

Kingdom Abuse Survivors Project exists to provide support which aims to eliminate the debilitating effects that childhood sexual abuse can have on adult survivors.

Supporting adult survivors of childhood sexual abuse.



Celebrating 25 Years 1995 - 2020

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Scottish Charity No: SC023079
Company Number: SC524668

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TRUSTEES

Anne Aberdein	Chair
Berenice Gallagher	Vice Chair
Sandy McFarland	(resigned 24.6.19)
Rosemary Henry	(resigned 10.02.20)
Abbey Taylor	
Ryan Bittinger	(appointed 16.12.19)
Jaelyn Meisel	(appointed 28.10.19)

STAFF

Joy Patrick	Manager
Lynn Simpson	Assistant Manager
Gail Stevenson	Mental Health Support Worker
Lorraine Cafferkey	Domestic Abuse Support Worker
Susan Hunter	Project Administrator
Lynn Forsyth	Domestic
Niamh Govers	Young Person Support Worker
Sandra Canizares Ormeno	Volunteer Co-ordinator

VOLUNTEER COUNSELLORS

John Lang	Jonathan Stockwell	Adele Shephard
Anne Brunet	Tina MacDonald	Hayley Dippie
Wongani Nyirenda	Sandy McFarland	Jason Connelly

STUDENTS IN TRAINING ON PLACEMENT

Nicola Craig	Isla Beattie	Laura Cariola
Elizabeth Edgar	Tracey Hutcheon	Deborah Marku
Dani Cernicchiaro	Kate Hogg	Erin Stewart

FIFE COUNCIL LINK OFFICER

Lisa Love

Trustees Report

The trustees over this period for KASP were Anne Aberdein (Chair), Berenice Gallacher (Vice Chair), Rosemary Henry, Jaclyn Meisel, Ryan Bittinger and Abbey Taylor.

Together as Trustees we continue to work at a strategic level and have the legal responsibility for making sure that the organisation and its finances are properly managed. KASP Trustees are responsible for managing KASP's charitable status: registration with Companies House: registration with Office of the Scottish Charities Regulator (OSCR) and KASP's service accreditation to the British Association for Counselling and Psychotherapy (BACP).

The Trustees have worked hard over the year to ensure the project is appropriately managed in supporting clients, staff and volunteers. We also work to support the manager in maximising income, bring in new streams of funding and reduce overheads.

KASP continues to benefit from sharing premises with Fife Rape and Sexual Assault Centre (FRASAC) which enables savings to be redirected into frontline support services.

Over 2019-2020 KASP was granted a further years funding from Fife Council for the provision of our core counselling and support service, domestic abuse service and mental health service. NHS Fife continued to jointly fund our mental health and core services.

KASP continues to access funding from Scottish Executive, Violence Against Women grant to provide a post to support women who have experienced domestic abuse and childhood sexual abuse.

The current economic climate continues to make a very challenging environment for all voluntary agencies and additional funding is generally quite difficult to secure. We are now moving into year 2 funding from Big Lottery which provides a dedicated Volunteer Co-ordinator to recruit, train and manage all counselling placements within KASP.

KASP also secured funding from Henry Smith to provide a dedicated Young Person's worker who offers counselling and support to anyone aged 16-25 year old. This enables us to fast track young people into KASP services.

KASP has once again exceeded all of the outcomes stated in our service level agreement with Fife Council and NHS Fife and delivered on all of our outcomes for our funding from the Scottish Executive, Violence Against Women grant which jointly funds the domestic abuse project.

Training and consultancy continues to be delivered throughout Fife and Scotland. This training is provided by our dedicated and enthusiastic staff to raise awareness of childhood sexual abuse and KASP services.

Our partners, Fife Rape and Sexual Assault Centre (FRASAC) and Safe Space contribute to a newsletter which is produced by KASP and shared across Fife.

The Trustees acknowledge the dedication and hard work of our highly competent and professional staff and volunteers which enables KASP to provide a valuable and worthwhile service to anyone affected by childhood sexual abuse in Fife.

Anne Aberdein
Chair of KASP

Managers' report.

Welcome to our most recent annual report which celebrates KASP's 25 years of providing counselling and support in the communities of Fife. We had hoped to hold a celebration to mark KASP's 25 years but due to the current COVID19 situation we have had to put this on hold. It is anticipated that we will still hold this, possibly next year.

KASP was born in 1995 as a result of a proactive group of people who recognised the gap in services for adults in Fife who had experienced childhood sexual abuse. They then worked tirelessly to set up the service in Kirkcaldy. Since then we have managed to secure funding to be able to provide the service Fife wide.

Sadly 25 years later, we continue to receive a steady increase in referrals to the project for counselling and support, which is proof that our work is far from over.

Looking back at previous annual reports it is evident that KASP has adapted and evolved to meet the needs of those who access our range of services, in addition to funders needs, and 2020 was no different.

I have only been with KASP since April 2018 but most of the staff have been in post for many many years and are fully committed to the aims and objectives of KASP.

During this period we have welcomed a new volunteer co-ordinator into KASP and she has been actively supporting, developing and managing the counselling volunteers for us. Without our volunteers, KASP would not be able to offer the services that we do offer in Fife and we are forever grateful to them for giving us their time and commitment.

In addition to our counselling, support, information and training services, and in direct response to the needs of clients, we provided resourcing groups for people on the waiting list prior to being allocated a counsellor. This offered participants ways of coping and highlighted that they weren't alone. We also ran an anxiety group, which was delivered by Transformations. This training provided clients with "tools" that could help them to reduce anxiety and also learn how to stop a panic attacks.

Our Board of Trustees continue to provide supports to me and the service and come with a variety of skills and knowledge to make sure that KASP is well managed at a strategic level.

Our partnership with Fife Rape and Sexual Assault Centre (FRASAC) continues to prove very beneficial for both agencies. This partnership allows us to share cost enabling more funding to be allocated to front line services to support people in need.

Over this period we have been working on developing a new website for KASP. It's almost finished and is very user friendly and we are very pleased with it. Check it out if you have some time.....

Towards the end of March 2020, due to the COVID19 situation, a decision was taken by the Board and management (following guidance from Scottish Government) to close the office and for staff to work from home to support clients remotely. This moves us into a completely different way of working with no face to face sessions at all. Some of our volunteers and some of our clients have found this incredibly difficult but we have worked with it to make sure that we can support everyone involved and that everyone is safe and well.

Finally - The legacy of COVID19 and what the future holds post pandemic will be a major challenge for everyone in the coming years, but KASP clients can be sure of one thing – that we will be there for them.

**Joy Patrick
Manager**

Assistant Managers Report

25 years of writing a piece for the annual report25 years of racking my brain to offer in a few lines what our year has been like at KASP

To try to show with words the essence of our work which for me just doesn't really give it proper justice as it feels flat and one dimensional, it's not like that at all and this year feels very much the samehow can I show you what our year has been like for the CORE project and bring it alive on the page

As always our clients are very much our essence as without them there would be no service.

Their guts and determination to pick up the phone, to climb the stairs and the courage to ask for help is mammoth ...and every year this continues even when they are met with the words, sorry we have a waiting list, can you wait?

People do wait and some sadly don't!

Life happens and that sense of purpose depletes and what felt like I need to do this just floats away again until the next time.

This isn't ideal and we continually look at this as a project what else can we offer, having Niamh our Young Persons worker has helped enormously as with Sandra our Volunteer Co-ordinator too with our growing band of committed volunteers.

The opportunity to offer time and a relationship with another person, with no time limits on the sessions.

The opportunity to build up trust, to feel held, heard and validated to share your story if need be while also knowing this isn't about the story its bout the child , the teenager the adult , where ever you are in your life, that's what it is about.

It's about thriving if you allow yourself to accept that you can thrive, you can put the past down and concentrate on the here and now and to make plans for the future.

And I think that is what KASP is doing thriving and making plans for the future to still be here 25years later to.



Lynn Simpson
Assistant manager

Mental Health Project

This year we are celebrating our 25th anniversary, so my thoughts have turned to the time I've work for KASP. Before I started working here I knew of the project and the reputation it had and was so excited when I was offered the position in the Mental Health project in 2004.

Since then, there have been changes over the time I've been here. Changes in personnel, changes in funders, changes in offices, changes in approach but what hasn't changed is the ethos of KASP and that is what is at the heart of all we do.

I looked back on previous annual reports and found that most of the time I've talked about changes but I guess that is part of what we do at KASP. We try to create a space and time where it is possible for change to happen. It doesn't happen overnight and it doesn't always happen all of a sudden and it can sometimes happen so slowly that you don't realise things have changed until one day you wake up and things are different.

I remember the spot the difference pictures from my childhood and sometimes I had to really look closely to see the differences but once I had spotted them, they changed the picture. Another thing from my childhood was a kaleidoscope, it was made up of coloured beads or glass and mirrors. I turned the outside of the tube and the pattern changed. Each time I turned, the pattern changed slightly and even though it was still all made up of the same beads or glass, the more I turned, the more I saw it was very different from where I started.

It's not easy to stick with the process when things are difficult and painful but what can keep us going is the hope that one day we can look back at our patterns or pictures and they have changed.

Gail Stevenson
Mental Health Support Worker

Domestic Abuse Project

Another busy year within the Domestic Abuse Service of KASP!

The Domestic Abuse Service offers emotional, practical and counselling support to adult women who have been affected by childhood sexual abuse and domestic abuse.

The service is funded by Fife Council and The Scottish Government (VAWAG fund) which enables KASP to provide a specialist part time worker and two dedicated counsellors.

We provide counselling and support by telephone or in person at our KASP premises, within their home or in a safe community location. In addition to the provision of 1:1 support/counselling the Domestic Abuse service is involved with co-facilitating CEDAR mothers groups (CEDAR - children experiencing Domestic Abuse recovery) and The WINGS group (a community based support programmer for women who offend).

We also provide training (see me not my mask) to external agencies within FVAWP (Fife Violence Against Women Partnership) with the aim of supporting an increased understanding around the complexities of sexual violence and abuse and in particular disclosure of sexual abuse and how those affected may react or respond: Feedback from this training provided by Lynn and Lorraine has been positive and very well received. In addition this year we had input into Police Scotland (Fife) sexual violence training.

Domestic Abuse involves physical and/or sexual assaults, mind games/psychological/emotional abuse and coercive control. This can be over a short period or long period of time and is perpetrated by a partner within an intimate relationship. Domestic abuse is deliberate and planned. This abuse makes the person feel responsible, isolated, alone, confused, lost, degraded, worn down, exhausted, with no control, humiliated and hurt. The abusive behavior ultimately makes the person comply with the controller and wears away dignity, self-respect and any sense of self or self-confidence.

At KASP we assist women to understand the complex dynamics and connection involved in abuse in childhood and as an adult. We aim to offer a safe space to explore this and help women to heal and recover from the damage left behind, letting go of feelings of responsibility ... one person describes

“It was only after our relationship ended that I hit rock bottom and my head felt like spaghetti junction. I was full of self-blame and loathing even although I knew at a logical level it was not my fault!

Another person says:

“From where I was to where I am now is a massive and huge difference!”

“Words cannot express what you have done for me you literally saved my life. Way back at start when I first met you I saw no hope and not a future. You showed me there is a better way and it’s not always dark She showed me light I am so grateful for the support and help I got. I know I would not be here and alive today if it wasn’t for KASP. I know now that I am only human and I know now I deserve to be happy! I am still working on myself and rebuilding myself but I am happy. I hope to go to college and eventually help others I received a lot of practical help as well as emotional (help with benefits/housing /medical help/ medical appointments/furniture/food) from KASP. High Court appeal –emotional support and physically having you there by my side made me feel strong and gave me the strength. Sometimes KASP was the only person I saw!”

“You walked into the darkness; took my hand and pulled me into the light “No-one has ever been able to do that Its like you saved my life I can never pay you back I really mean that! I cannot even find the words to express it!” “Angels in disguise is what I thinkI have got my life back! I feel safer and I have with your help got a new house and a better life!”

For many people who use our service KASP is the most consistent, understanding trustworthy service they have in their lives. It is a unique service which offers at its very heart; humanness, understanding, support and care. It is an ongoing privilege to be part of KASP and to be able to walk alongside people, from all walks of life, as they continue their life journey.

**Lorraine Cafferkey
Domestic Abuse Support Worker**

MARAC Advocacy Service

Multi-Agency Risk Assessment Conferences (MARACs) bring a number of key statutory and voluntary agencies together on a regular basis to discuss cases where individuals are considered to be at high risk of domestic abuse. An independent advocacy service is provided to victims alongside this and KASP is the service provider for the male advocacy service.

The organisations involved in MARAC meetings discuss individual cases, share information, identify actions they can take, and prepare co-ordinated safety plans. The MARAC process aims to: increase victims' safety; reduce repeat victimisation; and reduce the risk to victims and others, including their children. All high risk victims of domestic abuse are offered the support of an independent advocate, with their views and needs represented at MARAC.

Those who are involved with the MARAC process (and those whose cases are not going to a MARAC meeting, but who are considered at "high risk" of domestic abuse and seen to need advocacy support) are referred to the service by the MARAC Co-ordinator. KASP provides advocacy to males who are referred through MARAC. The advocates then try to make contact with all of those referred, to seek their perspective, identify ways to improve their safety, and offer them advocacy throughout the MARAC process.

Where a case is going to a MARAC for consideration, the advocacy workers report the victim's views to the meeting. Members then share information, identify risk factors and agree a multi-agency risk management plan. Following the meeting, the advocacy workers provide feedback to the victim about the outcome of the MARAC and the support offered.

Young Persons Service

I started at KASP in July 2019 as the new Young Person Support Worker, supporting people aged between 16 and 25 with individual counselling. This post has been funded by Henry Smith for three years until 2022.

Being new to Fife I focussed my attention for the first couple of months on meeting people who worked in the various different charities and services Fife wide, learning about their services and creating an awareness of the new Young Person's service starting up at KASP. I was blown away by the support I received from everyone I met with and just how thankful people were that there would now be a specific service for young people as this was much in demand.

In September I began working with clients, initially taking on three to start with and to be able to continue to network but this quickly increased to having 10 clients per week, mostly at the office in Kirkcaldy but I also began offering outreach support in Cupar and St Andrews. I found that having networked for the first two months the referrals from younger people spiked, with workers from other services coming to us and asking for support. It was great to be able to work collaboratively with other organisations and to feel fully able to support young people in Fife who needed our help.

My plan was also to create a peer support group which would have accommodated up to six clients every week for 1 ½ hours for eight weeks. I had been working on a programme to base the group around which would have covered topics such as self-esteem, building boundaries, healthy relationships, and more. My plan was to begin the group work around the end of April however COVID 19 unfortunately got in the way of that, but the plan will be to relaunch once we have been given the all clear to do so.

With COVID 19 happening in March the landscape of what I have been offering has changed slightly, instead of face to face sessions we have moved to working remotely. In the beginning many clients were unsure and anxious about how this would be, however it has quickly become the new norm. Most clients have phone sessions every week with a few opting for face to face online work via Zoom and some work through text messages. It has been wonderful to be able to be so flexible and be able to offer support, to continue on the KASP ethos even through these difficult times.

It has been a great privilege to work with so many inspiring survivors since my time at KASP began and I look forward to being able to continue to do so for as long as possible.

Niamh Govers
YP Support Worker

Volunteering with KASP

Hi, I am Sandra! I am the new Volunteer Coordinator. I joined KASP on December 2019 to continue with this exciting project.

I am an experienced qualified counsellor with extensive background working with complex trauma and sexual abuse. I have also worked managing teams of counsellors in the third sector and I am now completing her Clinical supervision qualification.

I am currently delighted to manage, support and supervise our big team of volunteer counsellors and placement students who, the whole KASP and I, personally, consider it is a vital and invaluable part of the organization.

I took over this exciting role with enthusiasm. I got to get to know all volunteers and staff and familiarise myself with policies and procedures already in place.

I took a bit of time to organise myself, made some fancy spreadsheets to make sure each volunteer had all the support they needed and never forget a thing.

I then organised all supervision dates for all the year with each of them, let me tell you that was a task in itself as we have a big group of volunteers, 18 in total, 9 placement students from different universities around the area and 9 volunteer counsellors.

They are all super wonderful and I feel so lucky to being working closely with them.

The majority of them have been with KASP for a long time, some of them for years and a couple of them for over 10 years! KASP is blessed to have each of them as part of the organization, and survivors too!

Another of the exciting things I did was to organise group supervision for volunteers and make it a well-attended event, effective and enjoyable. We have had our first group supervision session and it was a complete success. We can't wait to have the rest.

My day to day at the moment is undertaking monthly supervision with each of them to make sure everyone is doing well, writing up all the notes and also filling in university reports for those undertaking a placement.

- **What I plan for the future**

What plans do you have for the future of the project then? You may be asking.

Unfortunately, a pandemic has stroked the country, so initial plans are having to change, or even to wait.

I would like to find a way to continue with group supervision safely, involve service users more in the organization and organise, deliver and develop training for our volunteers. However, my priority now is to hold and support volunteers on this difficult times and make sure everyone feels supported and safe to continue contributing to this wonderful cause.

Sandra Canizares Ormeno
Volunteer Co-ordinator

TRAINING



Again this year has been very busy with training.

See Me not My Mask for FDASP 3 times a year which always is full , good to have multi agency training too as with us offering experiential training , it great to be part of a bigger discussion and to meet people who may refer to KASP and to have links in the community too

Lorraine is the co-trainer

We continue to provide joint training with FRASAC.

Men and Boys again offered by FDASP provides a one day to look at the impact and consequences of men and boys, as they can often get missed.

Again another busy training.

Mairi McAllister is the co- trainer

Fife Council Foster Care training. Understanding Childhood Sexual abuse which is a 2 day training course to Foster Carers and Residential Care workers, this year we provided 3 two day sessions. These are always well attended have an added depth with the training being over two days

Jan Swan is the co-trainer

TACT Understanding Childhood Sexual abuse. We were also approached by another fostering organisation TACT, to provide training for staff and foster carers this year, the training took us to Lochgelly, Edinburgh and Paisley, three 2 day training sessions, was good to be involved in another agency and to offer a different kind of training than they have usually experienced, fantastic feedback and invite back in 2020 too which is always a bonus.

Jan Swan co-trainer.

Southside Counselling and Therapy Centre. Our last piece of training was in Glasgow to a group of counsellors organised by Southside Counselling and Therapy Centre. This was to be their first Personal Development Event and they had approached us to be involved which we did, another good day was had with good feedback as normal .And one I did on my own too!

The importance of training and KASP to continue to provide training can only be off benefit to clients as whoever clients disclose too, we want them to be held and heard and for workers to realise too that not everyone want wants or needs to be at a service like ours all they might want is in the moment for the worker too hear them.

And a big thank you for Mairi and Jan for the continued joint work with Fife Rape & Sexual Assault Centre (FRASAC).

See Me Not My Mask Training

In this period KASP staff delivered 3 courses in partnership with Fife Violence Against Women Partnership (FVAWP) which had 31 attendees.

Of the 31 people who attended 91% stated that they were satisfied with the way that the course was delivered and that the content was pitched at the right level.

93% stated that the course improved their understanding of childhood sexual abuse and aided them to better support people who disclosed.

89% mentioned that their knowledge of services in Fife for people who have been affected by childhood sexual abuse was increased.

Lynn Simpson

Transformations

MARINA COLLINS HYPNOTHERAPY

Transforming Anxiety Workshops

These workshops are run over 4 weeks and are between 60-90 minutes.

During the workshops delegates find out about the conscious and subconscious mind and how it has an affect on anxiety and trauma, as well as many other issues.

The workshop provides the delegates with “tools” that can help them to reduce anxiety and also how to stop a panic attack in its steps. This is done by teaching them a wide variety of different techniques such as tapping, breathing, bi lateral stimulation and various others. It is not a one size fits all, which is why there are a variety of different methods used, as some delegates are happy to use tapping whilst others may not enjoy using it.

Tapping is similar in way to using acupuncture, however without the needle, by tapping on specific parts of the head, body and hand it clears the Meridians that channel the energy that flows through the body.

Also sharing that what we eat can have an affect on anxiety, so making the delegates aware of certain foods etc that can often give a false feeling of having a panic attack.

These tool or techniques will help them in the moment, with the exception of the tapping as used long term can help remove anxiety towards a specific issue, eg phobias, meetings, people or places etc.

Each session is then ended with either a hypnosis session or a guided imagery session. The purpose of these session is to help them clear out unwanted negative thoughts and feelings.

These can often be quite emotional for delegates as it is the subconscious mind that does most of the work here.

During the hypnosis/guided imagery sessions is where most of the delegates learn to “let go” of issues from the past so that it no longer makes them feel the way they do, this in turn makes it easier for them going forward in life enabling them to live a happier life free from any trauma or past hurt and emotional pain.

Newsletter

It’s my job to produce the quarterly Sexual Abuse Agencies Fife Newsletter. This is very much a joint effort between KASP, FRASAC and Safe Space.

The newsletter is circulated to a wide variety of agencies, professionals and service users and is a platform to share local and national news and also allows the sexual abuse agencies to promote their services. Where relevant, the newsletter is also used as a platform of consultation. We welcome contributions from service users.

As I say every year to everyone that has contributed. I know that you are all very busy but it is much appreciated that you take the time to write an article for the newsletter.

Susan Hunter
Administrator

STATS

Total number of clients in contact with KASP during this period was 480

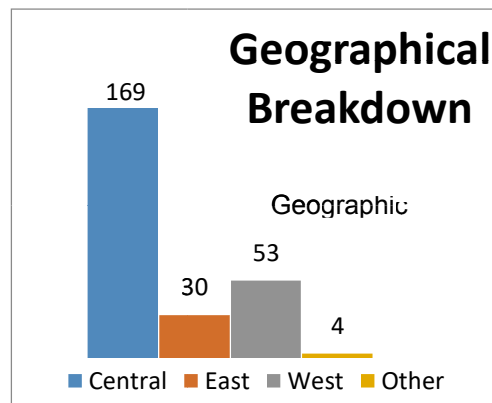
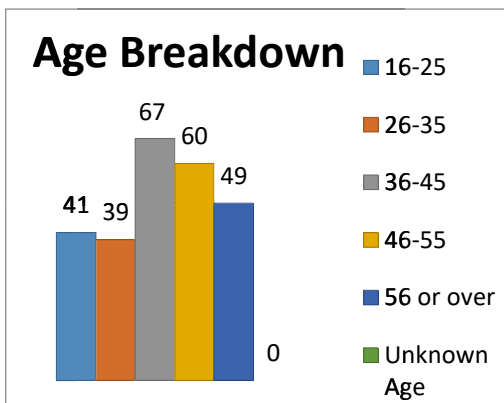
New referrals

KASP project received 256 new referrals, of which 191 were female and 65 were male.

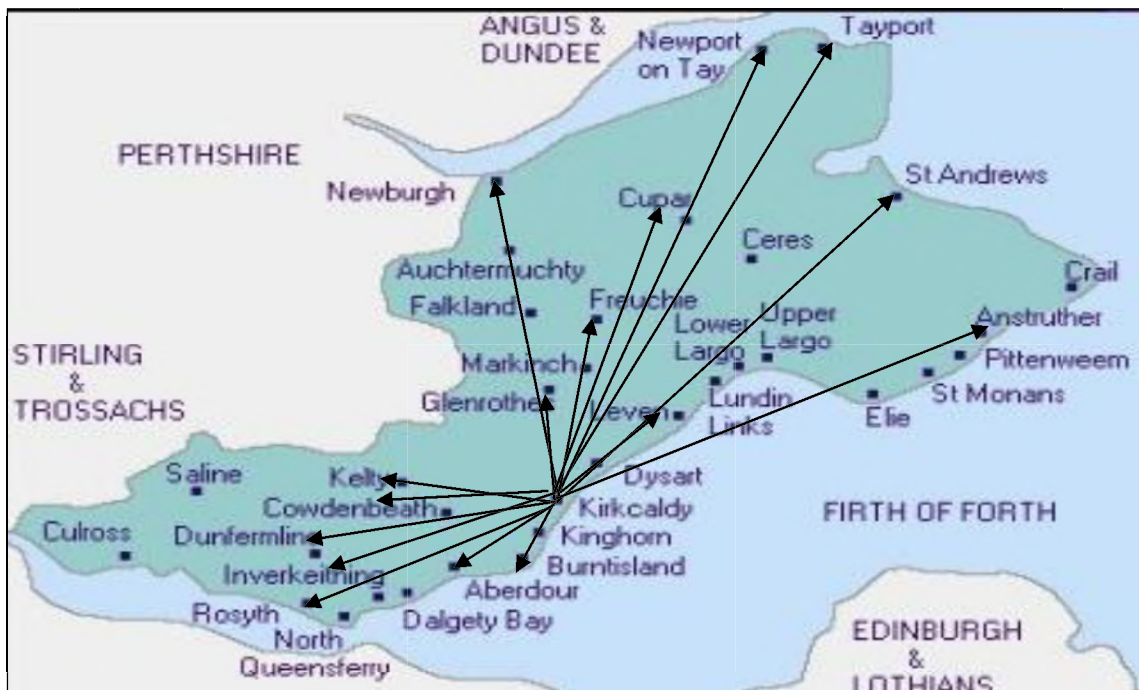
In addition KASP delivered:

- Cedar Group sessions to mothers affected by domestic abuse
- Fortnightly 2 hour support group and one to one support offered to women from the women offenders group
- Support offered to high risk MARAC male clients

These clients do not show up on KASP statistical database end year report as they are not recorded in KASP database due to being supported in other services.



April 2019- March 2020 KASP has delivered 2531 hours of support.



The arrows show where KASP are supporting clients

KASP Volunteers comments

“I can’t thank KASP enough, firstly for believing in me when I first started as a very nervous counselling student and secondly for the support that has been offered throughout my journey to becoming a qualified counsellor. I have been supported every step of the way and have really enjoyed my time at KASP and made some lovely friendships. The work of the counsellors and volunteers is making a huge impact on the clients and you all do an amazing job.

I look forward to continuing to volunteer in the future”. Tracey

“My name is Anne Brunet and I am a counsellor at KASP. I work on a voluntary basis.

To work at KASP is both a privilege and a fully rewarding experience. As I work with my clients they show me, with their words, their shattered childhoods; the impossibility of adolescence and the shame, stigma and loneliness that accompanied them into adulthood.

Thus, for me, to share the life stories of my clients is both an honour and a privilege. And to bear witness to their strength and resilience is a truly humbling experience.

My work can, at times, be painful and overwhelming, and support is, therefore, an integral part of working at KASP. And at KASP such support is always available; always given freely and willingly and is always given with both client and counsellor in mind.

I came to KASP as a trainee counsellor and I stayed. I stayed because of the work, the clients and the ethos that is KASP”.

I started as trainee counsellor at KASP with very little knowledge of the effects of childhood sexual abuse and the trauma suffered by survivors, or how hard it is just for survivors to just function every day. I found the training within KASP invaluable for this. Although all our clients are different and very unique, it gave me a firm basis to start from, a solid foundation of knowledge to help me build my skills for counselling survivors.

Our values:



KINGDOM ABUSE SURVIVORS PROJECT (REGISTERED NUMBER: SC524668)

**BALANCE SHEET
31 MARCH 2020**

	Notes	2020 £	2019 £
Current assets			
Debtors	9	2,961	2,050
Cash at bank and in hand		<u>134,555</u>	<u>116,929</u>
		137,516	118,979
Creditors			
Amounts falling due within one year	10	(4,109)	(8,192)
		<u>133,407</u>	<u>110,787</u>
Net current assets			
		<u>133,407</u>	<u>110,787</u>
Total assets less current liabilities		<u>133,407</u>	<u>110,787</u>
NET ASSETS		<u>133,407</u>	<u>110,787</u>
Funds	12		
Unrestricted funds		75,112	70,538
Restricted funds		<u>58,295</u>	<u>40,249</u>
Total funds		<u>133,407</u>	<u>110,787</u>

The charitable company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 31 March 2020.

The members have not required the company to obtain an audit of its financial statements for the year ended 31 March 2020 in accordance with Section 476 of the Companies Act 2006.

The trustees acknowledge their responsibilities for

- (a) ensuring that the charitable company keeps accounting records that comply with Sections 386 and 387 of the Companies Act 2006 and
- (b) preparing financial statements which give a true and fair view of the state of affairs of the charitable company as at the end of each financial year and of its surplus or deficit for each financial year in accordance with the requirements of Sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the charitable company.

These financial statements have been prepared in accordance with the provisions applicable to charitable companies subject to the small companies regime.

The financial statements were approved by the Board of Trustees and authorised for issue on
and were signed on its behalf by:

 10/9/20.
Ms Berenice Helen Gallacher - Trustee

The notes form part of these financial statements

KINGDOM ABUSE SURVIVORS PROJECT

**DETAILED STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 31 MARCH 2020**

	31.3.20	31.3.19
	£	£
Income and endowments		
Donations and legacies		
Donations	6,923	932
Grants	<u>68,407</u>	<u>73,626</u>
	75,330	74,558
Other trading activities		
Training, consultancy and supervision income	8,573	4,590
Investment income		
Deposit account interest	160	98
Charitable activities		
Grants	<u>186,152</u>	<u>150,152</u>
Total incoming resources	270,215	229,398
Expenditure		
Charitable activities		
Wages	169,305	131,637
Social security	12,202	9,077
Pensions	7,698	8,278
Rent, rates and insurance	12,093	12,235
Light and heat	5,417	4,786
Telephone and internet	1,064	1,092
Postage and stationery	4,732	2,963
Miscellaneous expenses	354	325
Bookkeeping fees	1,120	455
Payroll bureau costs	810	810
Repairs and renewals	767	955
Volunteer travel expenses	1,555	2,509
Volunteer supervision	3,090	1,483
IT costs	5,809	6,300
Staff supervision	3,608	4,086
Staff travel expenses	6,143	6,704
Hospitality	1,288	715
Subscriptions	1,182	779
Training	3,071	362
Bank charges	225	160
Support staff fees	1,815	1,650
Participants expenses	-	153
Cleaning	457	850
Resources	520	259
Domestic Abuse client expenses	-	154
Carried forward	244,325	198,777

This note does not form part of the statutory financial statements

KINGDOM ABUSE SURVIVORS PROJECT

**DETAILED STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 31 MARCH 2020**

	31.3.20	31.3.19
	£	£
Charitable activities		
Brought forward	244,325	198,777
Recruitment	<u>380</u>	<u>-</u>
	244,705	198,777
Support costs		
Governance costs		
Accountancy fees	2,830	3,020
AGM costs	<u>60</u>	<u>-</u>
	<u>2,890</u>	<u>3,020</u>
Total resources expended	<u>247,595</u>	<u>201,797</u>
Net income	<u>22,620</u>	<u>27,601</u>

This page does not form part of the statutory financial statements

THE BEGINNING

In this period (2019) KASP is celebrating our 25th year of working in the community to provide supports to anyone who is affected by childhood sexual abuse in Fife. We have included some information from previous annual reports over the last 25 years.

Report from August 1995

Kingdom Abuse Survivors' Project (formerly Kirkcaldy Area Abuse Survivors' Project), is an independent voluntary organisation established in 1995, to provide a range of free and confidential support services to adult, male and female, survivors of childhood sexual abuse in central and north east fife. We also support partners and families and act as a specialist resource for other health and social care professionals, as well as carrying out training and awareness raising.

A Management Committee, who have a wide range of experience in social work, health care and child protection as well as the voluntary sector, manages KASP. There are five full time members of staff, a project manager, assistant manager, domestic abuse support worker, specialist mental health worker and office administrator. In addition, we have between eight and twelve trained voluntary counsellors working with survivors. These counsellors receive induction and further training on childhood sexual abuse.

KASP provides professional indemnity insurance, external practice supervision and travel expenses in return for volunteers giving their time and expertise to the project. All counsellors at the project work within the Codes of Practice and Ethic of the British Association for Counselling and Psychotherapy.

The domestic abuse worker supports women who have a history of sexual and domestic abuse. This is joint-funded by the Scottish Executive Domestic Abuse Service Development Fund, Fife Council and a one of grant from Kirkcaldy and Levenmouth LHCC. Support can be offered in KASP premises or at outreach locations.

Likewise, the mental health worker supports men and women who have a history of sexual abuse and mental health problems both within the centre and at outreach locations. This post is funded through Mental Illness Specific Grant.

Our project works closely with social work, health care and the voluntary sector, enjoying positive relationships and recognition of the good practice our service delivers. We are members of the Fife Domestic Abuse Forum and work closely with the Forum and its various sub groups. We are also members of a multi-agency working group on severe trauma, of which sexual abuse is a major component.

In our premises we run weekly support groups and other activities, a drop in facility, and fortnightly self-help group. We also support survivors on our telephone help-line, which averages approximately 20-30 calls per week.

KASP has played an important role in awareness raising and campaigning for services for survivors, as well as wider recognition of the impact of sexual abuse. A screening of a film that both arrestingly and sensitively portrayed the consequences of childhood sexual abuse we held at the Adam Smith Theatre two years ago, when over 450 people involved in child protection attended.

We petitioned the Scottish Parliament, calling upon the Scottish Executive to recognise the need for secure and adequate funding of existing support services, and to encourage new services to fill gaps in national provision. We have further requested the implementation of a national strategy to address the social, health and legal implications of childhood sexual abuse.

From this petition, a Cross Party Working Group has been formed, with the support of Kirkcaldy MSP, Marilyn Livingstone and a further 25 MSPs and survivor projects, health and social care professionals, and survivors themselves included. A major launch was held in March 2001, following a debate in Parliament earlier that day.

The work of this group is continuing to gather pace, and we are confident that we will achieve our goal of a national strategy on child sexual abuse.

KASP is currently represented on the Scottish Executive Short Life Working Group which is reporting on the needs of adult survivors.

The impact of sexual abuse is extremely complex; its long-term effects can be devastating, affecting physical and mental health, education and employment. Links with drug and alcohol abuse, domestic violence, homelessness and suicide are becoming increasingly understood.

The sexual abuse of children is not going to end. We can, however, with care and skilled support, enable survivors to come to terms with their abuse, and alleviate the psychological trauma they experience.



ANK
MACDON AWD

PUBLIC PETITION TO THE SCOTTISH PARLIAMENT

PUBLIC PETITIONS

29 SEP 2000 PE279

SCOTS PARLIAMENT

**PETITION TITLE: Security and Continuity of Funding for Support Services
for Adult Survivors of Childhood Sexual Abuse**

WE THE UNDERSIGNED DECLARE THAT

It is the right of every adult survivor of childhood sexual abuse to feel secure in the knowledge that their chosen support service will still be in existence should the survivor require support next week....next month....or next year.

THE PETITIONER THEREFORE REQUESTS THAT THE SCOTTISH PARLIAMENT

urge the Scottish Executive to recognise the requirement for a central fund which will allow the establishment of a network of agencies nationally to support adult survivors of childhood sexual abuse, and which will offer security of funding to existing support services.

TO ACHIEVE THIS, THE PETITIONER ASKS PARLIAMENT TO

put in place the mechanism to provide adequate core funding on a national basis to existing support services, and encourage the establishment of new services to fill gaps in service provision nationally.

PRINCIPAL PETITIONERS ARE:

**Kirkcaldy Area Abuse Survivors' Project
29 Townsend Place
Kirkcaldy
Fife
KY1 1HB**

Tel: 01592 644217

Date: 28th September 2000

Petition sheets attached



Lets go to London !!!!!

When I reflect over these 25 years I always come back to the day we went to London, I can still feel an overwhelming sense of what we achieved that day as KAASP and also as individuals.

This was during our first year of offering a service.

I can still see us sitting at the end of a very long day, singing and very much together on a train heading back to Fife, rather than 6 beating hearts ...there was ONE

And although I can't name them individually as I write I very much see them sitting with me.

As I reflect on the day ...I still shake my head as it was such a massive thing to do, to all jump on a train and head to London with KAASP tee shirts we had printed and a banner that they had made.

It was just lovely to be part of, to see them put down any shame or blame and to become stronger.

This had all come about as what if ...and here we were, we had walked from Hyde Park to Trafalgar Square.

We had marched with our banner proudly, we had spoken to others, who too had tee shirts and banners, we had listened to people brave enough to speak out tell their story and we had sang, sang our hearts out .I cannot to this day hear Gloria Gaynor song "I WILL SURVIVE" and I am right back singing and dancing in Trafalgar Square.

We had also witnessed a petition signed by many being taken to Downing Street, the sense of voices being reclaimed, stories being heard, silence being broken.... Very POWERFUL

I still feel very proud of what achieved that day, especially on the train coming home, very much a sense of, a group of survivors who had very much grown in stature and confidence whilst also finding their voices.

We continued this pilgrimage to London for several years, the last year 1999....we decided we needed to petition our own Parliament, as year upon year it felt nothing every came from the petitions that were handed in to Downing Street and that is exactly what happened.

From this the Cross Party Working group for Childhood Sexual abuse was established ...who would have thought when we took the Train in 1995This is where it would have ended.

Survivors voices being heard in the Scottish Parliament.

A huge achievement.



Lynn Simpson and the Survivors Group

KASP 25 years! A Reflection

I remember the day clearly as far back as **1993** ...I was working on the front line in social work in Kirkcaldy...lots of people began contacting us and requesting help and support to deal with their past and overwhelming feelings triggered by a story line in a well know soap series on TV ...people were upset and struggling with memories and trauma caused by sexual abuse in their childhoods What can we do? Who can help?

“The Social Work department can’t offer the support they need!”I remember thinking? “Surely there is a service somewhere?”

Answer: Nope...just very **-LIMITED SERVICES!**

So we contacted NHS?” “6-9 month waiting list through psychology and psychiatry! – must be referred through GP -unbelievable!”

One group of amazing women were offering support via a self-help group and a 2 hour phone help line too but it wasn’t enough!

Eventually a steering group was established around **1993** to begin to put together a proposal for funding and attempt to set up a dedicated support service for Fife. Many dedicated and passionate people were part of this process and their sheer determination led to a successful funding bid in **1995** and saw the **birth of KASP**. I was fortunate, along with a colleague, to be involved in this process but little did I know that I would actually become a KASP employee in **2001!**

During the past twenty years I have witnessed the **highs** and the **lows** of KASP as we struggled to survive due to funding cuts and financial pressures, always working hard to create awareness of **Childhood Sexual Abuse** and all that this means. **Forever “fighting” to put the needs of adult survivors first!** The ever increasing waiting list; highlighting the huge need for our service!

The **highs** when we have been able to grow, develop and increase the level of services we can provide to the men and women of fife. The great opportunities we have managed to offer throughout the

years: anxiety service, negative thoughts groups, equine therapy, and befriending, weekly drop –in, support groups (Let’s get Out Group: residential weekends at the drover’s inn and ceildh dancing at Fishers Pitlochry.) The much needed social get together

The times when survivors could meet together to weave the magic and experience the power of that, unspoken bond/connection and mutual acceptance and understanding.

It has been an absolute privilege to have worked in KASP for what is nearly 20 years! I have met the most amazing, courageous, warmhearted human beings from all walks of life and all with very unique and individual stories and experiences. What we offer at KASP and what is common to us all, is **humanness!** We are all human beings with beating hearts, with needs **and** struggles, all trying to make sense of feelings, confusion and behaviors, trying to understand “muddles” in order to progress from the impact of the past and life experiences.

May KASPs heart keep beating and supporting survivors well into the future....here’s to the next 25 years and beyond!

Lorraine Cafferkey

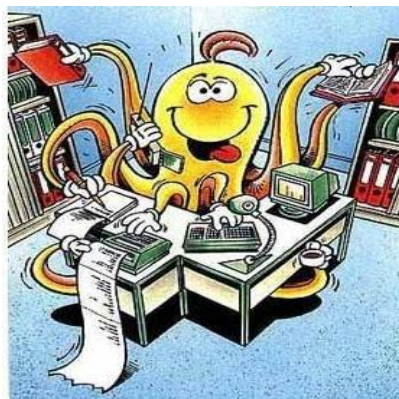
25 years – A Reflection

As we are celebrating our 25th Anniversary. I have written a piece about how I came to be at KASP. I started in October 2003 as a volunteer admin for about 2 years and was lucky to be given a part time admin job with KASP and FRASAC. I was then able to get a full time administrators position at KASP.

I can’t believe that I have been here for 17 years. Over the years I have seen clients, staff and volunteers come and go: not just counselling but we have had a few admin volunteers come and go as well.

Some days it can be emotional and draining in the office but we all support each other and we have a great team at KASP. I don’t always get it right but I do my best and every day is a learning day.

I have said that I see myself as an octopus: I know where everyone is, who is in and who is out and about, where they are meant to be, and for those who are in, I know what room they are using.



Everyone at KASP has a different role to play. I see us all as wee cogs fitting into a big cog to help it go round, and that is why we all work well together. Our domestic Lynn F has been here for over 14 years. She won’t write a piece so I have mentioned her name, as she is a very important cog in KASPs wheel.

It has been a privilege to have been able to get to know some of our clients that have been through our doors. It may not seem much, but these conversations are important. I think that having a bit of banter helps our clients to feel at ease.

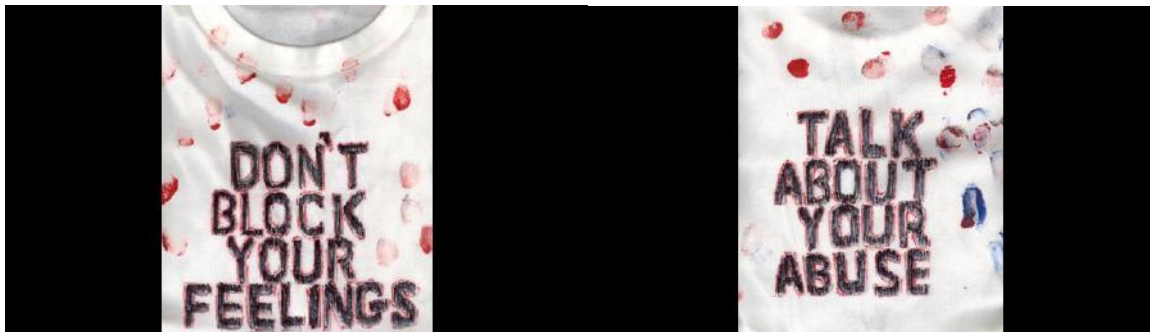
I hope that they feel that KASP is a safe and secure place as that is what everyone at KASP wants, and I think we achieve that.

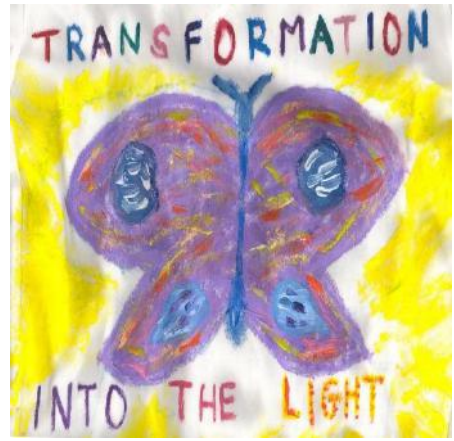
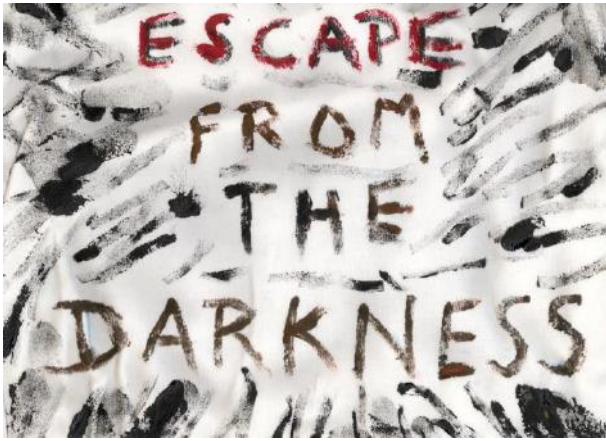
Take care everyone.

Susan Hunter

Client's art work and poems

This is a small selection of what our clients have done over the years





INSIDE

Being all alone
With no one to care
No one to talk to
And no one to share

The emptiness I hate
Is very hard to bear
It's like a black hole
I try not to go there

I want to have friends
But I don't let them near
That's why I am on my own
And it's down to my fear

The hurt and the lies
Is very hard to take
So I keep my distance
I have to for my sake

I am who I am
I hope I can heal
But deep down inside
This is how I feel

Today I have a lovely home, good friends and supporters, a college certificate and a part-time job .I take responsibility for my own life. Every day I get up, shower, dress and leave the house to do whatever I have to or want to regardless of how I feel, if I'm angry I do angry- if I'm sad I do sad. If there's ever a day and sometimes there is that I can't do it I'll pick up the phone or Ill lie in bed, head under the duvet crying but I don't kill myself, that's down to me , I breathe, you can't die from crying!

I will never forget my childhood but I can't change the past and I don't know what the future holds, so I'll just live in today, till it takes to become strong again and to smile and laugh and most importantly have some FUN!

I believe we survivors have an incredible inner strength to come through what we have and it's that strength that we will keep on carrying us through, one day at a time!

Today I know I am 'normal' because normal is doing what everyone else does, what I was doing all along and didn't realise it because the evil had taken over.

I am getting there day by day and I am 'NORMAL!'

LISTEN

Why does no one hear me?
Maybe I should say
I want to be heard
But it's like that every day

It's hard for me
To say what I feel
People don't seem to see
That I get a raw deal

My efforts are important
But many don't seem to care
I spend any hours
Trying to get there

I am a real person
Even though you can't see
Not very much appreciated
That's the way it s to me

Often I get downhearted
I know that no one knows
What I am feeling inside
But that's the way it goes

KASP ANNON

The 1 in 4

This is the story of a child.... A child called '1 in 4'.

It is the story of a child born with hopes and dreams, but it is NOT a happy ever after story.

It is the story of pain and suffering.

It is a story of childhood abuse and exploitation.

It is a story of survival.....

The 1 in 4 child is all genders.

The 1 in 4 child is all ethnicities.

The 1 in 4 child is all classes.

The 1 in 4 child is all abilities.

This is a timeless story that happens every minute of every day.

This is an age-old story that happens in all cultures and all countries.

The 1 in 4 child doesn't live in a fairy tale castle, they live in a lonely prison of pain and fear.

They live in a society that colludes with the biggest secret in the world.

Who is the 1 in 4 child?

They are the child who doesn't cry - for who would listen?

They are the child who doesn't tell - for who would believe?

They are the child who is told "it's YOUR fault"

They are the child that locks away their secret, deep inside their fragmented soul.

As they grow, so does their suffering and the dark shadow that follows them. There is no safe place to hide for the 1 in 4 child, no escape from the nightmare that is their life. By the time they reach their teenage years, they become the 'looked after child' who lives behind a wall of self-protection that becomes a lonely loveless prison. Vulnerable to predators, who tell them they love them, give them gifts, use and sexually abuse them.

They are targeted and groomed by adults and their peers.

They are at risk of STI and unwanted pregnancies.

They fear the day and fear the night.

They are angry, sad and emotionally raw.

They self-harm to relieve the pain.

They self-medicate to soothe the shame.

They overeat to fill the hole in their soul.

They starve themselves in a bid to gain control.

They make unhealthy choices again and again and again.

They swim in a stormy sea of guilt and drown in an ocean of bitter tears.

They are bullied at school and failed by a system that is blind to their suffering.

They want to tell their story but have learnt - theirs is a story nobody wants to hear.

What becomes of the 1 in 4 child – the looked after child – the used and abused adolescent? Will they be rescued by a fairy godmother? Surely a story like this can't be true? I did warn you this was NOT a happy ever after story. Sadly, this is only the beginning of their next chapter, as the effects of abuse can last a lifetime and the road to recovery can be long and difficult.

How do I know all this? Because I am a 1 in 4 child.....**I AM A SURVIVOR.**

Groupwork at KASP

Over the last years the groups that have been on offer have been:

Art Group

Kate Hill, a local artist offered a 6 session art group, to provide an alternative way of communicating. The mixed group met on Friday's in June and July. Kate's gentle approach to art made the whole experience feel very safe for the group members, as they explored different art techniques. The group also provided an opportunity for people to meet, have some fun and try out a new creative activity. One lady enjoyed it so much she went out and bought herself some paper and paints to have a go at home.

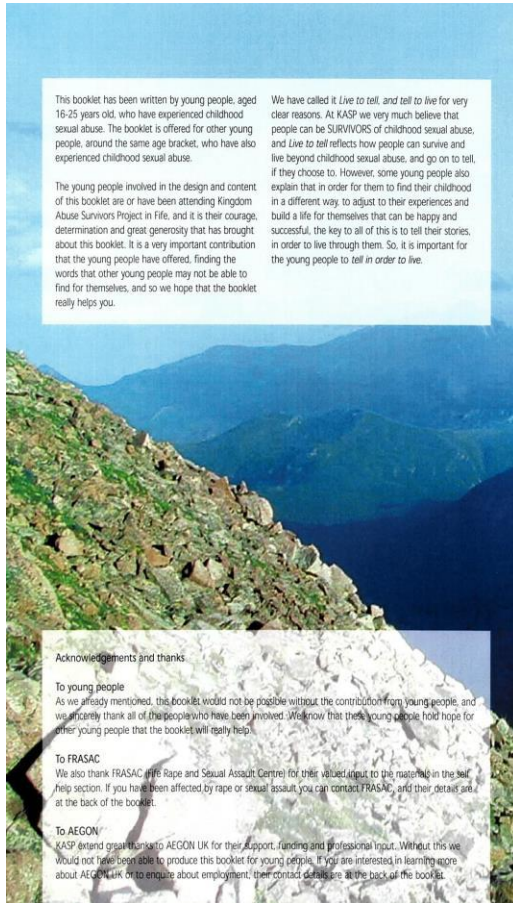
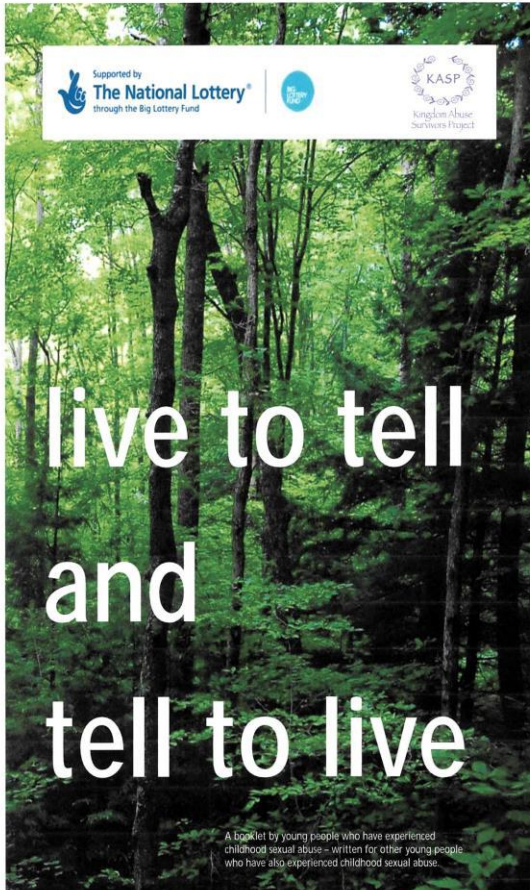
Group Facilitator: Kate Hill

" School had put me off art, I was told I couldn't draw or paint, but now I know I can, Kate made it so easy, I really enjoyed my Friday's and felt sad when it came to an end "

Joint Work with Fife Sexual Abuse Agencies

Joint work has continued over the year. KASP and FRASAC share premises in Kirkcaldy and Cupar and this arrangement enabled both agencies to share an admin support worker in the Kirkcaldy office. This will be the second year running that KASP and FRASAC have held their AGM's on the same day to enable shared resources and planning.

All three sexual abuse agencies have been involved in joint work to deliver various sexual abuse training packages throughout Fife and the managers of the three agencies have benefited from regular meetings to exchange information and a development weekend away.



Live to tell, and tell to live

This booklet has been written **by** young people, aged 16-25 years old, who have experienced childhood sexual abuse. The booklet is offered **for** other young people, around the same age bracket, who have also experienced childhood sexual abuse.

The young people involved in the design and content of this booklet are or have been attending Kingdom Abuse Survivors Project in Fife, and it is their courage, determination and great generosity that has brought about this booklet. It is a very important contribution that the young people have offered, finding the words that other young people may not be able to find for themselves, and so we hope that the booklet really helps you.

We have called it **Live to tell, and tell to live** for very clear reasons. At KASP we very much believe that people can be SURVIVORS of childhood sexual abuse, and *Live to tell* reflects how people can survive and live beyond childhood sexual abuse, and go on to tell of their experiences, if they choose to. So, they truly have lived through very difficult experiences and lived through them to tell of their experiences. However, some young people also explain that in order for them to find their childhood in a different way, to adjust to their experiences and build a life for themselves that can be happy and successful, the key to all of this is to tell their stories, in order to live through them. So, it is important for the young people to tell in order to live.

Young Person's Support Worker

A grant of £9,560 was received from Kirkcaldy and Levenmouth Local Health Care Co-operative in March 2004 to be used in 2004-5 to fund 10 hours of sessional support to young survivors aged 16-25.

Young People's Project Report

The Young People's Support Project was started as a pilot in July 2004 offering 10 hours a week of direct counselling and support to clients aged 16-24. The pilot was originally intended to last for 12 months.

In 2004 and 2005 The Young People's (YP) Project had consisted of one YP's counsellor/support worker and this had been on a sessional basis for 10 hours each week. However, it became very difficult to sustain the service and in 2005 the funding had to be managed on a month to month basis. So we were delighted to learn in March 2006 that we had been successful in achieving funding to employ 2 x 18 hour YP's counsellor/support workers and also 1x 18 hour administration worker for a period of 3 years.

Young People's Project

In 2008/9 the project continued to support 16-25 year old young people who had experienced childhood sexual abuse, but sadly the funding came to an end and despite efforts to attract continued funding the project closed at the end of May 2009. However, it feels important to recognise the achievements which took place during that time.

In Care Survivors Service Scotland (ICSSS)

In the summer of 2008 the Scottish Government put the tender out for a National Service to support survivors in care abuse. KASP and Open Secret submitted a successful partnership bid with Open Secret as the lead agency and through this the In Care Survivors Service Scotland was born.

Befriending / Flexible Support Project.

I started as co-ordinator for this part of KASP's services during June of 2005. This project was a departure from the previous focus of counselling and resulted in an additional support service being offered. As a new service a huge amount of work was required to get the framework for a good quality service to be provided!

Holistic Support Project Report

KASP received funding from NHS Fife to provide Holistic support services in the form of meditation group; complementary therapies and day trips.

Meditation Group

"I went from not being able to relax at all to experiencing a calm floaty feeling...should bottle this feeling and sell it"

"...I found a glowing inner peace.....I have had no confidence whatsoever over past 6 years and have rediscovered my confidence and self belief..."

Many people commented on how much calmer they felt after practicing a meditation and the feel good factor they were left with for some time after.

"I felt it helped me offload some of my problems and helped me look at alternative ways of coping"

"My family commented on the difference in me-seem much calmer and reasonable!"

"..Tranquillity in relationships instead of turmoil...I learned I am not a crazy person was just stressed". Its brilliant and I would recommend it to others!"

"..Best thing is being able to chill when things get stressful at home"

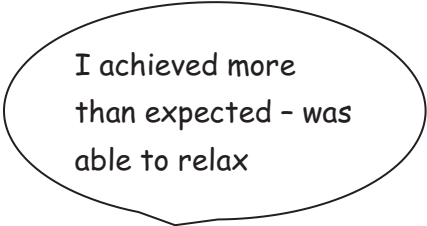
Complementary Therapies

"I think it was very beneficial and helped me with my counselling. I think the block of 4 weeks was a bit short, could have done with an extra few weeks. It helped with my depression a lot." "If the chance ever came up again I would take it like a shot especially if it was with the same therapist because I felt so relaxed with her and the treatment."

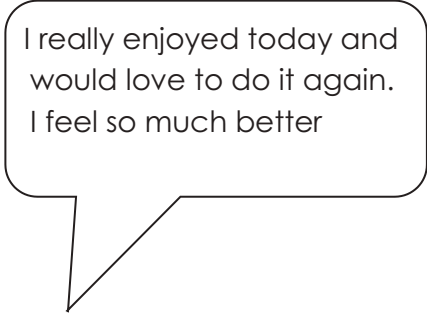
"Thank you for the wonderful opportunity. Felt at peace and safe with Carol at all times."

Cinema Trip Meal Trip Christmas Market Lomond Hills Walk

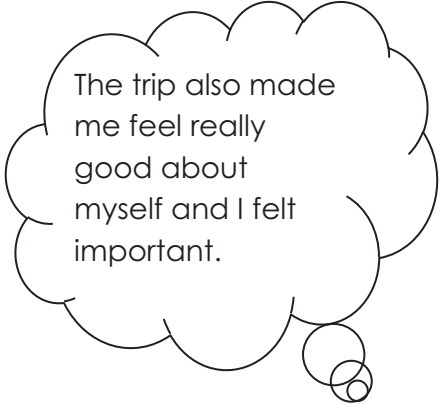
A few quotes from clients that attended the groups



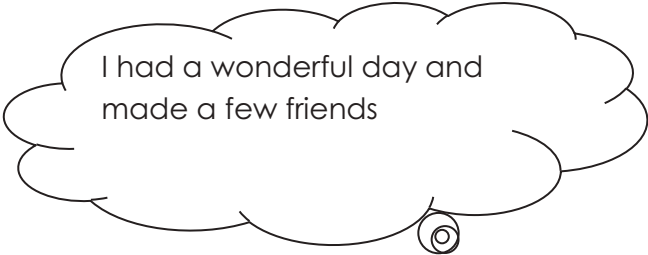
I achieved more than expected - was able to relax



I really enjoyed today and would love to do it again. I feel so much better



The trip also made me feel really good about myself and I felt important.



I had a wonderful day and made a few friends

KASP Seek BACP Accreditation

Over 2014 to 2015 the staff at KASP worked hard to bring together all of the material required for BACP service accreditation and this work was led by KASP Mental Health Worker Gail Stevenson.



Safe to Say Training

Safe to Say National Training for Trainers Programme

Working with Adult Survivors of Childhood Sexual Abuse

We are now in Year 2 of the 3 year project funded by Scottish Executive and managed by SAMH.

Sue Hampson and I have been training groups in Aberdeen, Glasgow, and Edinburgh

Our national network of training practitioners equipped to deliver best practise training has grown during this year. They have now delivered training in these areas and the feedback has been excellent:

- *"to be able to increase workers knowledge /understanding and confidence in working with and supporting people who experience CSA"*

"to raise confidence among frontline staff workers in their ability to deal with disclosures of CSA"

Equine Development Experience for Survivors



Over 2014-15 KASP partnered up with Horsepower Scotland to offer survivors the opportunity to sample an equine development experience to be with horses with the aim of promoting personal growth and learning.

Participating in ground based activities with the horses gives the opportunity to:

- Experience positive communication, assertiveness and responsibility
- Identify and change unhelpful patterns of behaviour
- Build confidence and self-esteem

Here is what our participants said about the experience:

- Communicated more with people. Horses are a buffer.
- I felt really relaxed and managed to unwind
- I tried something new, was pleasantly surprised.
- My anxiety level dropped
- Wasn't expecting to enjoy it so much
- I was a lot calmer than I thought
- Horses were relaxed which I thought rubbed off on me
- Was a time to relax and have some quiet space – an excuse to have some quiet time.

Thanks to Kirsty and her team for making the event such an enjoyable experience.



AMB - JAN
5th 2018

Old Logos



KINGDOM ABUSE SURVIVORS' PROJECT
Supporting Survivors of Childhood Sexual Abuse



KAASP

Kirkcaldy Area Abuse Survivors Project

New KASP Logo



Over the year we worked on the development of a new logo for KASP. The process for this took quite some time but was worth it to end up with something that is meaningful and has enabled everyone to have input. We initially called for ideas to be put forward from all those who had an interest in KASP. At that stage we received over 20 images and these were then voted upon to identify the most popular image. It was the idea of a tree that people liked most and so this is the image that our designer has used to create our new logo.

The mythology and symbolism of a tree is rich and seems to represent something of KASP:

In mythology, trees take on magical powers and in this context give us a sense of the unknown and offer us a living reminder of historic events too terrible to contemplate or so wondrous as to be beyond our comprehension.

Symbolically trees can be viewed as Nature's gladiator, who against the odds, fights to keep a foothold in the most extreme conditions. The roots of the tree lie deep in the ground absorbing the nutrients and providing a solid base. The material strength of the trunk and its part in holding the tree together is perhaps symbolic of the holding that is offered with therapeutic support and of our inner strength. And where there is a solid base and effective holding then it is possible for the branches to absorb the light and for development and growth to take place.

We hope you like our new logo and we'd like to thank all of those that had involvement in its creation and in particular our service users who submitted such wonderful images.

20th Birthday Event



By October 2015 KASP had been supporting adult survivors of CSA in Fife for 20 years and so we invited supporters to come together to help us mark the special day. Around 60 people came along to the Dean Park Hotel on 16th October for the event and heard:

- An insight into how KASP started
- An understanding of the impact of CSA
- An overview of the work of KASP and our different projects
- The difference that KASP has made to the lives of survivors of CSA
- Our hopes and aspirations for the future

We watched the DVD 'Lifting the Lid' which showed 3 male survivors courageously tell their stories and we heard quotes and poems from people who have used KASP services. We watched a really moving montage of survivors' artwork which was set against a beautiful haunting song called 'Just Another Girl' which was generously donated to us by singer/songwriter Zoe Bestel. We heard that we had supported over 3,000 different individuals since inception.

All of the attendees were given a poem and a little packet of wildflower seeds which represented all 3,000+ people who have been helped by KASP over the past 20 years. They were invited to sow their seeds as a tribute to all survivors of CSA.



A huge Thank You to all of our volunteers that we have had over the last 25 years. Also to those who are still volunteering. KASP would not have succeeded without all you all.

VOLUNTEER AWARD

We were awarded the Volunteer Award in November 2019





Painted by Art Therapist KS

Comments from clients about staff

Wow L. I can't believe you trusted me to produce some contribution for you and reading what I wrote back.... I am stunned that only a year ago I stood in a Dr's office a complete shell was given the KASP leaflet and then how I even managed to meet with you? I don't know how I found the strength within... To be asked to do something by you only a year later is another showing of your faith in me and how hard we have worked together, you knew that I could produce something Intelligent and my words were worthwhile to be said aloud. I have goose bumps that you asked me... Thank you and everyone at KASP for your dedication to people like me you are special people.

- They are very friendly, welcoming and understanding
- Good
- Everyone I've had contact with has been great and very understanding of any idiosyncrasies I have
- 10/10
- All the staff have been fantastic; so helpful and supportive*
- Always calm, polite, attentive and supporting
- Previous counsellor gave my appointments to someone else leaving me without. I rearranged classes to keep coming back, she said she would call to see if I could keep coming back but didn't and gave my appointments to someone else and didn't make sure I had any help like she promised she would do. New counsellor is much better.
- Very pleasant, polite, kind, caring and very understanding
- Friendly/respectful
- I appreciated the chance to see Lynn whilst waiting to see Sandy and I feel our sessions are helping me



Thanks

KASP relies heavily on the goodwill of others in supporting our work and helping us to provide a service. Without such support we would be unable to provide a service. We would like to dedicate this page to the committee, the staff team and all KASP volunteers and trainee students and everyone else who helps us in the work we do - a huge thank you.

Thanks also to the following for financial support offered to KASP:

- Fife Council
- NHS Fife
- Scottish Government Violence Against Women and Girls Fund
- Big Lottery
- Big Lottery Awards for All
- The Henry Smith Charity
- The Robertson Trust
- Mary Leishman Foundation
- The Hugh Fraser Foundation
- Alexander Moncur Trust
- Donations received from KASP clients
- Donations received from individual people

We would like to also thank the other agencies that support our work and most importantly we would like to thank survivors of childhood sexual abuse whose courage inspires us every day.



Volunteer Co-ordinator post (part time)



Violence Against Women - Scottish Government - childhood sexual abuse & domestic abuse post (part time)



Survivors Scotland - Scottish Government - Befriending Co-ordinator post (full time)



THE HUGH FRASER
FOUNDATION



the
MARY LEISHMAN
foundation
encourage potential and ease distress



Robertson Trust - Mental Health post (part time)





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