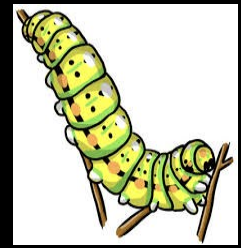


Sexual Abuse Agencies Fife



Kingdom Abuse Survivors Project
Fife Rape and Sexual Assault Centre
Safe Space



April 2105 Issue No 34

This edition is packed full with information and opportunities for readers to contribute their views on key issues.

KASP section starts with the opportunity for survivors to be part of a group giving feedback to the Scottish Government on what they think future services for survivors should incorporate. KASP are also advertising for new Trustees to join us in this edition while at the same time saying a sad goodbye to Josie who was covering a secondment for 2 years.

KASP communicate their progress in seeking BACP service accreditation and also include a summary of their recent service user evaluation illustrating the difference the service makes to those who use it.

More consultation is included under the SurvivorScotland website consultation section and the Scottish Government are also providing an update on the historical abuse public enquiry.

KASP and FRASAC give an update on their anxiety reduction service which is achieving good outcomes for service users.

NHS Fife are currently working with the sexual abuse agencies and others to explore what survivors are looking for locally to help them live well so have included in this edition details of an opportunity for you to get in touch and have your say.

FRASAC outline their new funding successes and let us know about a new resource pack that has been developed by the Rape Crisis Scotland National Prevention Project to prevent sexual violence and which might be of use to services locally.

Safe Space section highlights the groups they are currently running – Self-development, family support, health and wellbeing, creative writing and a support group. They also promote 2 training opportunities – opening Pandora's Box and Insidious Impact / Vicarious Trauma.

With so much going on in this newsletter we hope you find something of interest and feel empowered to take part in some of the consultations too.

Enjoy.

Submissions

All submissions are welcomed, send your articles to KASP at 182A The Esplanade, Kirkcaldy, KY1 1RE or email info@kasp.org.uk Articles must be received by the 20th July 2015 if they are to be included in the next issue. Any articles received after this date will be held for inclusion in the following edition, depending on space constraints they may be held for later editions.

Disclaimer

Views expressed by individual contributors are not necessarily those of the Sexual Abuse Agencies Fife.

Government Consultation for Survivors of Childhood Sexual Abuse

Would you like to speak to representatives from the Scottish Government about what adult survivors of childhood sexual abuse need in terms of future services and support? Would you like to let the Government know what you think they should be including in the future National Strategy for Survivors of CSA?

If we have enough people interested in this opportunity then we will co-ordinate a group meeting here at KASP and invite representatives from SurvivorScotland (www.survivorscotland.org) to meet and hear their views

Please contact the office by 15th May if you would like to take part –01592 644217.

TRUSTEES WANTED URGENTLY!

KASP are currently seeking to recruit additional members to join our management committee. As a Trustee you could contribute to the provision of high quality professional services to sexual abuse survivors throughout Fife and influence the wider sexual abuse agenda at a critical time in the field of sexual abuse.

KASP has provided specialist counselling and support services to adult survivors of childhood sexual abuse throughout Fife for 20 years. We aim to eliminate the debilitating effects that abuse can have on the lives of survivors and to educate service providers to become trauma aware in their practice and service delivery. We are also concerned with influencing policy and legislation in areas related to our client group.

KASP currently has five employees incorporating specialist counselling and support staff in the areas of domestic abuse, learning disability, mental health, and anxiety. We utilise the services of qualified volunteer counsellors and provide training placements for Diploma Social Work and Diploma Counselling students. We have developed excellent partnerships' both locally and nationally. We receive our main funding from NHS Fife, Fife Council and the Scottish Government.

We are currently in the process of converting to a Company Limited by Guarantee and developing our next 3 year Business Plan. To help guide our organisation we seek to recruit new members onto our management committee to increase capacity and skill diversity. The new and existing members will become the first Directors of the company when the conversion to Company status is complete.

The Trustees meet every 6 weeks on a Monday from 5.15 to 7pm in our premises in central Kirkcaldy. We also operate working Committee sub groups to attend to specific tasks identified by the Trustees – these groups meet as and when required at a venue identified to suit sub group members. Full travel expenses are paid.

We aim for the committee as a whole to incorporate skills and knowledge in the following areas: managing people, finance, quality, strategic planning, legal requirements, information technology, equalities, monitoring and evaluation, marketing and promotion and voluntary sector service provision, political awareness. Individuals who have skills in any of these areas would be able to make a contribution to our committee.

In addition the following qualities are important for committee members to have: good listeners, good team workers, sound judgement, integrity, good communicators, honesty, co-operation, reliability, flexibility, creativity and compassion.

Given our current task of converting to a Company, we would welcome enquiries from individuals with skills and experience in this area. If you are interested or would like to find out more please contact KASP office on

01592 644217 or email susan@kasp.org.uk

Farewell Josie

It is with sad regret that we say goodbye to Josie who has had a 12 hour post with KASP in our mental health project over the last 2 years. Josie was filling in for a secondment so we always knew it would be limited to 2 years but it still feels disappointing that she won't be part of our team anymore.

All of us have enjoyed working with Josie immensely – she has often brought a different perspective due to her specialist knowledge in certain kinds of trauma training, and she has always enthusiastically shared her learning with us and inspired us to find out more.

We have also benefited greatly from Josie's fabulous sense of humour and playfulness. You always get her the same way. Who can forget the lady who knew every single lyric to every single 80s song and sung them with such gusto when we had a staff social evening?

We also enjoyed Josie's extra special attention to the presentation of our regular Thursday morning team breakfast which made us feel particular cared for. Her Pavlova is amazing, just like her.

One of our team here at KASP felt that Josie's laugh was particularly memorable and luckily we will still be able to hear that distinctive laugh given that she will be continuing to work at FRASAC and we will still have regular contact with her.

So big fat thanks to Josie for all her hard work, enthusiasm and compassion and sorry to lose you from our KASP team but we are so glad that you'll still be around.



KASP Annual Evaluation for Clients that Complete Support Summary of Findings from previous 12 months:

Service accessibility, waiting times, staff, venue

The majority of respondents reported that waiting times were fine with the exception of one client who reported waiting 6 months for the anxiety service. This has been discussed with the anxiety worker and systems put in place to ensure that clients will not have to wait so long for this service. Interestingly the only other client who commented on too long waiting times had not had to wait long themselves but felt it was too long for others to wait.

Accessibility was rated favourably by all clients. Staff received very good feedback by all clients. The support venue rated well apart from one respondent who felt it was cramped (could be referring to room 4 which is usually used in the event of double bookings or for anxiety work).

Were clients made aware of disability access arrangements?

8 clients said 'yes'

4 could not remember

1 client said 'no' although this client felt his referrer knew he was not disabled.

Symptom Change from start of service to end of service

	I feel better	I feel worse	I feel the same	Don't know	Does not apply to me
Anxiety / Panic	100%				
Anger	100%				
Shame	100%				2
Low mood	91%		9%		
Stress	100%				1
Hurting Myself	100%				6
Loneliness	71%		29%		4
Others influencing me	78%		11%	11%	2
Nightmares/ Flash-backs	80%			20%	4
Physical Health	50%	10%	20%	20%	1
Relationships with Others	80%	10%	10%		
Confidence	73%		27%		
Self Esteem	67%		33%		
Drug/Alcohol use	83%		17%		5
Food/ Eating issues	83%		17%		5
Feeling Safe	100%				2

Gaps in Service

The majority of clients felt there were no gaps and only 2 clients mentioned a gap in service:

One client would have like KASP to provide couple counselling. Given the specialist nature of couples work we would always refer to Couple Counselling with whom we have an excellent working relationship with. This particular client was offered a referral to CCF.

One client felt 'funding for staff' was a gap. This client commented on this throughout their evaluation and it is not clear why this felt such an issue for this particular client though the worker of this client felt this was perhaps related to the discontinuation of the social days out due to lack of funding.

The difference the support has made:

All clients felt the support had made a big difference, increased confidence and strength were the most commonly cited areas of difference. A sample of comments in this section were:

- The support I received helped me more than words can say. Helped me find the inner strength and focus that I had lost to get me back on track with my life.
- I have been able to see my partner's situation from her position, been able to remove blame, become much less judgmental and realised that mistakes can happen to anyone that is out with their control.
- Big difference, more confidence, no sleepless nights, no hiding in a bottle, great reliability in myself
- Stronger person
- It has given me a deeper understanding of the issue
- I am more confident and looking after me instead of everyone else
- It's made me more confident about me and to realise it wasn't my fault.
- It has helped me become wiser and stronger
- If it wasn't for KASP I would not be here today to tell my story
- I have made lots of positive changes within myself. My self-worth has increased. I feel accepted, respected so much more confidence in myself as a worthwhile human being.
- A great support to me, allowing me to contact the police and tell my family of what has happened and deal with it.

Employment/ Volunteering/ Training

25% of clients for whom this was applicable entered into training, volunteering or employment since accessing support.

Satisfaction with Service

13 (93%) respondents gave full marks for satisfaction scoring 5.

1 client scored 4. (there were no further constructive comments from this client to indicate where we could have improved).

ARTICLE

Public inquiry into historical child abuse in Scotland

Since the Government's Response to the InterAction was published The Cabinet Secretary for Education and Lifelong Learning, Angela Constance, on behalf of the Scottish Government, made a [Parliamentary statement](#) on 17 December 2014 announcing the Government's intention to hold a National Inquiry into Historical Child Abuse.

Background

Scotland is going to have its first statutory national Inquiry into the historical abuse of children in care in Scotland.

What has happened in the lead up to this?

A great deal of work has already been done in Scotland to look at the experiences of children in care. There is on-going work with adult survivors of abuse, and extensive engagement with other organisations that have an interest, including those who provide institutional care for children.

There have been previous public inquiries – notably in Edinburgh, Fife and at the Kerelaw School. And in 2004, the then First Minister, Jack McConnell, issued an apology on behalf of the people of Scotland for past child abuse in residential care homes.

A review published last year, focused on progress over the past 25 years, to protect and safeguard children and young people in residential and foster care. You can read the review here: <http://www.shrcinteraction.org/News/tabid/1063/articleType/ArticleView/articleId/4567/Protecting-and-Safeguarding-Children-in-Care-report-published.aspx>

Scottish Human Rights Commission InterAction

In 2010, the Scottish Human Rights Commission was funded to develop a Human Rights framework as part of work to seek remedies for historical child abuse in Scotland. This is known as the InterAction Process. The InterAction process is now finished, and the Scottish Government has made a commitment to carry out its 'InterAction' plan. You can read the plan here: <http://www.shrcinteraction.org/Portals/23/Action-Plan-on-Historic-Abuse-of-Children-in-Care-Nov-2013.pdf>

National Confidential Forum

The National Confidential Forum (NCF) was set up in 2014. It is a forum – independent of government – where people who were in institutional care as children get a chance to share their experiences, good or bad and including abuse through a confidential, supportive and non-judgemental process and to have those experiences acknowledged.

Reports prepared by the NCF from testimony given at hearings must be anonymised, ie. they cannot identify any person who has been in institutional care during childhood, any alleged perpetrator of abuse, or any establishment that provided institutional care. NCF reports must be a separate record and will not form part of the Inquiry's records. It will be important for there to be clarity about the role of the Inquiry – once established – so that it is complementary to the Forum and to ensure that the purpose and confidentiality of the Forum are respected.

Apology law

Margaret Mitchell MSP proposes to bring forward legislation in the form of a Member's Bill on an apology law. Full detail of the members bill are not yet available, however, the Scottish Government will give full consideration to this, and will work constructively with Ms Mitchell as detailed proposals are developed.

Supporting survivors

The Scottish Government has made a commitment to work with survivors to develop a Survivor Support Fund. This was a key recommendation within the InterAction plan.

ARTICLE

SurvivorScotland Website Consultation

www.survivorscotland.org.uk

The Government's SurvivorScotland Team are reviewing the SurvivorScotland website and are inviting your views on its content and design.

They would be grateful if you could take some time to consider the following questions and provide feedback.

1. How often do visit our website?
2. Do you find the website useful?
3. SurvivorScotland. Do you like the name or should we consider an alternative. If so, what do you suggest?
4. What do you consider good and bad areas/content of the website?
5. Do you like the images?
6. Are there sections/information which can be removed e.g. Survivor Experience section, research document?
7. Now that the National Confidential Forum is set up, should information relating to Time to be Heard and the Forum be taken off?
8. What information do you think should be included on the website to make it more helpful?
9. Do you find the Directory section helpful or do you think it should be improved. If so, what do you suggest?

If you have any other comments/suggestions you would like to make, those would also be appreciated.

Views are to be sent to Julie Muir on Julie.Muir@scotland.gsi.gov.uk

KASP SEEKS BACP ORGANISATIONAL ACCREDITATION

A number of years ago, when we still located in Townsend Place, we started to think about making the counselling service in our organisation more professionally robust and began to look at applying for BACP (British Association for Counselling and Psychology) Accreditation for the organisation.

While the counsellors were individual members of BACP, and already worked to BACP's ethical framework, we felt it was important that the whole counselling service worked to the ethical framework.

While looking at this, other priorities came along and so it has been a long process. This has involved us looking at all our policies, procedures and made us think about why, as an organisation, we do what we do.

In the latter part of last year we applied for membership of BACP, which is the first step in applying for accreditation and we are now organisational members. At this moment, our application for accreditation is almost ready to send off and, fingers crossed, it should happen soon.

It seems to be particularly important to get this sent off and achieve organisational accreditation in 2015, as this is our 20th year of being in existence and it is another indication of how far we've come.

We'll keep you informed of our progress.

KASP/FRASAC Anxiety Reduction Service

Anxiety is a prevalent experience in our society; 1 in 4 people suffer from it at some point in their lives. We have noticed that it's quite common for our clients to experience high levels of anxiety in their day to day lives.

Funding from SurvivorsScotland allowed us to offer our clients one-to-one sessions with a therapist who specialises in anxiety reduction. The model uses a technique that combines psycho-education about the anxious state with a mindfulness and cognitive based approach.

The service has been very well received by KASP service users, with many reporting that their anxiety levels are reduced very quickly and effectively. As well as helping them to experience less anxiety in their daily lives, participants have also reported that their lower anxiety levels have been helpful to the counselling process in general.

Feedback on evaluation has proved to be overwhelmingly positive. The following are comments from some of those using the service. "This process has helped me to understand why I was feeling so afraid and nervous all the time, I can now go out, get on the bus and go to places without worrying about panicking". "Thank goodness someone has finally explained anxiety to me in a way that makes sense. I now know what's been happening and what to do about it". "I feel like I can get on with my life now, I have lots of days where I am completely anxiety free, for the first time in my life".

We continue to offer the anxiety reduction sessions to our service users. The service is also available to adult survivors of childhood sexual abuse who may not currently be receiving counselling and wish to self-refer. For more information contact 01592 644217.

INFO

Better than Well – a new Wellness Hub in Kirkcaldy?

Tell us what you think

The 3 sexual abuse agencies have been involved in discussions with NHS Fife and other local agencies about creating a Wellness Hub in Kirkcaldy which will run classes and offer workshops on Learning to Live Well. We know many survivors have lots of health problems and want to learn more about how to manage them better. We also know you want to be in charge of your own recovery.

Those involved in the discussions so far include physios from the NHS Pain Service, counsellors from addiction services, pharmacists and GPs—they all have something to offer and want to help you learn more about staying well.

We now want to hear from you about what advice and support you might be looking for which would help you to take better care of yourself. Is it advice about medications you might be taking? Or is it about mindfulness and self-compassion?

Might you want advice about foot care, walking aids or a sensory impairment? Would you like craft classes, walking groups, a zumba dance session?

What about giving up smoking or cooking healthily on a low budget? Or maybe you would you like to learn to grow your own veg? Whatever your thoughts or ideas you have, we want to hear from you. Please let Susan know by emailing her at susan@kasp.org.uk

FRASAC Funding 2015-2016

FRASAC funding allocated for the period 1st April 2015 till 31st March 2016 is as follows

Scottish Government Rape Crisis Specific Fund (Core Project – Female only service)	£50,000.00
Fife Council Social Work Contracts (Core Project – Male and Female services)	£38,652.00
Scottish Government Violence against Women Fund (Young Persons Female only service)	£59,800.00

The above funding saw all budgets remaining the same as previous years with the exception of Fife Council allocating us a 1.5% increase (additional £571.00).

FRASAC are very grateful for the continued funding from local and national government although as demands on services continue to increase and waiting lists rise, further monies are required to be secured to ensure that effective, efficient and professional support services are available for survivors of sexual violence.

FRASAC will continue to source additional funding through other funding routes, generate income from training and other relevant activities and welcome the kind donations that we receive from other supporters of our charity which include service users, college students, community groups etc.

Preventing Sexual Violence

The Rape Crisis Scotland “Preventing Sexual Violence” resource pack was devised to support and develop the education programmes delivered by Rape Crisis Centres (FRASAC) in Scotland, to increase young people’s access to high quality sexual violence prevention education. Following consultation with the 13 member centres, Rape Crisis identified a need for a comprehensive pack which builds on the success of centres already delivering programmes and supports other centres to develop prevention projects. Rape Crisis Scotland was awarded a grant by the Lankelly Chase Foundation for a worker to develop this resource pack and to support prevention work nationally.

There is significant evidence of increasing prevalence of sexual and other violence in young people’s relationships, as well as high levels of childhood and adult sexual violence. The use of social media and mobile technology in sexual harassment and bullying is also documented. These forms of violence also reflect the increasing sexualisation of children and young people including the availability of pornography, and the subsequent influence on young people’s perceptions of appropriate sexual behaviour. Sessions enable young people to explore these issues and develop their knowledge and understanding, including considering how the Sexual Offences (Scotland) Act 2009 relates to sexual conduct and issues such as consent.

There are ten Rape Crisis Centres participating in the national prevention project- FRASAC being one of them, which is coordinated by Rape Crisis Scotland. This project is funded by the Scottish Government’s Third Sector Early Intervention Fund to develop local strategic approaches to sexual violence prevention, and to deliver interventions to young people around healthy sexual relationships using our prevention resource pack.

The resource pack is designed to be delivered by Rape Crisis Sexual Violence Prevention Workers, working in partnership with schools and other education providers. There are session plans addressing seven different topics, each with adaptations for four age groups: S1-S2, S3-S4, S5-6 and age 18-25. Each of the secondary age adaptations has a different focus, so that in theory all seven sessions might be delivered to the same group of young people at three different points in their school career without duplication. However materials for young people aged 18-25 do include materials drawn from the secondary session plans.

The session topics are

- Gender
- Consent
- Sexualisation
- Impacts and support
- Social media
- How can we help prevent sexual violence?

If you work with young people under the age of 25 and think they could benefit from this resource please contact our Sexual Violence Prevention Worker: Jen McDonald on 01592 642336 or e-mail her at frasacjen@hotmail.co.uk for further information

SAFE SPACE

GROUPS

The following groups are open to anyone, who is a Survivor of Childhood Sexual Abuse, age 16yrs+. You do not have to be a client of Safe Space to attend.

STEPPING FORWARD

Self Development - Safe Space's group can help you do just that!

Would you like to learn more about improving you life? More about healthy boundaries and relationships?

Have you had experience of being involved with a group in the past?

This group will run once a month on a Thursday evening, from 6.15pm-8.15pm.

All information about our groups can also be accessed via www.safe-space.co.uk

FAMILY SUPPORT

If you are a Parent, Partner, Relative or Carer of a survivor of childhood sexual abuse and would like a greater understanding of:

*The implications and effects of sexual abuse on survivors and their families

*Looking after yourself while supporting a survivor

*Help and support within a confidential setting

All information about our groups can also be accessed via www.safe-space.co.uk

HEALTH AND WELLBEING

Are you feeling tired or stressed?

Need some relaxtion time?

Why don't you come along to Safe Space one day workshop and learn new ways to improve your health and well-being.

Friday 8th May 2015, 10-2pm

CREATIVE WRITING

Sharing stories is part of life so why not come along and share a real story or create an imaginary one or just come along and find out how it can work for you.

Don't worry if you're not very confident about your writing or spelling skills. A literacy tutor from Adult Basic Education will be there along with a safe space group support worker to help with spelling, handwriting and punctuation if you need it.

All information about our groups can also be accessed via www.safe-space.co.uk

SAFE SPACE

SUPPORT GROUP - St Andrews

Safe Space are offering a 10 week support group for Women who have experienced childhood sexual abuse.

How can you refer:

- You can self refer
 - Your Counsellor/GP/Health Professional/Student Service can refer on your behalf
- Pre-Group Meeting:
- You can find out about the group by meeting the workers, in a 15 minute meeting before the group starts.

All information about our groups can also be accessed via www.safe-space.co.uk

OPENING PANDORAS BOX

Two 2-day courses designed for those experienced in working with complex issues.

This two-day workshop offers a theoretical framework examing links and commonalities between these areas, drawing on experiential working, case discussion and group demon-stration.

Dissociation/Self-injury/Eating distress

- The distorting effects of shame
 - Links with the overwhelming emotion & depersonalisation
 - Effects on body image
 - Survivors perspectives
 - Inter related physiological & psychological dimensions
 - Recent findings in neuroscience research & the implications
 - Flexible & creative empathic responses to shame based communication
 - Impact of policies and procedures
- Further learning resources

INSIDIOUS IMPACT/VICARIOUS TRAUMA

This two day workshop integrates theoretical, experiential and practice elements exploring the threads of relating which can be subtly affected by traumatic experience.

- The nature of empathy (the spectrum and fundamental aspect of humanity and connectedness, congruent communication)
- The impact of trauma (silence, secrecy and confusion)
- The unspoken (acceptance/rejection, a framework to understand and explore merging/withdrawal)
- Somatic reactions (adrenaline, sexuality, dissociative experiences)
- Developing understanding of "professional" vs. "personal" processes (aspects of supervision, commitment to self care)

All information about our training can be accessed via www.safe-space.co.uk

INFO

Making Movies

Words can go horizontally, vertically and diagonally in all eight directions.

Words may overlap and share 1 or more letters

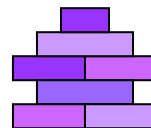
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c t v k r r d y b v s q v y g q p e r d n n k e n y k a
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k h l n j h b q n a c t r e s s h x l u i t d o y f m o
m o t i o n b l u r d h r e f f a g m j t s t h m y k r
r f s t c e f f e l a i c e p s j p r t c c k k p r k n
c c i h p a r g o i b t b b r n y y g v a h i t y y f p
w a r d r o b e m y q d j u m p c u t p x b c p b n f m

- | | | | |
|-------------|------------|--------------|-----------------|
| action | dialogue | lens | reel |
| actor | director | lights | rushes |
| actress | dolly | lined script | screen |
| agent | dope sheet | location | script |
| best boy | editor | makeup | set |
| biographic | epic | montage | special effects |
| bit part | extra | motion blur | stand in |
| body double | fade | musical | star |
| box office | gaffer | orchestrator | stunt |
| call sheet | grip | oscar | visual effects |
| cameo | honeywagon | overcranking | wardrobe |
| camera | judder | picture car | wrap |
| cast | jump cut | premiere | zoom shot |
| clapboard | key grip | producer | |

USEFUL CONTACT NUMBERS

<p>RAPE CRISIS SCOTLAND Provides a national Rape Crisis Helpline & email support for anyone affected by sexual violence, no matter when or how it happened</p>	08088 01 03 02 (free number) every day from 6pm - 12 midnight	info@rapecrisisscotland.org.uk
<p>WOMEN'S SELF INJURY HELPLINE</p>	0808 800 8088 Wednesday 7pm - 9pm & Thursday 3pm - 5pm	
<p>PUBLIC PROTECTION UNIT</p>	01592 418460	
<p>SurvivorScotland Developed by Scottish Government, to raise awareness of childhood sexual abuse</p>	www.survivorscotland.org.uk	
<p>Patient.co.uk Is one of the most trusted medical resources in the UK.</p>	www.patient.co.uk	
<p>Mind For advice for anyone with mental health problems</p>	www.mind.org.uk	
<p>Mood Café Website promoting mental health across the whole of Fife</p>	www.moodcafe.co.uk	
<p>British Pain Society Involved in all aspects of pain and its management</p>	www.britishpainsociety.org	
<p>VICTIM SUPPORT FIFE</p>	0845 270 4750	
<p>SAMARITANS</p>	Kirkcaldy: 01592 654242 Dunfermline: 01383 722222 National: 08457 90 90 90	
<p>FIFE WOMEN'S AID</p>	Support line Free Phone - 0808 802 55 55 Business: 01383 732287	Shakti Fife - 01592 583677
<p>CHILDLINE</p>	0800 1111 (24hrs) 0800 400222 For those with impaired hearing	
<p>GENITO-URINARY MEDICINE UNIT</p>	Kirkcaldy: 01592 643774 (24hrs) Dunfermline: 01383 624079 (24hrs)	
<p>BREATHING SPACE</p>	0800 83 85 87 (6pm – 2am)	
<p>MOSAC Support for non-abusing parents and carers whose children have been sexually abused</p>	0800 980 1958	
<p>SURVIVORS UK Understanding Male Childhood Sexual Abuse</p>	0845 122 1201 Mondays, Tuesdays & Thursdays 7pm–10pm www.survivorsuk.org info@survivorsuk.org	
<p>The Ethnic Survivors Forum Confidential Telephone Helpline</p>	0808 80 22 2222 Offers survivors multi-lingual support & details of local support	

Fife Rape & Sexual Assault Centre



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Fife
KY1 1RE

Website: www.frasac.org.uk

Email: info@frasac.org.uk

Tel/Fax: 01592 642336

info@frasac.org.uk

Project's Hours — Mon to Fri - 9am until 5pm (appointments available in evening)

Scottish Charity No SC033050

Kingdom Abuse Survivors Project

endeavours to enable survivors of childhood sexual abuse throughout Fife to eliminate the debilitating effects that the abuse has on their lives

Website - www.kasp.org.uk

182A The Esplanade
Kirkcaldy
Fife
KY1 1RE



KASP

Email - info@kasp.org.uk

Tel/Fax: 01592 644217

Scottish Charity No SCO23079

Electronic Support provided by trained counsellors available by emailing a request to info@kasp.org.uk

Project's Hours: Tues - 9am until 8pm Mon, Wed, Thurs - 9am until 5pm Fri - 9am until 4pm

Safe Space

Ling House
29B Canmore Street
Dunfermline
Fife
KY12 7NU

Opening times
Monday to Thursday 10am—4pm
Friday—Closed

Evening appointments are also available

Tel: 01383 739084

Email: contact@safe-space.co.uk

Website: www.safe-space.co.uk

Scottish Charity No SC 008695