team and the Glenrothes Area Redesign Team to initiate a flexible support/ befriending service.

The funds will enable us to recruit a part time volunteer co-ordinator who will be responsible for recruiting and training 10 support volunteers who will be able to provide additional support to clients who are receiving services from KASP.

We are hoping to have the worker in post by June and anticipate that it will be another 5-6 months before they will be in a position to begin recruiting volunteers for this project.

We await the outcome of an application to Lloyds TSB Foundation for Scotland to fund this project over 2 years.

Hopefully the worker will be able to introduce themselves and detail more about this project in our June newsletter – watch this space...

Invitation to Women's Group

THE SAILORS REST WOMEN'S GROUP

THURSDAYS FROM 1.30PM TILL 3.00PM (sometimes a 3.30PM finish)

We would like to let people know about a women's group that takes place at the 'Sailors Rest' Centre in Methil. The group is for women only and has been up and running for around a year now. During this time we have enjoyed ourselves immensely and had fun doing lots of different and interesting things.

We have enjoyed meditation and reiki groups, we have had people in for talks on how to help us build confidence and how to feel better about ourselves, we have even tried a spot of belly dancing, which was a lot of fun.

However, we don't always stay in the centre, sometimes we have trips out. We have visited an art gallery, the museum at Kirkcaldy and the Edinburgh Dungeons for a ghost tour. Sometimes all we do is stay at the centre and have a coffee or tea where we have a blether and just relax.

If a member of the group thinks of something new to try, something a little bit different, we would discuss it as a group and if everyone was comfortable with what was decided, we would try it out. Sometimes it seems easier to try something new when you're among friends.

The 'Sailors Rest' women's group is held in a relaxing environment where you can get away from it all for a wee while and have a talk. You can bring a friend if you don't want to come alone.

THE SAILORS REST CENTRE
230 HIGH STREET
LOWER METHIL
(NEAR LEVEN)

If you would like to find out more you can call KASP on 01592 644217 and ask to speak to Lorraine or why don't you just drop in to the 'Sailors Rest' on any Thursday at 130pm and find out for yourself.

HERE ARE A FEW THINGS THE PRESENT MEMBERS HAD TO SAY ABOUT THE WOMEN'S GROUP.

"Comfortable environment"

"Come along to meet and be with friends"

"It's not a counseling session, it's a friendship session"

"Time-out"

"Comforting"

"Very trusting atmosphere"

"Get to listen to yourself think"

"I find it a very safe place, lots of safety here"

"A problem shared is a problem halved"

"You get to try and find out what you want to do for yourself"

"Everyone gets along fine and everyone is really lovely"

Volunteers required

FUNDRAISING



We are now seeking enthusiastic volunteers who have time
we plan future events

to help and ideas on how

The first
Monday

meeting of this planning group will be on

All

KASP 10th Birthday
October
2005



2nd May at 6pm here at KASP

welcome – refreshments will be provided
Please call to let us know if you will be attending
(01592 644217)

Travel Expenses will be provided

Meditation Group

Quote from a Service User

Just a quick note to say I am really enjoying my time at the meditation. It's so lovely to escape from the pressures of life and drift away to a place of peace and love and safety. Thank you so much for following your intuition and establishing this group. Long may it continue please.

Lorraine Crawford writes

Dear Friends

I would like to take this opportunity to express my thanks to all who are attending the MEDITATION/RELAXATION group at KASP.

You have given me a purpose in life; being able to share my practices with others.

Quote from a Service User

This is an afternoon in the week I really look forward to. Good company, total relaxation, a feeling of not wanting to "wake up" because I am so comfortable where I am.

KASP Project Administrator writes . . .

Just a wee note with a BIG thanks to clients and colleagues for their kind well wishes during my illness.

And a special thanks to KASP committee, staff and volunteers for their patience during

Ten years on.....Lynn Simpson



2005 is KASP 10th anniversary, we will be celebrating this great achievement later on in the year, but I cannot let my own 10th birthday at KASP pass with out saying a few words.

Where has the time gone!

KASP has grown and developed from the time that I walked in through the door at 8 Hunter Street, Kirkcaldy in April 1995

As a worker I was aware that a service was needed but did not really appreciate just how busy KASP would become.

I have always from day 1, been extremely humbled by our service users who have the courage to pick up the phone, come along for the appointment, peel back their lives and really look at themselves, without them there would be no KASP.

I also appreciate that without the hard work over the years from staff and Management to secure funding, premises, staff and volunteers, to develop service provision, there would be no project, but likewise there would be no project without service users.

What have I discovered in this time at KASP?

How to laugh from the pit of my stomach, I am often asked your " job must be depressing" NO! Laughter is tool for healing and our users humour although black at times can be very uplifting

The stigma attached to being abused, how that impinges into all aspects of life even spilling over into the project and the funding that we attract. I t is getting better but it is a slow process.

The support that we have received from all our volunteers whether that be committee members , volunteer counsellors or volunteer administrators, without there input KASP would only be able to provide half of what we achieve. Some of our volunteers have been with us for a long time and I admire their loyalty.

I have learnt a great deal from the men and women who over the last ten years have used the project, who have learnt to trust and in doing so have shared moments of their healing with KASP. Their wisdom and experiences have been part of my learning which I have shared with others to support them in their journey.

I could go on endlessly about my work and my time at KASP, and as much pain I have seen I have also had fun and enjoyed the laughter. I have many memories in my memory box, and there is loads to tell, our trips to London to the survivors march, sponsored walks, our own March and rally around Kirkcaldy, our group outings, but most importantly, the people who have shared their past, told their secret, and broke free from the restraints of their abuse in childhood and in some cases adulthood as well. Men and women who have let go off the pain and found their life.

Thanks to you all !

Giving Away Power

When we give away power, we weaken our solar plexus chakra.
These are some of the ways we do it.

When we rely on someone else instead of standing on our own two feet.

When we look for advice instead of thinking for ourselves.

When we need approval from another.

When we depend on someone for support.

When we let someone else make decisions for us

When we sympathise with someone rather than empathise.

When we feel the need to rescue someone.

When we hang on to people because we cannot cope without them.

When we feel guilty or blame others.

When we give another permission to hurt us, make us angry, etc.

When we manipulate instead of asking directly for what we want.

When we let ourselves be manipulated.

When we try to please others for fear they will not like us if we don't.

14. When we grumble and complain without taking appropriate action.

International Women's Day – A Cause for Optimism

International Women's Day – A Cause for Optimism

I was fortunate enough to be invited to a celebration that the Scottish Executive Equality Unit organised to celebrate International Women's Day on 7th March.

The day incorporated a diverse range of speakers with workshops in the afternoon. It would be difficult to sum up the content of the day other than to say that many of the speakers were inspirational. One moment from the day that I would like to share with the readership of this newsletter occurred when Eilish Angiolini spoke about what equality means for women.

Eilish is the Solicitor General within the Scottish Executive – a legal role which she informed us included ensuring that the Executive complies with European law and that they do not pass laws on areas that are outwith their devolved powers. The General Solicitors also investigate complaints regarding the Procurator Fiscal and Police. Eilish is the first woman to gain such a position.

The moment that I would like to share came when Eilish was asked a question from the floor which was as such "If you could change one thing in the criminal justice system that would have an impact on women what would it be?" This was a question that Eilish had no

prior knowledge of before it was asked.

Eilish informed the participants that she would focus on childhood sexual abuse and sexual abuse cases, in particular the low conviction rate. She stated that there is much public misconception regarding sexual abuse whereby the public still tend to regard the idea of a stranger dragging a victim away to perpetrate the crime as being what sexual abuse is about. She felt that jury's find it hard to deal with the truth and victim's therefore often feel the need to gloss over what happened to them and are perhaps afraid to say that they had been drinking or affectionate with the perpetrator prior to the crime being committed. When their stories are edited in this way their evidence is often discredited when the facts come out in court. In Eilish's experience some of the best witnesses have been prostitutes as they have nothing to lose in telling the whole story.

I felt heartened to hear Eilish focus on this area as it appears that this is a woman who has the status and potential to influence the system from the top. For me this also highlighted a need for the public to be educated about the reality of sexual abuse so that they no longer focus on some of the myths and stereotypes that are perpetuated regarding this kind of abuse.

I Am Strong

If I were weak instead of strong
I would not need to journey on
I'd have given up long ago
Abandoned my part in this show

I wouldn't bear the hurt or pain
Before I learned to smile again
If I were weak instead of strong
I wouldn't want to carry on

I'm filled to brim with inner strength
It's carried me my journeys length
If only I were weak not strong
I'd step aside this road I'm on

I'd never bear the pains of love
I'd lose all faith in heaven above
But on this road's where I belong
That's why I am not weak but strong

No matter how the blows descend
I'll journey on until the end
I am not weak I am strong
I'll stay on track where I belong
And every time my spirits broken
I'll earn my self an added token
One of strength then carry on

.Instant electronic support is provided by KASP counsellors on

Wednesday between 5.30 and 7.30

This support can be accessed over the internet through MSN Messenger via volunteer@kasp.org.uk

Call the office if you require instructions on how to set this up on your personal computer

KASP Website

Over the past few months the KASP website has been revamped by a very able volunteer. Although there are minor amendments still to be made the new site has now been uploaded to the kasp website address – www.kasp.org.uk

We think it looks fantastic, but don't take our word for it – have a look yourself.

A huge big thank you to the volunteer – Irene – for all her hard work.

KASP Library

Now stocks a wide range of resources on various subject matters relevant to survivors, their significant others and to professionals working in the field.

Books are available to borrow to clients and professionals

Please feel free to come and browse our supply of information.

We are always keen to receive book reviews for our newsletter – please hand any reviews into the office.

Sexual Abuse Helpline Information

Most of you will be aware that for the past year the three sexual abuse agencies in Fife (FRASAC, KASP and Safe Space) were running a joint information helpline for survivors across Fife – the Sexual Abuse Line Fife (SALF). This service has had limited take up over its existence and has proved problematic to run.

Recently the managers of the three sexual abuse agencies became aware of a national sexual

The supply of books available in KASP library was purchased with a grant

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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
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)