



**Towards
a Safer
Shetland**
#WisToo

ANNUAL REPORT **2020/21**

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"Our thanks to young volunteer and BEE Member, Jasmin Grant, for donating her time and talent to provide Shetland Rape Crisis with some beautiful photography throughout this annual report."

LISA WARD, SERVICE MANAGER



Cover photograph: *Dave Donaldson*

CHAIR'S REPORT

This year we celebrated Shetland Rape Crisis's fifth birthday - an enormous achievement for our young charity. The year has been a challenging one for most people and organisations, given the disruption caused by the covid-19 pandemic. Shetland Rape Crisis has risen to the occasion, finding new ways of working to support survivors through this time and continuing to provide an excellent service despite unpredictable restrictions, periods of working from home and the extra pressures we have all experienced.

We are very grateful to Rape Crisis Scotland for their continued expert support, helping us to meet each challenge the year has presented. The Board would also like to say a massive thank you to the staff of Shetland Rape Crisis who have battled through the ever-changing circumstances with the needs of survivors always at the forefront of their work.

In 2018, Shetland Rape Crisis moved into our centre building and it has since proved to be a vital space for survivors and staff. In 2021 the building gained a new name: The Compass Centre. This encapsulates its role in navigating the difficult waters of recovering from and preventing sexual violence, and supporting survivors to navigate their own journey ahead.

This year our garden, created with funds from the Tesco Bags of Help scheme, came into its own. The current Board would like to thank our previous Chair, Donna Schofield, for transforming the outdoor space into a beautiful garden for service users and staff in the centre of Lerwick. Donna's hard work came at a lucky time for us: we had no idea last year that outdoor space was going to be so important. Having celebrated our fifth birthday in the garden, we are excited about future possibilities for how we can use this area.



"We're looking forward to expanding the Board... and would encourage anyone considering it to get in touch."



"If the Government are serious about improving women's safety, the starting point needs to be a justice system women have confidence in that does not systematically let guilty men walk free."

SANDY BRINDLEY, CHIEF EXECUTIVE, RAPE CRISIS SCOTLAND

Donna Schofield served as Chair from May 2020 to May 2021. While we're very sorry to say goodbye to Donna as a Trustee, she will always be a friend of the organisation. In addition, we wish to pass on our thanks to Carol Scott, who Chaired the Board before Donna, and to Stroma Smith, previous Secretary to the Board who left in July 2020. In 2020 we also welcomed three new board members: Jane Moncrieff (Vice Chair), Ashlea Tulloch (Secretary) and Laura Hughes (Treasurer). They've each brought a huge amount to the Board and as Chair I'm very grateful for their input. We're looking forward to expanding the Board in 2021-22 and would encourage anyone considering it to get in touch.

This year we secured new funding from the Scottish Government Adult Survivors of Childhood Sexual Abuse Fund and from Shetland Charitable Trust. Thanks to this we were delighted to welcome a new addition to our staff team providing Support Work, as well as increase hours for other key members of staff at a very busy time. Growing the team is a key part of strengthening our resilience and providing an excellent service to survivors in Shetland.

We have continued to raise awareness of sexual violence as an issue that can affect anyone. This year young campaigner and member of BEE (Bold, Equal, Empowered, Shetland Rape Crisis' Young Volunteer Activist Group) Rhea Isbister took her work on experiences of sexual violence in Shetland to a national audience with #WisToo – highlighting the relevance of the #MeToo movement to Shetland and other rural areas. Rhea's work was picked up by outlets such as BBC Radio Four's Women's Hour and showed that rural areas are not free from this phenomenon.

Our message is not just that sexual violence can affect anyone, but that it is preventable, and that help is available for those who are affected. As we emerge from this particularly difficult year for many, we encourage, as always, anyone who wants to find out about the support available to get in touch.

Siún Carden

SIÚN CARDEN | *Chair of the Board of Trustees*

ABOUT SHETLAND RAPE CRISIS

Shetland Rape Crisis provides free and confidential information, support and advocacy to any non-abusive person in Shetland, of any gender (age 13+), who has affected by sexual violence at any time in their life.

Sexual violence is any form of sexual contact that you don't freely agree to. It is common and anyone can experience it, at any age. Sexual violence does not 'just happen'. A person commits sexual violence because, at some level, they decide to do so.

We also deliver free sexual violence prevention education in all secondary schools and some youth and college settings in Shetland, as well as facilitate a young people's volunteer group, BEE (Bold, Equal & Empowered), which meets monthly to organise awareness-raising campaigns and fundraising events.

As well as this, we undertake campaigns and community events to highlight the service, the prevalence of sexual violence and how to prevent it, plus take part in partnership work with the local authority, health, and third sectors advocating inclusion of concerns relating to sexual violence in Shetland.

IN 2020 – 2021 SHETLAND RAPE CRISIS SUPPORTED:

68 SURVIVORS OF SEXUAL VIOLENCE



A SERVICE USER'S STORY

After almost a year of trying to deal with being sexually assaulted and raped, I made a phone call to Shetland Rape Crisis. It was like a glimpse of light and hope finally appeared in my life.

The person who answered the phone that day, and later the worker I was referred to for support and counselling, really listened to me and my pain and the depth of my desperation. They are amazing full stop!

Shetland Rape Crisis, and these two hard working wonderful knowledgeable women in particular, have given me so much - ears that really listen and care; courage to keep going; hope that with time and work on both our parts I can heal from the trauma in my life.

They have given back my voice! I'm not exaggerating when I say any of this but particularly that I wouldn't be here without them. Thank you for everything.

All graphs throughout this report relate to all SRC service-users throughout 2020/21. Only headline figures for the type of service accessed (Advocacy and/or Support & Counselling) are broken down to make clear the different strands of support sought by survivors in Shetland throughout the year

"Sexual violence is any form of sexual contact that you don't freely agree to."



"I found the service comforting. I felt heard and taken seriously and they helped me to wrap my head around what happened to me. It's a brilliant service and you helped me come to terms with what happened and move on."

SERVICE USER

ADVOCACY SERVICE

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

As part of the Rape Crisis Scotland National Advocacy Project, our Advocacy Service delivers "end-to-end" support for survivors in Shetland engaging, or considering engaging, with the criminal justice system.

The aims of this service are:

1

TO IMPROVE
the support available
to survivors of rape
and serious sexual
crime.

2

TO IMPROVE
the experiences of
the criminal justice
process for survivors
of rape and serious
sexual crime.

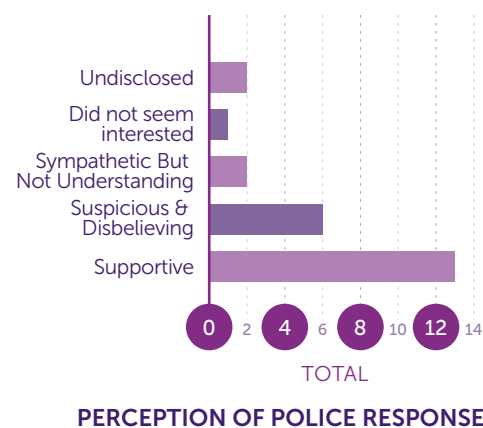
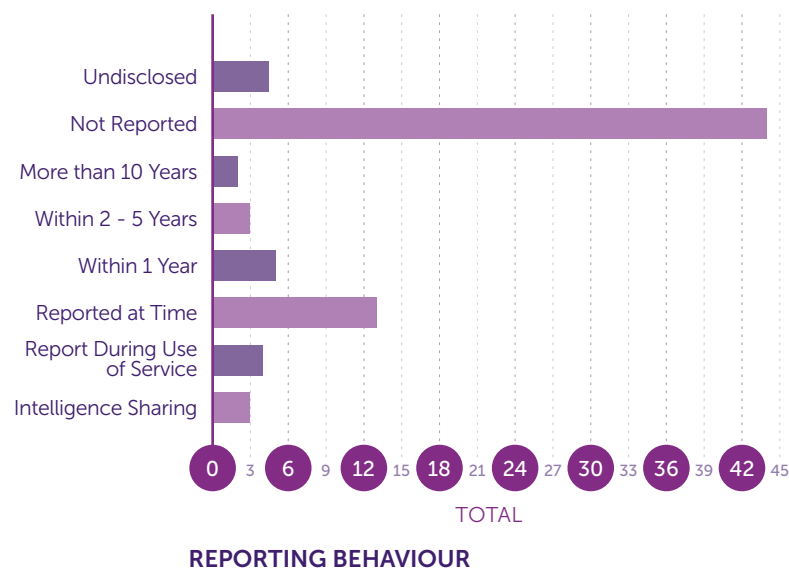
3

THE DEVELOPMENT
of a better
understanding
of survivors'
motivations to
proceed or not
proceed with the
criminal justice
process and the
difference advocacy
support makes to
this decision.

IN 2020 – 2021 SHETLAND RAPE CRISIS' ADVOCACY SERVICE SUPPORTED:



Graphs throughout relate to all SRC service users (both Advocacy and Support & Counselling). Only headline figures are broken down by type of service accessed.



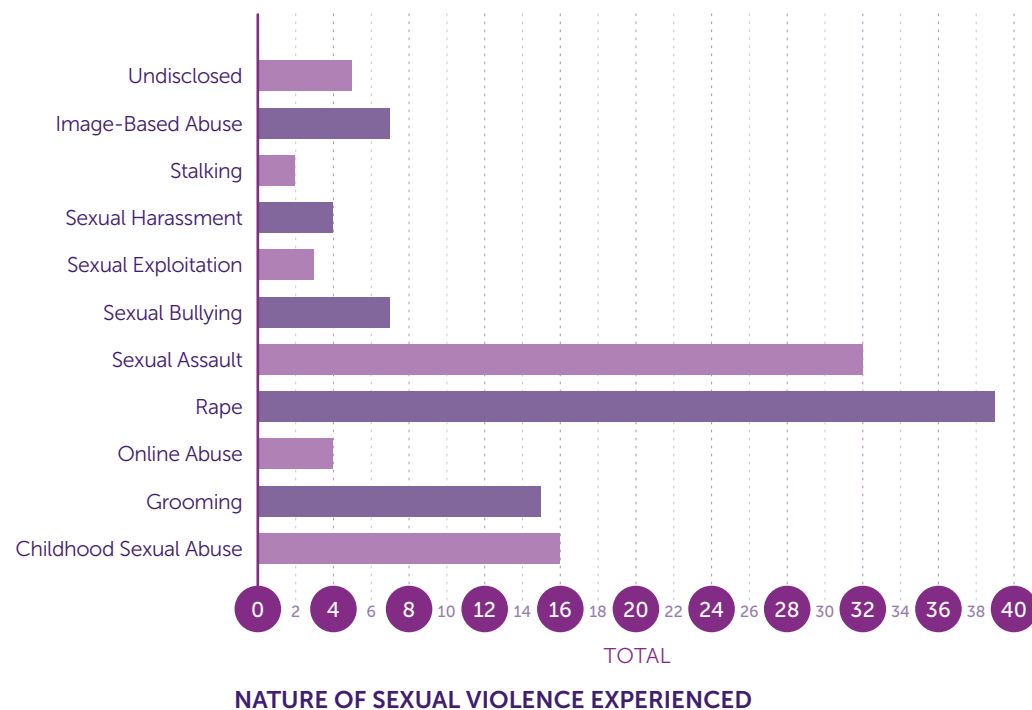
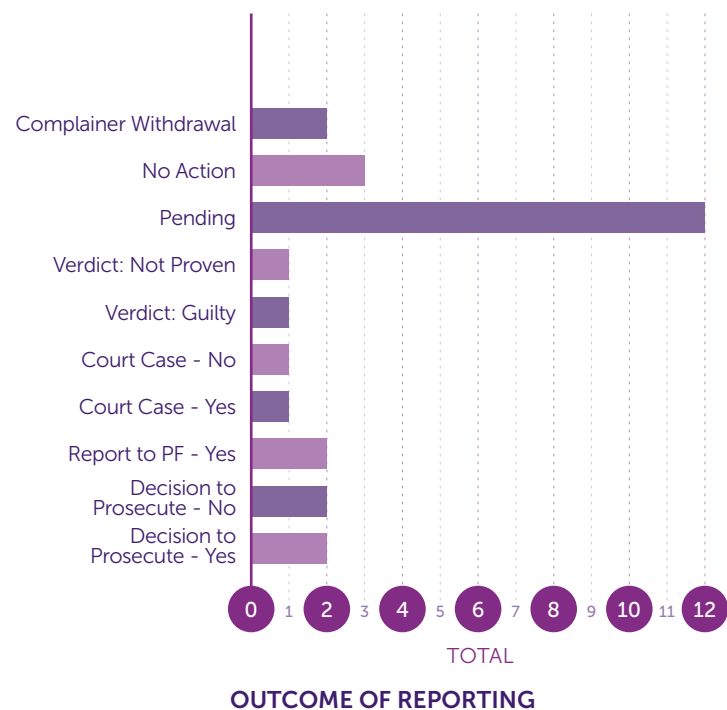
"I reported through Shetland Rape Crisis. I felt anxious at first but the Advocacy Worker was very reassuring. It felt like a huge relief reporting it and being believed."

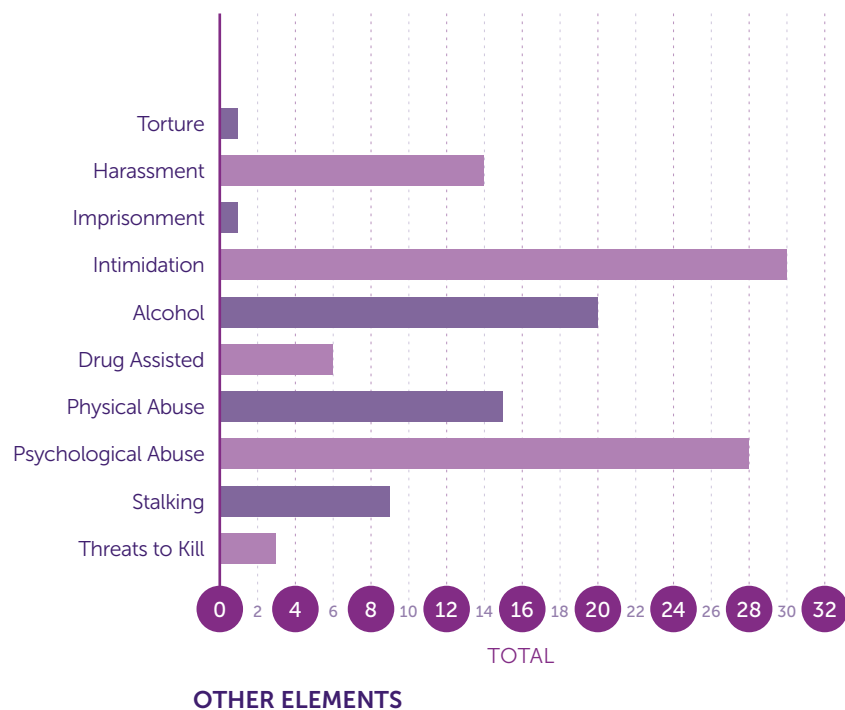
SERVICE USER

ADVOCACY SERVICE

“In my dealings with Shetland Rape Crisis’ Advocacy Service, I found the worker extremely knowledgeable, helpful and clear when explaining how the Scottish Criminal Justice System operates. I feel happy that the client is involved with such a high quality, professional and supportive service.”

NICKI, INDEPENDENT SEXUAL VIOLENCE ADVISOR





"Being able to talk to someone non-judgemental really helped me learn that it wasn't my fault."

SERVICE USER



"I found Shetland Rape Crisis' support service very beneficial. I have been able to discover new techniques on how to manage different / difficult thoughts, feelings and situations."

SERVICE USER

SUPPORT & COUNSELLING SERVICE

Shetland Rape Crisis is an intersectional feminist, trauma-informed organisation and these values inform the support we offer to survivors.

The trauma of sexual violence can echo throughout a survivor's life, resulting in a wide range of effects such as anxiety, depression, flashbacks, dissociation, relationship difficulties, self-harm, addiction, sleep issues and more.

Our support and counselling service is time-limited up to 6 months. After this time, if you feel you would benefit from additional support, you can re-refer onto our waiting list for another opening to access the service.

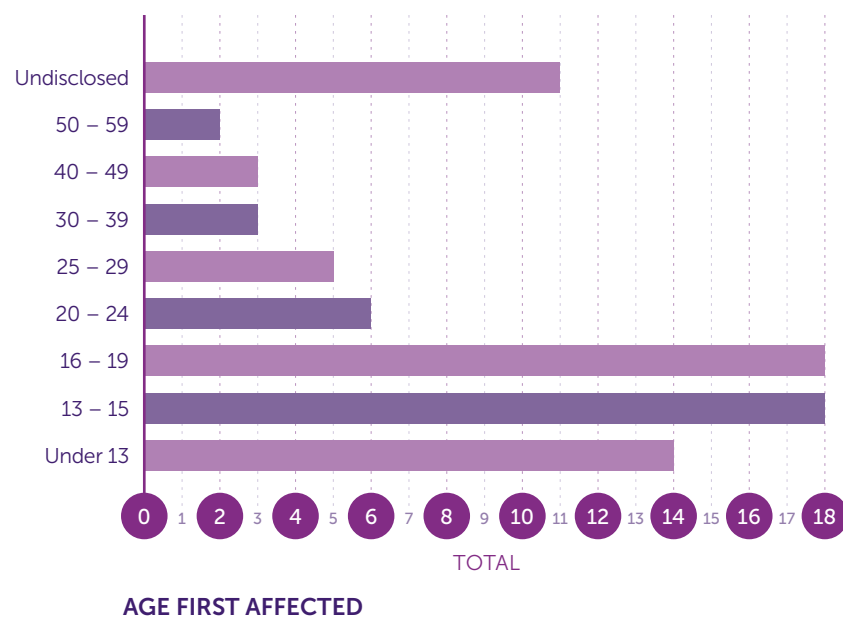
This is a recovery-based model that gives survivors the opportunity to do some specific, time-limited work on topics of their choosing, but also enables the service to be flexible and democratic, giving newer clients the chance to access support promptly when needed.

You don't have to talk about anything you don't want to. We will give you the time and space to talk about what is important to you, and we will listen to what you have to say. We will support you to re-engage with things that bring you joy and help you to discover new things that help you to feel safe and well. In a safe and confidential space, we empower you to engage with your emotions, and to heal.

IN 2020 – 2021 SHETLAND RAPE CRISIS SUPPORT & COUNSELLING SERVICE SUPPORTED:



Graphs throughout relate to all SRC service users (both Advocacy and Support & Counselling). Only headline figures are broken down by type of service accessed.



"It was great to talk with someone removed from my day-to-day life, and in such a lovely space with a comfy sofa!"

SERVICE USER

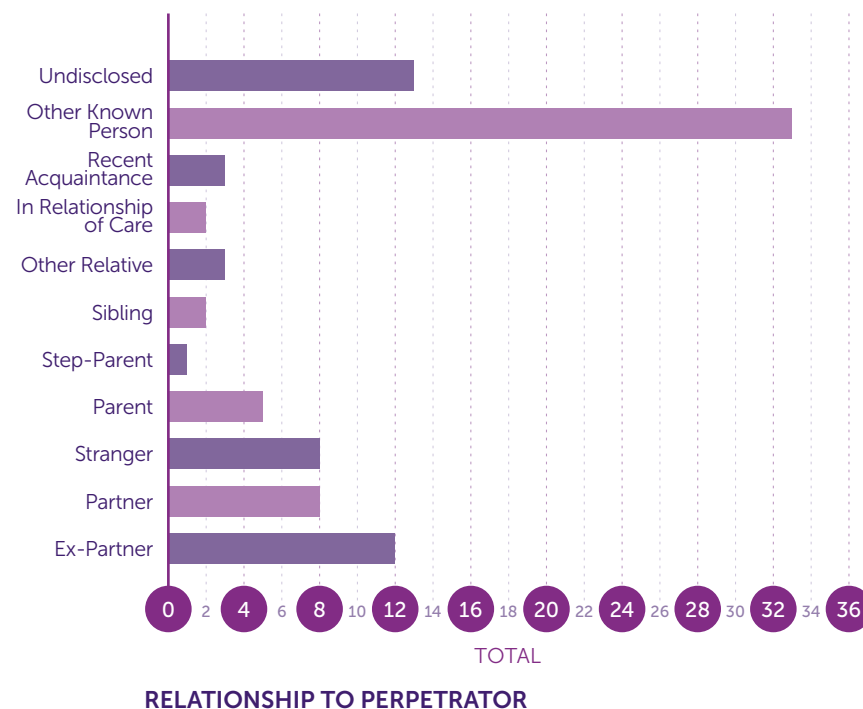
SUPPORT & COUNSELLING SERVICE

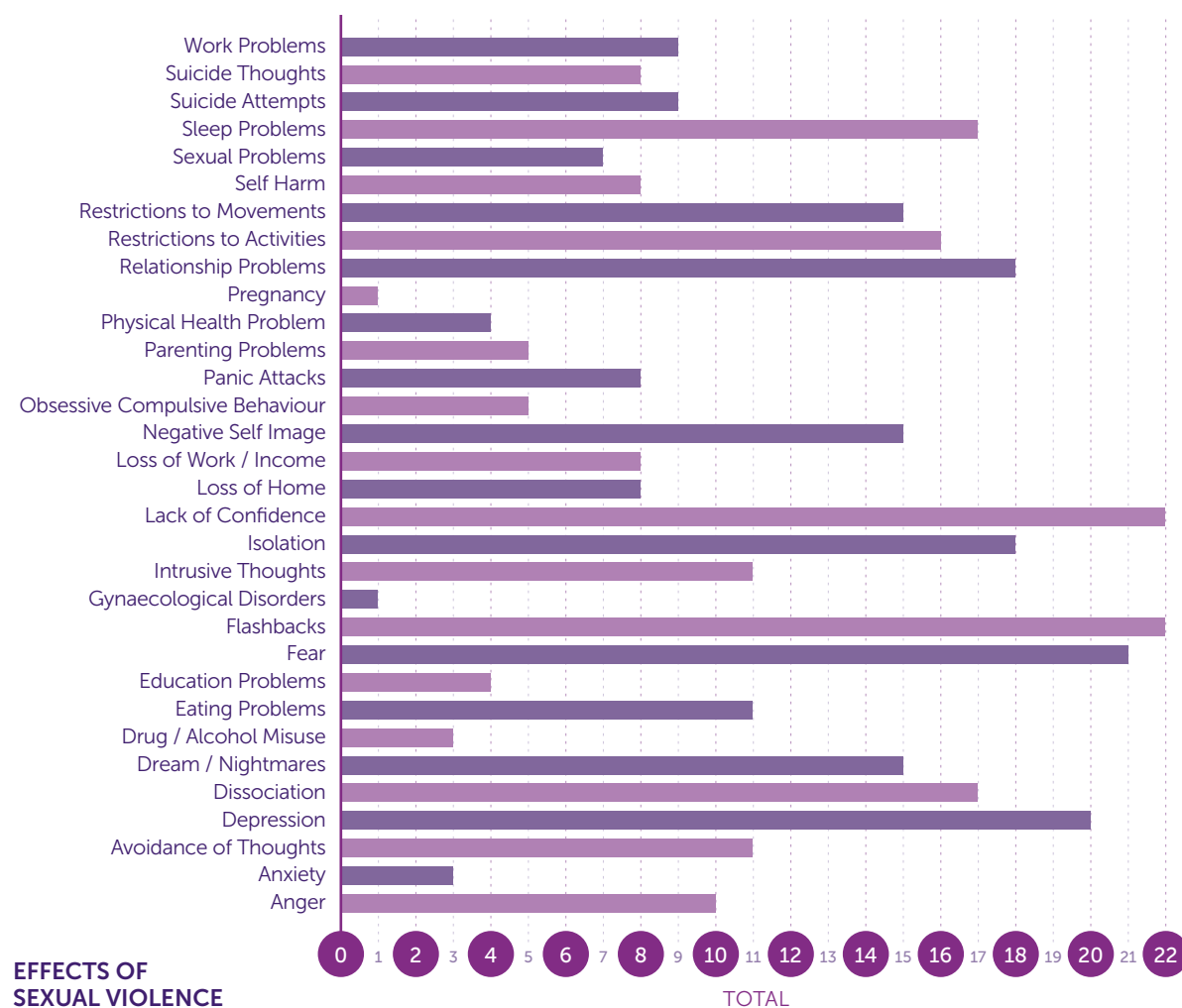
12



"I've learned better grounding techniques that have been invaluable to me... and the one-to-one support has been great by giving me some space and time to sound off my worries and concerns... which has helped me look at things more objectively and helped me feel more at ease, knowing that my feelings and emotions are valid."

SERVICE USER





"We believe you.
We listen to you.
We help you to
find your own
way forward."

SRC



"I want to draw attention to gender-based violence because I believe it's not discussed enough. This creates stigma and makes it harder for survivors of GBV to be able to talk about it or report it."

ELLIE RATTER, BEE MEMBER

PREVENTION & ACTIVISM WORK

Shetland Rape Crisis aims to prevent sexual violence through education, campaigns and activism.

We deliver the Rape Crisis Scotland Sexual Violence Prevention Programme in schools and youth settings across Shetland, providing high-quality, evidence-based, educational workshops aimed at preventing sexual violence.

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.

DUE TO THE PANDEMIC WE COULD ONLY DELIVER LIMITED PREVENTION WORK IN THE SCHOOLS THROUGHOUT 2020/21, DESPITE THIS, WE . . .



DELIVERED
14
WORKSHOPS

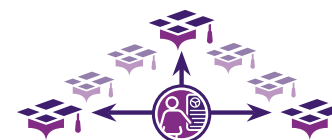


DELIVERED TO
211
YOUNG PEOPLE



DELIVERED TO YOUNG
PEOPLE RANGING IN AGE FROM
11-17

DELIVERED
WORKSHOPS IN
3 OUT OF 7
SECONDARY SCHOOLS
ACROSS SHETLAND



WE ALSO:

FACILITATED
11 YOUNG

BEE
VOLUNTEERS
AGED BETWEEN 13-25
TO VOLUNTEER



WORKED WITH
4 ADULT
VOLUNTEERS

WHO CONTRIBUTED
TO THE SERVICE



REACHED OVER
100 PEOPLE AT AN
OUTREACH EVENT
DURING THE
16 DAYS
OF ACTIVISM
AGAINST GENDER-BASED
VIOLENCE



MADE AN
ONLINE EXHIBITION
TO RAISE AWARENESS OF
GENDER-BASED
VIOLENCE
THAT WAS VIEWED



MADE A
VIDEO FOR THE
SCOTTISH RURAL
PARLIAMENT
THAT WAS VIEWED



"I thought
that the sexual
violence prevention
workshops were
needed. I was
very happy when
they started at
our school."

YOUNG PERSON, AGE 14



"Before I couldn't have explained facts about healthy relationships (like consent for example) but also my own opinions to other people who ask me about this. Because I now volunteer with BEE, I know more about sexual violence, and I feel more confident now."

Illustration: Sam McPherson

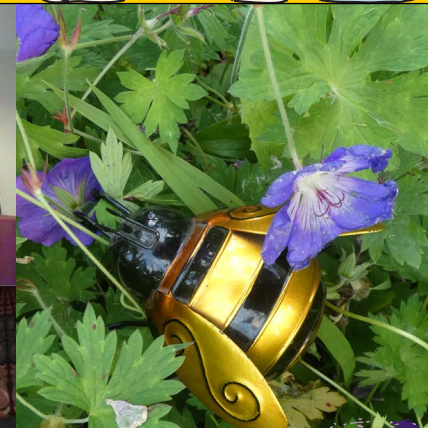
BEE MEMBER, AGE 15

We are **BEE** - a youth activism volunteer group at Shetland Rape Crisis.

If you are age 13-25 and would like to be involved in fighting for equality in Shetland and fighting against the stigma of sexual violence, you are welcome to join us! We meet once a month to discuss issues that matter to us and organise awareness-raising campaigns.

This year we organised four major activities:

- 1 We created a Resource for Young People During a Pandemic which was sent to all S1-S6 pupils in Shetland via the SIC Education Department.
- 2 We organised and released #WisToo -Towards a Safer Shetland, a campaign sharing the stories from (primarily) young survivors in Shetland, demonstrating the problem of sexual violence in rural communities. This received a lot of national coverage including interviews with all local media, The Ferret, BBC Radio Scotland, and BBC Women's Hour.
- 3 During the 16 Days of Activism in November-December, we organised a 3 week outdoor exhibition and awareness-raising walk about gender-based violence.
- 4 We made a video about BEE, our work so far, and the things we would like to see change to make Shetland (and Scotland) more inclusive and equal in future, and this was shown at the Scottish Rural Parliament on International Women's Day. A member of BEE also sat on a panel and answered member's questions.



#VisToo

BEE MEMBER



STATEMENT OF FINANCIAL ACTIVITIES
INCLUDING INCOME AND EXPENDITURE ACCOUNT
FOR THE PERIOD ENDED 31 MARCH 2021



“ At the Compass Centre, where SRC is based, we give you the time and space to talk about what is important to you, and we will listen to what you have to say. You are the expert in your own life and experience, and we are here to help you find your way forward after trauma. ”

LISA WARD, SERVICE MANAGER

ACCOUNTS

	2021 UNRESTRICTED FUNDS	2021 RESTRICTED FUNDS	2021 TOTAL FUNDS	2020 RESTATED TOTAL FUNDS
RECEIPTS & PAYMENTS ACCOUNT				
RECEIPTS				
Donations and legacies	£5,330	—	£5,330	£3,154
<i>Receipts from charitable activities</i>				
Performance related grants	—	£216,242	£216,242	£121,926
Other	£10,593	£2,958	£13,551	£2,346
TOTAL INCOME	£15,923	£219,200	£235,123	£127,426
PAYMENTS				
Charitable activities	£315	£190,539	£190,854	£149,681
(DEFICIT)/SURPLUS FOR YEAR	£15,608	£28,661	£44,269	(£22,255)
PERFORMANCE RELATED GRANTS				
Rape Crisis Specific Fund	—	£61,000	£61,000	£62,000
Adult Survivors of Childhood Sexual Abuse Fund	—	£41,185	£41,185	—
Violence Against Women & Girls Justice Fund	—	£35,175	£35,175	£35,175
Shetland Charitable Trust	—	£28,467	£28,467	—
Covid Recovery Fund	—	£15,397	£15,397	—
Children, Young People & Families Early Intervention Fund	—	£13,802	£13,802	£14,751
Wellbeing Fund (Covid-19 Response)	—	£9,481	£9,481	—
Tampon Tax	—	£7,580	£7,580	—
Women's Fund for Scotland	—	£4,155	£4,155	—
Shetland Community Justice Partnership	—	—	—	£5,000
YPI – Wood Foundation Group	—	—	—	£3,000
Tesco Groundwork Grant	—	—	—	£2,000
TOTAL	£216,242	£216,242	£121,926	
BALANCE SHEET				
Cash at bank and in hand	£58,593			£14,324

The figures contained within the income and expenditure account and the balance sheet shown above were extracted from the charity's financial statements. These were approved by the board of directors on 22/09/2021. A copy of the charity's financial statements for the year ended 31 March 2021 can be obtained from our main office or through OSCR.

STAFF SPOTLIGHT

AMY

"I have been working for Shetland Rape Crisis for just over 18 months as an Integrative Counsellor, and I have found it very rewarding work. I have found the staff team very welcoming and great to work with and I feel well supported to carry out the duties of my role within the team, even though it can be challenging at times. I have had access to some really good training which has enhanced my practice.



The main challenge I have found over the last year is still delivering a good service despite having to work remotely and over phone or Zoom due to COVID restrictions that have been put in place. However, most of my clients seem to respond to phone and Zoom as well as being seen in person, so I have managed to overcome the challenges. Overall, I have really enjoyed my time so far at Shetland Rape Crisis and I hope to continue to contribute to the staff team as a whole and develop and grow as a counsellor."

HOW TO DONATE



ACKNOWLEDGEMENTS



This year we also received a substantial private donation from one Shetlander. He has asked to remain anonymous but here we acknowledge our sincere gratitude for his support.

"I can't change the past but even just having another human being know what happened to me feels like a weight off my shoulders..."



11 Hill Lane | Lerwick | Shetland | ZE1 0HA



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www.shetlandrapecrisis.scot

MEMBERSHIPS



“Sexual violence is not inevitable, it is preventable. We are all responsible for making Shetland safer.”