

EQUALITY BUDGET 2017-20

Rape Crisis Specific Fund

End of Year Progress Report

(1st July 2017 – 30th June 2018)

Organisation: *Forth Valle Rape Crisis*

Project: *Forth Valley Rape Crisis*

Completed By: *[Redacted]*

Please return to: vaw@vaf.org.uk by 27 July 2018

Before completing this form please read the guidance provided at the end of this form.

Project Information

Name and Position of Main Contact Person	[Redacted]
Funding Programme	Rape Crisis Specific Fund
Amount of Grant Received	£50,000
Project Website (if applicable)	www.forthvalleyrapecrisis.org.uk
I confirm that staff delivering work funded by this grant have been made aware of the United Nations Convention on the Rights of the Child (UNCRC) and children's rights X	

1	In a few sentences, tell us about your funded project (see Guidance Note 1)
	This funding allows us to fund the centre Manager post and related costs. In addition, it funds partial overheads and sessional support work. The sessional support staff ensures the running of the centre.
2	What Fund Outcomes are you working towards? (see Guidance Note 2)
x	The harmful effects of sexual violence are reduced by survivors being able to access appropriate, high quality services from local rape crisis centres.
x	Services for survivors of sexual violence are improved through the participation of survivors
3	How much progress has been made towards your project outcomes? (see Guidance Note 3a and 3b)
	Project Outcome 1: Survivors participate in the design and review of Forth Valley Rape Crisis services, which ensures appropriate and responsive service development and delivery
	a) What you actually did: This year we established an activist group in the run up to Reclaim the Night. The purpose of this group was to support the organisation and delivery of our annual reclaim the night event. This ranged from designing posters to deciding the route of the march. Survivors were in control of most elements of the event with the support of support workers. Reclaim the Night is an important date for FVRC however it is also a huge task that requires a lot of planning. In order for us to achieve this and involve any many participants as possible the centre manager was heavily involved with the development and implementation of all parts

	<p>of this project. It was therefore necessary to recruit sessional workers to help manage the daily support tasks of the centre. The event and the activist group was a huge success and allowed us to develop on our existing plan for next years event.</p> <p>All of the support delivered at Forth Valley Rape Crisis is survivor led. Survivors co-design their own support plans and actively participate in its review. We recognise that the concept of recovery is different for every survivor and therefore we work with each individual to help them develop their own unique goals for support. All our assessment tools are designed to afford survivors space to explore and identify their own support needs. One of our assessment tools “The Wheel” allows survivors to explore and identify how their experience has affected their lives and what they would like to focus on in terms of their recovery. Survivors are asked to from several sections including, social state, emotional state, mental well-being, core beliefs and coping mechanisms which areas are important to them. There are also blank sections which allows survivors to identify their own unique areas they would like to address during support. The wheel is reviewed throughout the survivor’s support should they wish to change direction and identify new goals.</p> <p>b) What difference you made as a result</p> <p>We are keen to seek feedback on our participation work from survivors, one survivor wrote about her experience of being involved in the activist group;</p> <p>“FVRC provided me with the opportunities to be part of something bigger, to raise my voice and no longer feel silenced. I have been able to talk about things I didn’t think people would understand or agree with, I was taught how to be more forgiving towards myself and that it was okay to put myself first. I have found a place where I know it’s okay to just be myself, I don’t have to hide my emotions or lie about how I’m really doing, a place where I’m understood. I have so much to thank FVRC for, they have changed my life in so many ways.”:</p> <p>The feedback we receive from services users informs our practice and is on our fortnightly team meeting agenda. This allows workers to discuss the ways service user feedback can be incorporated into our service. This feedback has allowed us to develop a separate space in the building for survivors who would like to come into the centre and read. In addition, the feedback on the type of reading materials available in the waiting room has been very positive and we decided to expand on this by providing more books which focuses on feminism, self-care and activism. Survivors who use our service regularly provide feedback and are always keen to speak to funders about their experience with FVRC. Therefore, we aim to increase the different ways survivors can do this to allow our service to continue to be reflective of the needs and wants of the people we support.</p>
	<p>Project Outcome 2: Survivors understand and manage the impact of sexual violence more effectively</p>
	<p>a) What you actually did:</p> <p>This year our service has received 162 referrals. Due to a lack of capacity the centre manager has delivered 196 hours of support to help with the increasing demand on the service.</p>

There are now considerable waiting times for our services, sessional staff have been an essential part of keeping survivors engaged throughout this wait. Sessional staff have allowed us to respond to the needs of survivors under times of increasing demand on our service. Sessional staff have been responsible for delivering initial appointments with survivors, allowing us to offer a first session within a week. Our sessional staff are also responsible for contacting survivors who are on our waiting list periodically and respond to survivors who may be in crisis or require additional support. In addition, our sessional staff support our 20-session model of support and help support our drop in and advocacy services when caseload capacity has been reached for other members of staff. During these sessions survivors will be supported to explore the emotional and practical impacts of sexual violence. This year sessional staff have delivered 520.94 support hours.

We currently have 56 people on our waiting list.

b) What difference you made as a result:

In relation to our 20-week model of support our database, allows us to monitor changes in survivors from our first point of contact to when they end support. Our report shows;

- 80% of survivors report a decrease in panic and anxiety
- 80% of survivors reported an increase in confidence
- 94% of survivors reported a decrease in depressive symptoms
- 92% of survivors reported a reduction in fear
- 60% of survivors reported a reduction in suicidal thoughts
- 56% of survivors reported reduction in self harm – this was 100% of survivors where self-harm was an issue
- 57% of survivors reported improvements in their relationships
- 63% of survivors reported a decrease in alcohol misuse – this was 100% of survivors where alcohol misuse was an issue.
- 93% of survivors reported a reduction in isolation
- 86% of survivors reported a reduction in flashbacks

Project Outcome 3: Forth Valley Rape Crisis contributes to reducing the harmful effects of violence and abuse against women by working in partnership to maximise our effectiveness and agency responses.

a) what you actually did:

Our close partnerships with the local Rape Investigation Unit and the National Rape Taskforce we allowed us to create pathways that ensure survivors can provide feedback about police responses. Police Scotland contact us regularly at the point of statement taking with a survivor allowing us to respond immediately to the needs of that person. In addition, our premises are regularly used to take statements allowing us to help reduce the impact of this traumatic process. Our centre has been designed specifically with this in mind and our attic space is one which allows complete privacy and comfort. With statements often taking several hours to complete, survivors are able to take breaks and access quiet spaces such as our garden. This is in comparison to survivors having their statement taken in a police station with no supporter.

	<p>In addition, the extra sessional staff have enabled the Support and Development Co-ordinator to take on duties as the lead liaison with the local police. This has involved regular meetings with the Rape Investigation Unit, Community Police and the National Rape Task Force at Police Scotland. She delivers a 4-hour input on “Understanding Trauma” during the 5 day Sexual Offence Liasion Course. This input aims to reduce harmful stereotypes of survivors of sexual violence, challenge myths and provide officers with practical tools and advice on how to support a survivor reporting a sexual crime.</p> <p>b) What difference you made as a result:</p> <p>We received the support from the head of the Rape Investigation Unit who wrote directly to Falkirk Council during our recent commissioning process to express the support for our service and express a concern that if we were not resourced to meet the needs of survivors it would reduce their efficiency locally.</p> <p>One of our survivors who had their statement taken in the centre said this about her experience;</p> <p>“I was so nervous about speaking to the police but once I was told I could have my statement taking at the centre I felt much calmer. My worker was able to sit in with me the whole time and I was able to take regular breaks and sit outside in the garden. It was still a really difficult thing for me to do but the workers at Rape Crisis helped to make everything as easy as possible for me, I don’t think I could have reported without their support”</p> <p>[Redacted] Solo Training Coordinator emphasised the importance of our support and developments coordinator input on the Solo courses;</p> <p>“This input on the course is invaluable. It is essential that our officers are able to display empathy and an understanding of the trauma experienced by survivors as a direct result of an incident. Rape Crisis workers are best placed to provide such an insight. [redacted] input is consistently well received, and officers regularly state in their feedback that she provides a confident and well-informed input which allows them to gain a better understanding into the psychological effect sexual violence has on survivors. She has played a significant role in strengthening the relationship between Police Scotland and Rape Crisis, which can only serve to positively affect survivor experience when they become engaged in the criminal justice process.”</p>
<p>4</p>	<p>Has the project enabled your organisation to maintain and / or develop connections, networks and partnerships? (see Guidance Note 4)</p>
	<p>Our centre manager attends of the all three GBV partnerships in the area. Additionally, we are involved in cross partnership work such as the 16days of action working group. Throughout the partnership we have built meaningful relationships with other agencies, which ensure that our service is integrated, accessible and does not replicate services. Beyond this, we bring our specialist knowledge of sexual violence to the partnerships</p>

	<p>ensuring that voices of survivors are heard in the strategic planning of the group. We regularly collate and share data without partners to ensure that we all have a holistic understanding of the picture of VAW across the Forth Valley Area. We have developed new partnerships with organisations such as Reach Out with Arts in Mind and continued to build on established partnerships such as Shakti, Central Partners in advocacy and CSREC to improve survivors access to services.</p>
<p>5</p>	<p>Have there been any significant challenges or changes? (see Guidance Note 5)</p>
	<p>Our most significant challenge continues to be the waiting list. We currently have 56 people on our waiting list. 16 of them are children. At a time of increased confidence and disclosure amongst awareness raising campaigns it is impossible to meet the demand for our services. Our referrals only seem likely to increase and our waiting times are reaching a point of crisis for survivors. We know this is true for centres across Scotland. We have established a drop in for survivors on the waiting list but believe that it is a survivor's right to access support from the moment they are ready.</p> <p>In addition, a significant proportion of our referrals are survivors who have reported their experience to the police. Whilst this of course can be an important and necessary decision for some people, it increases the amount of time service users require our emotional support, with survivors waiting often over a year to go to court. The criminal justice system is one that causes a tremendous amount of trauma in individuals who may already be struggling to cope. We believe that survivors are entitled to our support for as long as they need our service and we are consistently challenged with our ever-increasing referrals rates.</p> <p>A more recent challenge is our Centre Manager has moved on and we are currently in the process of recruiting a new manager. As a small team this has placed considerable pressure on our capacity for the coming months. Our support and development coordinator who covers our drop in, supervision on support staff and placement staff has had to reduce certain aspects of her role in order to manage this change.</p>
<p>6</p>	<p>What have you learned? (see Guidance Note 6)</p>
	<p>With our high referral rates and subsequent long waiting lists, service users sometimes disengaged with our service. Initially we tried to manage this by checking in with survivors on our waiting list regularly over the phone however as the waiting list grew this became unmanageable. To manage these problems we now run a weekly drop-in specifically for those service users on our waiting list. This allows trauma symptoms or changes to personal situations (such as upcoming trial dates etc) to be managed at the point of crisis, thus preventing symptoms of trauma from becoming firmly established whilst survivors are on the waiting list. This would undoubtedly result in the requirement for extra support sessions once survivors are assigned a support worker which would in turn have a detrimental effect on the length of the waiting list.</p> <p>We are gathering evidence of the impacts of waiting lists in order to aim to mitigate impact and campaign for increased resources. This is the testimony of one survivor about what it felt like to wait for their support;</p>

	<p>“I had referred myself to the service and was pleased to have the initial support but I was disappointed I had to wait. During that time my mental health was breaking down. I tried the NHS but they couldn’t help and they just told me to take tablets but I knew I wanted to speak to someone. I didn’t feel like a person when they were doing that to me. I felt quite hopeless. It was a weird combination of being hopeful I would be listened to but still feeling lost. My mental health was in a really bad way and I thought I wouldn’t survive the wait. I remember getting the phone call from my support worker to say support was beginning and feeling a massive weight off my shoulders. It gave me something to think about and hang onto cause everything else had fallen to bits. I felt like I wasn’t living a life whilst I was waiting. I was just existing and then suddenly someone was listening and eager to hear from me.”</p>
<p>7</p>	<p>Have there been any unanticipated outcomes or achievements you have not mentioned?</p> <p>In December our support and development coordinator designed our bespoke sexual violence awareness training package. This has allowed us to generate an income with a system that allows agencies to buy training vouchers in advance and arrange the training at a time that suits them.</p> <p>Our high levels of referrals, particularly from Police Scotland highlights how our support service is a well-established service with a good reputation amongst local partners.</p> <p>Our support and development coordinator was asked to be a guest speaker at the National Solo Conference, allowing us to reach as many as 200 Solos in one event. Here are some of the comments from this conference about our input:</p> <p>“The Rape Crisis input was fantastic, and it was great that she incorporated audience participation”</p> <p>“Rape Crisis were very good, up to date and well informed”</p> <p>“The input from Rape Crisis speaker was informative, balanced and well delivered”</p>
<p>8</p>	<p>Your big success story is - Please see guidance note 8</p> <p>During the 16 days of action we undertook a programme of events in Alloa and Stirling to engage members of the public with the issues surrounding sexual violence through a variety of events and artworks, to raise awareness of our service in the local area, and to create a platform to celebrate the creative output of survivors.</p> <p>The exhibition</p> <p>Our exhibition was entitled Space for Action. It expanded on the concept of Reclaim the Night - exploring the idea of reclaiming public space for self-identifying women, free from the threat of sexual violence, and creating safe spaces within which to resist, gather, organise, and ignite change.</p>

The exhibition ran in two venues who partnered with us for the project. Local charity Reachout with Arts in Mind run an arts studio and workshops in Alloa, open to adults experiencing mental ill health, carers and those disadvantaged and experiencing barriers to mainstream services aged 16+. Alloa Spiers Centre is a library open to the public, who have numerous community groups through their doors, including school groups. Everyone passing through these venues for the duration of the exhibition had the opportunity to view and interact with the artworks on display.

Workshops & launch event

We ran two workshops at Reachout. Workshop 1: Making Actions, A hands on craftivism workshop exploring activism & direct action through making (Friday 24th Nov 11.30-1.30pm at Reachout With Arts in Mind), which included FVRC and Reachout service users. A hands on "craftivism" workshop exploring activism and direct action through making. We organised a selection of fun craft activities; including stencilling, badge making, embroidery and placard painting. The workshop took place on the opening day for the exhibition, along with a launch event with refreshments and a guided walk around the exhibition, and a swap shop. Workshop 2 was entitled A Beginner's Guide to Direct Action, where we explored the basics of organising direct action

Film screening

We took part in the Scottish launch of 'Hopscotch', a film exploring racist, sexist and Islamophobic street harassment (Monday 27th Nov 5-6.30pm, Speirs Centre). Hopscotch was organised in partnership with Amina – Muslim Women's Resource Centre and Edinburgh Rape Crisis Centre, based on a poem by Nadine Aisha Jassat (Nadine Aisha) and made by award-winning filmmaker Roxana Vilc. Following a screening of the film, we had a panel discussion which was chaired by Cath Hood, featuring representatives from Amina, Edinburgh Rape Crisis Centre, and Hollaback discussing street harassment and gender based violence, and intersections with racism and islamophobia. Afterwards there were workshops exploring bystander intervention, self-care and creative writing.

We had attached some of our photographs of the event to this application.

Guidance Notes for the End of Year Progress Report

Guidance Note 1: About your funded project (no more than 250 words)

Please tell us about the part of your project that is funded by the Scottish Government grant administered to you by VAF. Please give us a brief outline of the project and, if the grant is providing part funding of the project alongside other grants, please tell us about the project as a whole.

Guidance Note 2: What Fund Outcomes did you work towards?

The Fund Outcomes were set by the Scottish Government in the application documentation. Please tick the relevant Fund Outcomes that you are working towards (you should be working towards both outcomes).

Guidance Note 3: How much progress has been made towards your Project Outcomes?

In sections 3a and 3b, please tell us about each of your outcomes separately – no more than one page of A4 per outcome.

Guidance Note 3a: What you actually did

Here we are interested in hearing about the activities you undertook to achieve the project outcomes. Please give a brief description of what you did under each, and the reason why you did this particular activity. For example, in addition to saying 'we provide group work', tell us about what the group does, who typically participated, how it supported the individuals involved and what happened during a session. You may wish to describe your activities in separate paragraphs or, if you prefer, you can use bullet points to identify key information.

We have provided separate headings in this section. If you would prefer to include the evidence of your work (what difference we made as a result) after each activity rather than in separate sections then please feel free to write as one narrative.

Guidance Note 3b: What difference you made as a result

This section is where you provide your **evidence** of the difference you have made through your activities. This could include quotes, statistics, links to electronic files / websites / videos, observations, questionnaire results, the media, or through relevant sections of anonymised support plans charting progress.

Guidance Note 4: Has the project enabled your organisation to maintain and/or develop connections, networks and partnerships? (no more than 500 words)

Has the grant allowed your organisation to engage with other organisations, develop new connections and/or participate in new networks, including any funded through Equality Budget funding? If so, please give examples describing the relationships and what impact this has had on your work.

Guidance Note 5: Have there been any significant challenges or changes? (no more than 500 words)

We are aware that you will experience many challenges due to the very nature of your work, however, this section is for capturing unforeseen challenges or changes to your circumstances, eg. staffing issues, funding challenges, environmental or organisational changes, and partnership working. You may also want to talk about increased demand for your activities if appropriate.

Guidance Note 6: What have you learned? (no more than 500 words)

What have you learned since the project started? What you have done, or what do you intend to do, as a result of this learning? Have you made, or do you intend to make, any changes to the way you operate as a result?

Guidance Note 7: Have there been any unanticipated outcomes or achievements you have not mentioned?

Were there any unanticipated outcomes or any unexpected activities, for example, additional activities or resources that were not included in your application?

Please remember that this is an opportunity to talk about achievements over and above that which was set out in your application as well as possible negative outcomes or assumptions that have been disproven.

Guidance Note 8: Your big success story is

Please provide a short case study that demonstrates change as a result of your organisation's intervention. This should be limited to one page of text and may include quotes, photographic or visual evidence to support your case study.

Some tips for a successful case study are:

- Be clear about the **purpose and message** you wish to convey e.g. awareness, information, showcase success, explain challenges, learning. VAF is happy to provide further information about the **audience** for these case studies.
- The **name or initials (anonymised), gender and age** if the case study is based on an individual. You should also remove any other identifying details and ensure that you have consent for their story to be published including any quotes used.
- A **photo** or picture which represents the issues your project is supporting (not necessarily of an individual unless explicit written permission is given). **Graphs** also can be used as illustration.
- Make it **personal** – unless there is a reason why an individual cannot tell their own story or provide a quote, please include **quotes**. They can be put at the top or the end of a section to highlight things that might

otherwise get lost in the body of the text. N.B. Observations from service providers and family, etc. are useful in addition to service user quotes.

- Keep your writing as clear and simple as possible – try to **avoid jargon**.
- Keep sentences **short and sharp**.
- **Avoid long paragraphs** and stick to one point per paragraph.
- Key points may be **highlighted** to draw the reader's attention.