



REVIEW OF 2015-2016

01. Objects and Activities

Originally established in 1978, Edinburgh Rape Crisis Centre's charitable objectives are:

To relieve the distress of women, men, boys and girls aged over 12 years who have been raped or who have experienced sexual violence and of their partners, friends and families through the provision of emotional and practical support, information, advice and advocacy; and

To advance education, through the provision of information, advice and advocacy, among professional bodies and the general public about the causes, nature, extent and effects of rape and sexual violence against women, men, boys and girls aged over 12 years, and ways of preventing or relieving the suffering it causes.

At present, Edinburgh Rape Crisis Centre (ERCC) provides services for young women, men and members of the transgender community aged 12-18, adult women and adult members of the transgender community, including transgender men.

02. Service Outcomes

Survivors develop positive strategies for coping, which better enable them to:

- a. maintain and improve relationships
- b. remain in employment or seek employment/training/volunteering opportunities
- c. overcome isolation
- d. reduce self-harming practices

Survivors are empowered and supported to engage with the criminal justice system; when they elect to do so.

Survivors are more informed about the potential ongoing impact of rape and sexual abuse and are therefore better able to understand and self-manage the effects of sexual violence.

Our service outcomes contribute significantly to both local SOA (Single Outcome Agreement) outcomes for City of Edinburgh, Mid and East Lothian Councils, and nationally to the following National Outcomes [1]

We live longer, healthier lives

We have tackled the significant inequalities in Scottish society

We have improved the life chances for children, young people and families at risk

We live our lives safe from crime, disorder & danger

03. Activities Overview 2015-16

Over the past year ERCC's trauma-informed support services in Edinburgh, East and Midlothian have:

Supported 589 services users

Received 214 new referrals

[1] <http://www.gov.scot/About/Performance/scotPerforms/outcome>

Our service monitoring and evaluation shows that our support helps survivors to:

- feel safer and more in control of their lives and choices.
- feel more able to cope with the impacts of sexual violation and trauma.
- develop improved well-being and resilience

The types of support provided by ERCC include:

Initial appointment: to allow the service user to discuss which of ERCC's services might best meet their needs.

Long term individual support (up to 16 sessions): provides a safe space in which survivors can begin to process the trauma they have experienced and build strategies for positive coping, self-esteem and resilience.

Crisis support: up to 6 sessions of immediate practical and emotional support offered to service users who have recently been raped or assaulted.

"The support I received from ERCC helped me feel **better** about myself, more **confident**, and with increased **self-esteem**."

- Woman survivor who accessed ERCC's long-term support

Advocacy support: advocacy support for survivors of sexual violence who are engaged in the justice process, including support to:

- Report to the police where requested, either directly or remotely.
- Attend Sexual Health Centre appointments.
- Apply for Criminal Injuries Compensation.
- Liaise with the Crown Office and Procurator Fiscal Service (COPFS.)
- Attend court.

Group work: facilitated 12- week group work programmes for groups of up to 8 survivors.

East Lothian Sexual Abuse Service (ELSAS): a small-scale outreach service offering face-to-face support, advocacy and information for women and transgender people in East Lothian who have experienced sexual violence and abuse.

Midlothian Sexual Abuse Service (MSAS): a small-scale outreach service offering face-to-face support, advocacy and information, and delivered in partnership with Women's Aid East and Midlothian, for women and transgender people in Midlothian who have experienced sexual violence.

STAR Young Survivors's Service (Surviving Trauma, Abuse and Rape): specialist support and counselling, art psychotherapy, information and advocacy for young people aged 12-18 who are affected by sexual violence.

Information: ERCC's information service provides a range of information resources about sexual violence for survivors, their supporters and agencies. In 2015-16, 3,532 information materials have been distributed to a broad range of stakeholders across Edinburgh and Lothian. 428 copies of ERCC's trauma-informed resource for survivors of sexual violence, the Little Green Book, have been distributed to survivors using our service.

Training: ERCC's training service provides high-quality internal training for staff and volunteers to support professional development and external training to a range of professionals and agencies to raise awareness of sexual violence. In 2015-16, we delivered 13 training sessions to 112 participants from a broad range of services in Edinburgh and Lothian.

Prevention: ERCC's Sexual Violence Prevention Project offers free, high quality, sexual violence prevention education in schools and youth groups across Edinburgh City. In 2015-16, we delivered 68 sexual violence prevention workshops to 577 young people in Edinburgh in local schools and youth groups. We worked with 5 schools, a specialist youth group for young people outside of mainstream education, and also delivered additional work for Rape Crisis Scotland with a residential school in Forth Valley. We also continued our 'Do You Know' drama project with young people from Leith Academy by working with Rape Crisis Scotland and Media Co-op to film four short films made by and starring young people from the project, which addresses issues to do with sexual violence. The four films, now titled the Young Voices DVD, are now being used in schools across Scotland.

"Doing this project has given me **knowledge** and **confidence**, it has made me a better person and now I can speak up if there is something that I disagree with, hoping to make a positive change in someone's life"

Shashwat, aged 18, cast member of the 'Do You Know' Theatre Project

Partnership working

In 2015-16, ERCC has continued to work in partnership with a range of stakeholders to improve services for survivors of sexual violence, including:

- Rape Crisis Scotland
- Police Scotland
- Edinburgh Violence Against Women Partnership
- East and Midlothian Violence Against Women Partnership
- NHS Lothian
- Women's Aid
- Edinburgh and Lothian Council on Alcohol (which has continued to offer specialist counselling for ERCC service users who are affected by their own alcohol use or that of someone close to them)

"I used to think I must have made it easy for him to treat me the way he did; basically I was blaming myself for his actions. But now I can say it was 100% his fault, and that it happened because of who he was, not who I was. I know I have nothing to be ashamed of, and I feel stronger because I know it's him and not me who has issues he has to face. I feel ready to start my life again. My life didn't end when it happened; it got side-tracked a bit but I know I can get it back on track."

Young woman survivor who accessed long-term support from ERCC's **STAR** project

04. Achievement and Performance

Key successes in 2015-16 include

Launch of new Scottish Government funding for the National Rape Crisis Advocacy Project at ERCC by the Cabinet Secretary for Justice in September 2015, through which each rape crisis centre in Scotland has received a new full-time Advocacy Worker to support survivors of sexual violence who wish to engage with the justice process.

Continued success of ERCC's Sexual Violence Prevention Project, which in 2015-16 delivered awareness-raising workshops to 577 young people in Edinburgh and beyond.

National launch of 'Do You Know?', an awareness-raising DVD resource developed by young people in Edinburgh in partnership with ERCC's Sexual Violence Prevention project, hosted by Malcolm Chisolm MSP at the Scottish Parliament in December 2015.

Continued delivery of high quality support and information for 589 service users affected by sexual violence and training for 112 beneficiaries from a broad range of agencies, services and the wider community.

Launch in May 2016 of A Woman's Story, a 32-page report written by an ERCC service user in conjunction with ERCC, which provides a moving and powerful account of her experience of the justice system following being raped. In August 2016 the author together with representatives of ERCC met with the Cabinet Secretary of Justice to provide feedback on her experience and her recommendations for change within the justice system.

Continued success of ERCC's blog, which has attracted positive feedback from funders and other stakeholders over the past year.

Securing of funding Big Lottery Fund, City of Edinburgh Council, East Lothian Council, Midlothian Council, NHS Lothian, Scottish Government, NHS Lothian, Lloyds TSB Foundation for Scotland and the Volant Charitable Trust, to enable the continued delivery of rape crisis services for Edinburgh, East and Midlothian in 2015-16 and 2016-17.

Successful public fundraising appeal which at 31 March had generated £29,410.

05. Principal Funding Sources

ERCC's funding for the period was provided by

- BBC Children in Need
- Big Lottery Fund
- City of Edinburgh Council: Health and Social Care Department and Early Intervention Fund (Children and Families)
- Comic Relief
- Donation income
- East Lothian Council
- Golden Bear Trust
- Midlothian Council
- NHS Lothian
- Robertson Trust
- RS Macdonald Charitable Trust
- Scottish Government, Criminal Justice Fund
- Scottish Government, Violence Against Women Fund
- Scottish Government, Rape Crisis Specific Fund
- Self-generated income via sale of training
- Third Sector Early Intervention Fund

'I endured two years of constant sexual and emotional abuse and went from someone who was very forthright, confident, happy and safe to someone who could barely function – socially or emotionally. I was in desperate need of support but I didn't know what form it would take or how it would help me as I am an extremely private person and had been completely worn down.

There was never any pressure or agenda during my sessions. I felt that I finally some control, understanding and ultimately healing. I had a voice and I was finally listened to – often through tears. At first I cried because I had held my breath for almost 3 years. I had been raped and degraded; shamed and numbed. If I cry now it comes with the relief and appreciation that I have had the support, care and understanding that I so desperately needed!

Woman survivor who accessed ERCC's long-term support