SUPPORTING SURVIVORS IN SCOTLAND

Rape Crisis Scotland Annual Report 2017-18







INTRODUCTION

With figures released in the course of the year showing both continuing record levels of sexual crime, and a drop in the level of convictions for rape and attempted rape for the second year in a row, the need for resourced and responsive rape crisis services in Scotland has never been clearer. In this connection, we were delighted at the announcement in August of Scottish Government funding to expand services in Orkney and Shetland.

Several developments during the period reinforced an urgent need for change in key areas. An alteration in Crown Office policy which meant that reluctant complainers could now be forced to give evidence was robustly challenged by Rape Crisis Scotland, and the publication of a damning report by the Inspectorate of Prosecutions in February highlighting the trauma experienced by survivors in the court system laid bare the need for radical reform in the way sexual crimes are prosecuted. We took steps to ensure that survivors' views could feed into the development of new standards for healthcare and forensic examinations following sexual crimes and this welcome document was launched at our offices in December.

An independent review of the National Advocacy Project showed clearly that the advocacy service has a hugely positive impact on the experiences of rape complainers.

[Cover phoro credit: Sophie Younger]

One of the highlights of this year for us was the celebration in October of 10 years of the National Rape Crisis helpline. This was marked with a wide-ranging conference which included inputs on trauma, the impact of Rape Crisis Scotland's National Advocacy Project, and also looked at ways in which services can be made more accessible.

Our sexual violence prevention work with young people across Scotland continued to flourish, with plans underway for significant expansion of this long-term work to raise awareness of the attitudes and actions underpinning sexual violence. The Scottish Women's Rights Centre was delighted to announce in September a new partnership with JustRight Scotland, a Scottish legal provider with a human rights focus.

The Centre will be working closely with JustRight Scotland to continue to provide free legal advice, information and representation to women affected by violence or abuse.



HELPLINE

How many people have contacted the helpline?

There has been a sizable increase in contacts to the helpline this year, with the total number of contacts increasing from 4850 (2016-17) to 6738 (2017-18) - an increase of 39%

Email support comprised **16%** of these contacts. In addition to the support and information contacts above, we had **2076** hang ups and **182** silent calls during this period.

This increase in contacts is partly due to an increase in capacity, with 15 new volunteers joining our support worker team during this time period.

How many survivors did our helpline support?

Of the **6738** support and information contacts the helpline received in 2017-18, **6315** were directly from survivors of sexual violence (**93.72%**), with **42** from partners (**0.62%**), **111** from relatives (**1.65%**), **66** from friends (**0.98%**) and **161** from workers (**2.39%**). **43** (**0.64%**) were unknown.

How do we know we're making a difference?

79% of callers indicated feeling better at the end of the call.

32% indicated feeling less isolated

37% were able to identify the positives in themselves

 $\mathbf{74\%}$ were better aware of the options available to them

10th Anniversary

October 2017 marked the 10 year anniversary of the Rape Crisis Scotland helpline. We held a number of events to celebrate the important work the helpline has carried out over the past 10 years, as well as highlighting work still to be done.

- Highlighting the important contribution volunteers have made to the helpline – 78 volunteers have been support workers on the helpline over the past 10 years

- Short films

The centrepiece of our 10th Anniversary celebrations was a conference held in November 2017. The conference was attended by almost 100 people, including representatives from Police Scotland, a range of voluntary and statutory support staff, survivors and COPFS staff.

The conference was opened by the Cabinet Secretary for Justice, and key presentations were made on the Scottish Government's work on sexual violence, NES's trauma knowledge & skills framework, Policing Sexual Violence, Advocacy needs in the justice system, the work of Rape Crisis Scotland and the helpline.

We also held interactive workshops on traumainformed practice, access to justice, stalking and LGBTI access, allowing participants to take home learning from the event.

HELPLINE ANNIVERSARY

Cabinet Secretary for Justice Michael Matheson opened the conference

Dr Oona Brooks gave a presentation on the RCS National Advocacy Project

> Looking to the future: the RCS National Advocacy Project

Feedback on the conference was very positive and

Feedback on the conterence was very positive and the focus on survivors' voices and the multiagency approach was well received:

* "So nice to reflect on the beginnings and how much has been achieved because of RCS and the helpline.

* "Very inspiring and uplifting to hear from helpline staff and survivors voices and how they shaped the service." "I was quite inspired to hear that so many agencies and different people are indeed singing from the same hymn sheet and want changes and have the survivor at the centre to assist in rebuilding lives."

WHAT SURVIVORS SAID

"They made me feel genuinely supported. I feel like this is a good way to brave on when the waiting list of social workers is twelve-weeks long." (email support)

"I understand a bit more about my situation and my behaviour, thanks to the emails I am ready to get more help face-toface" (email support)

"She was very understanding and listened to me without forcing me to speak" (website feedback)

"It was a total relief to speak to someone willing to listen and support with experience" (postal feedback)

"I was thinking of ending my life and the call handler helped me see sense. I'm eternally grateful" (website feedback) "Made me realise more what has happened. Helping me get in touch with my local centre which really helps as I felt I couldn't do this on my own." (email support)

"She [support worker] provided a huge amount of support. She was very understanding, offered me advice and helped me to realise that I was not responsible for what happened to me." (email support)

SUPPORTING CENTRES

How did we support local centres across Scotland?

RCS hosted a Learning Disability awareness day for frontline workers in Perth, facilitated by People First Scotland (PFS), an organisation which works to support people with learning difficulties to have more choice and control over their lives.

Participants received a pre-workshop questionnaire, responses to which helped to shape the programme for the day:

Qu. In your opinion, what, if any, are the barriers to supporting women with learning disabilities who have or might report rape?

Qu. What are your own main concerns, if any, about working with women with learning disabilities?

The day provided an opportunity to engage with the feedback from the questionnaire and explore new forms of communications including easy read and other materials. Workers were able to reflect on their support practice and learn new approaches to improving accessibility and understanding of the needs of survivors.

Shared vision day: July 2017

Ellie Hutchinson from the Empower project facilitated discussions on:

• The non-consensual sharing of intimate images - legislation, policy & practice responses

Sextortion

Stalking and harassment

Workers explored the developments of policies / campaigns, prevention work, working with tech world and good practice in supporting survivors.

Introducing the Feminist Governance toolkit: Exploring Values into Action

RCS hosted a national board training day to introduce the Feminist governance toolkit and explore values into action in leadership. The key topics of the day were positive power and accountability in leadership with discussions on good governance practice. This was also an opportunity for board members to network, receive peer support and access resources.

Centre Managers quarterly meeting

RCS continued to host quarterly meetings for centre managers which offer peer support, discussions on survivors needs and local updates on services. This includes linking with the Equally Safe strategic aims, the upcoming pilot review of the National Service Standards (in partnership with Rape Crisis England and Wales), National programme updates on RCS Prevention and Advocacy projects, and also legal updates and LGBTI inclusion and practice.

An RCS newsletter is circulated bi-monthly to the network.

PARTNERSHIP WORKING

What kind of partnership work have we been doing?

RCS continues to work in partnership with a range of key partners including:

- Representation on the Joint Strategic Board on Violence Against Women
- Involvement in the justice, prevention and capability and capacity working groups which report to the Joint Strategic Board
- Contributing to Crown Office sexual offences training course
- Cross party working group on Violence Against Women
- Cross party working group on Adult Survivors of Childhood Sexual Abuse
- Delivering training on the Police Scotland SOLO & Detectives training course
- Involvement in the Crown Office Expert Group on Sexual Offences
- Scottish National Stalking Group
- Scottish Government Taskforce on healthcare and forensic medical services for people who have experienced rape and sexual assault.



WORKING FOR CHANGE

Criminal justice responses to sexual offences There is a clear need to engage with rape complainers to capture their experience of the criminal justice process.

RCS now has feedback protocols in place with Police Scotland and the Crown Office, which enables us to share survivors' experiences and any concerns directly with them and to develop a proposal for research into complainers experience of the justice process. We facilitated meetings with complainers as part of the Inspectorate of Prosecution's review into the investigation and prosecution of sexual offences.

We continue to hear very negative feedback from complainers about their experience of the Scottish criminal justice process, with complainers telling us of the distress caused by lengthy delays in cases getting to court, cases being allocated to floating trial diets meaning uncertainty about when someone is giving evidence, and the experience in court, and particularly of cross examination.

Forensics

We continue to be involved in the improvement of immediate responses to rape - including the provision of forensic examinations - through the work of the CMO Taskforce. Lack of access to female doctors continues to be the most significant issue that rape survivors raise with us about their experience of forensic examinations.

Equally Safe

We submitted a response to the Scottish Government's consultation on the draft delivery plan for Equally Safe. Our response highlighted the need for more focus on sexual violence, and the need to address the issue of consent within the section on children and young people developing healthy relationships.



Trauma Knowledge & Skills Framework

We spoke at the launch of the Trauma Knowledge & Skills Framework in May 2017. This resource aims to support the development of a trauma informed workforce and recognises, as the Minister for Mental Health Maureen Watt highlights, that 'responding to trauma is everybody's business'. We have continued to support this work through the reference & implementation group.

The framework can be found at: https://bit.ly/2rvHOT1

NATIONAL ADVOCACY PROJECT

The National Advocacy Project was established in 2016 and provides dedicated advocacy support for survivors of sexual violence who have reported or are considering reporting the offences to the police.

Advocacy workers provide support and information through all stages of the Criminal Justice System, from before a statement is made through to the resolution of a court case. Advocacy workers can support survivors with the process of giving a statement if they are referred early enough in the process, and they are able to attend appointments and meetings with survivors which are related to the criminal justice process such as precognition. Advocacy workers can support survivors to get updates regarding the progress of their cases, provide information about special measures, attend court with survivors and can act as in-court supporters if requested as well as provide general emotional support throughout the process and after court is finished. Rape Crisis Scotland and the Crown Office and Procurator Fiscal Service worked together this year to develop and launch a formal feedback process for survivor's involved with the National Advocacy Project.

The University of Glasgow's final evaluation of the project was published in January 2018 and highlighted the value of the service to survivor's who were interviewed as a part of the evaluation: "Kerry: And having that reassurance and someone to speak to when you've had your voice kicked out of you how many times, the difference it can make to you is phenomenal."

"Olivia: when you go to court, you know you're on your own, and she [AW] made sure I didn't feel that way, I didn't feel alone."

The evaluation made 13 key recommendations for the further development of the project and in March 2018 Rape Crisis Scotland secured funding to recruit a National Advocacy Project Co-ordinator to carry out the evaluation recommendations. Funding was also secured for further workers in the country's busiest centres which will hopefully see the National Advocacy Project go from strength to strength in 2018/19.

PREVENTION

How many people did our Prevention programme reach?

This was the fifth year of the national sexual violence prevention programme which has continued to expand and develop. Prevention workers based in local Rape Crisis centres delivered programmes in 95 schools and 42 youth agencies, to a total of 15,390 young people, a really significant proportion of Scotland's young people.

The programme continues to be very well received by schools, and here are some of young people's comments about what they learnt:

"What consent is and how the media often blames the victim. I also didn't realise how few people lie about sexual violence, because a lot of the time I hear people saying it's made up"

"The session was good. It was light-hearted in a way but all the relevant points were put across. It wasn't awkward to talk and I felt comfortable asking questions. Also the instructor was fabulous"

Prevention workers continue to support young people to take a lead role in tackling sexual violence. Some highlights include young people in five areas choosing to support their local centre through the Youth Philanthropy Initiative, a partnership with Police Scotland Youth Volunteers to educate professionals on social media and sexting and the My Big Beating Voice project supporting young Black and Minority Ethnic women to share their views on improving equality. Pupils from St John Ogilvy School in Lanarkshire were given a special award from South Lanarkshire Council for their work on Gender Equality (specifically Equally Safe at School).



In addition, we were delighted to begin the pilot of a new project in partnership with Zero Tolerance which aims to tackle gender inequality and gender-based violence hand-in-hand in secondary schools. Through the project schools are supported to take a holistic approach with staff and students working together, looking at the curriculum, policies and school ethos and culture.

The pilot took place in two schools with a very positive response from teachers and young people, and over the course of the year we were able to refine our approach and find out how best to adapt our tools to a busy school environment, to take forward in the next year of the pilot.

CAMPAIGNING

#ijustfroze continued to receive a very positive response since its launch in March 2017, and attracted many requests and enquiries both within the UK and further afield (including Ireland, Turkey, Australia and South Africa) to use the videos in education & e-learning programmes, to feature in case studies and screen at film festivals.



The campaign was shortlisted for Holyrood Magazine's 2017 Scottish Public Service Awards (in the Communications category) and was also shortlisted at the Haelo Film Festival, and featured in the Small Axe Radical Film Festival and the Mzansi Women's Film Festival in Johannesburg.

We received feedback from a local rape crisis centre in Scotland indicating that a woman they had supported had felt able to seek support for the first time since she was assaulted 8 years previously, because she had seen #ijustfroze. We were very active in supporting grassroots campaigning against the changes to child tax credits and associated 'rape clause', publishing a blog, and practical suggestions (including a template letter) to help people engage with this issue to lobby effectively against it on an individual basis.



- Child Tax Credits are now only available for 1st & 2nd children
- ...but are available for 3rd or subsequent children if it can be 'verified' that their
 conception was the result of rape.
- · Women will have to choose between disclosing rape to strangers & living in poverty
- · Having control over who how and when to disclose is crucial to healing from rape
- Policy stipulates that the woman not be living with the child's father thus penalising women currently experiencing abuse.
- The #rapeclause risks traumatising women and stigmatising children
- 78 psychologists have signed a letter this stating the #rapeclause 'will cause significant psychological harm' - https://is.gd/RtwTyZ
- This policy is unworkable, inhumane and shows no understanding of sexual violence
- There's no way to make the rape clause anything but harmful for rape survivors

The family cap - which limits tax credits to two children - is the reason the rape clause
was introduced - it should be repealed

What YOU can do

SIGN THE PETITION at https://petition.parliament.uk/petitions/195077 WRITE TO YOUR MP

Find out who your MP is and what their email address is here: http://www.parliament.uk/mps-lords-and-offices/mps/

You can DOWNLOAD A TEMPLATE LETTER at https://is.gd/fw3sDk

Read more: https://is.gd/pyamdh (Rape Crisis Scotland blog) https://is.gd/vj6wrvF (Herald Scotland) https://is.gd/vaG1NF (Sunday Herald) https://is.gd/vaG1NF (Sunday Herald)

Let's put a stop to this!

COMMUNICATION & EVENTS



We published 22 News stories and 11 blogposts in the course of the year, and continued to maintain a vibrant presence across a range of social media platforms.

Social media allowed us to participate effectively in widespread campaigning against changes to the child tax credit system and iniquitous 'rape clause' with partners and others and to communicate effectively on important new developments in the course of the year such as the development of new standards for forensic examination of survivors of sexual violence and the publication of a key report from the Inspectorate of Prosecutions. We published **484** tweets and gained **1122** new followers on Twitter. Our Instagram following more than doubled in the course of the year.

Enquiries

In addition to general administration calls and calls to the helpline, we responded to **1008** enquiries, **140** of which were media enquiries and **258** of which were responses to requests for information. This represented a **29%** increase on 2016-17.

Events

We gave **8** presentations during the year (includng two through the Chief Medical Officer's Taskforce) and **2** stalls at a range of events, including Free Pride.



SCOTTISH WOMEN'S RIGHTS CENTRE

How has the Scottish Women's Rights Centre been developing?



Helpline | 08088 010 789

Tuesday 6-9pm Wednesday 1.30-4.30pm Friday 10-1pm



2017 - 18 was a year of two halves for the Scottish Women's Rights Centre as a consequence of our changing legal service provider. The original partnership that RCS and the University of Strathclyde Law Clinic had with LSA ceased on 30th September and a new collaboration commenced with JustRight Scotland on 1st October 2017.

Throughout this time our priority was to ensure the service provision was unaffected, however we were unable to continue at the previous capacity and helplines and surgery provision had to be temporarily reduced prior to the transfer.

SWRC Advocacy support continued throughout this period, facilitating access to justice and addressing barriers for women survivors of GBV. Following the transfer the SWRC reinstated 3 weekly helplines and the Lanarkshire Legal surgery and submitted a development plan to the Scottish Government which will enable the service to expand considerably in 2018-19. Specific issues discussed were:

- A. Child contact, residence or maintenance
- **B.** Protective Orders
- C. Victims' rights in the Criminal Justice process
- D. Dissolution of relationship
- E. Reporting crime

F. Other = immigration & asylum, Criminal Injuries Compensation and other restitution, housing, employment, debt etc.



SCOTTISH WOMEN'S RIGHTS CENTRE

During this period the SWRC also continued to develop its wider remit by:

- contributing to policy consultations
- developing our website & social media profile
- training a new team of volunteers from the University of Strathclyde Law Clinic
- providing multi agency training on domestic abuse

Contact with the Scottish Women's Rights Centre related to:

• Piloting an incident recording app for survivors of stalking

The SWRC published 4 leaflets during 2017-18 focusing on survivors rights when reporting to the police. The series has been tailored to 4 distinct crime types: sexual crimes, domestic abuse, stalking and forced marriage.

All SWRC resources are available online and in hard copy - see https://bit.ly/2qOnGep



LOOKING AHEAD

We anticipate a number of new and exciting developments as we look forward to 2018-19.

Access to rape crisis services for survivors and others affected by sexual violence in the north will be improved considerably with the establishment of a new rape crisis centre in Moray.

The National Advocacy Project will be further expanded as a result of Scottish Government funding, meaning that support for survivors of sexual violence considering coming forward to report what has happened to them and negotiating the criminal justice system will be more widely available.

Our National Sexual Violence Prevention work will also be extended into a further 10 local authorities within the Lothians, Strathclyde and in Ayrshire, giving us the opportunity to share discussion and information with many more young people in Scotland about vital issues like consent and healthy sexual relationships. The Prevention team will be joined by a new Training & Education Coordinator who will undertake sexual violence prevention work within further and higher education.

Rape Crisis Scotland is also making plans to hold an exhibition of 'creative responses to sexual violence' which will take place in Edinburgh during the 16 Days of Action 2018, and will feature the work of a number of artists working in a range of media and based in different parts of Scotland.



Photo by Ran Berkovich on Unsplash

FINANCE & FUNDING

Statement of Financial Activities			
For the Year Ended 31 March 2018	}	3rd Sector Early Intervention	320,000
	2018		
		Scottish Government – Justice funding	802,296
Income and endowments from			
Donations and legacies [*] -	£260,309	Scottish Women's Rights Centre	235,965
Charitable activities		National Women's Council of Ireland	
Sexual violence support** -	£1,685,062	ESHTE Funding	3,963
Investment income -	£1,225	Children's Participation Fund	10,396
Total incoming resources -	£1,946,596		
		Women's Participation Fund	35,200
Expenditure on Charitable activitie	es s		
Sexual violence support -	£1,924,003	Whole School Approach	16,817
Total resources expended -	£1,924,003		
		Lithuania Funding	580
Net Income -	£22,593		
Other recognised gains/(losses)			
Actuarial gains/			
losses on defined benefit schemes -	(£861)		
		Please contact us if you wou	Id
Net Surplus -	£23,454	like a copy of our audited	
Fund Balances as of:		accounts	
1st April 2017 -	£98,569		
31st March 2018 -	£122,023		
* Core Funding -	£244,000		
Donations -	£16,309		
	ar0,007		
** National Helpline -	£260,000		
	\$200,000		

LOCAL CENTRES

The demand on rape crisis centres across Scotland in 2017-18 has been unprecedented as the national statistics on the following pages show.

The number of people receiving support from centres across Scotland has increased by 23%, and the number of appointments undertaken has gone up by almost 12%.

As in previous years, female survivors of sexual violence comprise the vast majority of those receiving support. Overwhelmingly, people receiving support had been assaulted by someone known to them, with strangers comprising only 10.56% of perpetrators.

Statistics from rape crisis centres continue to reveal a stark picture of the wide-ranging impact of sexual violence: 74% of people receiving support reported anxiety, almost 56% had suffered depression and the same number reported sleep problems, 38.54% of people had experienced panic attacks.

Over 20% had attempted suicide.

The number of people reporting to police rose slightly to 52.11%. There are now 16 Rape Crisis centres working to end sexual violence and to support the thousands of people affected every year by this devastating crime. With a significant increase in demand, capacity issues correspondingly continued to pose a challenge for centres, many of which have lengthy waiting lists.

Notwithstanding, centres continue to offer an extensive and diverse range of services to survivors and others affected by sexual violence.

NoMore! a training programme focussed on prevention of sexual violence against people with learning disabilities, was rolled out across Highland region, Edinburgh Rape Crisis Centre delivered the 'My Big Beating Voice' project in partnership with Amina – Muslim Women's Resource Centre, running workshops for groups of young BME women on issues such as sexual harassment, representation and self-confidence.

Additional partnership working was undertaken by South West Rape Crisis & Sexual Abuse Centre in Dumfries with Education, Health & Social Care, Housing and Public Protection. Securing funding from the Big Lottery for the SHiFT Project for 3 years was a highlight for Lanarkshire Rape Crisis Centre, and will help improve access for harder to reach and minority groups including LGBTI, Women with disabilities, BME communities and young people aged 12-18.

LOCAL CENTRES



Glasgow and Clyde Rape Crisis worked with Glasgow Access Panel to improve access for disabled survivors, started a new on-campus support service at the University of Strathclyde and began a new project developing services for Roma women in Glasgow. Implementation of Forensic Medical Services continued to be a priority for centres in Shetland and Orkney.

In the year that RASAC celebrated its 10th anniversary (celebrated with a week-long exhibition involving survivors, staff, volunteers and partners), RASAC's Youth Initiative had a very busy year, engaging with over 6000 young people across Perth & Kinross. This snapshot captures only a fragment of a wide range support services and projects and undertaken by committed workers and volunteers in rape crisis centres across Scotland.

And just as we know from police statistics that reports of sexual crimes continues to rise, we can see from our own national statistics that these vital services continue to work extremely hard to mitigate the impact of this on survivors and others and, with the expansion of prevention work, make vital progress towards changing the culture that underpins it.

For Contact details of every Rape Crisis centre in Scotland go to https://bit.ly/2Vb6rRP









STATISTICS FROM CENTRES

















Rape Crisis Scotland would like to thank everyone who has supported our work during the past year. We are grateful to the Scottish Government for their continued financial support, as well as to the many individuals who have made incredible fundraising efforts on our behalf.

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