



Outputs : During the entire funded period, expansion and development of Outreach Rape Crisis Support Services has continued to make significant progress by promoting available services locally and improving local access for Survivors with clear referral pathways for partner agencies.

The disruption to our centre premises in August (due to serious water damage from flats above) through to end October did have an impact on our planned project timetable, but we are now settled in new premises and have our timetable re-established (although running slightly behind schedule).

Volunteer Recruitment and Training is confirmed in Mid Argyll, Islay, Cowal, Bute and Helensburgh between February and June of 2013 and the recruitment process will be boosted by two open Agency Training days in February/March at two strategic mainland locations which also service the islands. Given the difficulties experienced in take up of the volunteering opportunity on Mull and Tiree earlier in the year, we feel that a lack of knowledge and understanding about the work of the Centre may be one of the reasons holding potential volunteers back. Facilitation of two Agency Training Days will serve to increase knowledge of the service and the impact Sexual Abuse has on victims, their partners, family members and friends, but also to utilise the local knowledge of partner agencies to act as Champions for the organisation in promotion of the Rape Crisis volunteering opportunity. We have also re-thought the marketing of our volunteering opportunities and have made changes to our recruitment and training programme. Given that a number of volunteers will be working in remote mainland and island locations where there is suspicion and some resistance to Rape Crisis services, there will be a considerable need for service development prior to facilitation of face to face and group support. The training programme has been amended to include development work and presentation skills training. The volunteer application pack now includes these topics. Additionally, as these volunteers will be a considerable distance from the main 'Hub', it is essential that we recruit at least 2 or 3 volunteers in the same area to ensure a level of vital peer support. Volunteers will receive 4/6 weekly one to one support from our Volunteer Support and Development Worker and attend Team Meetings at least 4 times each year. Skype will also be utilised to allow regular contact with outreach volunteers.

Tiered group therapy work and worker/volunteer training in group therapies facilitation has already begun in Cowal and Bute and is timetabled for Oban and Helensburgh in the spring and summer of 2013. This will be followed in Campbeltown (Kintyre) in the summer/autumn of 2013. As our previous experience has evidenced, there is considerable interest in partnership group work and this will be very much a focus in the coming year.

Group Therapy (Art, Writing, Self Esteem and Confidence Building) has been an excellent form of 'alternative' support to the normal face to face talking support. Survivors tell us they have felt less pressure about how to tell their story without being judged. They have found different ways of expressing themselves without having to say the words and have grown in strength by knowing that they are not alone. Social interaction of survivors has increased in all participants. For some, it has been the first time they have felt safe to be in company, let alone share their innermost secrets. As well as another form of support for face to face service users, Group Therapy has worked very well for survivors who feel unable or are not yet ready to access one to one support. They can still benefit and are empowered by group therapy and the option is still there for one to one support at a later date if they need or choose to access it.

Oban, Lorn and the Isles development has been gathering momentum since we were able to employ 2 part-time workers at the end of August. Numerous amounts of partnership meetings have been attended to promote the new local service not only on mainland Oban and Lorn, but also on the islands of Mull and Tiree. While services have been welcomed by partner agencies and survivors on the mainland, the islands have been more challenging. We are being guided by well-established statutory and voluntary organisations on each of the islands to maintain a very softly, softly approach. Rape Crisis services are being viewed by island inhabitants suspiciously and as we fully expected a general perception that there is no need for our service on the islands. In a very short time, we have had referrals of young girls on Tiree (as a direct result of their participation in the Tessa Youth Project Prevention Workshops) and concerns raised by local agencies on Mull of a number of vulnerable adults with learning difficulties who are being sexually and financially exploited via internet social networking sites. We continue to visit each island for 2 days each month and will continue to work closely with partner agencies during the development process.

Helensburgh and Lomond Rape Crisis Services have been expanded into the MOD Naval Base (we have been striving to reach this goal for some time). Regular monthly awareness raising presentations and service promotion are being provided to every new group of male sub-mariners. Two self-referrals have been received since September when the presentations began. For the first time in the summer of 2013, female sub-mariners will be introduced into the Naval Base and will take part in the awareness raising presentations. Given the number of self-referrals we have had over the years from Naval Personnel, we are extremely pleased with this achievement. The Head of Naval Personnel has remarked on how well the presentations are being received and intends to maintain these on a regular basis.

TESSA Youth Project Prevention Workshops began year one of a three year funded rolling programme to deliver prevention workshops in all 10 Secondary Schools Argyll and Bute Wide in August, 2012. To date workshops have been delivered in Mull High School, Tiree High School, Oban High School, Rothesay Academy, Dunoon Grammar School and Campbeltown High School. Workshops are currently underway in Hermitage Academy. Tarbert Academy, Islay High School and Lochgilphead High School will be completed by June 2013. Year 2 will commence in August, 2013. Workshops have been extremely well received by participating students in all schools. Workshops have also been welcomed by the majority of teaching staff and parents in each area, but there have been a few exceptions where again, perception is that as 'it doesn't happen here – so there's no need for these workshops'. Argyll and Bute Rape Crisis are very conscious of some very long held beliefs, particularly in the more remote/rural areas and will continue to maintain a careful approach to these kinds of attitudes. Our hope is to have communities work with us and not against us. We have received letters and e mails thanking us for raising awareness of subjects most parents find too difficult to deal with. Again, TESSA has proved to be extremely valuable in giving young people the confidence to disclose their own personal abuse experiences and access bespoke support services.

In January this year, we were contacted by Tam Baillie, Scotland's Commissioner for Children and Young People. He had heard about our Tessa Project and asked to visit a school when workshops were being delivered. Arrangements were made for Tam and his team to attend Hermitage Academy in Helensburgh where they sat in on workshops facilitated to year groups S1 and S4. He discussed the workshops with the students and got extremely positive feedback and debate. TESSA was certainly evaluated extremely highly by Tam Baillie and his Team and we are to receive a full report in due course.

We have also been contacted by BBC Alba who is very keen to attend a workshop and interview Rape Crisis Staff and TESSA worker. A date has not yet been finalised, but it should happen sometime during February.

As is the experience of all Rape Crisis Services currently, the recent media revelations have brought about considerable increase in calls to our helplines. Many survivors have found the strength and courage to come forward. So far, we have been able to cope, but our limited workforce is being significantly stretched. Consideration is being given to introducing a waiting list, but we understand the negative impact this can have on survivors and will implement only as a last resort.

Statistics for the year January 2012 to December 2012 :-

There were 396 calls to the Rape Crisis Helpline

98 women accessed long term face to face support

23 men accessed long term face to face support

14 family members accessed face to face support

All survivors are white British

Age ranges of survivors are :-

| | |
|---------|----|
| 12 – 15 | 7 |
| 16 – 19 | 14 |
| 20 – 29 | 11 |
| 30 – 39 | 35 |
| 40 – 49 | 25 |
| 50 – 59 | 9 |
| 60 + | 4 |
| Unknown | 22 |

Of these survivors, 60% disclosed CSA with the remaining 40% of survivors disclosing Adult Rape and Sexual Assault.

Argyll and Bute Rape Crisis is currently completing the process of achieving National Service Standards Accreditation, therefore we have robust practices which allow all our service users to lead on their support, ensure service users have a voice on how survivors think services could be changed or improved to meet their needs. We are always mindful that 'one size' does not fit all, therefore need to be creative in our approach and the feedback we receive from our service users will form the basis of future service delivery.

We are currently exploring Service User Forums where a group of service users from each of Rape Crisis Services come together to discuss what worked for them, what could have been improved and any suggestions they have for inclusion in future services. It will be challenging in an area as geographically vast as Argyll and Bute, but we feel it can be achieved in the coming months. We also believe that a young persons' forum is a way to ensure future workshops cover topics which are current and personal to all young people with a focus on early intervention.

Feedback from face to face service users :

'Regular, reliable and consistent support was really helpful'

'Without this opportunity to unburden myself, I am not sure how I would have coped'

'Talking privately to my worker was the best thing about it all'

'It was good that I didn't have to travel far to see you'

'Not being left to do it all by myself, wish I'd done it earlier'

'I am very grateful for everything my Rape Crisis worker did on behalf of me and my family'

'My support worker listened to everything I needed to say'

'Talking to a person who understood me and listened to me'

Feedback from Group Therapy service users :

'Group Support is the best bit of the week. I love coming here and being with the girls. We have such a good time, it makes the rest of the time, when I'm on my own, bearable'

'I dread leaving the group because that means it's a whole week till we're back'

'Can we make the sessions last longer, like more weeks I mean?'

'My pal says doing this won't get me better, but I believe it's helping me, so I want to keep coming'

Feedback from Tessa Workshops :

Pupils –

'This is much easier to do with Tessa workers as you feel that it is confidential and no-one will find out'

'How one small thing posted on the internet can become something huge!'

'Someone can refuse sex, without actually saying anything?'

'It was a good learning experience'

'It was really helpful for the future'

Teachers -

'I think the Tessa workshops will have a positive impact on the students'

'New material from last year, same message. Very good'

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

'I found the presentation very powerful. I'm sure it will produce great talking points and discussion'

Parents –

'Very hard hitting and will hopefully make a difference'

'A huge eye-opener for me'

'Oh dear, I didn't realise this kind of thing was so wide spread'

'For the first time ever, my daughter says she now knows why I worry so much about her. Thank you'

Feedback from Tessa Support –

'Thanks a bunch for help in 2012. I hope to carry on in the New Year'

'Thank you for all your support. It has really helped me to be more sure about myself'

'Thank you so much for the sand tray therapy. I've been telling my friend of the emotional releasing powerfulness of it. So you have not only helped me, but could potentially help someone else too'

Also, please see below, letter from Islay Youth Worker

Rape crisis team

Hello my name is Jo'ann Kelly, I'm the Youth Worker based at Islay High School. I was very pleased to hear that you had eventually secured funding to have the T.E.S.S.A. project at Islay High School. And was not disappointed in what I had seen over the course of the three days! The workshops were age appropriate and relevant to what young people face in modern culture.

I sat in on most of the workshops and felt the response from the students was very positive especially with the S2-S3 students in relation to internet safety. A majority of the students weren't aware of security settings on sites like Facebook and other chat rooms. Since then the feedback from students to me is that they have made their pages private and have deleted people they do not know and are generally more aware of the dangers the internet can pose if not used responsibly. The team not only discussed internet safety and abuse, they also made the students aware of where they could access help and support. The older year groups had some very hard hitting workshops and that raised very interesting discussion points between the groups and challenged a lot of preconceived stereotypes. The feedback I received from the students again was positive; they felt the workshops really made them think differently about certain types of situations. Which I feel is a positive step forward. I felt it was worthwhile workshops for the students and parents. As a parent myself I found T.E.S.S.A. an educational, captivating and dynamic project for the students and parents to have been introduced to. I look forward to seeing the team next year.

Jo'ann Kelly

Healthier Lives : Face to Face support service users report improved feelings of health and wellbeing by being able to finally talk about their abuse and reduce their need for harmful coping strategies like alcohol and/or drug misuse. A significant number of survivors have been able to reduce their reliance on prescribed medication and mental health intervention.

Many survivors living in the more remote/rural areas of Argyll and Bute are isolated already by the area they live in, but this is compounded when they have experienced sexual abuse and the perpetrator still resides in the same area. Their feelings of isolation are increased. Group Therapy has proved to be instrumental in reducing isolation and increasing social interaction and positive feelings of self-esteem. Many 'group' participants maintain their peer support relationships after group support therapy sessions have reached completion.

Children, Young People and Families : Funding from Comic Relief has allowed us to facilitate a series of age appropriate prevention workshops in all 10 secondary schools Argyll and Bute wide. Young people living in the more remote mainland and island areas of Argyll and Bute rely very heavily on social networking sites for social interaction. They are accessed deprived to the facilities readily available to young people living in cities and towns and therefore, makes them more vulnerable to sexual abuse from online predators. The benefits of being able to reach all young people through schools is not only about raising awareness of potential dangers of internet and relationship abuse and promoting healthy, respectful relationships, but being able to provide early intervention and support to young people who have experienced any form of sexual abuse. Many of our referrals of young people have been as a direct result of the Tessa Workshops and their future potential, health and

wellbeing was being seriously damaged or threatened by the effects of their abuse. Additionally, evening workshops are delivered to parents, teachers and the wider communities in each school area to raise awareness of potential dangers, but also to challenge entrenched attitudes that sexual abuse does not exist in Argyll and Bute and the long held belief that women are solely responsible for being abused. This has been particularly evident on the islands. Young people have evaluated the workshops extremely positively and actively participated in discussion and debate. It has been quite an eye opener to discover how many young people have hundreds of 'Facebook friends', yet only actually know who a handful of them are. A significant amount of young people and teachers openly admitted to having no idea how to amend their privacy settings. Parents and Carers have been quite shocked during their workshop, but have agreed the importance of the workshops to young people and feel Tessa tackles topics which they would be uncomfortable or unwilling to discuss with the young people in their lives.

Communities : If we are to reduce the number of instances of sexual abuse in the longer term, we must raise awareness within whole communities. This can be particularly challenging in rural and island areas where sexual abuse has been kept behind closed doors for generations. Recent media coverage has given rise to far more open discussion in these communities than has ever been known. Where possible, we are using this as a stepping stone to keep the momentum of discussion and debate open within each local community. We know from experience that a sledgehammer approach does not work and are therefore developing our work in rural and island communities quietly and slowly and being guided through partnership working with statutory and voluntary agencies that have been active in these communities for many years.