

Rape Crisis Scotland



40 YEARS

of working

to end

sexual violence

ANNUAL REPORT **2015/16**

INTRODUCTION

2016 marks the 40th anniversary of rape crisis in Scotland. In this time, much has been achieved: there are now 16 rape crisis services operating across Scotland, we have a national prevention project working in schools across the country, speaking with young people about consent and healthy sexual relationships. We also run a national advocacy project, with support and advocacy workers in place across Scotland to support people who have engaged or are considering engaging with the criminal justice system following a sexual offence. There have been a number of important legislative developments – the criminalisation of rape in marriage, the redefinition of rape to include oral and anal penetration, the introduction of special measures to support complainants to give their evidence in court. Police responses to rape have been transformed, with the majority of survivors in contact with rape crisis telling us of a sensitive and supportive response when they report. Major public awareness campaigns such as thisisnotaninvitationtorapeme.co.uk and notever.co.uk have been developed to tackle women blaming attitudes towards rape.

It is clear, however, that much remains to be done. In 2014-15, there were 1,901 reports of rape and attempted rapes to the police, but only 270 prosecutions and 125 convictions. Women tell us of the ordeal of court and their difficulties accessing justice – see for example *A Woman's Story: My Personal Experience of Going Through the Policing and Judicial System after being Raped* at <http://tinyurl.com/z5f34mx>

Studies continue to indicate worrying levels of victim blaming attitudes within the Scottish public, for example the 2014 Scottish Social Attitudes Survey titled 'Attitudes to violence against women in Scotland' showed evidence that people believe that in certain situations women are at least "partly to blame if they are raped."

There is as great a need today as there was in 1976 for a strong rape crisis movement which offers support to survivors of sexual violence but also crucially campaigns to change how society responds to this violence.

01. SUPPORTING LOCAL CENTRES

Last year saw RCS lead on the development of 3 new Rape Crisis Services, covering 5 local authority areas. A new Centre was established for the 3 local authorities in Forth Valley. An interim service was provided on an outreach basis by Glasgow Rape Crisis while the service was in development. RCS worked in partnership with the Scottish Government and local authorities to ensure continued funding while a Board was recruited, a Manager employed and a SCIO established. Successful funding applications ensured that the new Centre was able to join the national Prevention project as well as the national Advocacy project and the new service was supported while the premises and infrastructure was put in place to enable full autonomy.

We also built on relationships with Women's Aid groups in Orkney and Shetland who had previously identified a need for sexual violence support in the North Isles. New funding from the Scottish Government enabled us to work in partnership to recruit and employ a support & development worker for both Shetland and Orkney. Employed and line managed by RCS with support from RASASH in Inverness and Women's Aid these workers aim to provide a support and advocacy service, evidence the need, especially for remote and rural survivors, and work collaboratively to improve service responses to sexual violence.

Centre Developments

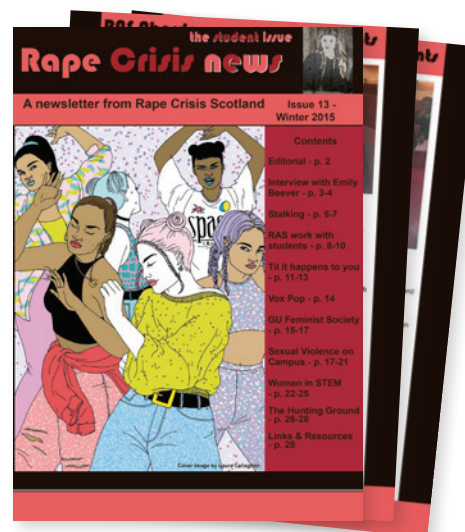
Rape Crisis Scotland continued to host Centre Development days and information sessions for member centres. This is an opportunity to offer updates on supportive practices, national developments, centre networking and to invite external speakers for themed sessions which arise from the needs of centre services. Examples of sessions over the past year have included:

- » Strategic and Legal developments
- » Sharing Practice models
- » Intelligence reporting: information and updates in partnership with Police Scotland
- » Vicarious post-traumatic growth
- » Financial training for managers and boards
- » Oasis introduction / training
- » Adult survivors of childhood sexual abuse from Scottish ethnic communities
- » An introduction to research: exploratory and qualitative study of therapeutic approaches, practised with sexually abused children and adolescents in India and the UK

Centre boards: Feminist Governance toolkit development

Rape Crisis Scotland is working in partnership with a specialist governance consultant, Scottish Women's Aid, the Voluntary Action Fund and the Centre for Research on Families and Relationships (CRFR) at the University of Edinburgh to develop a feminist governance toolkit for boards. The toolkit is for Trustees to have a means to self-assess their approach to governance. The framework adopted here comes from the model identified by the Feminist Governance Project (CRFR Briefing no.70) based on interviews and focus groups with Trustees of services for women and girls who have or are experiencing gender based violence. The feedback from the planned pilot sessions will inform and shape the content of this resource. In January 2016, the working group hosted their first pilot workshop of the toolkit for Rape Crisis Centre and Women's Aid boards / collectives. A further pilot workshop is planned for June 2016 to consult on the toolkit development and facilitate discussions on the feedback from pilot groups.

RCS also undertook some partnership work with Rape Crisis England and Wales around the accreditation of Rape Crisis training. 100 Learners from 11 Centres plus the national helpline took part in the project, reviewing, assessing and accrediting their prior learning with the Open College Network. As part of the project 9 learners completed a 'training for trainers' qualification, 36 an Award in Sexual Violence Support and 55 in individual units related to their support skills and knowledge.



02. RCS HELPLINE

The RCS Helpline offers free and confidential support and information to survivors of sexual violence of all genders, their friends, relatives and workers. The helpline is open daily from 6pm – midnight, staffed by trained support workers who provide crisis and short term support and information as well as signposting and referrals to local Rape Crisis Centres or other local services for in person and on-going support.

The RCS Helpline has seen a continued increase in demand across its services during 2015-16. The total level of contacts has increased by 7% with particular increases in email support and police referrals.

RCS Helpline has received 4,834 calls during this period:

Support	4,440
Information	203
Silent	145
Prank	24
Abusive	3
Other	9

Of the 4,834 calls 90% were directly from survivors of sexual violence, with 3% from relatives, 1% from friends and 4% from workers; in 2% of calls it is not clear who the caller was e.g. silent calls.

The RCS Helpline offers support across the spectrum of sexual violence, 40% of callers were survivors of rape, 21% were survivors of CSA, 11% were survivors of sexual assault and 25% of callers contacted about a wide range of experiences including: sexual harassment, sexual exploitation, stalking and ritual abuse. The RCS Helpline offers support to survivors no matter when in their life they experienced the abuse. Support is tailored to individual circumstances and focuses on what each caller identifies as most helpful to them. The RCS Helpline records where possible how callers have indicated the call has assisted them e.g.

71% of callers indicated feeling better at the end of the call

54% of callers accepted signposting to follow on services

81% of callers indicated being more aware of the options available to them

34% of callers accepted a referral to a follow on service

41% of callers indicated feeling less isolated

During 2015-16 the RCS Helpline received 659 police referrals (an increase of 21%), whereby survivors who have engaged with the police receive a referral for initial and crisis support and information as well as the opportunity to provide anonymous feedback to Police Scotland on their experience of reporting and forensic examinations.

The RCS Helpline continues to offer various ways in which survivors can contact the service and seeks to promote access by addressing barriers.

- » The demand for email support has increased significantly to 1,054 – representing a 29% rise in email contacts. This has led to RCS Helpline reconfiguring staffing to employ a dedicated email support worker.
- » A dedicated Deaf Access session continues to offer a Tuesday afternoon service with multiple means of accessing support including email, sms, online BSL interpreting and text relay.
- » Badged LGBTI access sessions are available every Monday and Thursday evening from 7pm – midnight. Last year also saw our attainment of the silver LGBTI Chartermark with an organization-wide focus on this development.
- » RCS Helpline continues to provide free access to language interpreters where callers' first language is not English and to provide translated information on request. We also provide funding to Centres to enable follow on support to be available and accessible.

Information
and support for
anyone experiencing
sexual violence and
harassment in the
workplace



The work of RCS Helpline was recently recognised by the Telephone Helpline Partnership Awards when we received 2nd prize in the UK wide Helpline Impact Awards, the judges commented on our submission as follows:

“The partnership working with the relevant organisations and bodies is impressive and has had a direct impact not only on an individual basis but also on improving responses and support from other services. The awareness and developments to include minorities is also to be commended.”

Quotes from callers:

“I find it easier to email than talk. The response was quick, and gave me information on getting help for everyone involved. I felt helpless, very angry & didn’t know where to get help before contacting your service, I now hope the issue can be dealt with, at least I know where to get help.”

“Thank you so much for being so kind to me. I felt safe and accepted. I was able to open up. Thank you again.”

03. WORKING FOR CHANGE

In the last year there have been some key developments and Rape Crisis Scotland continues to work for positive changes in responses to sexual violence survivors.

Equally Safe

The past year has seen significant strategic developments in work to address violence against women. To oversee the implementation of 'Equally Safe: Scotland's strategy for preventing and eradicating violence against women and girls', the Scottish Government established a Joint Strategic Board on Violence Against Women and Girls. The board comprises representatives from key statutory and voluntary organisations, including Rape Crisis Scotland. The Board has four subgroups, considering Justice, Prevention, Capability and Capacity and Accountability. RCS is represented on the first 3 of these sub groups. A delivery plan for the strategy will be published in 2016/17, outlining key actions in tackling violence against women and girls.

Evidence and procedure review

In March 2015, the Scottish Courts and Tribunal Service (SCTS) published the report from its Evidence and Procedure Review, chaired by the then Lord Justice Clerk, Lord Carloway. The Review recommends a transformation in how the evidence of children and vulnerable witnesses is taken in Scottish proceedings. Its recommendations primarily focus on moving towards a system of pre-recorded evidence (including cross examination) to ensure evidence is taken closer to the

time of the incident/s, and to avoid children and vulnerable witnesses having to attend court. Rape Crisis Scotland was a member of the reference group for the next steps of the review, and is looking forward to working with the SCTS to consider how the vision of the review can be realised. The proposals in the review have the potential to transform the experience of rape complainers in Scottish courts. The key proposals are outlined here: <http://tiny.cc/45uj9x>

Abusive Behaviour and Sexual Harm (Scotland) Act

Introduced to the Scottish Parliament in October 2015, the bill was approved in March 2016 and will become law in 2017. Amongst others things, the Act introduces a new offence of sharing or threatening to share intimate images and introduces judicial directions in relevant sexual offence trials, to provide information to juries about reactions to rape. Rape Crisis Scotland provided written and oral evidence to Justice Committee in support of the provisions in the Act.



Forensic examinations

Rape Crisis Scotland has been working closely with the Scottish Government, Police Scotland and the NHS to try to move forward the implementation of the minimum standards on the provision of forensic medical examinations after a sexual offence. RCS consistently receives feedback from survivors about how difficult they find having a male examiner carrying out forensic examinations, often immediately after being raped. It continues to be the case that around half of forensic examinations take place in police stations. The standards, if implemented, could make a huge difference in survivors' experience, by ensuring the provision of female doctors and being clear that these examinations should not take place in police stations. The standards also set out the importance of a holistic approach being taken to survivors' needs, including their needs around sexual health, support and advocacy. A short life working group was established under the Justice Expert Group of Equally Safe to look at the implementation of the standards, and as a result funding has been allocated to employ a Programme Manager within health to focus on forensic examinations after rape or sexual assault.

Partnership working

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 training course
- » Involvement in the Crown Office Expert Group on Sexual Offences
- » Scottish National Stalking Group
- » Specialist Adult Sexual Assault Forensic Service Delivery Subgroup

04. THE NATIONAL ADVOCACY PROJECT

In autumn 2015, Rape Crisis Scotland secured funding from the Scottish Government to establish a national advocacy project for survivors of sexual crime in Scotland. The project provides support and advocacy to survivors who have engaged or are considering engaging with the criminal justice system following a sexual crime.

The objectives of the project are:

- » an improvement in the support available to victims of rape and serious sexual crime;
- » an improvement in the experience of the criminal justice process for victims of rape and serious sexual crime; and
- » the development of a better understanding of motivations to proceed or not to proceed within the criminal justice process and what difference advocacy support makes to this decision

The national project has been developed taking into account the learning from the pilot Support to Report scheme, based within the Rape Crisis Centre, Glasgow. The evaluation of this pilot can be found here: <http://www.sccjr.ac.uk/publications/evaluation-of-support-to-report-pilot-advocacy-service-summary-report/>

The project is being delivered in partnership with the 14 local rape crisis centres across Scotland, along with the Domestic Abuse & Sexual Assault Team within West Lothian Council. All 15 organisations have employed a full-time or full-time equivalent Support & Advocacy Worker. The project is coordinated by Rape Crisis Scotland, and is guided by an advisory group which comprises representatives from local services, Police Scotland and the Crown Office.

The project went live early 2016, and up until the end of July 2016 had provided support and advocacy to 368 survivors.

The project is funded until March 2018 and this includes funding to commission an external evaluation to assess the impact of the project.

05. PREVENTION

This year the national prevention programme reached an even greater number of young people than the previous year, demonstrating how well prevention workers have developed relationships with schools and other local partners. We reached 12,619 (2589 of whom we had previously worked with) in 91 schools. We were awarded a three year grant to continue the programme through the Scottish Government Children, Young People and Families Early Interventions Fund, which is a continuation of the Third Sector Early Intervention Fund. The level of the grant was increased to include Glasgow Rape Crisis Centre, RASAC Perth and Kinross and Forth Valley Rape Crisis Centre. We are taking further steps to engage with schools by developing a whole school approach to preventing gender based violence, in partnership with Zero Tolerance and a range of other violence against women, equalities and sexual health agencies.

Revisions to the prevention education resource pack were completed, and this included consultations with specialist agencies to make the materials more relevant to young disabled people, lesbian, gay, bisexual and transgender young people and those from black and minority ethnic backgrounds, as well as to update materials looking at advertising, music videos and video games.

We held an event at the Scottish Parliament with Rape and Sexual Abuse Service Highland and Lanarkshire and Edinburgh Rape Crisis Centres to highlight young people's participation and launch films made by young people. The event was very well attended and received, and was successful in raising awareness amongst partner agencies of young people's interest and engagement in tackling sexual violence, and the ways we are facilitating this.

We are taking part in the Equally Safe Primary Prevention working group to contribute to the development of a well-coordinated action plan for Scotland which encompasses young people's knowledge and expertise, and draws on our understanding and experience of effective approaches to preventing violence



06. SCOTTISH WOMEN'S RIGHTS CENTRE

The Scottish Women's Rights Centre launched on 22nd April 2015 offering women survivors (aged 16+) of gender based violence access to free legal information, advice and where possible, representation. The SWRC is a partnership project between Rape Crisis Scotland, the Legal Services Agency and the University of Strathclyde Law Clinic.

The SWRC launched with a weekly helpline available across Scotland and has since extended its provision to include a further weekly helpline session and two weekly legal advice surgeries. The legal surgeries are based in Glasgow and Lanarkshire Rape Crisis Centres, ensuring that they are delivered in comfortable, safe, women-only spaces with access to support and signposting / referrals to local services.

In 2015-16 the SWRC helpline received 242 calls and provided 44 legal surgery appointments that resulted in case work and / or representation. Women contacting regarding their experience of abuse are assisted to identify their legal needs and rights depending on individual circumstances. The most common areas of law discussed relate to child contact and residence, protective orders, reporting crimes and the criminal justice process.



07. INFORMATION & AWARENESS-RAISING

We continued to publish regular news and updates on the RCS website throughout 2015-16, with 32 new stories and 9 blogposts (some from guest contributors) in the course of the year. New resources added to the site included or new leaflet for people experiencing sexual violence and harassment in the workplace and updated versions of our information leaflets on rape & sexual assault, child sexual abuse, police & legal advice & drug assisted sexual assault. We continued to maintain an active presence across a range of social media, including Facebook, Twitter, Google+, Kiltr and YouTube. We published trailers for new prevention videos aimed at young people looking at consent, and at pressures in teenage relationships.

Rape Crisis News

We produced two extensive issues of Rape Crisis News during the year, totalling 60 A4 pages. The first of these focused on students, and included several contributions from student journalists as well as interviews with the NUS Scotland Women's Officer and Glasgow University Feminist Society, articles on stalking on campus, rape crisis prevention work with students in Aberdeen, and a look at the barriers facing women studying and undertaking careers in STEM subjects. A special legal issue we produced in February appeared at a pivotal moment for survivors' rights: the outcome of a judicial review published that month marked a significant step forward for the right to privacy of complainers in sexual offence cases,

while the Evidence and Procedure Review initiated by Lord Carloway and also published that month offered some radical and welcome proposals for changes in the way that the justice system engages with children and vulnerable witnesses, (including survivors of sexual offences). In an interview in this issue, Lord Carloway outlined some of the background to these potentially transformative proposals.

LGBT Chartermark

In December, Rape Crisis Scotland was delighted to receive the Silver LGBT Charter Mark from LGBT Youth Scotland. This was in recognition of our efforts to ensure that LGBT issues are mainstreamed and an integral part of our service. We hope that this will allow LGBT people to feel that they can contact us with confidence, in the knowledge that they will be fully included, valued and supported.

We produced a special postcard to mark Transgender Day of Remembrance, and to highlight the support available to trans survivors. This was widely circulated across social media, and well received.

'Secret Shame' postcard campaign

We were honoured during the 16 Days of Action to publish new A5 postcard featuring a poem by Angela McCrimmon which we felt expressed very effectively the sense of shame experienced by so many survivors following an assault, in spite of the fact that the only person who is ever responsible for sexual violence is a perpetrator. In doing so, we hoped to

reinforce that all of us can play a part in supporting survivors, first and foremost by collectively placing shame right back where it really belongs – with perpetrators.

Stalls, presentations and enquiries

We held stalls at 7 events and gave 16 presentations. We also provided input at 3 Crown Office & Procurator Fiscal Service training events and 5 Sexual Offences Liaison Officer training events.

In addition to general administration calls and calls to the helpline, we responded to 703 enquiries, 97 of which were media enquiries and 166 of which were responses to requests for information. This represented a 7% increase on 2014-15.

Seminar and workshop

In December 2015, Rape Crisis Scotland hosted Ben Atherton-Zeman, a well-known US activist and campaigner on violence against women, who performed 'Voices of Men', (a one-man play highlighting sexism and rape culture) to audiences in Dundee, Ayrshire and Glasgow, where the performance was followed by a panel and audience discussion. Ben also led a workshop with a group of men, looking at different ways for men to challenge violence against women.



08. FINANCES

Statement of Financial Activities For the Year Ended 31 March 2016

Incoming resources from

Donations and legacies*	£252,143
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Charitable activities

Sexual violence support**	£1,134,620
Investment income	£934

Total incoming resources £1,387,697

Expenditure on Charitable activities

Sexual violence support	£1,379,246
Total resources expended	£1,379,246

Net income £8,451

Other recognised gains/(losses)

Actuarial gains/losses on defined benefit schemes	(£11,654)
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Net deficit (£3,203)

Fund Balances as at 1 April 2015 £91,678

Fund Balances as at 31 March 2016 £88,475

*Core Funding	£244,000
Donations	£8,143
**National Helpline	£260,000
Big Lottery Fund – (3rd Sector Early Intervention)	£226,240
Lankelly Chase – (Prevention Coordinator)	£20,176
Scottish Government – (Advocacy project)	£302,025
Scottish Government – (Forth Valley RCC development)	£74,994
Scottish Government – (Orkney RC Centre)	£18,750
Scottish Government – (Shetland RC Centre)	£18,749
Scottish Government – (RII)	£140,000
Scottish Government – (Prevention Post)	£17,500
Scottish Women's Rights Centre	£31,606
Project Workforce Development	£24,580

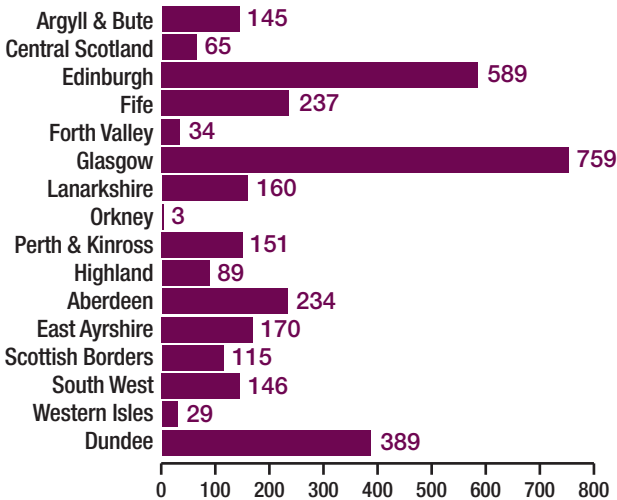
Please contact us if you would like a copy of our audited accounts

09. NEWS FROM LOCAL CENTRES

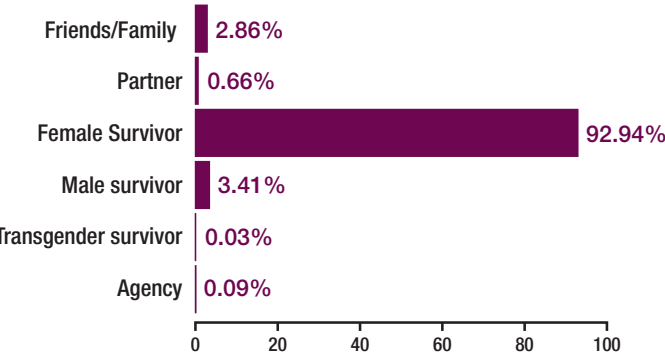
Statistics from rape crisis centres across Scotland.

Clients by centre

Total clients: 3,315

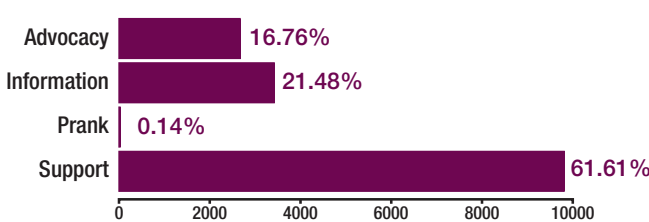


Client Type

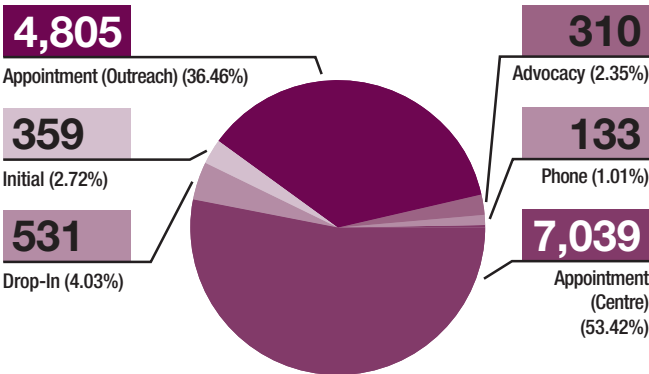


Call Type

Total calls: 15,921

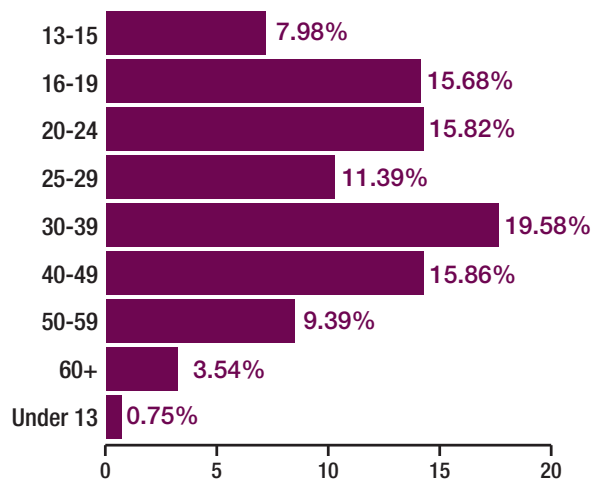


Appointments: 13,177

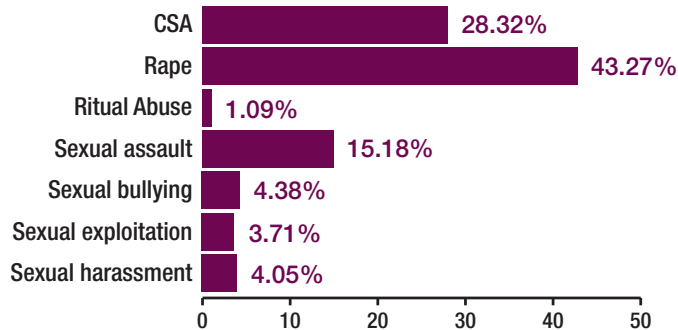


Group Support
– no. of sessions attended: 1,213

Survivor age*

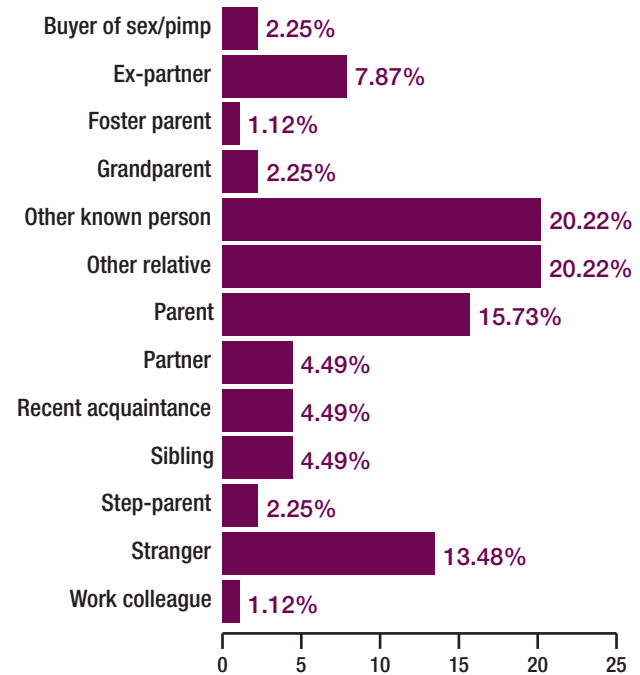


Nature of abuse*

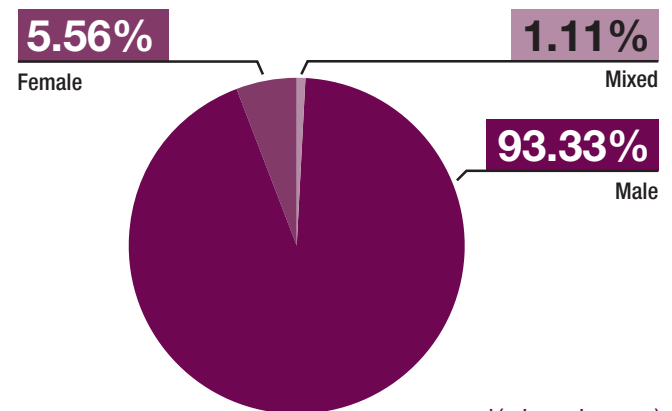


Some clients have experienced more than one form of abuse.

Relationship of abuser*

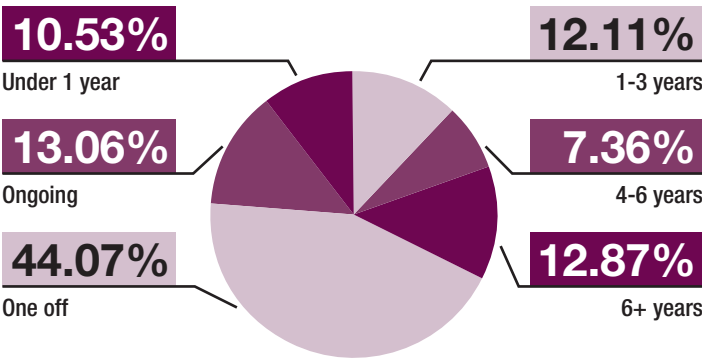


Gender of abuser*

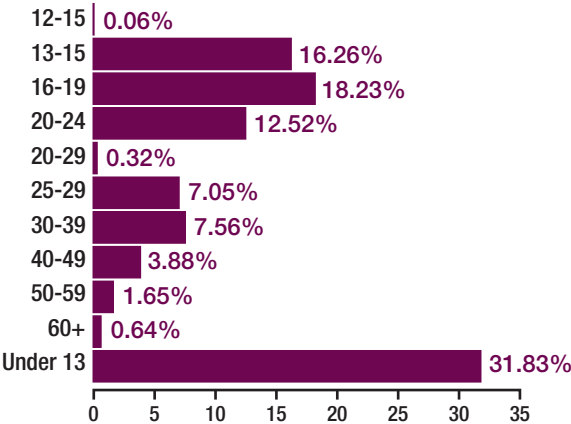


*(where known)

Duration of abuse*

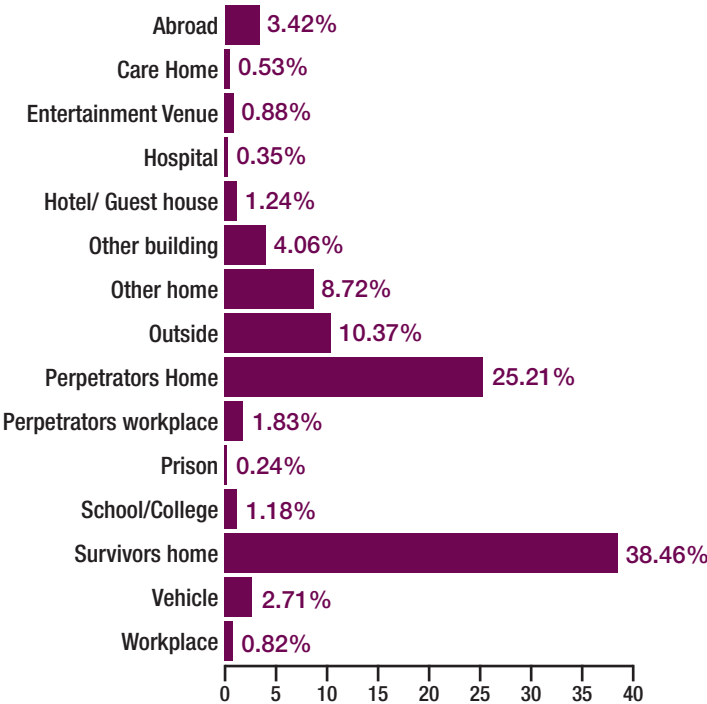


Survivor's age at start of abuse*

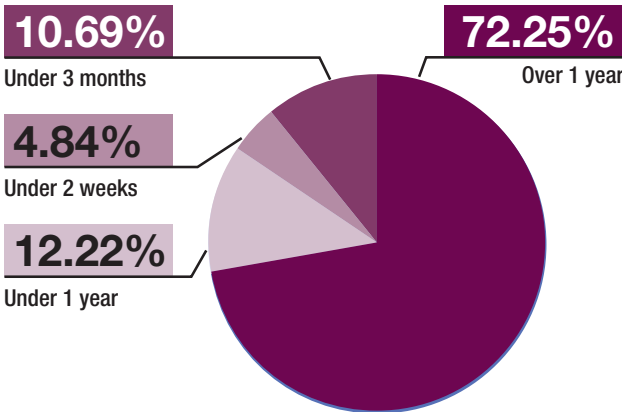


Please note that there is a small overlap in age categories during 2015-16 due to a change in age categorisation within the database.

Location of abuse*

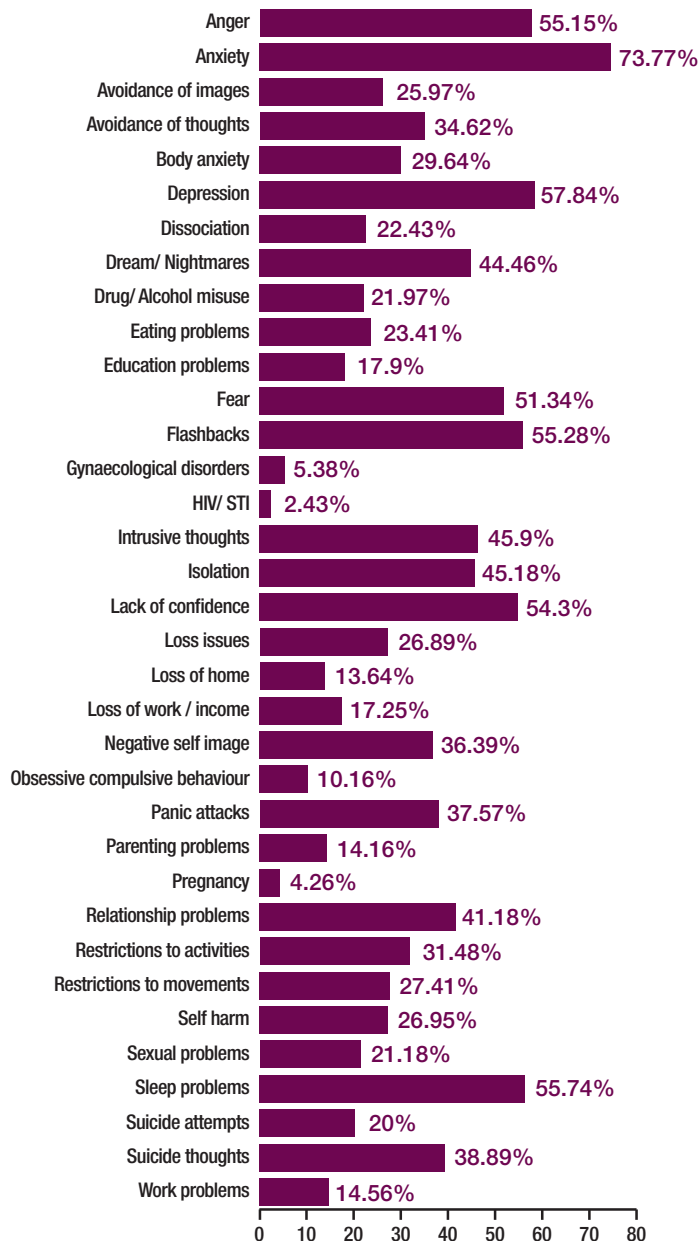


Time elapsed since abuse*

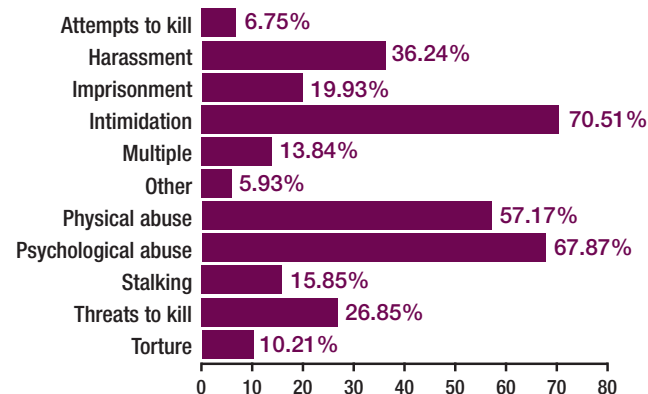


*(where known)

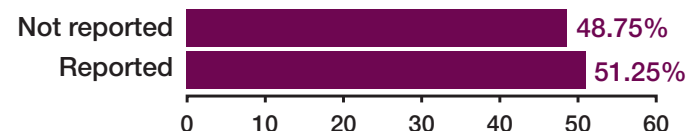
Effects of the abuse*



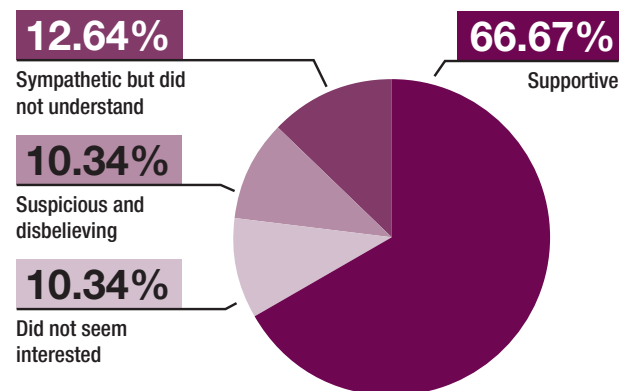
Additional violence involved*



Reporting to the Police



Perception of police response*



*(where known)

Aberdeen

RAS Aberdeen has seen some significant changes over the last year. The charity has settled into new premises in Crown Street, Aberdeen, and also benefited from the creation of two new posts within the staff team. A new Equalities Worker enables us to link with people from multi ethnic communities and our Sexual Violence Prevention Worker is working with young people in schools, community settings, colleges and universities raising awareness of issues relating to sexual violence.

During the year, in addition to one to one support work, RAS facilitated a number of groups attended by survivors i.e. our Art Therapy, Women's Group and Childhood Sexual Abuse Group.

Argyll & Bute

During the last year our Partnership Group Work, aimed at survivors of sexual abuse who have additional complex needs has grown substantially - with new groups being established and existing locations increasing their numbers, this year we have introduced more Art Therapy into our programme. We work closely with partner agencies across the region and have received excellent feedback with some requesting us to facilitate additional partnership group work for their service users.

Our Tessa Youth Project facilitates mainstream prevention workshops and support to young people in schools and youth groups, bespoke support and prevention sessions with 'looked after' young people and provides this on a one to one basis with young people who have learning disabilities or behavioural issues and who are extremely vulnerable to sexual abuse/sexual exploitation. We are happy to have received Comic Relief funding for a further 3 years so this essential work can continue to develop with the opportunity to provide this support in other more rural remote areas such as Island communities.

Requests for new support and advocacy services are currently outweighing staff capacity therefore a key focus area for us is to secure funding to 'boost' our staffing numbers.

East Ayrshire

The Rape Counselling and Resource Centre (RCRC) has been working to reduce the harm of sexual violence for almost three decades. In recent years our core services have been extended to include men and boys as well as women and girls. Although based in East Ayrshire, we have a pan Ayrshire remit and deliver outreach services spanning a mixture of urban and rural areas.

Our core services include:

- » Support, including early intervention work with young women aged 13+
- » Support and advocacy for survivors going through the criminal justice system
- » Support for family members
- » Outreach support
- » Sexual violence prevention programme in schools
- » Group work and complementary therapies

During the last year, the centre has received 144 referrals. Of these, three referrals were for men and the remainder for women and girls. Excluding 37 who did not attend, the centre has delivered 1-1 support to 107 survivors during this time and currently has 70 open cases. We have also supported 17 family members, including mothers of young women, partners and siblings.

We have received 32 referrals for support and advocacy and currently have 16 open cases.

Our sexual violence prevention project delivers 65 school sessions per term, reaching over 4,000 young people each year.

Dumfries & Galloway

During the year our Happy Days New Beginnings Club went from strength to strength. This is a survivor led, staff facilitated club which meets every two weeks for social opportunities and activities in a safe nurturing environment.

This year activities have included trips to the Edinburgh dungeons, the Chocolate Factory, BBQ in the beach, pantomime, craft day, crazy golf and games, bulb planting and a visit to the Devil's Porridge.

The Club is self-funding with members and staff working together to source and secure funds for the club. Two very successful pop-up shops were held in Dumfries High Street this year. While it was hard work for everyone involved in collecting bric-a-brac to sell, in preparing the shop, in actually selling the items over two days and then clearing up after the shop it was good fun and everyone worked to the best of their abilities to support each other. Supporting one another is the whole point of Happy Days New Beginnings Club and working for a common aim proved to be one of the most enjoyable experiences of the year.

Dundee

Our major success this year has been striving to meet the continually high demands of support for our service. We supported an incredible 391 survivors, including 59 women who are involved or at risk of involvement in Prostitution / Commercial Sexual Exploitation.

The Advocacy Project has really enhanced our ability to provide early and effective intervention to women, particularly those who wish to report to the police or access the Sexual Assault Referral Network. In just 4 months 27 women received ongoing support and a further 31 women received one off support from the worker.

"I felt so much better having you there, knowing that you would deal with anything that came up"

The establishment of the Prevention Project has led to an increase in referrals from young people – through consultation we found that young people wanted a bespoke young people's service. So with their support we applied to Comic Relief to support us in establishing our young people's service. We were delighted to secure funding Comic Relief's support and are now in the process of developing our Young People's Support Service – which will be open to young men and women aged 12-18 years of age.

We are focussing our work in the coming year to evidence the impact of sexual violence on women's mental health and wellbeing. We have introduced Core 34 to enable us to monitor the impact of our service. Hopefully next year we can provide more information on this!

Edinburgh

Alongside our core specialist, trauma-informed support services for survivors, including crisis support for survivors of recent rape and sexual assault, and longer term emotional support, we continued to provide outreach services in East and Midlothian, specialist support for young survivors via our STAR project, counselling for survivors affected by alcohol use in partnership with Edinburgh and Lothians Council on Alcohol (ELCA), and specialist trauma-focused complementary therapies. New service developments included a dedicated advocacy project to support survivors through the criminal justice process. In total we supported 602 service users in 2015-16, providing 1364 face-to-face support sessions and a further 2624 episodes of support by phone, email and text.

Our Prevention Worker delivered 68 sexual violence prevention workshops to 577 young people in Edinburgh in local school and youth groups. We worked with RCS and Media Co-op to film four short films made by and starring young people from our prevention project, which address issues to do with sexual violence and are now being used in schools across Scotland. The DVD was launched at a national RCS prevention event at the Scottish Parliament.

As part of our information service we set-up a new blog on topical issues relating to sexual violence and the work of the centre. We were also an Edinburgh University Students' Association chosen charity for 2015 and benefited by successful community fundraising, eg by the EQUALISE group at Edinburgh University, which has helped bridge gaps in funding streams. We also secured funding from several new funders, including the Volant Charitable Trust, Lloyds TSB Foundation for Scotland, and Criminal Justice funding from the Scottish Government towards our advocacy project.

Fife

FRASAC moved to larger premises in March 2016, at the end of a year in which the centre continued to provide counselling and support services to the whole of Fife. FRASAC has delivered one to one support to survivors of sexual violence for over 12 years. During this period, we have seen waiting lists rise with service users sometimes waiting months before getting access to regular counselling or support. The use of psychoeducation and resourcing techniques (CRM) have been a massive benefit in assisting our service users to understand and self-manage their symptoms whilst awaiting or during their counselling or support sessions.

FRASAC has also now recruited a Support and Advocacy worker, and has delivered the Preventing Sexual Violence Pack in Fife schools and to other Fife community groups.

Forth Valley Rape Crisis

The new Centre Development manager came into post in September 2015 and focused on building relationships with key partners and funders in Forth Valley. The Centre began providing support to people of all genders age 13+ who have been affected by any form of sexual violence, as well as advocacy provision for anyone engaging with the criminal justice system. The prevention worker was recruited in February with a view to engaging young people in sexual violence prevention work in schools and University from April 2016. The team have established a warm and welcoming new space in Stirling as well as outreach support according to need, and look forward to building a volunteer team and involving survivors in developing the service.

Glasgow

The Rape Crisis Centre in Glasgow marks its 40th Anniversary in 2016 and its busiest ever year in 2015/16. As demand for the service grows we are responding with three specialised projects for young women, BME women and women and men who are going through the justice process, we continue to expand our core support service with our helpline, online support, group work and drop in. We have two outreach services, a very active prevention project and partnerships with the Scottish Women's Rights Centre and GEMAP money advice service. Our very active social media has been successful in raising our profile and attracting new service users to our centre. It's been a dynamic and successful year but we anticipate ever increasing numbers in 2016/17.

Lanarkshire

There have been a number of highlights and achievements for LRCC over the past year including: building our staff team; improving governance structure; raising our profile; securing additional funding from NHS Lanarkshire. The main highlight was the launch of the Lanarkshire Surgery of the Scottish Women's Rights Centre which has supported 31 women and girls through the criminal justice process, helping to alleviate some of the stress associated with this, and ultimately making the process more bearable for survivors. The funding for this came from the Violence Against Women Working Group in North Lanarkshire, and the South Lanarkshire Gender Based Violence Group.

We improved the governance of LRCC with a new Board of Directors, 5 individuals with various and differing experience and knowledge, 4 of whom are new to the Centre.

The Support & Advocacy post has filled a large gap in provision, built capacity within LRCC and strengthened the existing team.

The SWRC Lanarkshire surgery has made a vast difference to survivors of abuse, who can now access free legal advice and information to help them move forward.

An increase in demand has meant that our waiting list has grown but is being managed with telephone support and one off sessions. In the longer term consideration is being given to increasing capacity through recruitment of volunteers and for new paid posts. LRCC has also improved existing links with local VAW partners through involvement in various sub groups with regards to consultation, developing local strategies and delivering training.

Orkney Rape Crisis

Highlights/achievements of the past year have included:

- » Providing the first rape crisis service to survivors in Orkney
- » Promoting the new service to statutory, third sector and national government agencies. Getting leaflets and posters out in the community.
- » Collating feedback from agencies about the numbers of survivors being supported by agencies and the experience of survivors
- » Launching the new service in Orkney and starting to provide support and advocacy to survivors.
- » Visiting three of the most populated outer isles to see first hand the obstacles encountered by isles survivors.

Perth & Kinross

It has been another successful and busy year for us at RASAC Perth. There has been a significant increase in the demand (79%) for Support Services. The reasons for this appear to be diverse but include the impact of our awareness raising work undertaken in schools which has encouraged young people who have experienced abuse, harassment and sexual assault to access support to address these issues. Additionally high profile media attention to the issues, and a continuing change in societal tolerance of sexual violence appear to have also encouraged survivors to come forward. However the significant increase in demand on our support services led to us having to review support and the decision made to offer time limited support of up to 21 sessions was made. A further review and consultation with survivors regarding our helpline also made the recommendation that helpline hours be reduced to focus on the delivery of one to one support. Another of our achievements in this year has been the development of our service user forum which is providing an opportunity for service users to have their voice heard on the ongoing development of their services.

RASAC Perth has been successful in securing new funding for specific projects. Firstly we secured an award for 5 years funding from the Big Lottery to develop a more holistic Children, Young People and Families project, which also provides continuing support for the crucial core infrastructure. Funding has also been made available by the Scottish Government specifically to develop Advocacy Services. Both of these new elements will contribute to RASAC Perth being able to provide a comprehensive service to those affected by Rape and sexual assault.

We continue to be funded by a wide range of much valued local and national funders who are essential to the continued delivery of the service. The Scottish Government VAW fund, Rape Crisis Specific Grant, Henry Smith, Forteviot Trust, Robertson Trust, Comic Relief, BIG Lottery, Perth and Kinross Council all fund particular aspects of the service allowing continued responsive developments to meet the changing needs of women. In addition Choose Life funding enables specific support to those affected by suicide and self-harm.

‘Prevention’, however, remains an important aspect of the service and an amazing amount of work continues with young people in schools and community groups. We have engaged with 4450 young people in schools and are building on our work with community groups. 13 young people have been trained as Youth Ambassadors, to support the profile of the service with young people, and contribute to the development and delivery of services. We are proud and delighted to have them within RASAC.

Volunteers are of vital importance to the service. Their hard work and commitment is invaluable for those seeking support. All volunteers undergo training and 5 new volunteers have completed a comprehensive training programme this year.

Scottish Borders

Managing increasing demand for our services year on year is an achievement and the new National Advocacy & Support role has provided increased capacity to support survivors. We have also successfully recruited 4 trustees and 3 volunteer support workers.

One of our volunteers, Audrey Laycock, won the first Scottish Borders Violence Against Women Partnership Award. This was for her contribution at SBRCC and also as a volunteer for the CEDAR project. Audrey is a dedicated and valued volunteer and has been with SBRCC since the Centre opened in 2010.

We are committed to achieving our silver LGBT Chartermark and are making good progress towards this. Over the last year we have been working to improve our service information and Scottish Borders College HND Graphic & Design agreed to undertake this task. A group of students redesigned all our service and awareness raising information, including the development of a specific LGBT leaflet and we are delighted with our new resources. We also launched our new website and this is proving to be a valuable tool in enabling survivors to access information about the service.

Additionally, we have secured capital funding from the Clothworkers that will significantly contribute to our planned renovation work to make the ground floor of our premises accessible for survivors who have mobility issues.

Our Community Fundraising and awareness raising events have been very successful and we have raised almost £7,500 at various events.

We also hosted a Scottish Young Person Creating Change (SYPCC) event in the Borders and this was a huge success, we had 29 young people attend from 5 of the 9 High Schools in the Borders.

Scottish Highlands

This has been our first full year of operation and it's hard to pinpoint any one highlight, it's all been very exciting. The main focus for the year has been on developing & consolidating practice and spreading the word about what we can offer.

Opening our centre, having a great staff and volunteer team in place and seeing the impact support & advocacy can have on survivors has been very rewarding and humbling, the work of our young ambassadors from the StandUp Rasash project has been tremendous, and our fundraising volunteers and individual donors have been hugely helpful in keeping us solvent!

Although we primarily provide support from our centre in Inverness, we've also done outreach work across areas within 30 mins drive time of Inverness.

Shetland Rape Crisis

We are delighted to have launched Shetland Rape Crisis on the 24th May 2016.

The Shetland public has provided very positive feedback and there is a lot of support from professionals, media and politicians.

We received our first generous donation of £500 from the Auld Skule Recycling centre, an independent rural charity shop.

Within the first month of the Shetland service opening, we have experienced a steady flow of referrals, 10 in total, requiring a range of services including advice and information, advocacy, support and CRM psychotherapy.

We also ran a poster campaign in the Pubs and Clubs in Lerwick highlighting the services.

Western Isles

Western Isles Rape Crisis Centre has provided outreach face to face support to the Uists and Barra as well as to Harris and the outer lying villages of Lewis with the money received from Survivor Scotland.

Our Advocacy and Support worker has been in place since January this year and is supporting five survivors.

Our Sexual Abuse Prevention Worker continues to make strides with the young people she works with despite geographical challenges and other issues that can sometimes impede her work.

We now have new computers installed but still have the ongoing problems with mobile signal which is a problem with our support calls as many women and young women have a mobile instead of a landline.

We are still struggling with premises which are not fit for purpose. We will be concentrating on funders which fund buildings for the next few months.

We had Michael Matheson MSP, Justice Secretary for Scotland up for a visit and it was really helpful to be able to speak with him about the many and varied challenges and differences and difficulties we face.

10. A VISION OF THE FUTURE

Specialist support for survivors of sexual violence, freely available at the point of need

Significant progress has been made in addressing geographical gaps in rape crisis provision across Scotland, with Moray being the last area of Scotland with no specialist sexual violence support provision. It remains the case, however, that many of our centres continue to struggle to meet the demand upon them. Due to limited resources, a number of centres are forced to operate at times lengthy waiting lists. We believe that access to support following a rape or experience of abuse is a right, not a privilege. Seeking support following rape is not always an easy thing to do, and we believe that the least we should be able to offer people in this position is access to support when they need it, not months down the line.

In the coming year, we plan to explore the feasibility of addressing the remaining gaps in geographical provision of rape crisis services across Scotland and work with centres to improve their financial stability.

Survivors of sexual violence have access to a justice system which does not re-traumatise them unnecessarily

We will work with the Scottish Courts and Tribunal Service on the Evidence & Procedure Review* which we believe has

the potential to transform the experience of sexual offence complainants seeking justice. We will also support and develop the National Advocacy Project, to ensure that anyone considering reporting, or who has reported, a sexual offence to the police has access to support and advocacy throughout the process. We will continue to work closely with Police Scotland and the Crown Office, and to operate our innovative direct referral scheme with Police Scotland for sexual offence complainants.

*<http://tinyurl.com/hsnecvu>

There is increased awareness of the nature and reality of sexual violence

Surveys of societal attitudes consistently suggest worrying attitudes towards sexual violence amongst the Scottish public. These attitudes, which often take the form of beliefs that women are in part responsible for the sexual violence they experience, can prevent survivors of rape and abuse speaking out or seeking help for what has happened to them. It can also have an impact on justice following rape – jury members are comprised of members of the public, and statistically at least some of them are likely to hold attitudes which blame women for rape in certain circumstances. In the coming year, Rape Crisis Scotland will develop a new public awareness campaign aimed at increasing awareness of the reality of sexual violence.

Young people across the country have access to information and safe spaces to discuss consent and healthy sexual relationships

Young people have told us that they believe that they should have access to education around consent and relationships, and agreed overwhelmingly that adults were right to be concerned about young people and relationships (see the evaluation of the RCS sexual violence prevention programme <http://www.rapecrisisscotland.org.uk/news/sexual-violence-prevention-project-evaluation>). RCS works in schools across the country with young people, and our approach is proven to improve knowledge and change attitudes. But more resources are needed – we believe that every young person in Scotland should have access to programmes such as ours, and this is what we will be working to achieve in the coming year and beyond.

Government strategies on violence against women are informed by a diverse range of survivors' voices

The Scottish Government has led the way in developing a clear vision to end violence against women and girls, and an understanding of the causes of this violence as being located within gender inequality. A Joint Strategic Board on Violence Against Women has been established, comprised of key stakeholders and decision makers across the country, with a remit of overseeing the implementation of Equally Safe: Scotland's strategy for preventing and eradicating violence against women. RCS is committed to engaging with the Scottish Government to realise the ambitious vision set out in Equally Safe, and to ensure that all strategic work is informed by a diverse range of survivors' voices. We will be working with Scottish Women's Aid to consider how we meaningfully consult with survivors of gender based violence, to ensure that their needs and views are instrumental in shaping how we take forward work in addressing violence against women and girls.

11. CONTACT INFORMATION

Aberdeen

Rape and Abuse Support (RAS)
112 Crown Street, Aberdeen AB11 6HJ

Helpline: 01224 591 342

Office: 01224 590 932

Email: info@rasane.org.uk

Web: www.rasane.org.uk

Argyll & Bute

Argyll & Bute Rape Crisis Centre
PO Box 9338, Dunoon PA23 8WS

Helpline (women): 0800 121 46 85

Helpline (men): 0800 032 0399

Office: 01369 700 800

Email: info@ab-rc.org.uk

Email: support@ab-rc.org.uk

Web: www.ab-rc.org.uk

or visit www.tessaproject.co.uk

Dumfries and Galloway

South West Rape Crisis & Sexual Abuse Centre
9 George Street Meuse, Dumfries DG11HH

Helpline: 01387 253 113 (Dumfries)

Helpline: 01776 889 331 (Stranraer)

Email: admin@rape-crisis.org.uk

Web: www.rape-crisis.co.uk

Dundee

Women's Rape & Sexual Abuse Centre - Dundee & Angus
2 Dudhope Street, Dundee DD1 1JU

Helpline: 0300 365 2001 (Mon, Wed, Fri 10am-12pm)

Office: 01382 205 556

Email: info@wrasac.org.uk

Email (Support): support@wrasac.org.uk

Web: www.wrasac.org.uk

East Ayrshire

Rape Counselling & Resource Centre
PO Box 23, Kilmarnock KA1 1DP

Helpline: 01563 541 769

Office: 01563 544 686

Email: rcrc1@btconnect.com

Web: www.rapecounsellingandresourcecentre.co.uk

Edinburgh

Edinburgh Rape Crisis Centre
1 Leopold Place, Edinburgh EH7 5JW

Support Service: 0131 556 9437

Business: 0131 557 6737

Email: support@ercc.scot (Support enquiries)

Email: info@ercc.scot (General email enquiries)

Web: www.ercc.scot

Fife

Fife Rape & Sexual Assault Centre
182a The Esplanade, Kirkcaldy KY1 1RE

Office: 01592 642 336

Email: info@frasac.org.uk

Web: www.frasac.org.uk

Forth Valley

Forth Valley Rape Crisis Centre
22 Millar Place, Stirling FK8 1XD

Telephone Support: 08088 01 03 02

(6pm - midnight daily)

Office: 01786 439 244

Email: contact@forthvalleyrapecrisis.org.uk

Web: www.forthvalleyrapecrisis.org.uk

Glasgow

Glasgow Rape Crisis Centre
5th Floor, 30 Bell Street, Glasgow G1 1LG

Helpline: 08088 00 00 14

Office: 0141 552 3201

Minicom: 0141 552 4244

Email: info@rapecrisiscentre-glasgow.co.uk

Support: support@rapecrisiscentre-glasgow.co.uk

Web: www.rapecrisiscentre-glasgow.co.uk

Lanarkshire

Lanarkshire Rape Crisis Centre
Brandon House Business Centre,
23-25 Brandon Street, Hamilton ML3 6DA

Helpline: 01698 527 003

Office: 01698 527 006

Minicom: 01698 527004

Email: info@lanrcc.org.uk

Web: www.lanrcc.org.uk

Orkney

Orkney Rape Crisis, Room 2, Flat 3
Phoenix House, Junction Rd
Kirkwall KW15 1AX

Office: 01856 872 298

Email: contact@orkneyrapecrisis.scot

Web: <https://www.orkneyrapecrisis.scot>

Perth & Kinross

Rape & Sexual Abuse Centre Perth & Kinross (RASAC P&K)
18 King Street, Perth PH2 8JA

Helpline: 01738 630 965

Office: 01738 626 290

Email: info@rasacpk.org.uk

Support: rasacpk@gmail.com

Web: www.rasacpk.org.uk

Scottish Borders

Rape Crisis Centre

1A Wilderhaugh, Galashiels, TD1 1PW

Office: 01896 661070

Email (office): info@sbrcc.org.uk

Email (support): support@sbrcc.org.uk

Web: www.scottishbordersrapecrisis.org.uk

Scottish Highlands

Rape and Sexual Abuse Service Highland (RASASH)

Support line: 03330 066909

Office: 01463 257657

Email (Office): info@rasash.org.uk

Email (Support): support@rasash.org.uk

Web: www.rasash.org.uk

Shetland

Shetland Rape Crisis

Voluntary Action Shetland

Market House, 14 Market Street

Lerwick, Shetland ZE1 0JP

Office: 01595745078

Email: contact@shetlandrapecrisis.scot

Web: www.shetlandrapecrisis.scot

Western Isles

Rape Crisis Centre

74 Kenneth Street, Stornoway,

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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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(voice and minicom)

Open daily 6pm – 12 midnight



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