



ANNUAL REPORT **2018/19**

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Shetland Rape Crisis would like to thank everyone who has supported our work during our first nine months as an independent charity. We are grateful to the Scottish Government for their financial support, along with individuals in our local community which donated and fundraised on our behalf.



CHAIR'S REPORT



This year has been an important one for Shetland Rape Crisis as we complete our first full year as an independent entity since the incorporation of Shetland Rape Crisis as a charity on the 10th July 2018. We are grateful for the help and training provided by Rape Crisis Scotland as we moved from being a Shadow Board to a Board in our own right, and for their continuing support as we move forward. Huge thanks are due to the staff of Shetland Rape Crisis, who have done some incredible work this year building up the service, supporting those affected by sexual violence, and promoting sexual violence prevention. The Board would especially like to thank Linda Gray for her exceptional contribution, without which Shetland Rape Crisis would not exist.

Having our own Centre has proved an important step forward for the organisation, providing a safe, appropriate and comfortable environment for service users, and allowing all our services to be delivered from a central hub. We secured funding from Lerwick Community Council to improve our facilities, making the building a more suitable space for both support work and in the effective delivery of training, with the addition of blinds for the main windows and new seating. We also applied to Tesco's Bags of Help scheme to enable us to improve the outdoor area of the premises, creating a therapeutic garden, for which we hope to be successful in raising funds in late 2019.

The team at Shetland Rape Crisis will once again increase in April 2019 when we will be welcoming a new Activism Worker, supported by ROSA funding.

In the early days of Shetland Rape Crisis, a common misconception was that there could be no need for such a service in this flourishing small island community, but this was quickly demonstrated to be false, with demand for services starting out high and growing consistently ever since. Through campaigning events such as the annual 16 Days of Activism Against Gender Based Violence and International Women's Day; training such as the Zero Tolerance initiative; and fundraising activities such as Easy Fundraising

and Amazon Smile; Shetland Rape Crisis is passionate about raising awareness of sexual violence as an issue that can affect anyone, and for which help is available.

This year we have established a Strategic Plan. Our aim for the future is to build a firm foundation for the high-quality service Shetland Rape Crisis provides, improving the resilience of the organisation through long term funding and staff development. We look forward to the years ahead.

CAROL SCOTT
Chair of the Board of Trustees

"SRC is passionate about raising awareness of sexual violence as an issue that can affect anyone, and for which help is available."



Scottish Cabinet Secretary for Justice, Michael Matheson, visiting Shetland in August 2017.

“NHS Shetland now provides Forensic Examination to anyone reporting a recent rape or sexual assault to the police in Shetland.”

HISTORY OF SHETLAND RAPE CRISIS

Getting to this point has been a long journey. Shetland Rape Crisis was born on the 15th February 2016 as a pilot project under Rape Crisis Scotland, with a Support and Development Worker initially employed for 28 hours per week in order to scope out the needs in Shetland for survivors of sexual violence. And by 24th May 2016, when the project was officially launched, a waiting list for support was already in place. It became quickly evident that Shetland required a specialist service to provide a range of services to anyone aged 13+ affected by sexual violence, whether their experience was recent or a long time ago.

Setting up the fledgling service from scratch proved a mammoth task and was only possible thanks to the incredible support from Rape Crisis Scotland, whose expertise was invaluable.

In early February 2017, Shetland Rape Crisis, Orkney Rape Crisis, and Rape Crisis Scotland highlighted the lack of Forensic Examination provision for victims of rape and sexual assault, not only in the Northern Isles but throughout rural Scotland. This triggered the Scottish Government to financially invest in Forensic Provision and develop the new National Standards for Forensic Examination Provision in Scotland. NHS Shetland now provides Forensic Examination to anyone reporting a recent rape or sexual assault to the police in Shetland. This allows for crucial DNA evidence to be gathered to support a criminal case.



In 2017 we recruited for a shadow Board of Trustees, embarking on a lengthy training program facilitated by Voluntary Action Shetland. This enabled our new shadow board to fully engage in the process of applying for charitable status, and with Rape Crisis Scotland around our feminist governance. In addition to this, in September 2017, our team was increased in order to meet the continued demand for our services, with a dedicated 10 hour post for a new Sexual Violence Prevention Worker and 25 hour post for an Advocacy and Support Worker. This was a pivotal moment for Shetland Rape Crisis, growing from a pilot project with one part time worker, to a full staff team supported by a Board.



In late 2017, in order to most appropriately support our clients, new workstreams and growing staff team, we started looking for a suitable space to become our Centre for services. In 2018 we secured an ideal property to become our new centre, as we prepared to become a fully autonomous charity and Scotland's most northerly Rape Crisis Centre.



"In 2018 we secured an ideal property to become our new centre, as we prepared to become a fully autonomous charity..."



"The most important thing I learned is that the law says that "consent" means "free agreement." So if someone doesn't "freely agree" then they haven't given consent."

BOY, AGE 14

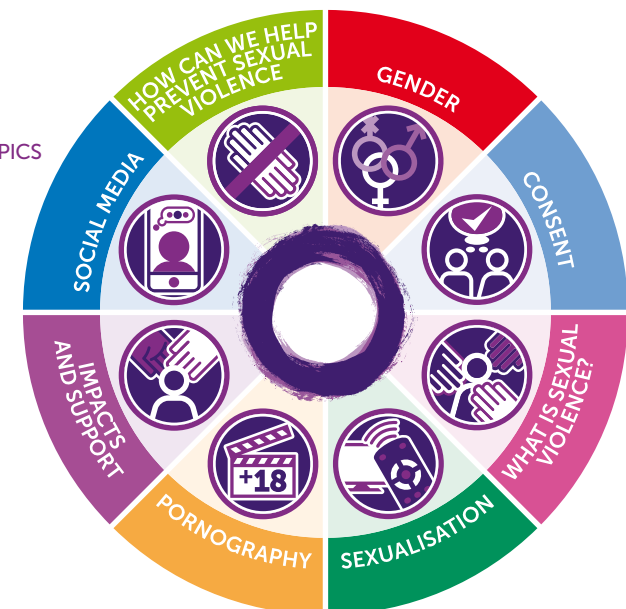
PREVENTION

In August 2017, Shetland Rape Crisis welcomed a new 10-hour-per-week Sexual Violence Prevention Worker to our small but growing team, creating an additional strand of activity to our core work.

The goal of this new post was to establish relationships with Shetland's schools and youth groups, and then begin to roll out the Rape Crisis Scotland National Sexual Violence Prevention Programme in these settings.

The programme is delivered by specialists in the field and comprised of high-quality, evidence-based, educational workshops aimed at preventing sexual violence.

EIGHT WORKSHOP TOPICS



The materials are based on a wide range of evidence from research and practice, including regular updates based on direct feedback from young people, teachers and youth workers.

Each workshop uses a wide range of attractive and participatory activities to help support young people to develop positive attitudes and behaviours and understand more about key issues such as consent, stereotypes, the influence of media and pornography, how to access support, and the law on sexual offences.

By mid-2018, we had established relationships with and delivered multiple workshops in all of Shetland's secondary schools, from Sandwick in the south to Unst in the north, and every school in between.

DURING 2018/19, SHETLAND RAPE CRISIS . . .



DELIVERED
53
WORKSHOPS



DELIVERED TO
840
YOUNG PEOPLE



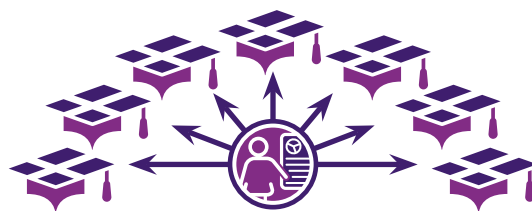
397
FEMALE



438
MALE



5
NON-BINARY



DELIVERED
WORKSHOPS IN ALL
7 SECONDARY SCHOOLS
ACROSS SHETLAND



DELIVERED TO
YOUNG PEOPLE
RANGING IN AGE FROM

11-21

AFTER WORKSHOP DELIVERY IN 2018/19, AN AVERAGE OF:

94% SAID THEY'D KNOW WHERE TO GO FOR SUPPORT IF A FRIEND
SAID THEY'D BEEN RAPED OR SEXUALLY ASSAULTED

93% SAID THEY THINK YOUNG PEOPLE SHOULD HAVE EDUCATION
ABOUT THESE ISSUES

95% SAID THEY UNDERSTAND MORE ABOUT WHAT CONSENT MEANS

Evaluation from pupils and teachers alike this year have shown consistently high scores, demonstrating the effectiveness of the programme for Shetland's young people.

**"I enjoyed it,
thought it was
helpful and
would like you
to come back."**

GIRL, AGE 13



“I have always found SRC to be helpful, professional and incredibly kind. Their enthusiasm in supporting victims is always evident in their work and demeanour. They are a service that I recommend highly to anyone . . .”

SEXUAL OFFENCE LIAISON OFFICER, *POLICE SCOTLAND*

ADVOCACY

For many survivors of rape and other forms of sexual violence, reporting what has happened to the police can feel like a huge step, particularly in our close-knit rural community.

The Rape Crisis Scotland National Advocacy Project was launched in February 2016 and set up to ensure that anyone considering taking this step has as much information available to them as possible in order to help them come to the decision that is right for them, and that they are supported throughout whatever follows that decision.

Shetland Rape Crisis appointed a dedicated Advocacy and Support Worker in August 2017. This new 25 hour-per-week post was a welcome addition to our small team.

The Advocacy Worker’s role is to address the 3 main outcomes of the National Advocacy Project. Delivery of an “end to end” service for survivors involved with the criminal justice system forms the main focus of their role.

- 1 To improve the support available to survivors of rape and serious sexual crime**
- 2 To improve the experience of the criminal justice process for survivors of rape and serious sexual crime; and**
- 3 The development of a better understanding of survivors’ motivations to proceed or not to proceed with the criminal justice process and the difference advocacy support makes to this decision.**

IN 2018 – 2019 SHETLAND RAPE CRISIS ADVOCACY AND SUPPORT PROJECT SUPPORTED:

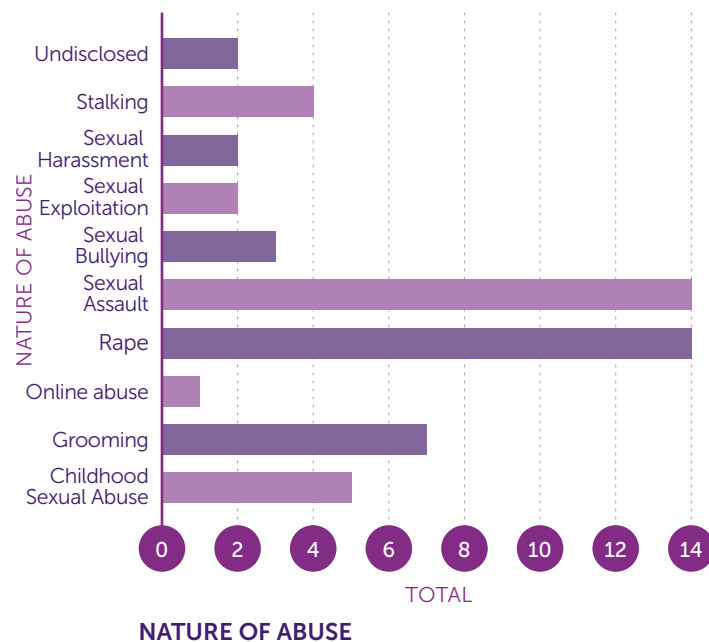
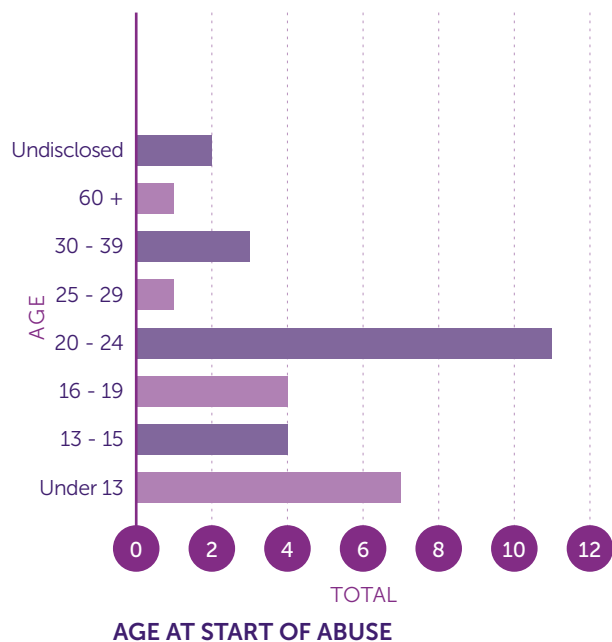


TOTAL CASES REPORTED

Most clients stated that they had experienced multiple incidents of sexual violence. This explains the higher number of incidents than clients.



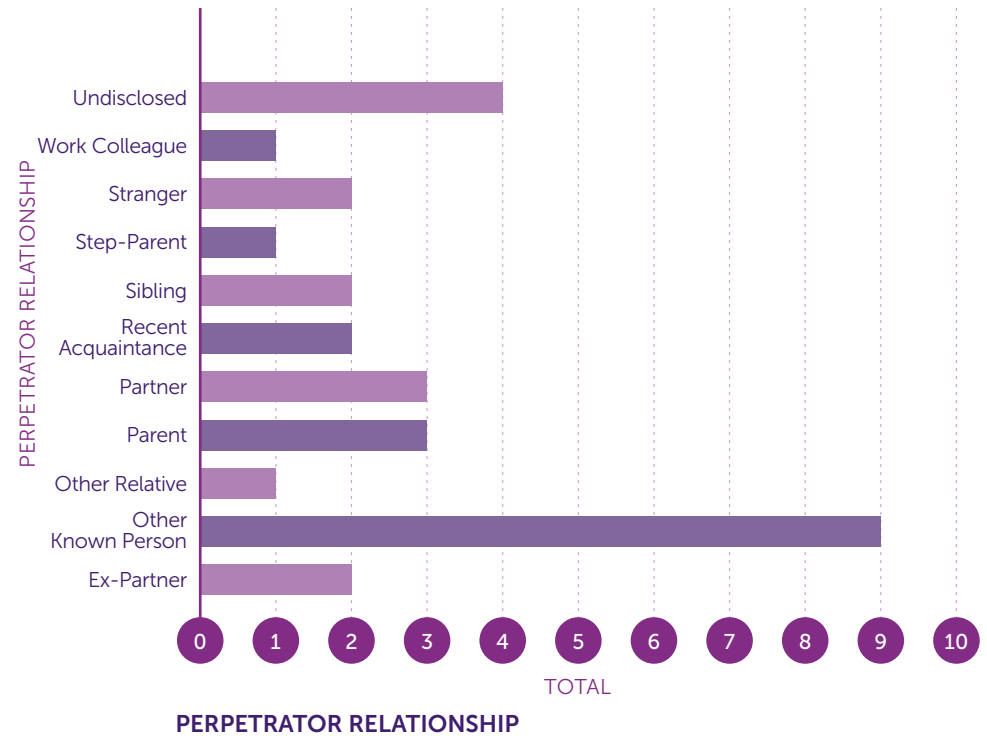
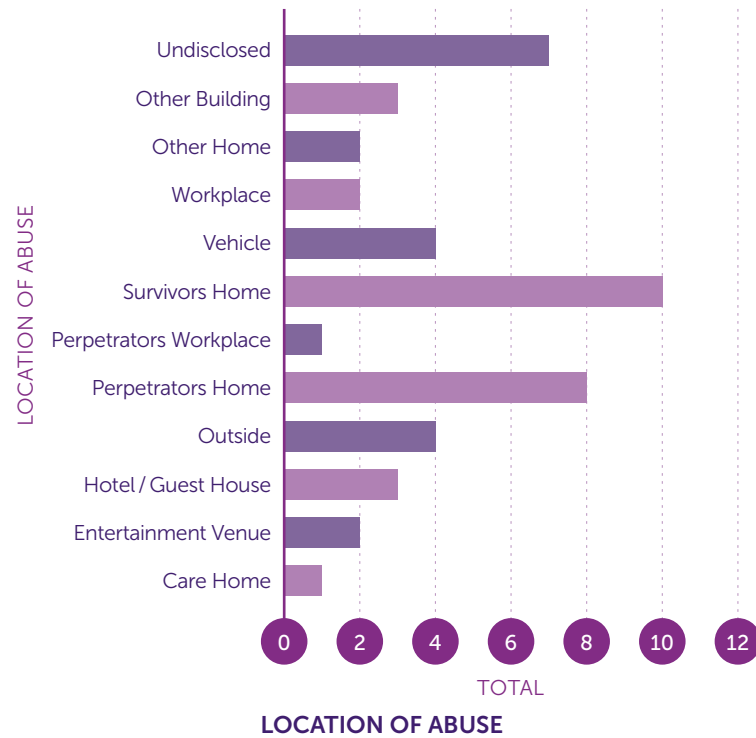
CASE GENDER

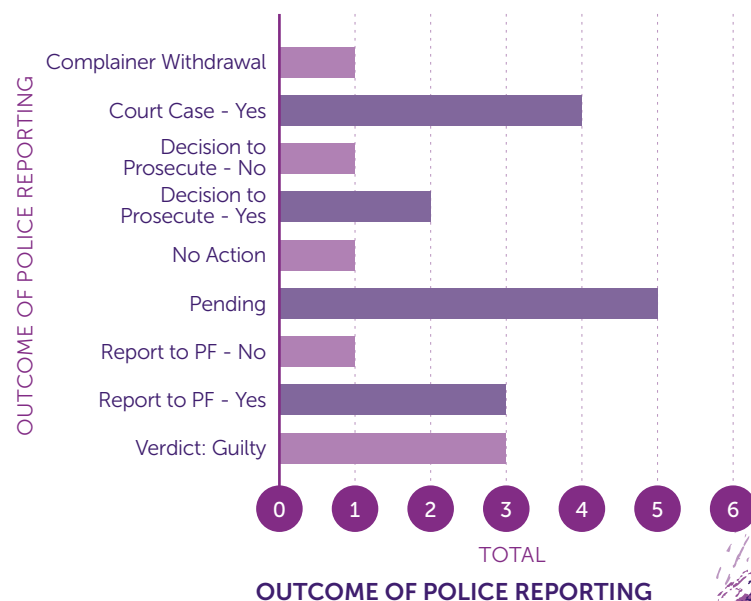
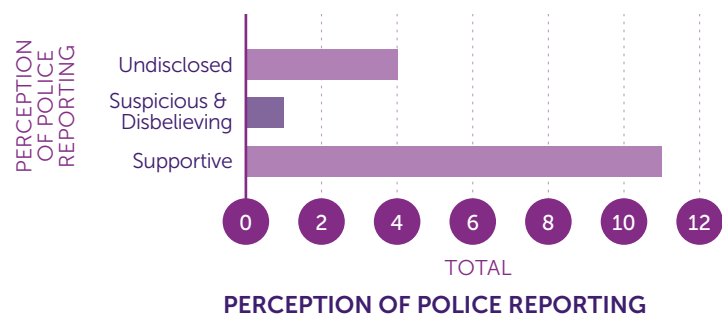
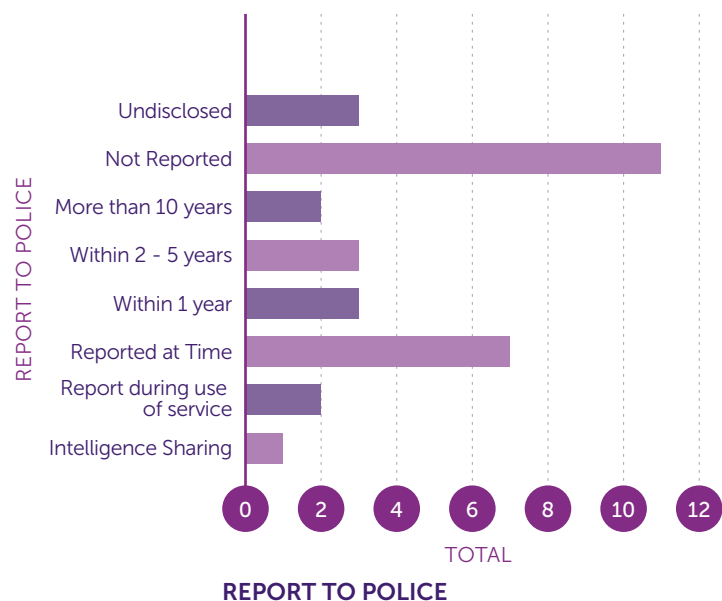


"She didn't judge me or push me into making a choice. She explained the process. I knew from speaking to her that the decision to report was mine, not anyone else's."

CLIENT

ADVOCACY





NAP Evaluation feedback from clients shared how they understood the reporting and CJ process much more after accessing support, which led them to make informed decisions.

"It gave me the chance to tell someone what had happened, in a safe space.."

CLIENT



TRAUMA THERAPY

Shetland Rape Crisis is a trauma-informed organisation and this underpins all that we do.

Specialist trauma psychotherapy is available for anyone accessing Shetland Rape Crisis' services, from survivors, through to family, friends and partners. Our specialist trauma therapy covers evidence-based EMDR Psychotherapy, alongside CRM (Comprehensive Resource Model) techniques, and works in a trauma-informed integrative style, enabling clients to stabilize and process the trauma experienced.

Our trauma therapy service is time-limited up to 6 months, after which time, if a client feels they would benefit from additional trauma therapy, they can re-refer onto our waiting list for another opening to access the service. This is a recovery-based model which gives our clients the opportunity to do some specific, time-limited work around processing their trauma, but also enables the service to be flexible and democratic, giving newer clients the chance to access support promptly while still providing enough flexibility so that no-one is fully discharged if they are not yet ready.

Unfortunately, in spite of this, there is still a waiting list for trauma therapy, which currently is around six months. We are applying for additional funding to make our services more resilient and better placed to meet the demand.

However, whilst survivors wait for trauma therapy, they can access therapeutic emotional support, the psychoeducational aspect of the service, and support with creative approaches to managing the symptoms of traumatic affect like anxiety, flashbacks, relationship difficulties, self-harm, and sleep issues etc. We also have an extensive library of leaflets and books available that enable insight into the recovery process.

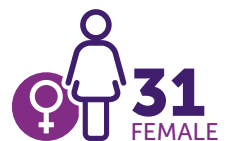
"Shetland Rape Crisis is a trauma-informed organisation and this underpins all that we do."

IN 2018 – 2019 SHETLAND RAPE CRISIS TRAUMA THERAPY PROJECT SUPPORTED:

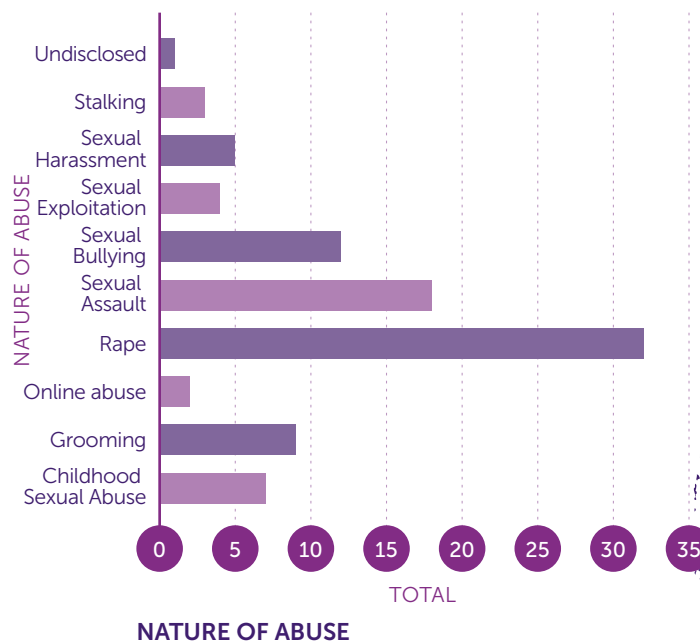
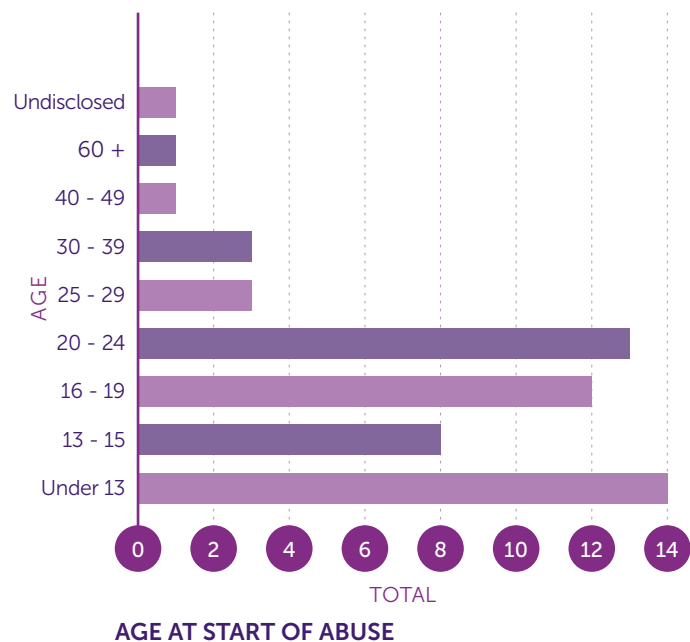


TOTAL CASES REPORTED

Most clients stated that they had experienced multiple incidents of sexual violence. This explains the higher number of incidents than clients.



CASE GENDER

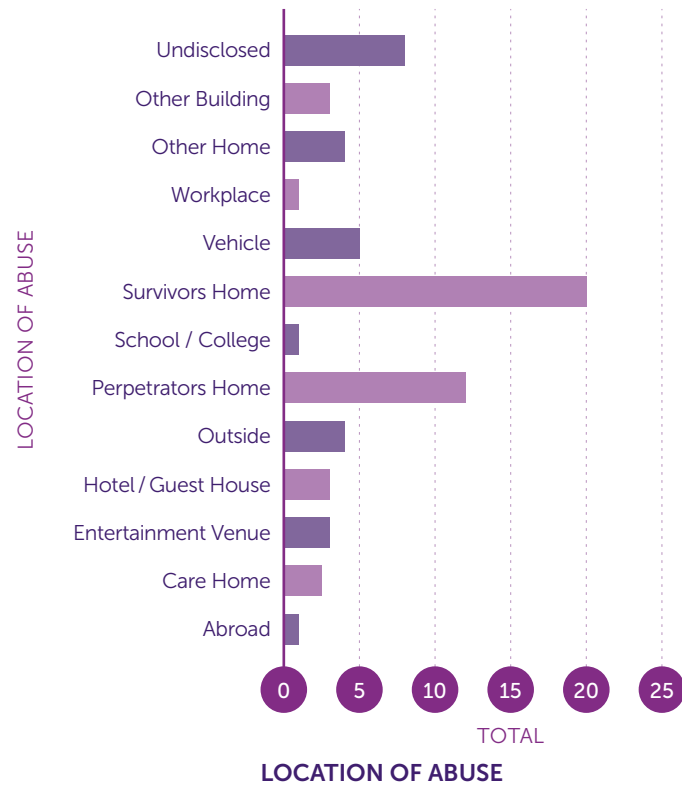


"Trauma therapy has enabled me to move forward with my life, the past no longer defines me!"

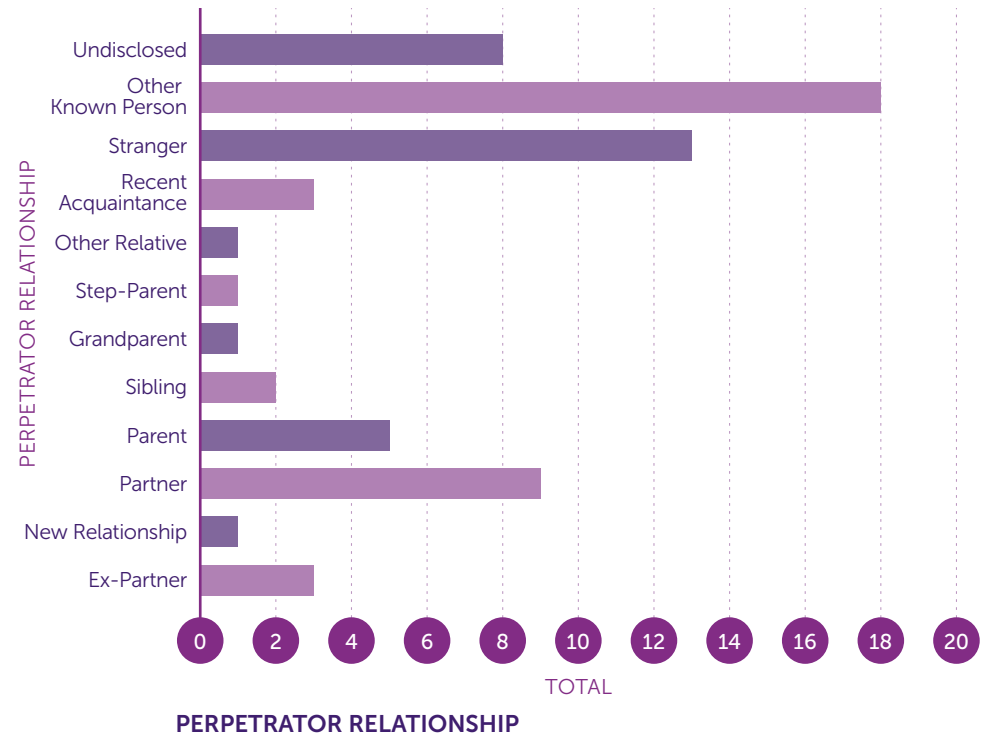
CLIENT

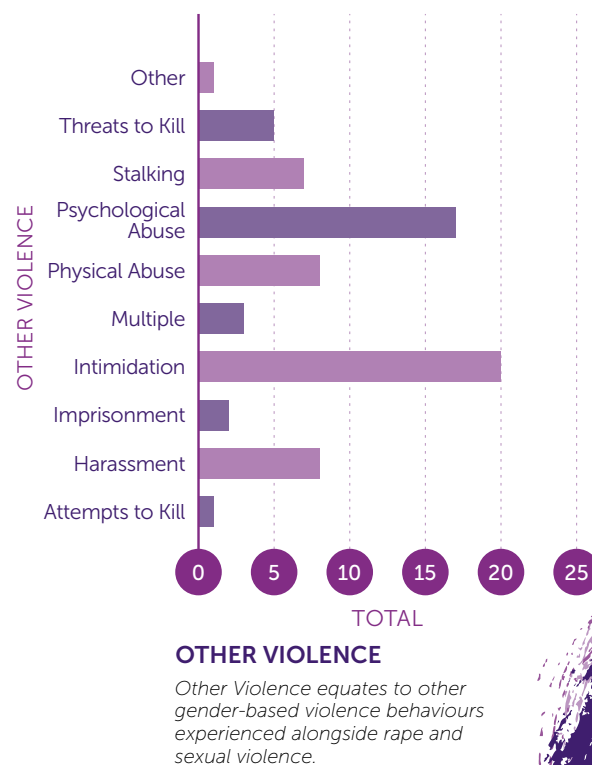
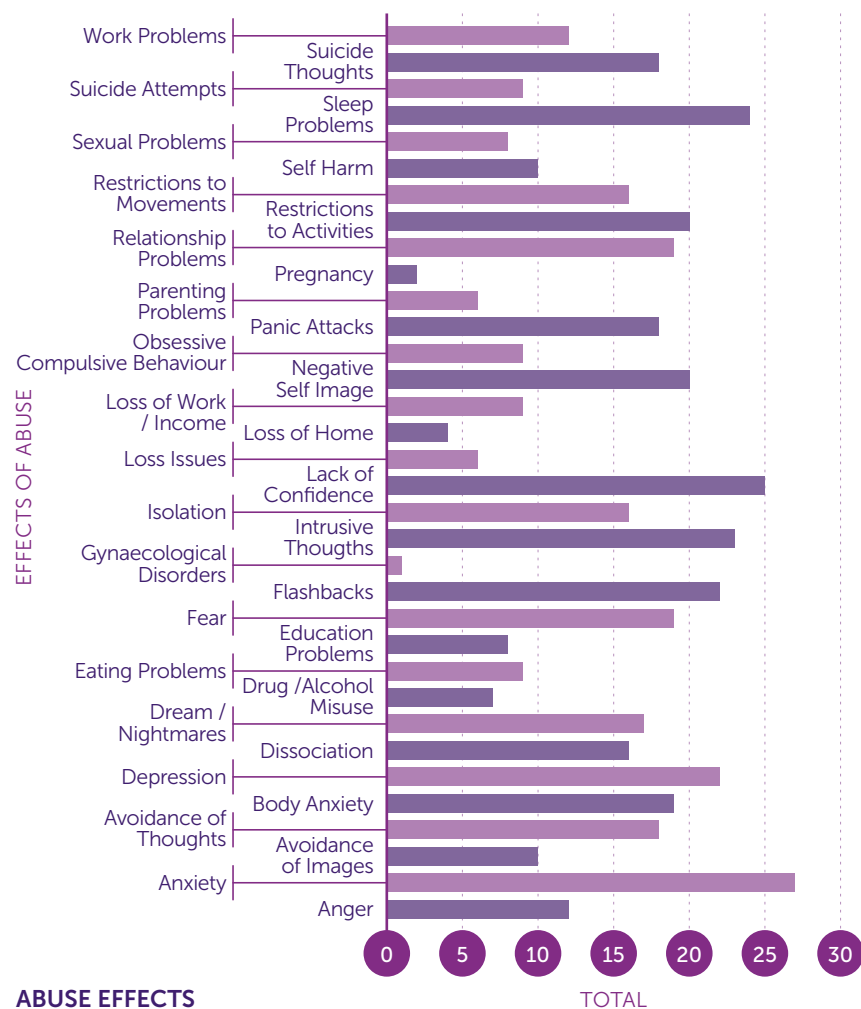
TRAUMA THERAPY

12



Trauma Teddies gifted by
Police Scotland here in Shetland.





"I have waited a long time to find someone to talk to about what happened to me as a child. The new centre is perfect."

CLIENT



"I think gender-equality in STEM could be encouraged by campaigns that include different genders in all different professions, but I don't like campaigns that emphasize gender difference, like pink scientists and that!"

GIRL, AGE 14, PEERIE CIRCLE

HIGHLIGHTS

THE YOUTH & PHILANTHROPY INITIATIVE

YPI encourages young people, through a combination of team work, research, and presentations, to compete to win a prize of £3000 for a chosen charity in their local area. It culminates in a final presentation which is delivered by the pupils to fellow students, teachers and judges.

Shetland Rape Crisis was blessed to be chosen for the first time by three groups in the final in March 2018, including some young activists who continue to work with us today. Unfortunately none of the groups won, but were incredible ambassadors for our cause and we thank them for their efforts.

In March 2019, Shetland Rape Crisis was selected by a further three groups who, once again, made it to the finals. And after an incredible presentation, Ella Morrish, Jordan McKnight, Kaitlin Leslie & Taylor Arthur of Anderson High School won £3000 for our service. We cannot thank all the young people enough for their hard work and support.

CENTRE OPEN DAY

On Wednesday 6th March 2019, to celebrate International Women's Day, Shetland Rape Crisis held a centre Open Day. Visitors from the local community were invited to drop into the centre, find out more about our work, and meet with the staff. This was a very successful day, with interest and attendance from all corners of the Isles.

PEERIE CIRCLE

In November 2018, Shetland Rape Crisis held its first "Peerie Circle," a monthly nationwide National Advisory Council on Women and Girls (NACWG) scheme encouraging local communities to engage in discussion on a spotlight topic, which is then fed back to the Scottish Government. NACWG aims to drive forward action to tackle gender inequality as part of #GenerationEqual. We have since been holding regular Peerie Circles and welcome the opportunity to facilitate these discussions in Shetland in the future.

16 DAYS OF ACTIVISM

Each year, Shetland Rape Crisis takes part in the UN's 16 Days of Activism Against Gender Based Violence project from 25 November to 10 December.

During the 16 Days this year, Shetland Rape Crisis:

- Took three young activists to Glasgow for a day dedicated to activism against GBV
- Created a display window at Market House
- Ran a dedicated social media campaign using the international hashtags **#OrangeTheWorld**, **#HearMeToo** and **#AllTheDifference**
- Set up an information stall at Shetland College
- Staffed a stall at Toll Clock Shopping Centre on 29th Nov and 6th Dec
- And even turned the Town Hall Clock orange for **#OrangeTheWorld!**

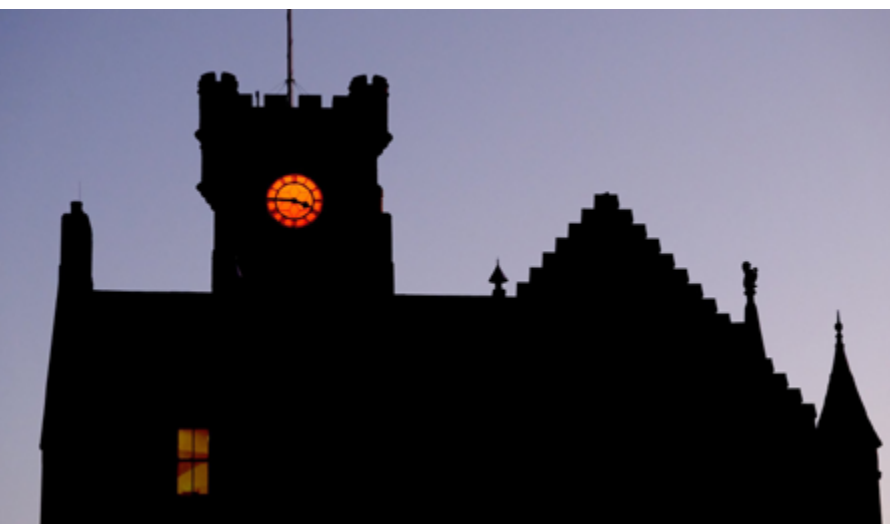
YEAR OF THE YOUNG PEOPLE YOUNG ACTIVISTS EVENT

To celebrate and mark the Year of Young People and the 16 Days of Activism, Rape Crisis Scotland hosted a national development event on 27th November 2018 for young activists across Scotland, with a focus on skills for tackling gender based violence.

Shetland Rape Crisis was lucky to secure funding via Rape Crisis Scotland and the Anderson High School Fund to take three young Shetland activists to this event.

Eve Wiseman, Vhairi Graham and Tabitha Johnson, who are all 15, were selected after representing Shetland Rape Crisis in the finals of the Anderson High School Youth and Philanthropy Initiative competition earlier that year.

The three pupils said the trip provided "an amazing chance to learn from other young activists," and they continue to contribute to Shetland Rape Crisis' work today.



"... an amazing chance to learn from other young activists ..."

STATEMENT OF FINANCIAL ACTIVITIES
INCLUDING INCOME AND EXPENDITURE ACCOUNT
FOR THE PERIOD ENDED 31 MARCH 2019

ACCOUNTS



Shetland Rape Crisis was registered on 10th July 2018 and this is the first period since incorporation, covering the 9 month period to 31 March 2019.

Before which, Shetland Rape Crisis was a pilot project under Rape Crisis Scotland from 2016 to 2018, therefore previous accounts are held Rape Crisis Scotland.

INCOME FROM	UNRESTRICTED	RESTRICTED	TOTAL
Donations and legacies	£2,758	—	£2,758
Charitable activities	£2,935	£84,062	£86,997
TOTAL INCOME	£5,693	£84,062	£89,755

EXPENDITURE ON	UNRESTRICTED	RESTRICTED	TOTAL
Charitable activities	—	£81,385	£81,385
Net income for the year/ Net movement in funds	£5,693	£2,677	£8,370
Total funds brought forward	—	—	—
TOTAL FUNDS CARRIED FORWARD	£5,693	£2,677	£8,370

CHARITABLE ACTIVITIES 2018/19		
PERFORMANCE RELATED GRANTS (Restricted funds)		£84,062
OTHER INCOME (Unrestricted funds)		£2,935
TOTAL		£86,997

PERFORMANCE RELATED GRANTS (Restricted funds)		
Scottish Government Core Funding and Equality Budget		£43,000
Children and Young People Foundation Early Intervention Fund		£13,431
Justice Fund		£27,631
TOTAL		£84,062

BALANCE SHEET AS AT 31 MARCH 2019		
CURRENT ASSETS		
Debtors		£2,204
Cash at bank and in hand		£36,579
TOTAL		£38,783

CREDITORS Amounts falling due within one year		
Net current assets		£8,370
INCOME FUNDS		
Restricted funds		£2,677
Unrestricted funds		£5,693
TOTAL		£8,370

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





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www.shetlandrapecrisis.scot



"We believe everyone should adopt a **'ZERO TOLERANCE'** approach to any form of sexual violence."