

ANNUAL REPORT 2011



ARGYLL & BUTE
RAPE CRISIS



support for
WOMEN



support for
MEN



youth project
TESSA





Coordinator's Report 2011

Once again, it has been an intensive year for the Centre and its workers; somewhat of an emotional rollercoaster in fact.

The financial climate is hitting us hard and securing sustainable funding has become a relentless task. Lack of funds mean we've lost a vital worker who contributed a great deal to the development and facilitation of the Tessa Youth Project Prevention Workshops and provided much needed support to young people who have experienced sexual abuse.

The Centre now operates with only 4 paid staff and a few extremely valued volunteers who assist on the helpline and in the Centre when their busy schedules permit.

On a positive note, despite so many setbacks, the year has also been one of achievement.

In December, 2010, we launched our ***Male Support Service***. The response has been significant and certainly has shown a clear need for specialist support services for male survivors in Argyll and Bute. As our stats show, the number of male survivors who have contacted the centre for support is considerable. The numbers continue to increase.

A new ***volunteer recruitment and training programme*** was delivered in Oban earlier in the year, with one volunteer being from the Island of Mull. Unlike previous training programmes, we facilitated 4 intensive residential weekend training events in Oban and Dunoon. This proved to be extremely successful and allowed us to overcome some of the travel logistics for both volunteers and trainers. We were also able to complete the training in a much shorter period of time than previous programmes.

All volunteers and trainers benefited from the 'off duty' time when we could get to know each other in a relaxed and less formal setting. 5 new volunteers have been trained and will take their place on the helpline this month. Additional training sessions will be delivered prior to the volunteers providing face to face and group support later in the year.

Group Work: Our programme of group work continued this year in Cowal with survivors from surrounding areas and Bute being able to participate. As well as the regular therapies, a 'Walking and Talking' therapy was introduced.

Survivors have given this the 'Thumbs Up' in reducing isolation and increasing social interaction.



Coordinator's Report (contd.)

Tessa Youth Project : The programme of workshops in five of the ten secondary schools in Argyll and Bute completed in May this year. 450 age appropriate workshops were delivered to over 4,500 young people. Without doubt, the workshops were extremely successful and Tessa has been highly acclaimed by all young people, teaching staff and parents participating. Not only is Tessa raising awareness of the dangers of the internet and sexual predators, it provides young people with the 'all round' knowledge they need to recognise abuse and to stay safe both in their personal and 'online' life. The most significant outcome of the workshops was the number of disclosures of sexual abuse received from young people. A further two disclosures came from parents of young people who have moderate to severe learning difficulties. Without Tessa, the silence and abuse of these young people would continue. All young survivors receive ongoing appropriate support to meet their needs (in line with our Child and Vulnerable Adult Protection Policy) enabling them to move forward and reach their maximum potential.

It is vital to the young people of Argyll and Bute that the Tessa Youth Project keeps going and to that end, we will endeavour to do everything in our power to ensure its continuance and expansion.

Looking to the future: The need for dedicated support services to survivors of Rape and Sexual abuse is now well evidenced in Argyll and Bute, but the lack of sustainable funding looks set to have a negative effect on the Centre for the foreseeable future and is likely to limit our expansion of face to face and group work services in the more remote mainland & island areas of Argyll and Bute.

We will continue to recruit and train much needed volunteer workers and our next programme is planned for Kintyre and Islay early 2012.

Securing funding for a full time Tessa Young Persons Worker will remain a priority, as will the continuation of prevention workshops throughout the Argyll and Bute secondary schools.

Thanks to financial assistance from the Oban Common Good Fund, a series of Art, Writing and Confidence Building therapies will be facilitated in partnership with Oban Rooftops, to young women and men whose lives have been completely disrupted as a direct result of their sexual abuse.

Rape Crisis will strive to continue to meet the many complex support needs of survivors of sexual abuse while continuing to raise awareness of the far reaching and often life changing effects endured.

And Finally : Sincere thanks and gratitude to our Board of Directors whose expertise, support and guidance has been unstinting. Also to Elizabeth Thomson, Consultant and Sue Hutchinson Psychotherapist for their continued unwavering support of the Centre and service users and also to Ailsa Close Accountant.

Grateful thanks to the workers and volunteers of Rape Crisis for their continued dedication and commitment to the organisation and to the survivors of Rape and Sexual Abuse within Argyll and Bute.

And ***last but certainly not least*** – thank you to our funders, not only for their financial support, but for their belief in our work, guidance and encouragement throughout the year.

Alison Black (Coordinator)



Director's Report

The continued success of the organisation in maintaining a service in the geographically challenging area of Argyll and Bute is commendable, particularly in light of the increasingly fragile economic picture both locally and nationally as well as emerging concerns world-wide. The economic downturn is likely to be with us for some time and as a result our future operation is a constant source of concern.

Nevertheless, we continue to strive for excellence and to this end access to support services has been increased and support services for male survivors has been developed, including a dedicated male helpline.

The organisation's TESSA Project continues to attract demand from our Argyll schools and a particular focus is maintained in securing funding to continue support of the 4 schools already in the programme. Efforts to extend the programme to some of our Island schools are the focus of current applications.

The intellectual property of TESSA belongs to Argyll & Bute Rape Crisis and, with interest in the project having been expressed by local authorities in other areas, it may be that the organisation will develop a commercial element at some future stage.

Our dedicated small staff by necessity relies heavily on the support of volunteers in delivering the service Argyll wide and, whilst it is not yet possible to provide face to face support across the area, this remains the long term aim of the organisation. Although a significant investment is made in volunteer training, by its very nature the work is not suited to everyone and volunteers are not always able to stay the course. Those who do remain are extremely valuable and, whilst their support to survivors is paramount, their support of staff is equally appreciated.

I cannot praise the commitment, determination and good nature of our small but dedicated staff, all of whom remain positive and progressive under challenging circumstances.

The Board of Directors give willingly of their time and expertise across various sectors and I remain grateful for their continued support.

Rhona Sutherland (Chair)

Argyll and Bute Rape Crisis Directors:

Chair Rhona Sutherland; **Vice chair** Susan Ozel; **Treasurer** Maggie Dougall;
John Duncan ,Alison McCrossan, Peter Cartwright .



Volunteer Development Report

The last 12 months have been challenging for everyone and Argyll and Bute Rape Crisis have certainly not been exempt from financial trials and tribulations. However, we have continued with our programme of Volunteer Recruitment throughout Argyll and Bute by recruiting in Oban. During the Spring of this year we held an Open Event to advertise and recruit potential Volunteers in the area. The day was reasonably well attended and we chose a select group to continue on to the Training Programme.

This Training Programme was different from previous years in that, rather than 15 weekly sessions, we held 4 residential weekends (3 in Oban and 1 in Dunoon). The decision to facilitate training in this way was finance driven as the cost of workers time and travelling expenses to and from Oban, over a number of weeks was simply prohibitive. We then came up with the rather radical idea of residential training.

After much deliberation we decided on training on Friday evening, all day Saturday and part of Sunday, over 4 weekends, as an alternative. These weekends were certainly intense but seem to have worked really well.

We weren't completely heartless, we did give them a "rest" period of 3 weeks between each of the weekends, in order to let Volunteers read and digest the materials they were given.

Of course, the first session of the following weekends were spent in debriefing from the previous. Questions aplenty! Our latest group of Volunteers are eagerly anticipating getting started on their Rape Crisis journeys.

Geographical and financial challenges abound and we endeavour to overcome them in the best possible ways. Like many others in the current economic climate, we've had to make tough decisions in all areas of the Organisation. Fortunately, for us as an Organisation and for survivors, volunteers in these more remote areas are a viable way of expanding our Service and serving the needs of a wider community.

They face, as we all do, challenging times ahead but we are confident that together we can make a significant difference to the survivors of Argyll and Bute.

Fiona McRoberts (Volunteer Support & Development Worker)

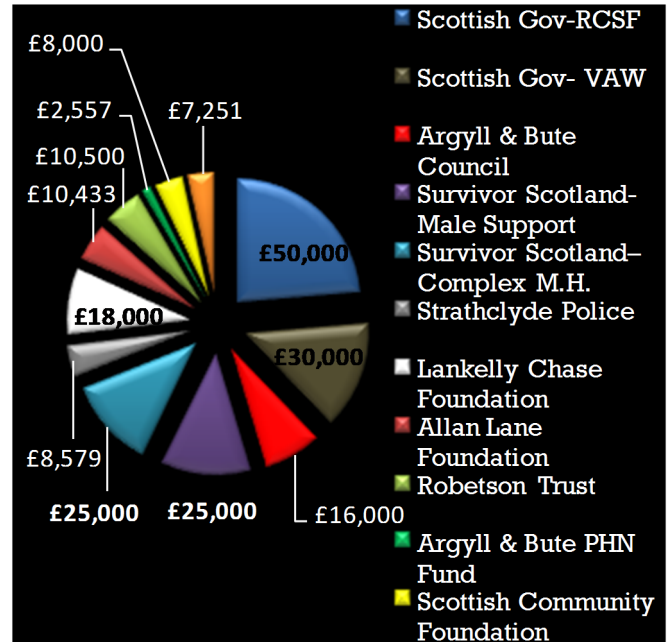


Finance Report

Summary accounts for the year to 31 March 2011

Grants received / Income £228,074

Scottish Gov-RCSF	£ 50,000
Scottish Gov- VAW	£ 30,000
Argyll & Bute Council	£16,000
Survivor Scotland / Male Support	£25,000
Survivor Scotland / Complex M.H.	£25,000
Strathclyde Police	£8,579
Lankelly Chase Foundation	£18,000
Allan Lane Foundation	£10,4 33
Robertson Trust	£10,500
Argyll & Bute PHN Fund	£ 2,557
Scottish Community Foundation	£ 8,000
ADP Alcohol & Drug Partnership	£ 7,251
Donations and Fundraising	£ 3,615



* 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:

The Scottish Government; Survivor Scotland; Argyll & Bute Local Authority; Strathclyde Police; Allan Lane Foundation and Argyll & Bute Public Health Network; Alcohol & Drug Partnership; Robertson Trust 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 send a cheque, made payable to "Argyll & Bute Rape Crisis" PO Box 9338, Dunoon, PA23 8WS". Thank you for your generosity. Your money will be put to good use – helping us to continue providing much-needed support. <http://www.ab-rc.org.uk/donate>



TESSA youth project 2011



Tessa was designed as an interactive rolling programme of prevention workshops aimed at raising awareness of the topics broadly covered by the term 'Sexualised behaviour and its impact on young people' (online and in their personal daily life). Workshops challenge and encourage open discussion on the increasingly sexualised behaviours which have, in today's society, become *normal* and the often resulting traumatic effects endured by young people who experience sexual bullying and/or sexual abuse.

Our most recent programme of 450 workshops was facilitated in 5 of the 10 secondary schools in Argyll and Bute. Over 4,500 young people aged 12 to 18 years participated.

We continue to be invited back to schools already participating, while interest to participate continues to grow from schools not yet included in the programme due to our limited resources. We have evidenced a real need to reinforce the messages Tessa provides on a rolling programme and an age appropriate basis, but in order to do this, secured means of funding are pivotal.

Significantly, Tessa's presence in schools is not only about awareness raising, it's also about providing young people with 'their own' service and a safe place to disclose concerns or seek advice or information.

The number of disclosures from young people throughout the last programme of workshops was considerable and referrals continue to grow. Through Tessa, young people receive bespoke specialist support from Rape Crisis for as long as it takes to enable them to heal and move forward.

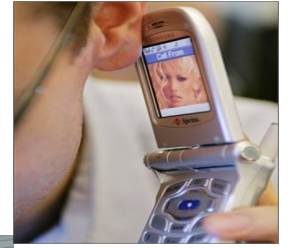
How do we know we are succeeding? Without Tessa, the probability is that young people who disclosed sexual abuse would have remained silent and the abuse would continue.

The written and verbal feedback on the impact of Tessa Workshops has been extremely powerful from young participants, parents and teaching staff. Tessa has attracted interest from several external agencies working with young people.

Organisations we have worked in partnership with (including Strathclyde and MOD Police) have commented positively in regard to the up to date content of workshops and the standard of delivery.



TESSA youth project (contd.)



What’s the future for Tessa? The need for continuance of Tessa Workshops is self evident. The current financial climate means securing funding is becoming more challenging.

Argyll and Bute Rape Crisis will strive to secure additional funding to allow us to return to schools already participating in the programme. This may have to be on an individual school basis where funding can be secured at a local community level. Efforts are ongoing to secure funding which will enable Rape Crisis to expand the programme into the more remote island schools in 2012/2013.

Young person feedback



When Tessa visited our school, it helped raise awareness of how to cope with tough situations we might have to face in our life. For example; Bullying – Tessa gave us the information on who to tell, how to tell and how to cope and get support. Tessa also gave us information on lots of other topics that young people should know about – like the possible dangers of the internet and how to keep ourselves safe. We were all given literature and pens which had the Tessa e mail address and telephone number on them, making it easy for us to contact them. Tessa has its own website just for young people and it gives help and support and lots of other numbers and e mail addresses for other services.

Having Tessa takes away the tension for young people, parents or guardians as having someone who’s trained to be able to explain things makes it a lot easier to talk about.

Beth (age 13) S2



Group therapy support



Our Group Support work started slightly later than normal this year as we've decided to try something different.

We have acquired a selection of books on different styles of Art and Writing Therapies which we're incorporating in this year's Group. The work will still be focused on reducing isolation, improving self-confidence and increasing social skills, with the additional benefits of being able to express thoughts and feelings in non-verbal ways in a safe and confidential space. However, this year we decided to try to incorporate something which also involved getting out of the Centre and enjoying the beautiful countryside in which we live.

We received funding from Cowal H.I.F. which has enabled us to start a

Walking Group with survivors from Cowal and Bute. This involves going to Benmore Gardens and "walking and talking" therapy—outwith the usual support setting, but still hugely beneficial. Being with fellow survivors, even though little or no mention is made of personal stories, can be reassuring for many people, it reinforces the belief that they are not alone and that life can be better. It may not be traditional but it is certainly proving popular and is definitely useful to survivors on a number of levels—there is much research on the links between physical activity and mental health for example.

We are planning to facilitate Group Support in Oban for the first time, working in partnership with Quarriers at the Rooftops Project and are fortunate enough to have the services of a bona-fide Art Therapist who has agreed to work in partnership with us.

Participants in both Groups will be participating in a variety of small art projects which they can keep as reminders of a positive, happy experience and are also working together to create collaborative pieces of work which will hang in the Centre.

Survivor feedback

..." just to say thanks for being there to support me and my family through the tough times we have endured lately. Your time and guidance is very much appreciated and you have given me the confidence to keep on pursuing the issues we had". Many thanks for all your support".

Marjorie , Dunoon



Volunteer feedback report

Existing Volunteer “Caroline ”

I have been working with Argyll and Bute Rape Crisis as a volunteer for about 1 year now and can honestly say it has been a very good experience for me. I saw the advert for the recruiting of volunteers in my local paper, I have worked before with people who had experienced childhood sexual abuse and was very interested in the part of the recruitment advert that mentioned the Tessa programme that Argyll and Bute Rape Crisis run.

I experienced the interview and training process as very professional. I had previously trained as a psychotherapist and had worked in the field of mental health for very many years, secretly believing myself to have heard and seen it all, however I found the training very stimulating, thorough, in-depth and challenging. After each week of training I came away knowing I had learned something new and had many of my thoughts and beliefs challenged and opened. I honestly came away thinking that this training should be available to everyone simply so they can have a wider understanding and better insight into the world and just how many different societies there are operating in this country.

Luckily I have been able to assist and present on some of the Tessa workshops and been able to see how powerful this programme is. I am at present supporting a young girl who has come forward for support as a result of this programme going into her school. I am on the help line rota.

I have found all of the staff very supportive and professional and have always found my supervision useful. There have been a couple of occasions when I have needed to ask for advice or the chance to chat over a case that might be worrying me and I have always found my colleagues to be more than happy to assist me, even out with working hours. I am enjoying my involvement with Argyll and Bute Rape Crisis and hope that it will continue for many years.

New Volunteer “Jean”

I applied to be a volunteer with Argyll and Bute Rape Crisis in March this year because rape and sexual abuse are crimes that trigger a strong reaction in me and I believe they can have a huge “knock on” impact on our society.

As a member of the Children’s Hearings system for over 12 years, I am acutely aware that problems in families can sometimes be traced back to Mum’s or Dad’s unresolved experiences of abuse in early life, and the ensuing feelings of blame, guilt, worthlessness or anger that prevents them from reaching their potential as parents, thereby perpetuating the damaging effects of the trauma on to other generations.

From the perspective of a Children’s Panel member I was particularly impressed to learn of the outreach work being done with young adults, raising awareness of harmful sexual behaviours and examining the impact of negative media stereotyping which may alter and damage a youngsters ability to choose wisely, to resist pressure from peers, or other sources, or to change their own standards.

For all of these reasons I decided to apply to become a volunteer with Rape Crisis and am hugely impressed with the level of training which is being provided to us.

For me, the training has greatly increased my understanding of the effect on individuals of rape or sexual abuse. It has underlined the need for realistic expectations as to what can be achieved – we can’t change what has happened, but we can support the survivor on the road back to overcoming the negative impact of sexual abuse.

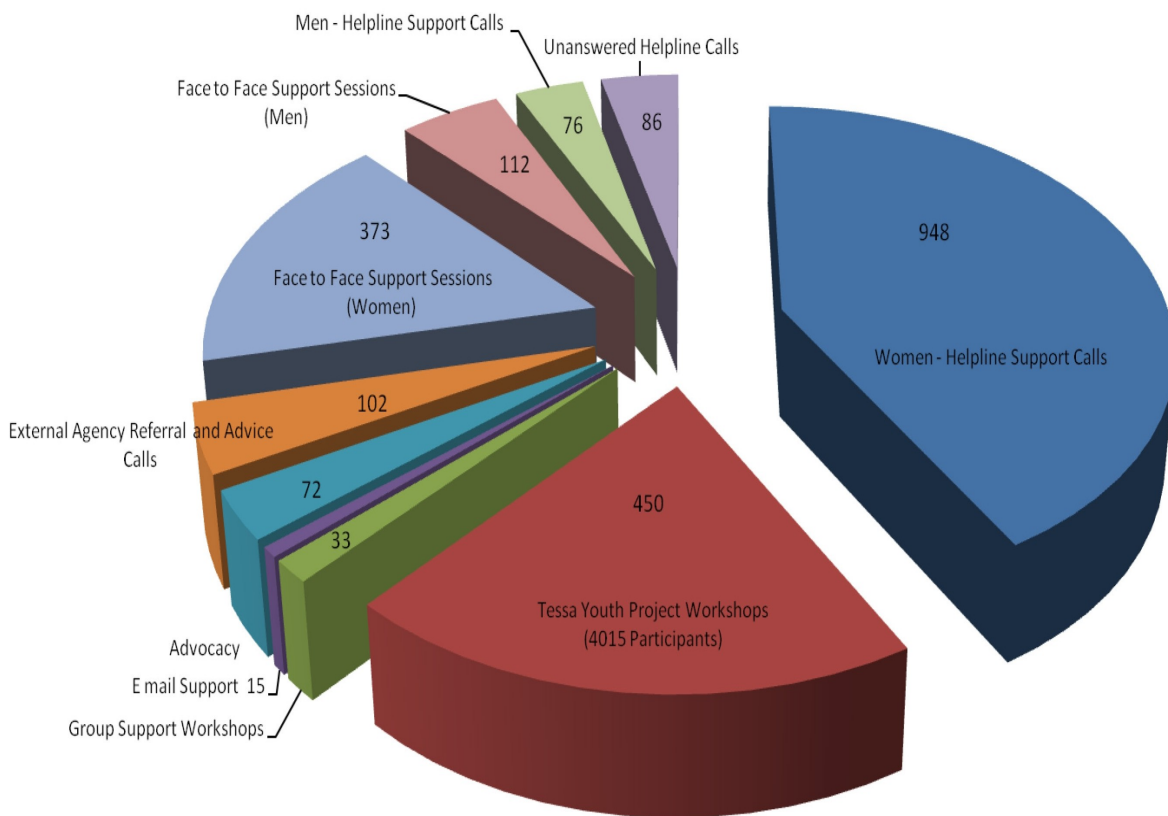
I am aware that the capacity to listen is probably the single most important attribute a volunteer needs, but a sense of humour and the ability to keep both feet firmly planted must be close runners-up!



ARGYLL & BUTE
RAPE CRISIS

Argyll and Bute Rape Crisis Statistics

April 2010 – March 2011



ARGYLL & BUTE RAPE CRISIS

Address; P.O.Box 9338
Dunoon
PA23 8WS

Office; 01369 700800

E-mail; info@rapecrisiscentre-argyll-bute.org.uk

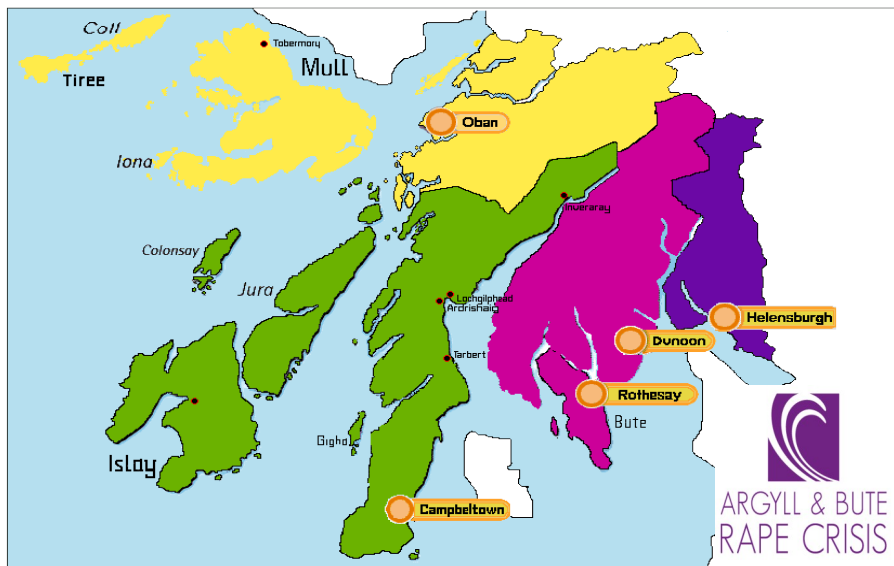
www.ab-rc.org.uk

TESSA Youth Project

Office: 01369 700800

E-mail; support@tessaproject.co.uk

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



Helpline (women)
0800 121 4685

Helpline (Men)
0800 032 0399



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