

September 2004



ORS PROJECT
IRKCALDY, FIFE

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.

Women's Support Group

Where can I go if I want to meet up with other women who have been through what I've been through?

Every alternate Thursday afternoon's, Women's Support Group meets at KASP, in the group room from 2pm until 4pm,

What happens?

It is an opportunity to come together with women who have survived similar experiences and talk about how it has impacted on your life. Refreshments are provided.

Sounds like it could get a bit heavy?

Yes it can at times but it also can be a laugh. It a sounding of place where you can just say how you really feeling, the other group members are not there judging and you can feel like you are just you.

Is there anybody else there?

Lynn facilitates the group, she checks in at the beginning and the end to see that we are all right! She listens to what we have to say and will reflect on what she has heard.

What if I know someone?

It is scary to start with and yes you may know someone but it is scary for them too. Confidentiality is discussed every time a new member joins.

I think I will give it a try, what do I do?

You can just come along, speak to your counsellor or if it would help meet with Lynn before hand. If you decide that the group is not for you, that's okay. It's not for everyone. It is an open group, which means group members can stay for as long as they feel they are getting help.

Introduction of a Young People's Support Worker

My name is Mary and I have been recruited to a new post within the Kingdom Abuse Survivor's Project. This post is funded by the Kirkcaldy and Levenmouth Local Health Care Cooperative.

From August 2004, I will be available to offer intensive support/counselling to young people surviving Childhood Sexual Abuse aged 16 –25 (male/female).

My aim is to improve the health and emotional well being of the young people, through the provision of a holistic counselling/support service-thus enabling a more enhanced and fulfilling quality of life.

I will, through 1:1 or group support, assist young people to raise self- awareness and address issues such as, self- confidence, self-esteem and self- respect.

Using a person centred approach I will encourage the young people to explore their relationship/ communication skills, will be available to offer information related to sexual health issues and will assist in accessing appropriate Health/Council services when required. I will also ensure that information about contraceptives/pregnancy will be readily available.

For referral or further information, please telephone or fax KASP on 01592 644217 or call our Helpline-01592 646644 in office hours. Alternatively Email: Info@kasp.org.uk.

“Moving On”

Moving On

The future feels hard; hard as emotions put to the test! Firm; firm as stone or rock! (Does that make it secure?).

Smells of fresh grass; cooked food mmm....; perfume! – Happiness; *freedom to choose!*

Time *moves* like a horse galloping through salty waters, sandy shores; yet, trails like the snail across the court of worn out emotions.

It *feels* relief, no constraints, no comebacks; it *feels* freedom yet it has opposition where silence is necessary for survival, for redemption from rebuke; *Oh! undeserved rebuke!*

It *looks* bright; **bright** as a summer’s day; a day with clear blue skies; happy emotions; joy! Where *strength* can push away dark emotions!

Moving On

The *sounds* of pain retract, to be replaced with sounds of joy; love; *contentment?!*

The *smells*: they are fresh; pleasant – long gone are the smells of **fear**; no longer do they linger; the belligerent!

The *moves* are positive; long gone are the sneaking; the secretive, the painful moves!

The *feelings* are of freedom; control away from the expectations: from the *controller!* **Freedom reigns!**

The *look?* : - a happy, prosperous place; Contentious happiness (perhaps); freedom!

This is “**Moving On!**”

Not holding on to “GUILT” for things which happened;
(**Out-with control!?!).**

(O-----, R-- _ D----; they all got what *they deserved!!*)

18/05/04 – D.T.M. (*perhaps a survivor but definitely an achiever*)

Kasp Picnic

Our Picnic was arranged for 1 pm on Saturday 14th August in the Beveridge Park. After a few days bad weather the sun was shining brilliantly and the ground had dried up. About nine of us met up and we sat down in the sunshine and relaxed. One of our volunteers arranged for us to have access to the facilities – crazy golf, swan pedaloos, rowing boats, bowling, etc. -thanks Sandy – and this added to the enjoyment of the day.

We were sorry that Lynn wasn't able to make it and she was really missed.

I've never been to a person-centered picnic before. My only experience of picnics was being at Sunday school picnics where everything was organised - down to what you would eat all mushed together in a paper bag, so this was a different event altogether. I was a little worried about what would happen, as it seemed there was all this time and nothing arranged – no games, races or being told what to do.

Cath's dog Mungo had a great time swimming in the fish pond and Cath showed off her obedience training skills in trying to get him out.

At the end of the day, I went home with a bright red face from the sun and felt very chilled out, so I'm sure this won't be the last time I attend a person-centered picnic.



They have been arriving thick and fast for the last few months and we are very proud of our new selection of books. They cover a wide variety of subjects related to trauma and healing as well as information on drugs, alcohol and medication.

Come and browse during drop-in or counselling session times. They are all in the group room in a new bookcase of their own and ready to be taken out.

So that we don't lose track of them we are going to be quite strict about keeping tabs on lending. Only one book can be taken out at a time for an initial period of four

weeks, although this can be extended to twelve weeks in order to let you finish it – just let someone know. When you want to take a book out just let the Project Administrator or another member of staff know. We are also going to be very cheeky and ask if anyone would like to make a donation for every book borrowed, we would be delighted to accept it! We thought about 50p. (this includes staff too). So, it's all yours – come and see for yourselves and get reading!

MEDITATION/RELAXATION GROUP

A new group will be held in KASP over the winter months. This group will offer the opportunity to practice meditation techniques/relaxation.

If you would like to find out more please contact LORRAINE/LYNN AT KASP

BEFORE!



AFTER!



KINGDOM ABUSE SURVIVORS
PROJECT
29 TOWNSEND PLACE,
KIRKCALDY, 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

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| 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) |