

EQUALITY BUDGET 2017-18

Equally Safe (Violence Against Women
and Girls) Fund

Six monthly Progress Report

(1 July – 31 December 2017)

Organisation: *Forth Valley Rape Crisis*

Project: *Support and Development co-ordinator*

Completed By: *[Redacted]*

Please return to: vaw@vaf.org.uk by 16 February 2018

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

Project Information

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| Name and Position of Main Contact Person | [Redacted] |
| Funding Programme | |
| Amount of Grant Received | £33, 796 |
| Project Website (if applicable) | www.forthvalleyrapecrisis.org.uk |

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| 1 | In a few sentences, tell us about your funded project (see Guidance Note 1) |
| | <p>funding for the post of Support and Development Co-ordinator. This post oversees the delivery and development of our support service - ensuring it is high quality, accessible and person centred. She also delivers support, group work, and trains and supervises our volunteers. Our Support and Development Co-ordinator delivers external training, including Sexual Offences Liaison Officer (SOLO) training for Police Scotland, and works strategically to improve responses to survivors.</p> |
| 2 | What Fund Outcomes are you working towards? (see Guidance Note 2) |
| <input type="checkbox"/> | Societal understanding of gender based violence is increased and tolerance of it is decreased (leading to a reduction in violence and abuse experienced by women and children, and an increase in positive gender norms and expectations). |
| <input checked="" type="checkbox"/> | Service providers have increased understanding of all forms of gender based violence, and work effectively together to address these issues through the provision of appropriate, high quality services. |
| <input checked="" type="checkbox"/> | The harmful effects of gender based violence experienced by women and children are reduced by early intervention and their safety and wellbeing needs are better met by effective service provision. |
| <input checked="" type="checkbox"/> | Interventions, service design and service delivery are improved as a result of the participation of women and children affected by gender based violence. |
| 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 |

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| | <p>What you actually did:</p> <p>This year we established an activist group that women took part in 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.</p> <p>For the duration of the 16 Days we held an exhibition ‘Space for Action’ which looked at collective resistance to sexual violence and the reclamation of public space. Survivors and supporters and artists throughout Scotland submitted art to the exhibition. During the period we held a number of workshops for survivors and members of the public where the space was used to explore themes of activism. This included lots of ‘craftivism’ and placard making. We carried out the project in partnership with Reach Out with Arts in Mind and a number of our survivors joined as members after the project finished.</p> <p>Through our robust monitoring and evaluation framework we ensure that survivors are provided with a number of opportunities to feedback on the impact of support and the ways in which our services can be improved or developed.</p> <p>All the support delivered at Forth Valley Rape Crisis is survivor led. Survivors co-design their own support plans and actively participate in its review. All our assessment tools are designed to afford survivors space to explore and identify their own support needs.</p> <p>What difference you made as a result:</p> <p>We aim to seek feedback from survivors regularly about the specific impact of our participation work. One participant said;</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>Project Outcome 2: Survivors understand and manage the impact of sexual violence more effectively</p> |
| | <p>What you actually did:</p> <p>In the last 6 months we have received 106 referrals for our service.</p> <p>Our Support and Development Worker has carried out 55 of those initial sessions. She has carried out 350 support and advocacy hours.</p> |

28 hours of group work have been delivered by our Support and Development co-ordinator.

There are now considerable waiting times for our services as we cannot meet the demand with our current resources. We have recently developed a drop in for survivors on the waiting list which is managed by our support and development co-ordinator. Survivors receive an initial appointment within a week and once they reach the top of waiting list can access up to 20 one to one survivor centred, support sessions to explore the emotional and practical impacts of sexual violence.

There are currently 51 survivors on the waiting list for support.

What difference you made as a result:

Of the 19 survivors who have completed an end of service review (where they are no longer engaged in any ongoing services)

100% of survivors reported feeling less anxious and having less panic attacks.

90% of survivors reported feeling less afraid

33% of survivors reported self-harming less. This was 100% of survivors where self-harm was an issue.

22% of survivors reported a reduction in alcohol misuse. This was 100% of survivors where alcohol misuse was an issue.

11% of survivors reported a reduction in drug misuse. This was 100% of survivors where drug misuse was an issue.

44% of survivors reported attempting suicide less frequently

77% of survivors reported having less frequent flashbacks.

88% of survivors reported feeling less self-blame

88% of survivors reported feeling more confident

66% of survivors reported an increase in trusting others.

66% of survivors reported an improvement in their relationships with others.

88% of survivors reported feeling less isolated.

100% of survivors reported an improvement in their mood and a reduction in depressive symptoms.

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.

What you actually did:

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| | <p>This year so far our Support and Development Co-ordinator has taken 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.</p> <p>We have developed new partnerships with local organisations such as Reach Out with Arts in Mind and have continued to develop established partnerships with organisations such as Shakti, Central Partners in advocacy and CSREC to improve access to services. We took part recently in a local review of hate crime legislation and supported CAP in their application to the Big Lottery which has resulted in them recruiting for 2 local advocacy workers to support women with learning disabilities who have experience gender based violence.</p> <p>What difference you made as a result:</p> <p>We have seen an increase in referrals directly to the centre as well as through the helpline and have been invited to deliver a number of training inputs where local police have identified learning needs. The centre is utilised regularly for statement taking and the head of the Rape Investigation Unit wrote directly to Falkirk Council during recent commissioning processes to express support for our service and a concern that if we were not resourced to meet the needs of survivors it would reduce their efficiency locally.</p> <p>43% of survivors using our services report and this work has ensured a clearer process for referrals and holistic support.</p> <p>The more we work in partnership with other equalities organisation the more we see referrals that come from these sources for survivors who might not otherwise access our services. Through public events, workshops and working together to develop local policy and practice we hope to see a universal improvement in service responses for survivors.</p> |
| | <p>Project Outcome 4:</p> |
| | <p>What you actually did:</p> <p>What difference you made as a result:</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> |
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| <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. 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>6</p> | <p>What have you learned? (see Guidance Note 6)</p> |

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| | <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> |
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Guidance Notes for six monthly 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 a minimum of one and a maximum of three fund 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 / case studies / 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?