

ANNUAL REPORT 2012



ARGYLL & BUTE
RAPE CRISIS



support for
WOMEN



support for
MEN



youth project
TESSA





Coordinator's Report 2012

This year, I'd like to begin my report by focussing on the many positive achievements of Argyll and Bute Rape Crisis, ultimately due to our dedicated Directors, Workers and Volunteers who give 100% commitment to their role within the organisation and ensure all our service users are provided with professional and bespoke support services which meet their diverse and personal needs. It has been a year of continued development and expansion of services.

Volunteer Recruitment and Training has been facilitated in Campbeltown, engaging 5 committed volunteers who will provide face to face support to survivors from the Tarbert area right down to the Kintyre peninsula. Although not a densely populated area, the travel implications for survivors residing in this large area have been cost and time prohibitive for them in terms of accessing specialist support services. Local face to face support services are now being delivered in this area. We recognise that volunteering for Rape Crisis is unlike any other volunteering role. The subject matter is extremely emotive and therefore, not all potential volunteers are suited to, or would wish to undertake this role.

Our programme of **Group Support Therapies** has been delivered in Oban and Dunoon (incorporating survivors from the Helensburgh & Lomond and Isle of Bute areas).

Group work is always received with enthusiasm and requests for more regular weekly sessions are clearly visible on our evaluation forms.

We have found that group work has been especially beneficial to survivors who don't feel ready to access face to face support, but still benefit greatly from being part of a peer survivor support group. Confidence is increased, feelings of isolation are decreased and importantly, social interaction increases feelings of wellbeing.

Expansion of Support Services : With the support of The Henry Smith Charity, we now have a full time paid worker's post in Oban for a 3 year period (something we have been striving to achieve for a long time). With financial support from the Community Health Partnership, the Oban worker will also provide support services to survivors and training services to partner agencies on the islands of Mull and Tiree.

Prevention Work: A significant development and expansion of our **Tessa** Youth Project Prevention Workshops has been achieved with the support of Comic Relief. Without their valued support, the geographic challenges and costly travel implications would have prevented us from reaching the schools in the more remote and island areas of Argyll and Bute.

A three year funding package will enable us to deliver a rolling programme of Tessa Workshops in all 10 Secondary Schools and Youth Groups, Argyll and Bute wide. Around 5560 young people will participate in a range of age appropriate workshops ranging from internet safety and grooming to relationship abuse and the clear links between alcohol/drug misuse and sexual violence. We will continue to work in partnership with Strathclyde Police and MOD Police, whose input into the legal implications and consequences have been invaluable. Significantly, Tessa Workshops have been instrumental in providing support services and early intervention to young people disclosing sexual abuse throughout our previous programmes of workshops. The sooner young people get the support needed; the sooner they can move forward and reach their full potential. Catriona Harper, our Helensburgh Support and Development Worker has been instrumental in the development of the Tessa Workshops from the outset and we are delighted that Catriona has now moved into the role of Youth Support and Prevention Project Worker to coordinate and facilitate the workshops and importantly, ensure the support needs of young people are recognised and met.



Coordinator's Report (contd.)

We are also delighted to welcome Katie Dobson who steps into Catriona's shoes in Helensburgh and Lomond.

Core Support Services : Our referrals (self and agency) continue to grow year on year. It is heartening that we are now in a position to offer face to face support in more areas of Argyll than ever before. Our statistics show that the majority of our service users continue to be women; as we would expect, given the gendered analysis of sexual abuse, but we also noted a slight increase in the number of male survivors accessing support over the last year.

Looking to the coming year : In these days of harsh funding constraints, we certainly can't sit back and enjoy our successes; there is much still to be achieved if we are to reach all survivors of Rape, Sexual Abuse and Childhood Sexual Abuse in Argyll and Bute. Our priority will be to protect and preserve existing services. Further area expansion of Rape Crisis services will be challenging, but we will do everything in our power to ensure that accessing specialist sexual abuse support services in Argyll and Bute is not a post code lottery.

Plans are on-going to extend our programme of group support therapies, particularly in partnership with agencies supporting young people through homelessness, drug and alcohol issues. Many of these vulnerable young people find themselves in very difficult circumstances because of sexual abuse in their past and many of them are at increased risk of sustained sexual abuse because of their current circumstances.

Our next volunteer recruitment and training programme will take place in Dunoon in the spring of 2013 and we will include volunteers from Bute and Helensburgh in this programme.

Our work towards National Service Standards Accreditation continues, and despite our limited resources and the volume of work involved, we hope to report our success in next year's Annual Report.

And Finally : As always, Rape Crisis owes sincere thanks and gratitude to a number of people whose constant support has been instrumental in our achievements.

Thank you to;

All the Rape Crisis workers and volunteers, without whom, there would be no service; Rape Crisis Board of Directors for continued guidance and expertise; Elizabeth Thompson and Sgt Mark Wilson for their professional advice to our Board; Sue Hutchinson, Psychotherapist for support and training; Isabelle Kerr of Glasgow Rape Crisis for her continued expert guidance and excellent training skills; Ailsa Close for professional Accounting services;

And, as always :

Thank you to our many valued funders, whose support and belief in our organisation has made all of the above possible.

Alison Black (Coordinator)



Director's Report

I am happy to report that despite the difficult economic climate, Argyll and Bute Rape Crisis continues to deliver specialist support services to survivors of Rape, Sexual Abuse and Childhood Sexual Abuse.

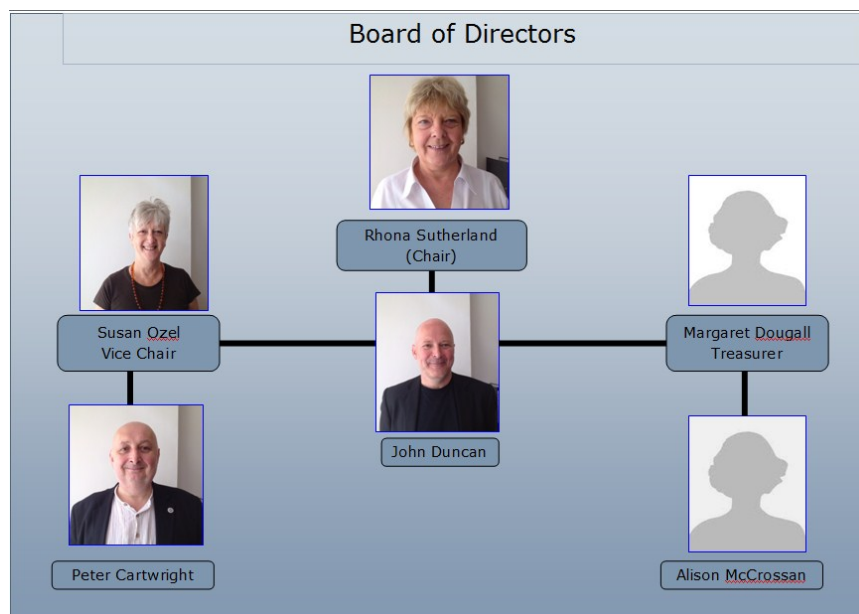
I'm delighted to be able to report an increase in services to the more remote mainland and island areas due to the diligent, dedicated approach to securing funding in order to expand and develop those services. Valued grant funding support from Comic Relief and much appreciated support from Catherine Dobbie, Educational Support Officer (Health and Equalities), means a 3 year programme of Tessa Prevention Workshops being rolled out to all 10 secondary schools and youth groups.

The post of Youth Support and Prevention Project Worker has also been created to fulfil the requirements of the expanded programme. Volunteer recruitment and training has been offered in new areas; an on-going aim in our geographically challenging area.

Support services have been expanded; group support therapies continue to benefit survivors who do not feel able to use face to face or telephone support; core support services have increased on an annual basis; support to male survivors has also increased. None of this would be possible without the willingness, enthusiasm and skills of the dedicated team who manage to maintain the aforementioned qualities in a climate of difficult economic circumstances. We continue to look to the future with hope of maintaining our current level of specialist support services and achieving a measure of sustained development.

My fellow Directors and I extend our heartfelt appreciation to all staff and volunteers of Argyll and Bute Rape Crisis. I also thank the Board of Directors for their work and continuing commitment to the organisation.

Susan Ozel Vice Chairperson





Volunteer Development Report

Yet again I find myself starting this report with talk of “challenge” and “financial trials and tribulations”. Having said that, things on the Volunteer front have been fairly successful this year. We have recruited and trained 5 new volunteers in Kintyre. We used the same formula as last year and carried out the training over 4 weekends in Campbeltown. This time, due to time constraints, we worked alternate weekends over a shorter time span which meant that Volunteers who successfully completed the training would be up and running much quicker.

The weekends were fairly intense and there was much in-depth discussion both with Staff and with the external agencies we utilised (Police, NHS, Social Work and specialist in Intimate Partner Violence). Even though everyone was tired by the end of each weekend, all of the Volunteers felt that they were learning something really worthwhile and important. Independent of each other, they all commented at some point in the training about how their own personal views on sexual violence had changed enormously. Importantly, they all felt better able to use that change to challenge the attitudes and beliefs of people known to them personally. Living and working in small rural communities is challenging enough but if you add sexual abuse to the mix it can become incredibly difficult. The possibility of a survivor knowing his/her Support Worker is much more likely in these small places than in larger, urban areas. This makes the confidentiality aspect of support work even more important and all of our Volunteers have appreciated and really understood the need for adherence to our Confidentiality Policies. Now that this latest round of recruitment and training is past, we find ourselves in a position where we have volunteers in all 4 areas of Argyll and Bute. Admittedly, some are able to be much more active than others; some have had to limit their contribution to the Organisation to covering Helplines only, whilst others are actively supporting survivors and assisting at Tessa workshops. Thankfully, all remain dedicated to providing support to survivors and their families and to maintaining their commitment to Argyll and Bute Rape Crisis.

Fiona McRoberts (Volunteer Support & Development Worker)

Amanda, existing Volunteer / Oban

You know that feeling you get when you're looking for something but you're not quite sure what? Well, that is what I felt before I saw the advert for Rape Crisis volunteers in my local paper.

On seeing the advert everything clicked into place and I thought “yes, that is what I want to do, maybe I could make a difference in someone's life”. So picking up the phone and requesting the information from a very friendly bunch of women, and in doing so I made the best decision I had done in a while. I initially applied because I had some background in this field due to my time with the Police, but I have learnt so much more and am still learning; our training days are too few for me due to other commitments of mine (family etc). Also being the mother of 3 girls, it was reassuring to know there are services out there should they need to use them either for themselves or their friends. My first year with Rape Crisis has flown by and I hope to spend many years providing a valuable service to survivors and their families.

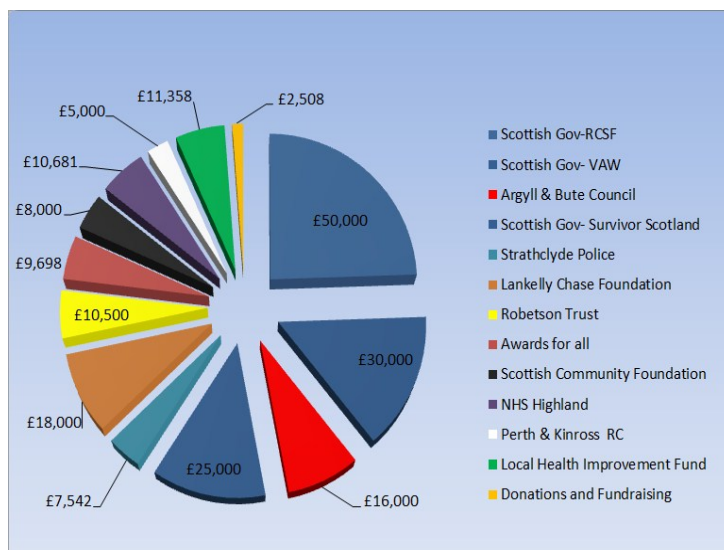


Finance Report 2012

Summary accounts for the year to 31 March 2012

Grants received / Income £204,287

Scottish Gov-RCSF	£ 50,000
Scottish Gov- VAW	£ 30,000
Scottish Gov Survivor Scotland	£ 25,000
Argyll & Bute Council	£ 16,000
Strathclyde Police	£ 7,542
Lankelly Chase Foundation	£ 18,000
Robetson Trust	£10,500
Awards for all	£ 9,698
Scottish Community Foundation	£ 8,000
NHS Highland	£ 10,681
Perth & Kinross RC	£ 5,000
Local Health Improvement Fund	£11,358
Donations and Fundraising	£ 2,508



* if you require a full copy of our accounts, please contact by e-mail info@ab-rc.org.uk or call 01369 700800

Thank You ! Grateful Thanks to the following organisations for financial support & guidance.
 The Scottish Government; Survivor Scotland; Argyll & Bute Local Authority; Strathclyde Police; Community Health Partnership ; Allan Lane Foundation ; Argyll & Bute Public Health Network; NHS Highland ; Robertson Trust; Awards for All; Oban Common Good Fund; Perth & Kinross RC and Lankelly Chase Foundation.

Rape Crisis needs your Help !

If you would like to make a donation to our Organisation, please visit our website and click on the donate online button or sent a cheque , made payable to “ Argyll & Bute Rape Crisis “ P.O. Box 9338, Dunoon , PA23 8WS. Thank you in anticipation.

[http:// www.ab-rc.org.uk/donate](http://www.ab-rc.org.uk/donate)



TESSA youth project

The recent programme saw Tessa being introduced in 2 new schools.

Funding received from Strathclyde Police enabled facilitation of workshops in Campbeltown Grammar School. We delivered 35 workshops to 428 pupils in year groups S1 through to S6.

Joint funding from the Local Public Health Network, Choose Life and Islay's Children enabled Islay High School to be included in the programme. 15 workshops were delivered to 133 pupils in year groups S2 through to S6.

A Parents and Wider Community Evening workshop took place in each school.

Some Comments received on pupils' evaluations;

"Scary how easy things can spiral out of control"

"It was easier to discuss topics and feelings with Tessa workers and not feel judged"

"You can't assume it's ok if they don't say NO"

Some Comments received on Teachers' evaluations;

"Very good presentations. Pupils enjoyed videos and were fully engaged. It is essential to discuss these topics"

"Some of the clips are shocking, but I think they are needed"

Parent Comment (sent to the participating school);

"I wanted to say how impressed I was with the presentation on Wednesday evening. The Tessa Project will cover very relevant issues which you would not always think to discuss with your child, no matter how much you think you cover everything you should! It was a shame more parents did not attend. Please pass on my thoughts to the Tessa Workers from Rape Crisis. Many thanks".

Unfortunately the full, planned Tessa Programme did not run as smoothly as we would have liked; Due to late receipt of funding, the Tessa Workshops at Hermitage Academy did not get underway until April this year, but we managed to deliver 22 workshops to year group S2 and 5 workshops to year group S1 before the school broke up for summer holidays.

Again, due to late receipt of funding and school staffing issues, Tarbert Academy and Dunoon Grammar school were unable to participate in the recent workshop programme. This funding was returned to the local Public Health Networks.

Significantly, in all participating schools, disclosures of sexual abuse were received. The majority of disclosures focussed on Internet Safety/Grooming issues for young people.

Bespoke support services were provided for all young people disclosing.

The Internet Abuse Workshops resulted in high numbers of young people changing their privacy settings and deleting up to 260 'unknown' contacts from their social networking sites. Interestingly, several teachers reported doing the same !

Catriona Harper (Youth Support and Prevention Project Worker)





TESSA youth project



Michael Meister

COMIC RELIEF

What the future holds for Tessa ?

What a difference Comic Relief support will make to the Tessa Youth Project. We are extremely grateful to them for their belief in our support to young survivors.

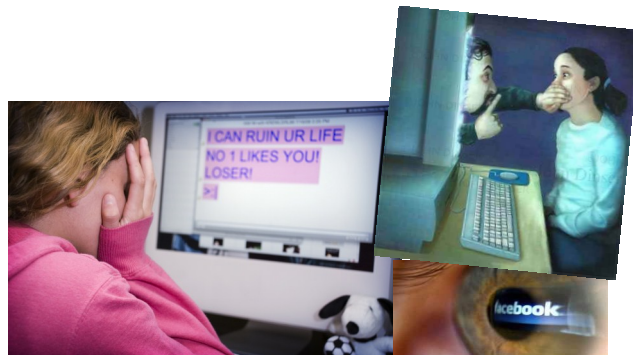
We begin the first of a three year rolling programme in Tiree High School late August this year and will finally complete the first programme in Islay High School in June 2013. All 10 Secondary Schools in Argyll and Bute will participate.

Timetabling of the workshops is a difficult task and we are extremely grateful for the support received from Catherine Dobbie of the Education Department and for her valued assistance throughout the programme.

The geographical spread of the 10 Secondary Schools will be challenging, but we will rise to that challenge, ensuring all young people in Argyll and Bute benefit from Tessa Workshops, especially those young people whose lives have been disrupted by any form of sexual abuse.

Early intervention and bespoke support will ensure their physical, mental health and wellbeing are restored, allowing them to move forward and reach their maximum potential.

I look forward to reporting on the outcomes of our first year's full Tessa programme in the next Annual Report.



www.tessaproject.co.uk or e-mail support@tessaproject.co.uk



Group therapy support summer 2012



Since our last Annual Report we have undertaken Group Support work in Dunoon and Oban. The workshops in Oban took place in partnership with Quarriers Rooftops Project (now sadly closed down) where we worked with a group of young people, aged 17 – 22, all of whom had experienced some variation of homelessness/sexual abuse/substance misuse. We were lucky enough, for some of the sessions, to be able to access the talents of a recently qualified Art Therapist who brought expertise, enthusiasm and fabulous purple hair to the table! Laura was warmly received by the participants and the group carried out several individual projects under her watchful and patient eye. Senior staff at Rooftops were so impressed by the difference the Group work had made to the participants that they asked us to extend the programme by 4 weeks. This was made possible by their returning the payment we had made for the rental of the premises for the original 6 weeks of the Group. Given the rather austere financial times we have found ourselves in over the past year, this gesture spoke volumes as to how valuable the programme was to them.

Being asked to extend our programme was greatly beneficial to the participants but was also indirect praise for the Group Support programme itself. It also increased the confidence of the volunteers who co-facilitated the workshops. Group work in Dunoon was attended by survivors from Cowal, Bute and Lomond areas and was enthusiastically received, as always.

All of the survivors spoke of how much they looked forward to coming together with other survivors in the Centre, knowing they wouldn't be judged or made to feel somehow "different" and being able to take part in group activities. All reported reduced isolation, some reduced dependency on medication and one participant has been so inspired that she's planning a trip round the youth hostels of Argyll, all at the tender age of 66 !





Emma, New Volunteer / Kintyre

I recently became a Rape Crisis Volunteer. I found out about the training through a colleague at Homestart. I have previously done a lot of domestic violence training and thought I would go along to the Rape Crisis training to see if it was something for me. It was done over a four weekend period and although it was very intense and challenging, it was thoroughly enjoyable. I have learned so much, not only about the Organisation but myself as well. I have also made some new friendships that have been of great help and we meet regularly to talk and reassure each other. Supporting survivors of any kind of sexual abuse can be difficult but I find it helps a lot to speak to my colleagues, both here and in Dunoon. I also know that if I ever need any help, guidance or reassurance that someone is only a phone call away. I am so glad to be part of this invaluable service and hope to be here for a long time.

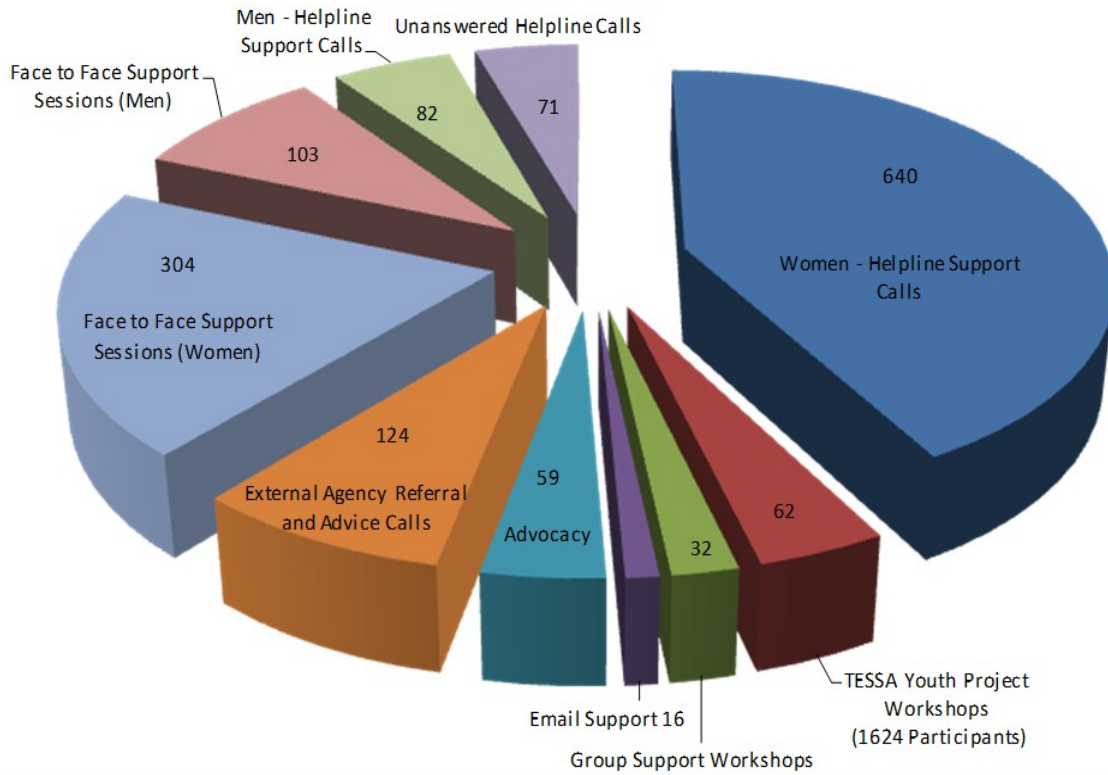
Survivor Feedback

J.24 year old male survivor / Oban

I have had 10 support sessions and I cannot tell you what a difference this has made. First I learned that it was not my problem that my parents drank or for the level of domestic violence or the sexual abuse that occurred and that I could not make myself responsible for them to change but that I could build a different life. I learned the impact the sexual abuse had on my life and how it had affected having and making relationships. I have learned to socialise and believe that I can have a career and believe in my future. I still need to do a lot more work on confidence, self-esteem, understanding who I am and what I want in my life but I am already making changes. I have enrolled in college, I walk with my head up, I no longer self-harm, I do not use any substances to cope with life, I am learning what I like and don't like instead of being grateful for any care or attention, I am making my own decisions and most of all I believe I can heal. I have told my support worker that for the first time in my life I don't feel depressed all the time but I laugh and know life will be different, and I know it is because I got the help when I needed it. To her and others supporting me I am really grateful and hope the support will be there for as long as I need it.



Argyll and Bute Rape Crisis Statistics April 2011 – March 2012



ARGYLL & BUTE RAPE CRISIS

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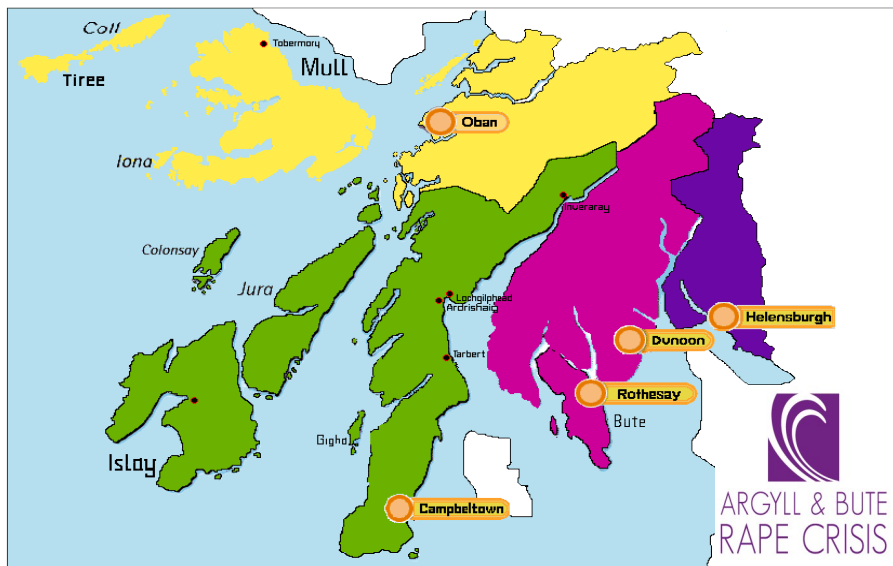
www.ab-rc.org.uk

TESSA Youth Project

Office: 01369 700800

E-mail; support@tessaproject.co.uk

www.ab-rc.org.uk / www.tessaproject.co.uk



Helpline (Women) Monday –Friday Monday – Sunday
0800 121 4685 10am—12 noon 7pm– 9pm

Helpline (Men) Thursday Friday & Saturday
0800 032 0399 2pm—4pm 7pm-9pm

All calls are free from landlines

Rape Crisis needs your help

Argyll and Bute Rape Crisis

Scottish Charity SC037022

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