

ANNUAL REPORT

1ST APRIL 2018

–

31ST MARCH 2019



WORKING TO END SEXUAL VIOLENCE

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INTRODUCTION

This was a very positive year for Rape Crisis Scotland, which saw us consolidate and build on many areas of our work.

We were delighted at the honorary doctorate awarded in June to our CEO Sandy Brindley, in recognition of her efforts and achievements. Beyond the personal distinction marked by this honour, it held a wider significance in the growing profile it marked of the rape crisis movement in Scotland, and of increasing awareness of the prevalence of sexual violence, its drivers and its impact on survivors and on others affected by this devastating crime.

The establishment of a new rape crisis centre in Elgin was a very positive development, bringing access to much needed support and information to survivors across Moray.

Survivor-led campaigning and the development of a new Survivor Reference Group reinforced very powerfully the fact that it's the roots, experience and strength of survivors which underpins our work and informs our priorities. We pay tribute to the extraordinary energy and commitment of survivors like Miss M, Speak Out Survivors and Finlay MacFarlane whose courage and persistence do so much to make meaningful and lasting change for others.



HELPLINE

How many people have contacted the helpline?

The Rape Crisis Scotland Helpline continued to be very busy over the past year, and saw a **1.86%** increase in support and information contacts compared to the previous year.

Of the **6,863** support and information contacts, **5,813** were calls (an increase of **2.98%** on the previous year). Email support comprised **14.6%** of these contacts (**997 emails**) and we received **8** letters and **8** text contacts. We also introduced a new category of intelligence sharing contacts – there were **37** of these in the course of the year.

In addition to the support and information contacts above, we had **2165** hang ups and **176** silent calls during this period.

Whilst we recognise the positives in more survivors accessing initial and crisis support, we are also aware of the challenges to survivors who are not able to get through to us, and welcomed the arrival of **14** new volunteers who joined the team after attending the

training programme we ran during the Spring and Summer of 2018, and were ready to start working on helpline shifts during July and August.

THE LEVEL OF UNMET NEED, REPRESENTED BY A SIGNIFICANT NUMBER OF CALLERS UNABLE TO GET THROUGH, CONTINUES TO BE A CAUSE FOR REAL CONCERN

The level of unmet need, represented by a significant number of callers unable to get through, continues to be a cause for real concern, and demonstrates the crucial need for a human and responsive presence for every survivor who has taken the (often difficult) decision to get in touch. There were **9884** attempts during the year to contact the helpline when it was busy or closed, and a large proportion of these (**8446 – or 85.5%**) did not leave a message.

WHO DID OUR HELPLINE SUPPORT?

Of the **6863** support and information contacts the helpline received in **2018-19**, **6237** were directly from survivors of sexual violence (**90.87%**), with **38** from partners (**0.55%**), **140** from relatives (**2%**), **49** from friends (**0.7%**) and **223** from workers (**3.25%**). **176 (2.56%)** were unknown.

In the course of the year we printed a series of new promotional flyers aimed at the LGBTI community to accompany our resource for LGBTI survivors. We are proud that our LGBTI resources are often used as models of best practice by partner organisations.



It was hard for me to get time to call and the email service has been a great way to get everything I'm feeling down.



I've phoned twice and each time have been met with kindness and patience - especially the first time when I struggled to speak to start with and cried for most of it. After spending years silenced by shame, to actually feel heard was incredibly emotional. I'm not sure I'd have got through that period of crisis without those two lovely ladies on the phone who took away the feeling of utter despair and isolation by allowing me time. Thank you will never be enough.



A few months ago you posted about CICA and payments for victims of sexual abuse. I am a survivor of historic sexual abuse, and almost 3 years ago I reported my abuser to the police. It never went to court due to lack of evidence, but I know it's on his record. I thought that was the last of it until I seen the post. I'd never normally dream of going for compensation but I applied for this. 2 weeks ago I got a letter, I have been awarded most £5000. I wept when I opened it because to me I feel I have been believed as they have to go by what the police say, and I felt I must have been taken seriously.



I struggle with thoughts of being a nuisance, a burden and even struggle with thoughts that my need to call multiple times is just another sign that I am mentally ill. To be told that it is ok to need help quite intensively during crisis times makes a real difference. Thank you so much [you] have all helped me enormously."



An illustration on the left side of the page shows a large, dark purple hand with green fingers holding a small, pink building. The building has a sign that reads 'RAPE CRISIS CENTRE'. The background consists of large, flowing shapes in shades of green and purple.

SUPPORTING CENTRES

How did we support local centres across Scotland?

Rape Crisis Scotland hosted practice workshops throughout the year focused on trauma work with survivors. Our annual Rape Crisis network day took place in Edinburgh during July and was an opportunity to engage with the NES Trauma Training Framework for Scotland.

A two-day training session in Lerwick during June was the first northern isles collaboration and a celebration of the shared work of new boards and staff teams in developing the first Rape Crisis Services on these islands.

Together with partners in Rape Crisis England and Wales we undertook a joint review of the National Rape Crisis Service Standards which provide a quality assurance framework that ensures specialist Rape Crisis services prioritise safety, and promote good governance, empowerment and continuous improvement.

Rape Crisis Scotland hosted the first residential for Centre Managers in September 2018. This was a valuable opportunity to revisit our shared mission and build on the relationship between local and national organisations.

PARTNERSHIP WORKING

RCS continues to work closely with a range of key partners.

We continue to be involved with the Chief Medical Officer’s Taskforce on forensics and we are also part of the Equally Safe Multi-Agency Centre (ESMAC) working group for the proposed new multi-agency centre in Edinburgh which will bring together forensics, health responses, video recording of evidence and support and advocacy for people following a sexual crime.

We commenced training staff at the Criminal Injuries Compensation Authority, and also contributed to the work of the Victims’ Forum.

We began updating our audio visual resource ‘A Survivors’ Guide to the Scottish criminal justice system’ to include an interview with one of our advocacy workers and a judge. Filming took place early in March and we plan to launch it later in the year.

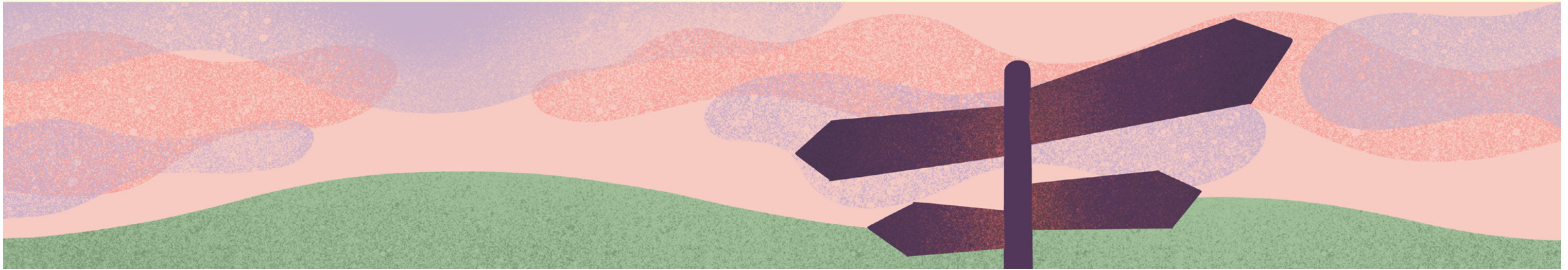


We were very glad to be involved in the highly innovative Scottish Feminist Judgements Project which looks at how important legal cases might have been decided differently if the judge had adopted a feminist perspective.

OTHER PARTNERSHIP WORKING WE TOOK PART IN INCLUDED:

- Representation on the Joint Strategic Board on Violence Against Women
- Contributing to Crown Office sexual offences training
- 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





WORKING FOR CHANGE

- In March, we met with a range of organisations at the UK Parliament in Westminster looking at the two-child cap and rape clause – there was strong and diverse support for repealing this policy and a commitment to consider joint working/campaigning on this issue.
- Rape Crisis Scotland was invited to join a new group being set up by the Lord Justice Clerk to look at how sexual offences should be prosecuted in Scotland, The first meeting will be held during April 2019, and the group is due to report by early 2020.
- We submitted a consultation response on Clinical Pathways for adults following sexual assault and shared this with local centres in advance to enable local input into consultation.
- We submitted a consultation response to national trauma training proposals.
- We met with the Scottish Government about reviewing child protection guidance.
- We submitted comments on the Crown Office draft revised policy on access to complainers' sensitive records.
- We initiated and held the first meeting of a new Survivor Reference Group, a group of survivors of sexual violence from across Scotland who have engaged (at any level) with the Scottish justice system. The group is intended to ensure that work towards change in the justice system is informed by the voices of survivors, whose experiences and interests Rape Crisis Scotland remains committed to placing front and centre of our work. As at March 31st, the group had 27 members, and we are exploring ways of reaching survivors from across Scotland to maximise access to participation and enable survivors to engage in consultations on specific issues, e.g. sentencing.
- We delivered training to solicitors in Edinburgh, Glasgow and Dundee on representing complainers to oppose the recovery of their personal records as part of a criminal prosecution
- In December we launched a campaign to end the not proven verdict, jointly with Miss M (who won a civil damages case for rape), and we also supported a group of abuse survivors - Speak Out Survivors - to campaign to abolish the corroboration requirement.

PREVENTION

The sixth year of the prevention programme saw us continue to expand and consolidate our work. Prevention workers based in local Rape Crisis centres delivered programmes in **85** schools, and **10** youth agencies, to a total of **21,737** young people, and also supported outreach delivery in Moray and the Western Isles.

Our new Programme Manager came into post in April, and one of the highlights of the year was a Year of Young People event for young activists, which she planned and organized, and which took place at the Glasgow Women's Library during the 16 Days in December. Young people from Highland and Shetland were particularly positive about the event and having the opportunity to travel down to attend.

In February we welcomed a new Coordinator for Equally Safe at School (following the departure of the previous incumbent), who continued to implement the pilot of this programme, a partnership with Zero Tolerance which takes a holistic approach to tackling gender inequality and gender based violence by supporting schools to consider these in every aspect of the



secondary curriculum, as well as in policies, school ethos and culture. New prevention workers were also recruited in Glasgow & Clyde, Edinburgh and Ayrshire. We continued to contribute to the development of the primary prevention element of Equally Safe and also fed into the expert group appointed by the Scottish Government to tackle sexual offending by young people, which ended in March.

A new Training and Education Coordinator for Further and Higher Education joined the Prevention team in August, with responsibility for our work within tertiary education supporting initiatives to prevent sexual violence and harassment as part of the implementation of the Equally Safe in Higher



Education toolkit. She quickly developed strong relationships with a range of partners and local institutions, leading to increasing demand for programme delivery.

Along with partners University of Edinburgh, Scottish Women's Aid and Barnardos, we held an Impact and Action event focusing on recommendations from the Everyday Heroes children and young people's consultation for Equally Safe.



Our involvement focused on gender inequality and education, with commitment from the Scottish Government to work together to coordinate and consolidate work to tackle gender based violence in education.



COMMUNICATION & EVENTS

We published **12** news stories and **10** blogs in the course of the year (**3** of the latter were powerful accounts from survivors, another was an account from parents of the family's devastation following their daughter's disclosure that she had been raped.)

We published **443** tweets and gained **1437** new followers on Twitter (by the end of March we reached more than **10,000** followers. By the end of the year we had over **1000** followers on Instagram.)

In a new departure for Rape Crisis Scotland, we co-organised an exhibition of creative responses to sexual violence entitled 'Reson@te'.

The exhibition was held at the Image Collective Gallery at Ocean Terminal in Edinburgh and featured the work of 12 artists working in a range of media, from prints and paintings, to textile art, film, ceramic sculptures, zines, quilting and an installation which invited Reson@te visitors to create their own art in response to ideas on 'consent'. Reson@te received a very positive response both online and in person, and was featured in 'The Stylist'.



Jasmine Holt with her work 'Untitled' (mixed media)

FROM THE RESON@TE VISITORS BOOK

'Sad and moving but strong and defiant with such powerful messages that no means no and it's all about power'

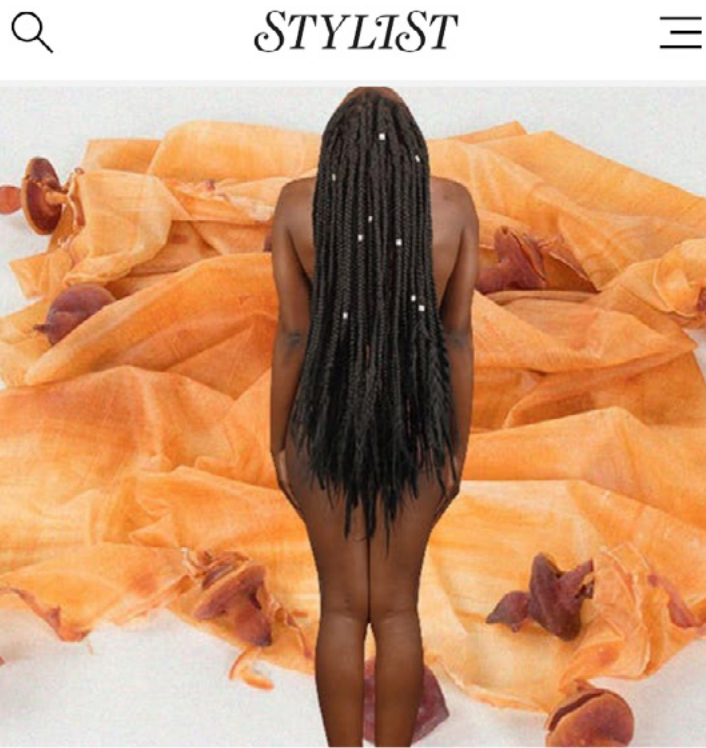
'An amazing exhibition that took me by surprise as to the impact it had on me. Beautiful, articulate, reflective, powerful. Thank you'

'Incredibly powerful – something everyone should see. We need to end violence against women, we need to talk about its impact & we need to change our culture!'



A legal debate we co-hosted with the Faculty of Advocates during November was completely sold out and offered a welcome opportunity to consider the many barriers to justice faced by complainers in rape trials, and whether the introduction of independent legal representation in such cases would be a welcome development.

We gave **43** presentations and did **3** stalls in the course of the year at a range of events including presentations to the Scottish Courts and Tribunals Service, SASO (Scottish Association for the Study of Offending) and NOTA (National Organisation for the Treatment of Abusers) conferences and an international conference on sexual harassment and sexual violence in Porto, Portugal.



LONG READS

Why this Scottish exhibition about sexual assault is so vitally important

NATIONAL ADVOCACY PROJECT

There were 910 referrals to the National Advocacy Project during 2018-19.

Two part-time National Advocacy Coordinators were recruited for the project and began in post at the end of July. With additional funding secured in the course of the previous year, the National Advocacy Project continued to expand provision of support and information to people across Scotland who have experienced sexual violence and have subsequently engaged with the criminal justice process.

A REPORTING STRUCTURE IS NOW IN PLACE FOR ADVOCACY WORKERS TO RCS WHICH WILL IMPROVE OUR DATA

During this period advocacy workers throughout the network provided a variety of advocacy support to survivors engaged with the criminal justice system including attending police

statements, precognition meetings, court familiarisation visits and VIPERS (Video Identification Parades). Advocacy workers have also fulfilled the role of in court supporter to a large number of survivors giving evidence in sexual offences trials.

By the end of the year 24 staff were in post in rape crisis organisations across Scotland. A peer support system was set up to support the growing team. A reporting structure is now in place for advocacy workers to RCS which will improve our data and information about what is happening in services across Scotland. Access to the Court and Tribunal Service Criminal Justice Portal from May onwards now allows advocacy workers to access to information about court cases more directly.



SCOTTISH WOMEN'S RIGHTS CENTRE

2018-19 saw the commencement and implementation of the SWRC development plan with an expansion of both staff team and services.

The SWRC now employs two solicitors. Increased capacity brought by appointment of an additional Advocacy Worker in February also allowed us to extend this aspect of our service. We were also joined by a new Administration and Communications Worker in February 2019 who has enhanced considerably the SWRC profile. Recruitment for caseworkers and for a 3rd solicitor, as well as for a solicitor funded by the Rosa Fund and specialising in Sexual Harassment, was also initiated during this period. Student volunteers from the University of Strathclyde Law Clinic continued to provide valuable support to the SWRC solicitors.

Volunteer retention has meant that previous volunteers have remained active in SWRC following qualification and continue to help staff the SWRC helplines.

The SWRC continued to provide a national legal information and advice helpline for women survivors of

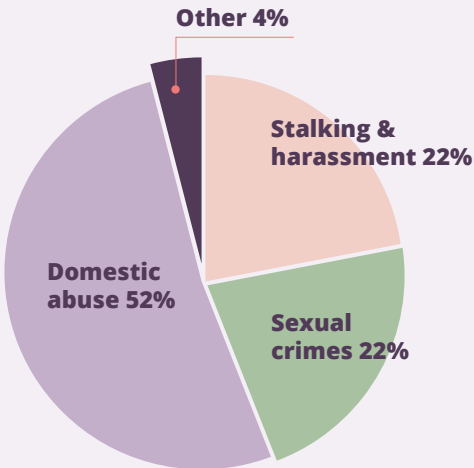
gender based violence and responded to **447** women during this period. Fortnightly SWRC legal surgeries continue to offer women the opportunity to access more in depth and tailored advice during a one hour appointment with a solicitor. The Glasgow surgery operated throughout this period; however, the Lanarkshire surgery was suspended for a period due to staff shortage prior to the expansion and re-opened in June 2018. Two further surgeries were opened in Edinburgh and Stirling in February 2019. The SWRC undertook varied casework in this period seeking protective orders, undertaking complaints processes, criminal injuries compensation cases / appeals and civil damages cases, one of which concluded in June 2019 achieving a landmark ruling.

During the year SWRC sought to share learning from our service delivery by providing training for solicitors on 'Domestic Abuse and the Law' and multi-agency training on 'Domestic Abuse, Stalking and Harassment and the Law'. The SWRC also supported Rape Crisis Scotland in delivery of specialised training for solicitors on 'Contesting access to sensitive records'. Our response

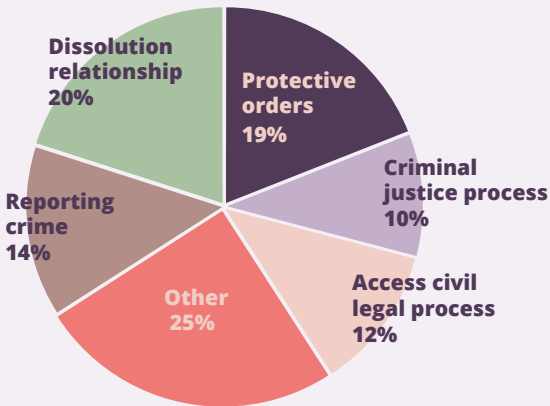
to the consultation on reforming Part 1 of the Children (Scotland) Act 1995, was informed by evidence and testimonies from women with experience of the child contact system who engaged with our online survey. We also provided responses to the Justice Committee's call for evidence on civil actions for damages in respect of rape or other serious crimes and on Police Complaints Handling, Investigations and Misconduct Issues.

During this period SWRC published four guides on survivors' rights when reporting crimes against them. Focusing on Domestic Abuse, Sexual Crimes, Stalking and Forced Marriage, the guides provide information on the reporting process, what to expect and victim-survivor rights. We also published a legal guide on Civil Damages, outlining the risks and benefits of a civil damages claim, and what can be compensated for. Having identified a lack of accurate records as a significant barrier to reporting stalking, the SWRC developed and piloted FollowIt App - an innovative incident recording app for victim/survivors of stalking to enhance their access to justice.

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



Specific issues discussed were:



LOOKING AHEAD

We will undertake an extensive overhaul of our website to ensure that accessibility and usefulness of this key resource are optimised; extensive user consultation and testing will inform this process.

Working with Police Scotland, the Crown Office and the Scottish Government, we are developing a new pilot to video record rape complainers’ statements to the police.

Rape Crisis Scotland will continue to support and develop the role of survivors in our work, and to amplify their voices wherever possible as we continue to challenge the systems, behaviours and attitudes which give rise to and perpetuate sexual violence – and which act as barriers to justice for far too many of those who have experienced its devastating impact.



FINANCE & FUNDING

Statement of Financial Activities
For the Year Ended 31 March 2019

INCOME AND ENDOWMENTS FROM:

Donations and legacies*	£261,547
Charitable activities	
Sexual violence support**	£2,341,845
Investment income	£500
Total incoming resources	£2,603,892

Expenditure on Charitable activities

Sexual violence support	
Total resources expended	£2,599,716
Net Income	£4176
Other recognised gains/(losses)	
Actuarial gains/	
losses on defined benefit schemes	£18,346
Net Surplus	£22,522

FUND BALANCES AS OF:

1st April 2018	£122,023
31st March 2019	£144,545
* Core Funding	£244,000
Donations	£16,658
** National Helpline	£260,000
Donations	£838
3rd Sector Early Intervention	£320,000
Scottish Government – Justice funding	£958,465
Scottish Women’s Rights Centre	£384,407
National Women’s Council of Ireland	
ESHTE Funding	£8,940
Children’s Participation Fund	£1,737
Whole School Approach	£32,413
Prevention expansion	£298,389
Training & education	£40,230
Moray PFG	£5,000
Sexual harassment	£30,815
Rosa Changing Conversations	£2,000

Please contact us if you would like a copy of our audited accounts.

LOCAL CENTRES

In the face of increasing pressure on resources, the level of support given by local centres to people across Scotland who have experienced sexual violence continued to grow. **5750** people received support and/or information from **17** rape crisis centres in Scotland during the year – a rise of over **13%** from the previous year.

Much-needed expansion of geographical coverage was achieved this year with the establishment of a new rape crisis centre in Elgin to provide support and information to survivors and others affected by sexual violence throughout Moray.

Rape Crisis Scotland welcomed Scottish Government Programme for Government funding in October to mitigate some of the resourcing issues contributing to unmet need demonstrated by significant waiting lists in some rape crisis centres.

However many centres continue to struggle to meet the demand, and a number of centres have had to take the difficult decision to close their waiting lists. The figures on the following pages indicate something

of the scale of sexual violence in Scotland and the range of ways that it touches the lives of people contacting rape crisis centres.

As in previous years, the overwhelming majority of these (**almost 92%**) were female survivors of sexual violence. Contact with centres took place via a variety of methods, predominantly by phone and text.

The number of appointments saw a significant rise of almost **26%** - most of these (**over 62%**) took place within rape crisis centres, with a further 26% conducted on an outreach basis.

Statistics from rape crisis centres continue to reveal a stark picture of the profound impact sexual violence can have: **77%** of people receiving support reported anxiety, almost **40%** had experienced panic attacks, and the same proportion reported having had suicidal thoughts. More than a fifth had attempted suicide. The number of people reporting to the police dropped by **1.46%** this year to **50.11%**.

Sexual violence, as these statistics show, can be devastating and have far-reaching consequences on the people whose lives it has touched.

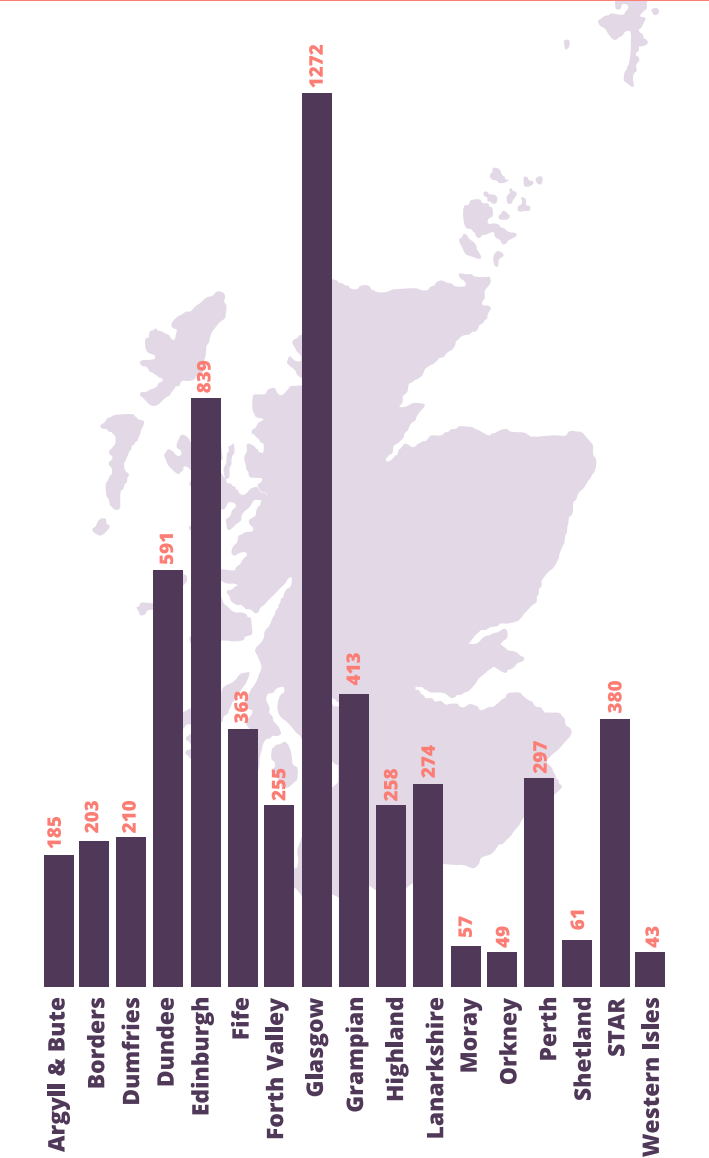
The **17** rape crisis centres now operational across Scotland continue to work with commitment and dedication to support survivors (and others) living with the reality underpinning these statistics.

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

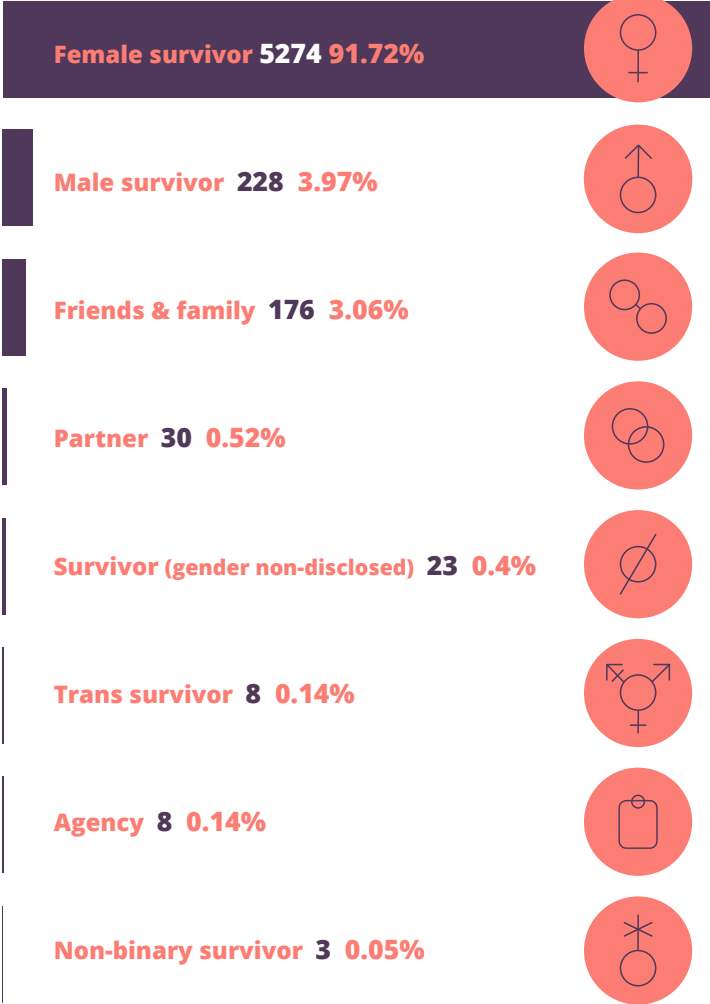


STATISTICS FROM CENTRES

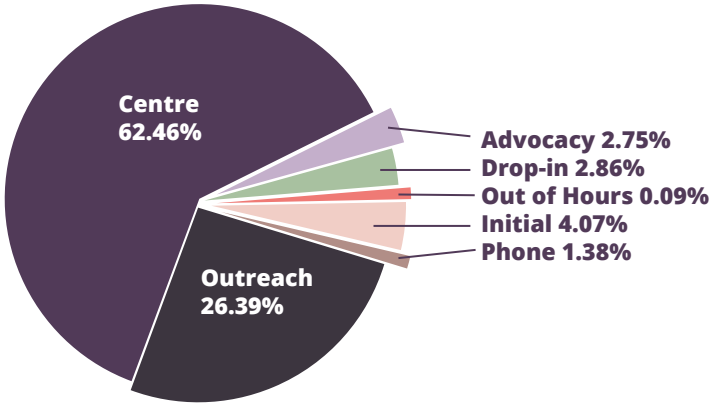
CLIENTS BY CENTRE : TOTAL CLIENTS 5750



CLIENT TYPE:

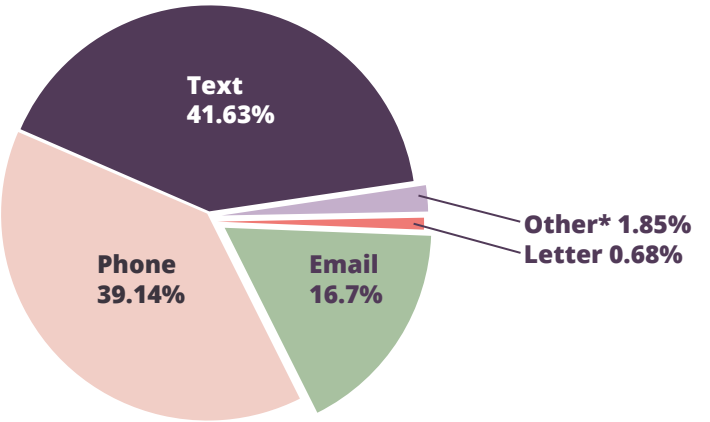


APPOINTMENTS: TOTAL APPOINTMENTS 20,212



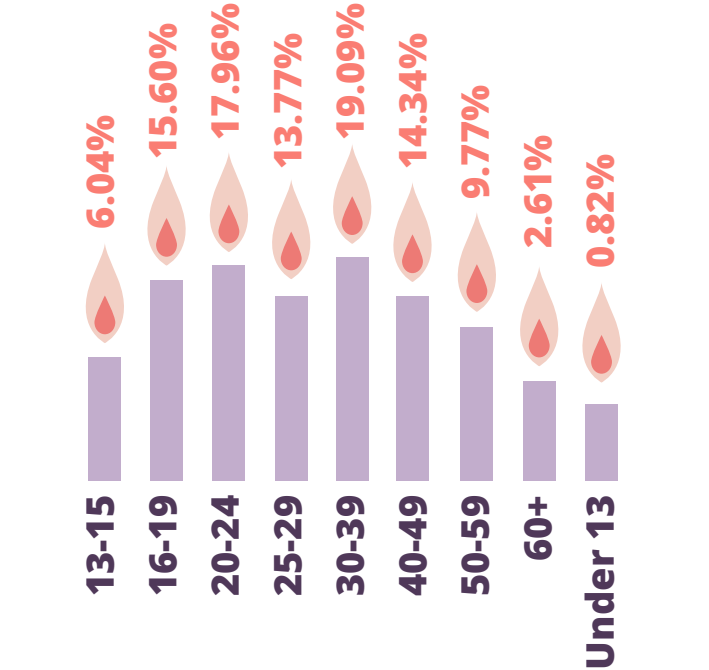
GROUP SUPPORT:
NO. OF SESSIONS ATTENDED: 1658

SUPPORT RELATED CONTACTS RECEIVED BY CENTRES TOTAL NUMBER OF CONTACTS: 43,841



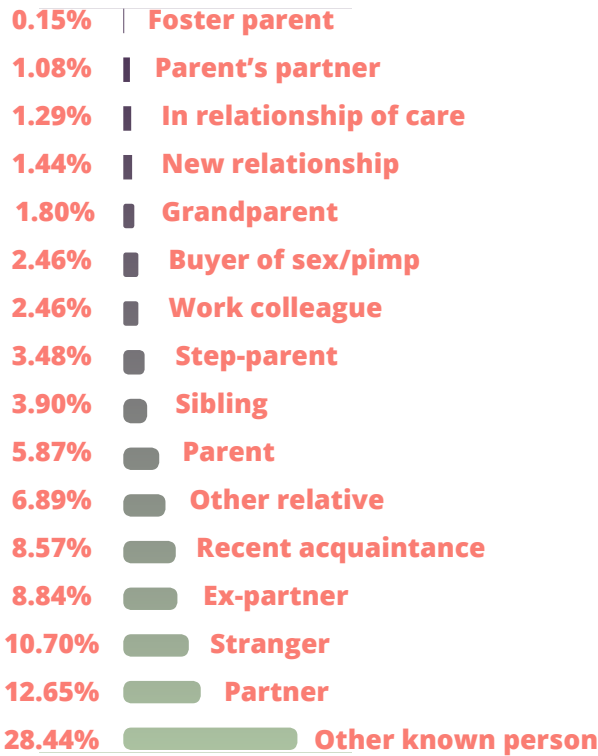
*Other includes instant messaging, language line, skype and typetalk

SURVIVOR AGE *WHERE KNOWN

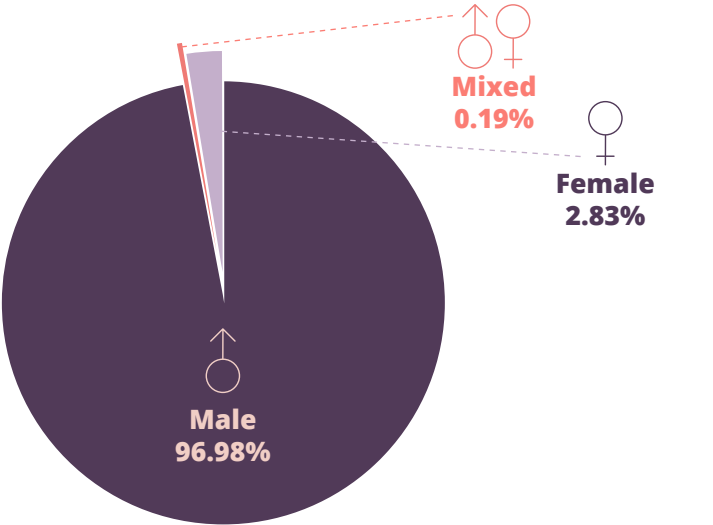


STATISTICS FROM CENTRES

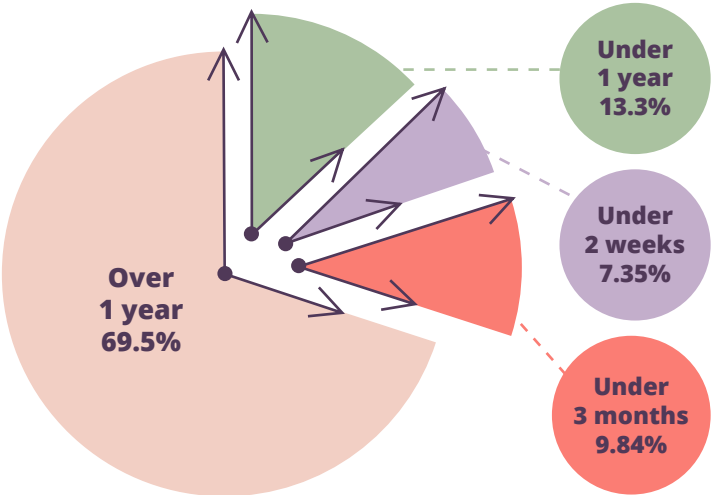
RELATIONSHIP OF ABUSER *WHERE KNOWN



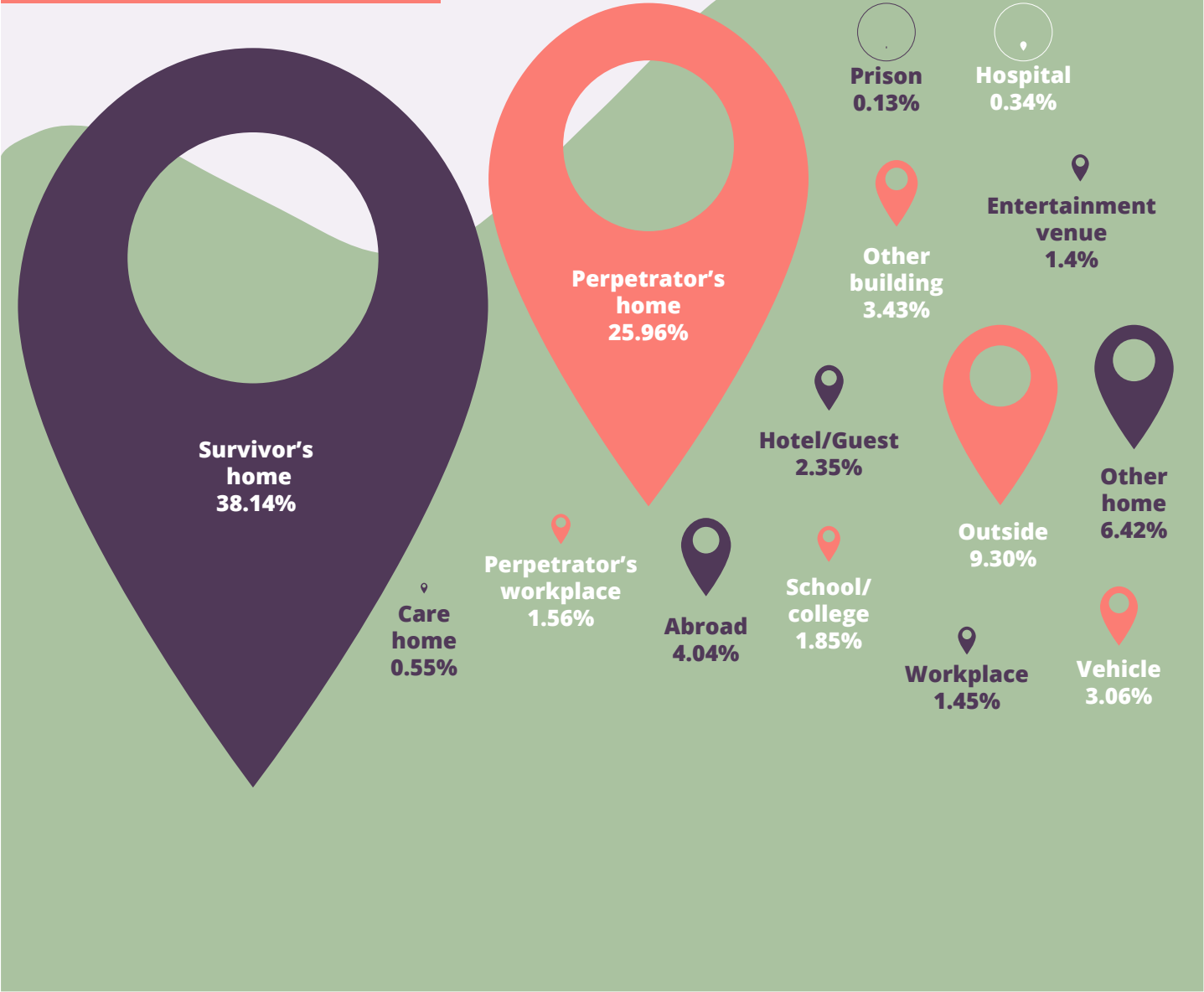
GENDER OF ABUSER *WHERE KNOWN



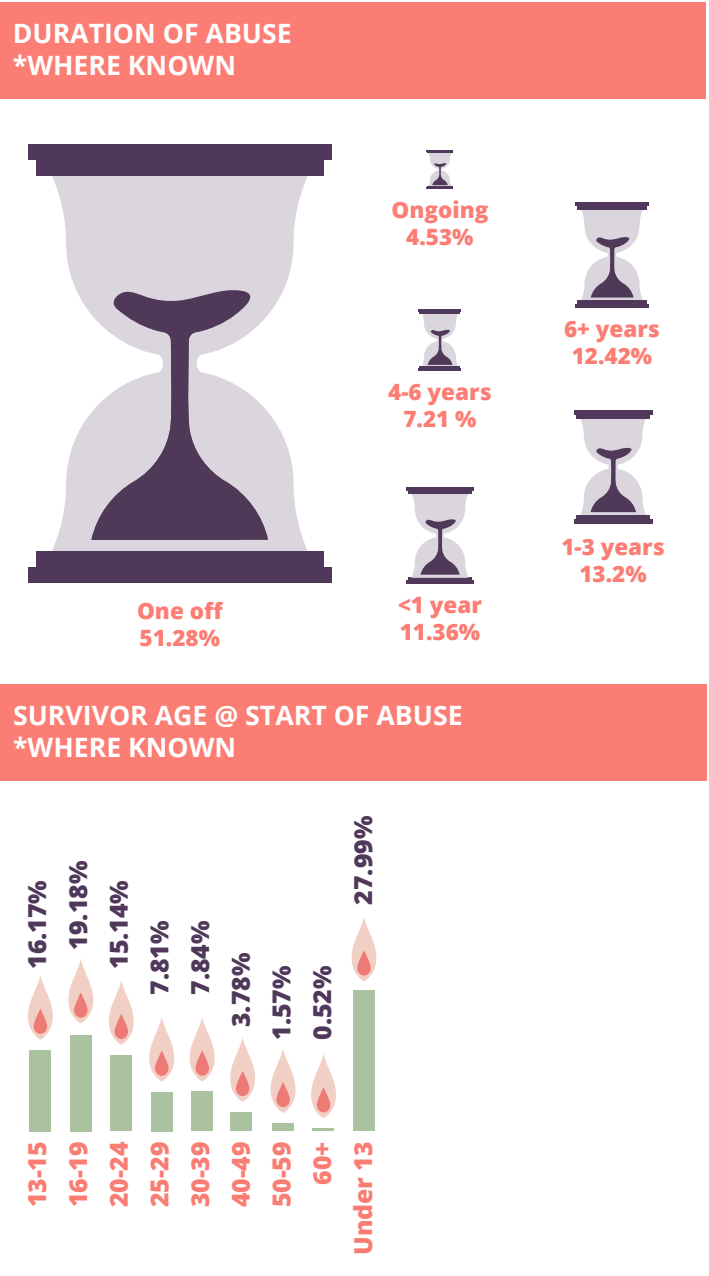
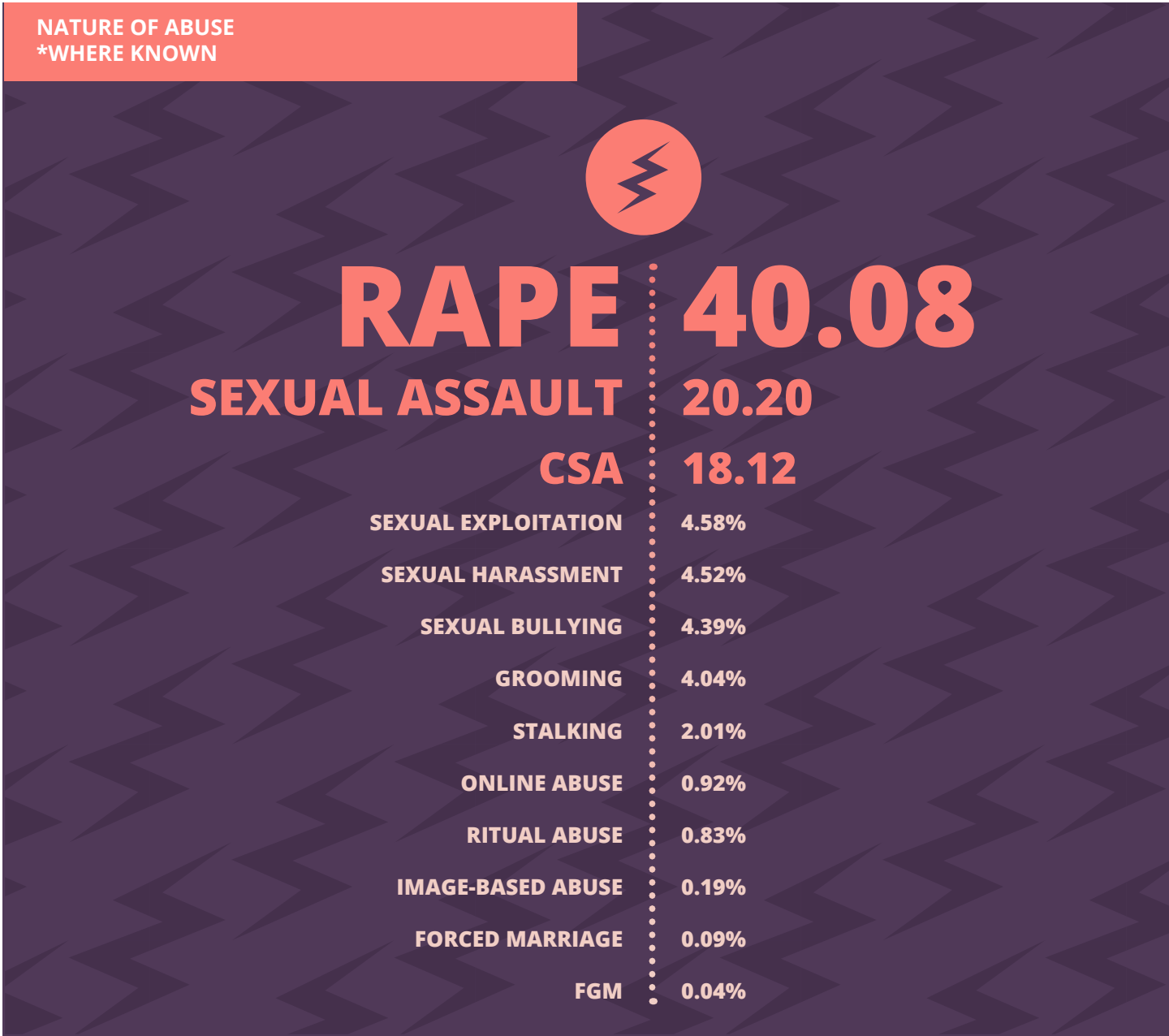
TIME ELAPSED SINCE ABUSE *WHERE KNOWN



LOCATION OF ABUSE *WHERE KNOWN

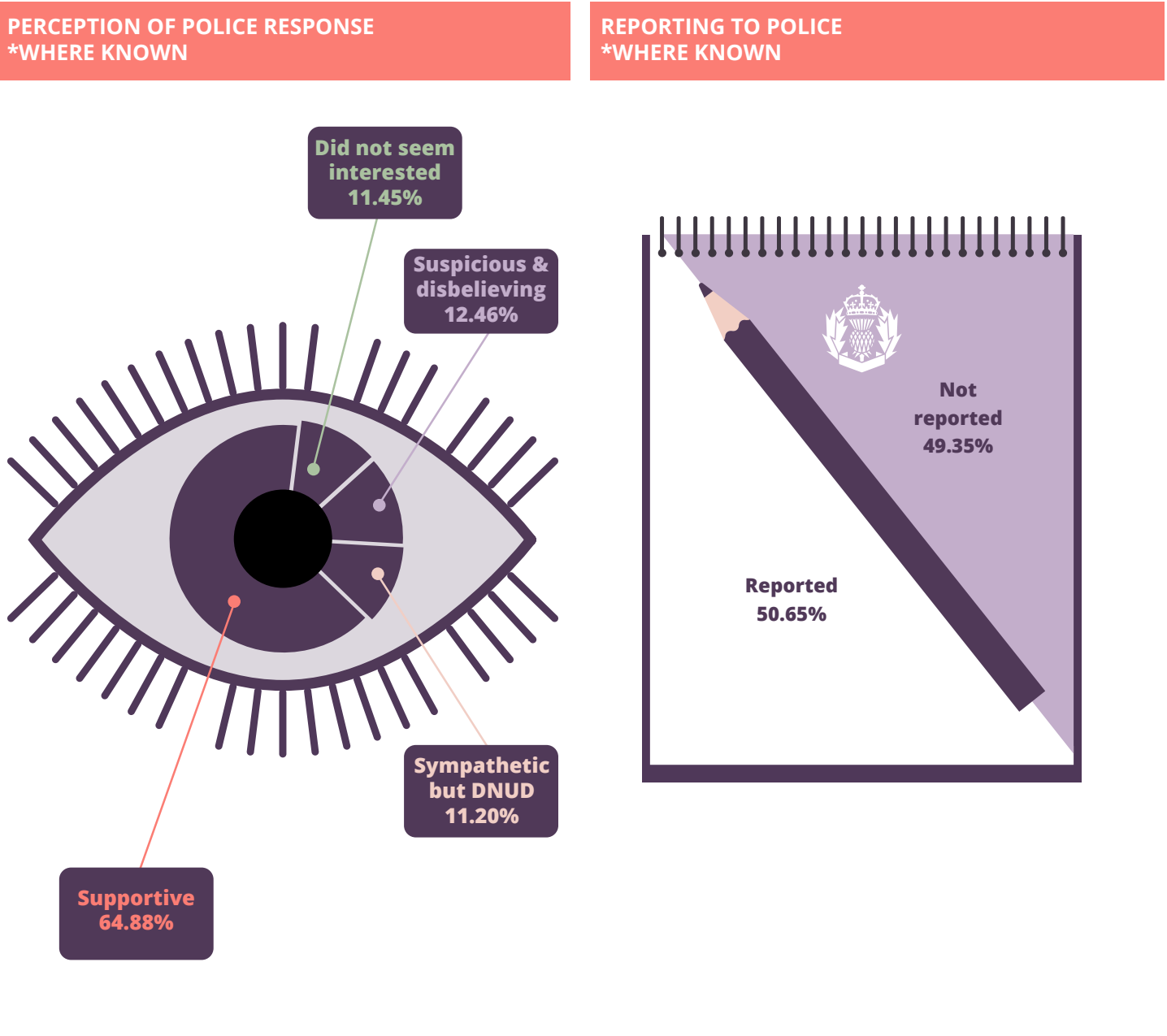


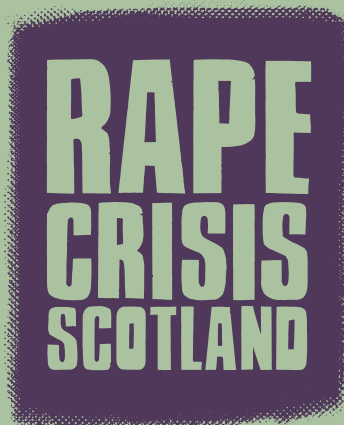
STATISTICS FROM CENTRES



STATISTICS FROM CENTRES

EFFECTS OF ABUSE *WHERE KNOWN			
♥ Anger	53.15%	♥ Loss issues	23.44%
♥ Anxiety	77.20%	★ Loss of home	13.19%
♥ Avoidance of images	22.74%	★ Loss of work/income	17.78%
♥ Avoidance of thoughts	35.10%	♥ Negative self image	43.85%
♥ Body anxiety	29.47%	♥ Obsessive compulsive behaviour	10.31%
♥ Depression	56.40%	♥ Panic attacks	39.87%
♥ Dissociation	25.43%	★ Parenting problems	12.36%
♥ Dreams/nightmares	46.57%	♥ Physical health problems	1.16%
★ Drug/Alcohol misuse	20.10%	♥ Pregnancy	3.89%
♥ Eating problems	22.15%	♥ Relationship problems	41.52%
★ Education problems	15.42%	★ Restrictions to activities	34.36%
♥ Fear	49.17%	♥ Restrictions to movements	25.61%
♥ Flashbacks	54.53%	♥ Self harm	26.68%
♥ Gynaecological disorders	5.45%	♥ Sexual problems	22.58%
♥ HIV/STI	1.96%	♥ Sleep problems	56.12%
♥ Intrusive thoughts	46.24%	♥ Suicide attempts	20.69%
★ Isolation	43.85%	♥ Suicide thoughts	39.69%
♥ Lack of confidence	52.02%	★ Work problems	19.09%
KEY: ● = 0% - 24% ● = 25% - 49% ● = 50% +		♥ = Emotional/psychological ♥ = Physical ★ = Social	





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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