



THE
COMPASS
CENTRE

Helping you find your way

ANNUAL REPORT
2023/24



 **SHETLAND**
Rape Crisis



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“The close working relationship between Police Scotland and The Compass Centre is essential to providing survivors of sexual violence the best support possible during a very traumatic time in their lives. This is from the first point of contact and throughout the Criminal Justice process. Having this close relationship with The Compass Centre ensures survivors are given the highest standard of support by Police Scotland during the investigation which is tailored to their individual needs. The facilities at the Compass Centre are amazing and really help make survivors feel more comfortable when talking to the Police and providing a statement.”

Detective Constable Nina Crehan (Sexual Offences Liaison Officer) Police Scotland

MEMBER OF :



It's been yet another busy year with unexpected challenges, but one where I feel we've really grown and blossomed as a team while continuing to provide a service where we listen to and believe survivors, helping them find their own way forward.

2024 began with the devastating news that the Centre couldn't re-open after the festive break due to weather damage from Storm Gerrit. More extreme weather followed, meaning that repairs were more of a challenge than initially expected, and work was ongoing until July. However, I am delighted to say that in late July 2024, we were able to return to delivering our services in the Centre again.

We want to say a big thank you to our landlord, Shetland Islands Council, and their building contractors, who acted quickly to protect the Centre from further damage and supported and consulted with us over the last 6 months, while working tirelessly to bring the space back to life again.

We'd also like to thank other organisations who came to our aid during this time, donating space and resources to help us continue delivering our services. Our thanks especially to Relationships Scotland - Shetland, Shetland Women's Aid, Voluntary Action Shetland, and UHI Shetland.

But, most importantly, I want to highlight our staff team, who were outstanding in keeping the service running and went above and beyond to make sure that everything still ran as smoothly as possible. I also want to thank our service-users, who were universally understanding and open to exploring different ways of working while the Centre was inaccessible.

This year, the Board of Trustees has been working together to strengthen our practice and ensure we are equipped to continue providing good governance and strategic direction to the organisation. Part of this work has included consulting upon and updating the organisation's strategic plan for the next two years.

This was supported by some much appreciated funding from Rosa (the UK fund for Women & Girls) that enabled us to work with feminist governance consultant, Shirley Otto, who visited Shetland to deliver this face-to-face with us in November last year.

Photo by Jasmin Grant



CHAIR'S REPORT

“The introduction of Sexual Assault Referral Centres (SARCs) in 2022 was a huge leap forward for survivors in Shetland, for whom access to forensic services on Isle was previously non-existent. We're grateful to the staff at NHS Shetland who made this happen, and we hope it will continue to make the choice to access justice after sexual crime more accessible to survivors.”

Lisa Ward Managing Director



Officially opening Da Nyook with young volunteers 30/08/2024.

"Thank you to everyone who supported us while the centre was under repair between January and July 2024. It was a challenging time for all, but most especially for the survivors who rely on the safety and security that the Centre provides. And thanks to the help of so many, we were able to keep delivering our vital services to survivors across Shetland. We are so grateful to everyone who helped during this time and upon our return to the Centre again this year."

Laura Hughes Chair of the Board

Shirley is an expert in this field and the knowledge she shared with us was invaluable. I think everyone that was there will agree that her energy left us feeling motivated and empowered. She was due to deliver another session at the end of January, but this was postponed due to the building being closed. We hope to rearrange this now we are back in the space, and we look forward to meeting with her again soon.

I would also like to thank Christina Inkster, who stepped down as a Trustee this year, for her time on the Board. She always approached everything with so much care and compassion, and we would like to wish her all the best in her future endeavours.

We remain a small Board of 4, but we're actively recruiting new members, so we are hopeful that we may see a few new faces joining us soon. We continue to welcome women interested in joining us. If this is you, email us at: contact@compasscentre.org

Throughout the year, we also received funding from the National Lottery for a research project into the needs of young survivors. Our Young Survivors' Practitioner, Jess, presented the results of this research to the Board in March, after having consulted with 78 young people from all over Shetland via surveys, focus groups, and interviews.

This work has helped us to understand more about young Shetlanders' needs, the practicalities of their lives, and barriers to accessing help; as well as the types of support they'd like to see, and the ways they would prefer to access information. We're very grateful for their input and Jess' work, which will help us to shape our services so that they are more accessible and inclusive of young survivors needs and perspectives in future.

In 2023/24, we also completed another long-term ambition: renovating an unused outbuilding in the garden at the Centre from a concrete shell into a safe, cosy space for appointments, meetings and other work. This space has now been officially named Da Nyook following a vote from our volunteers and local donors.

I'd like to say a massive thank you to Emer, Lizzie and Lena from Mid Yell Junior High School, and Zoe, Holly, Willam, and Tylor from the Anderson High School, who picked The Compass Centre as part of the Youth & Philanthropy Initiative (YPI) competition, which asks young people to research a local charity and present to their peers and a panel of judges on why they think the charity deserves the donation. The groups gave amazing presentations, and each won an incredible £3000 for The Compass Centre. Well done!

The Compass Centre is a charity which provides a warm, safe, and welcoming space for survivors to seek support, and, like any charity, we rely on funding to ensure the running of our service. I'd like to thank all our donors and funders for their continued support this year so that we can keep providing this much needed service.

Lastly, I would like to say thanks again to our wonderful staff, board, and volunteers. Without you all, there would not be a Compass Centre.

LAURA HUGHES | Chair of the Board of Trustees

OUR MISSION

Shetland Rape Crisis is an independent charity working towards a Shetland where everyone is equally safe and respected; where women and girls thrive as equal citizens; and where no-one lives with the threat of sexual violence or its impacts.

Based in The Compass Centre in Lerwick, we employ a small team of specialist staff and volunteers united by a shared love of our island community and the belief that sexual violence is not inevitable, it is preventable.

We believe that a Shetland free from sexual violence is a Shetland free from inequity, the root cause and consequence of violence. This is why we take an intersectional feminist approach to our work and advocate for the protection and promotion of the rights of women and girls, children and young people, and all survivors of sexual violence; anti-racism; accessibility, inclusion, and disability rights; LGBTI+ rights and inclusion; reproductive rights; and human rights more broadly.

We are a member of Rape Crisis Scotland and work to the Rape Crisis National Service Standards, a quality assurance framework that ensures the safety, quality, and effectiveness of our specialist services, as well as the values, ethos, and approach that underpins our work.

WHAT WE DO

We provide free and confidential specialist help to non-abusive people of all genders (age 13+) in Shetland who've been affected by sexual violence (that is: unwanted sexual behaviour), no matter what happened or when. This includes emotional and practical support, counselling, and advocacy.

This can be face-to-face at the centre or other agreed places such as the third-sector hub or health centres. If you prefer, we can also provide support over the phone, via video-call, by text, by email, and through secure messaging services. Most service-users engage with a mix of these approaches.

We understand that in Shetland it can feel difficult to maintain privacy. We work together to understand your needs and build a support agreement that honours our shared commitments to safety, confidentiality, and choice. For women and girls, we offer the choice of women-only appointment times.

We also deliver specialist sexual violence prevention education in secondary schools and college settings, lead on campaigns and community events, deliver specialist training, and take part in strategic partnerships with the local authority, health, and third sectors advocating for the inclusion of concerns relating to sexual and gender-based violence in Shetland.

We believe in centring the voices of survivors at all levels of our work, and we facilitate a young activists' volunteer group, BEE (Bold, Equal & Empowered), who meet fortnightly to lead on awareness-raising campaigns and events, and an ex-service users' reference group for adult women, OWL (Onward, Wellness, Learning), who help to contribute to our service priorities and development.

Our specialist services include:

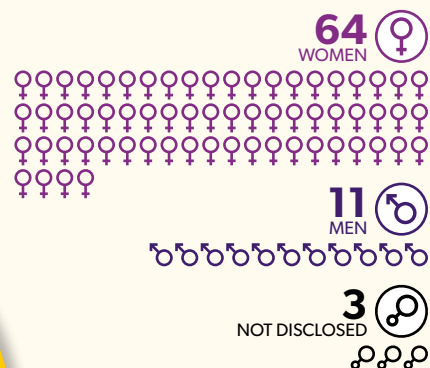
- **Sexual Violence Information & Resources**
- **Sexual Violence Support Service**
- **Sexual Violence Counselling Service**
- **Sexual Crime Advocacy Service**
- **Information, Support & Training for Other Professionals**
- **Sexual Violence Prevention Programme**
- **Equally Safe at Schools Programme**

“We believe in a Shetland where everyone is equally safe and respected; where women and girls thrive as equal citizens; and where no-one lives with the threat of sexual violence or its impacts.”

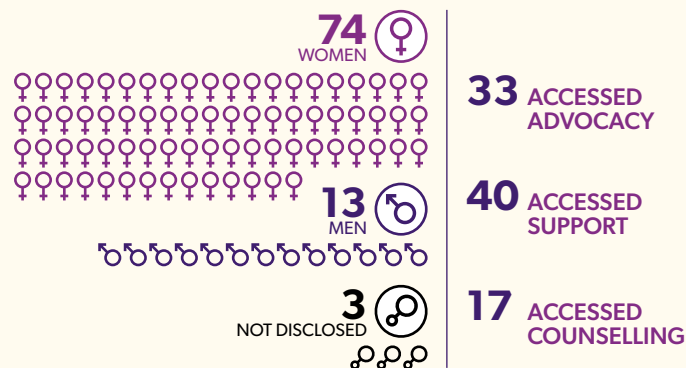
SRC Strategic Plan 2024-26

THROUGHOUT 23/24, **THE COMPASS CENTRE...**

RECEIVED **78** NEW REFERRALS



SUPPORTED A TOTAL OF **90** CASES

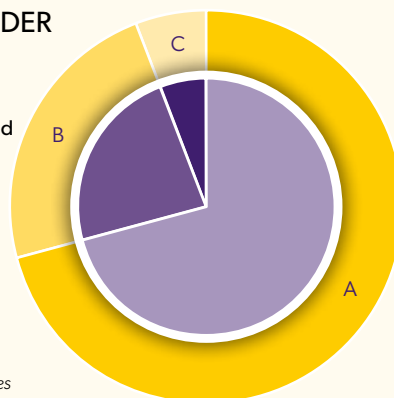


181 PEOPLE CONSULTED AS PART OF SERVICE DEVELOPMENT & IMPROVEMENT

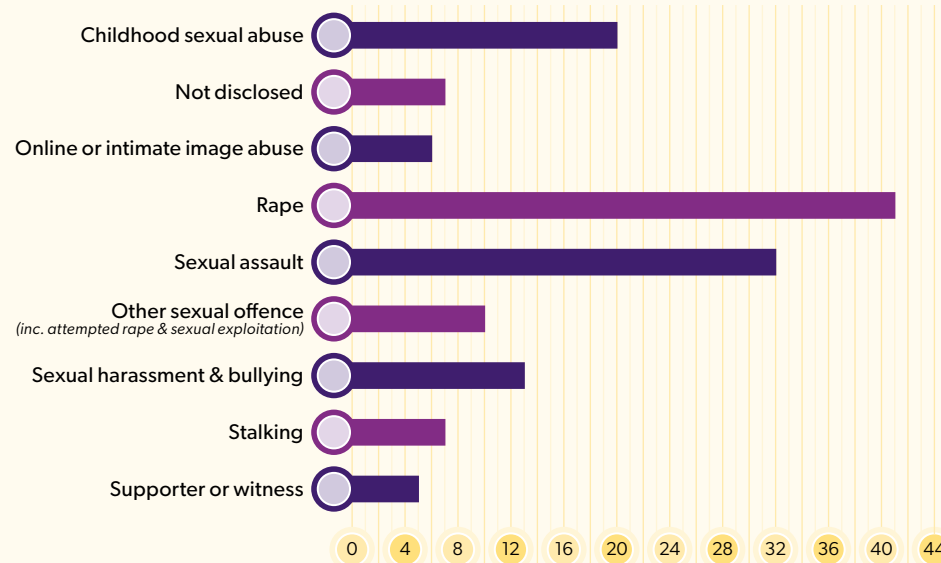
A YEAR IN REVIEW

PERPETRATOR GENDER

- A** 71.11% Man
- B** 23.33% Not disclosed
- C** 5.56% Woman



NATURE OF SEXUAL VIOLENCE EXPERIENCED



All graphs in this report relate to everyone who accessed services at the Centre throughout 2023/24. Some people engaged with more than one service throughout the year (e.g. they start with a referral for the Support Service and then make a police report and are referred to the Advocacy Service) which accounts for the numbers in the specific services being higher than the total number of individuals worked with.

SEXUAL CRIME ADVOCACY SERVICE

If you have reported or are considering reporting what happened to you, our Sexual Crime Advocacy Service is here to support you through the process.

We are not lawyers, but we are here to answer your questions, provide information and resources, and help you prepare for the next steps.

We may also be able to help by being a supportive presence during statements or court proceedings, and liaising with Police Scotland and the Crown & Procurator Fiscal Service to assist you with updates. In some cases, we may also be able to offer support to witnesses, family, friends and loved ones.

This is an end-to-end service, meaning that, should you so wish, you will remain in service until after your case is closed. Frequency of appointments will be agreed with your Criminal Justice Advocacy Practitioner and if you need more help during this time, you may be able to refer to the Support or Counselling Service, or to other external services.

THROUGHOUT 23/24,
we supported survivors in this service to

UNDERSTAND MORE
ABOUT THEIR OPTIONS AND RIGHTS

SAFETY-PLAN AND
DECIDE NEXT STEPS

SHARE
INTELLIGENCE

ACCESS FORENSIC
AND SEXUAL HEALTH CARE

MAKE REPORTS
TO POLICE

ENGAGE AND LIAISE
WITH POLICE AND COPFS

WRITE VICTIM
IMPACT STATEMENTS

VISIT COURT AND READ THEIR
STATEMENTS AHEAD OF TRIAL

GIVE EVIDENCE
AT COURT

MEET WITH COPFS
AFTER TRIAL

ACCESS SENTENCING UPDATES



ADVOCACY

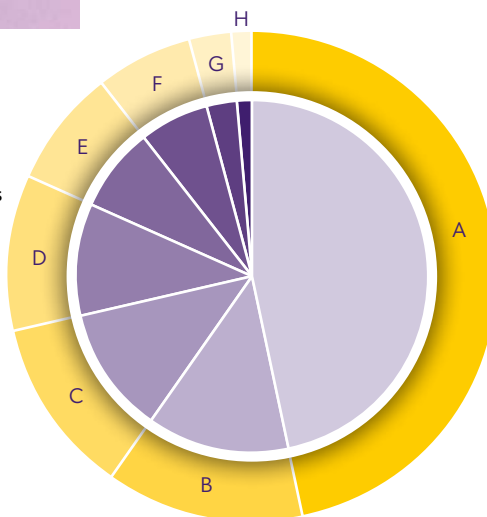


This service was made by possible in 2023/24 through funding and support from Rape Crisis Scotland, as part of the Scottish Government Victim Centred Approach Fund, and by Shetland Charitable Trust.



REPORTING BEHAVIOUR

- A** 46.75% Not reported
- B** 12.99% Reported after more than 10 years
- C** 11.69% Reported while in service
- D** 10.39% Reported at time of incident
- E** 7.79% Reported within 1 year
- F** 6.49% Not disclosed
- G** 2.60% Shared intelligence
- H** 1.30% Reported within 2-5 years



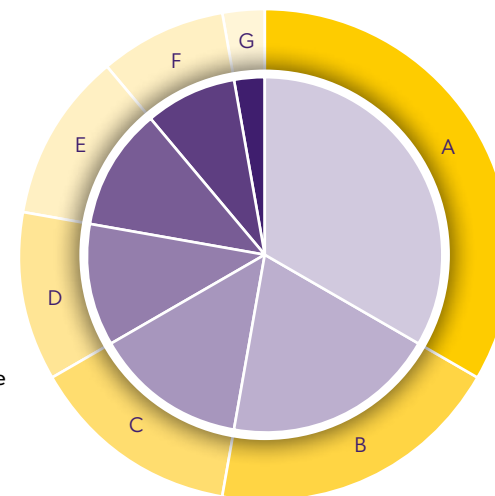
“The team at The Compass Centre are far and away the most professional and compassionate victim support professionals I have ever encountered, and have set the bar very high for others to follow!”

Amit Sarkar

Victim Information & Advice Officer
Crown Office & Prosecutor Fiscal Service

OUTCOME OF REPORTING

- A** 26.67% Pending
- B** 15.56% Decision to prosecute
- C** 11.11% Court case
- D** 8.89% Guilty verdict
- E** 8.89% Decision not to prosecute
- F** 6.67% No action
- G** 2.22% Not proven verdict

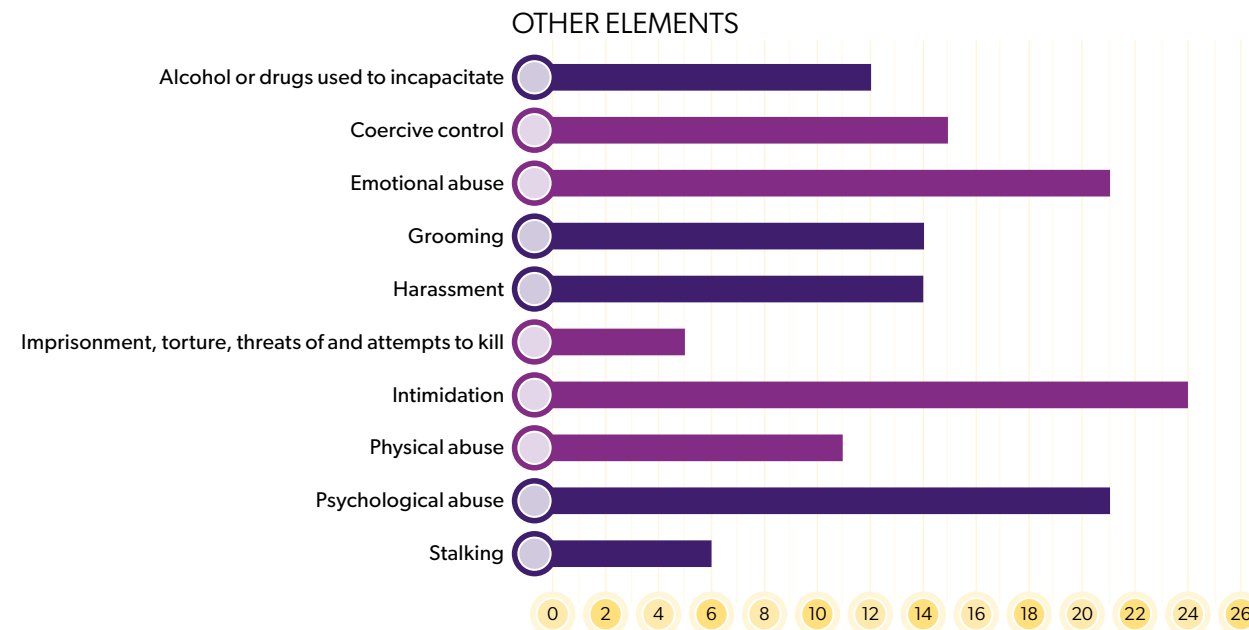


“ My advocate really supported my decision and helped me to figure if I really wanted to report or not, with NO pressure ”

Service User 2023/24

“ I walked out of this service a completely different person from when I first started. I will forever be grateful. Thank you! ”

Service User 2023/24



**IN 23/24,
EXITING
SERVICE-USERS
RATED OUR SERVICES:**



**4.9/5 for being
HELPED TO UNDERSTAND**



**4.9/5 for being
GIVEN CHOICES**



**5/5 for being made to
FEEL EMPOWERED**



**4.9/5 for
FEELING BELIEVED**



SUPPORT



These services were made by possible in 2023/24 through funding and support from the Scottish Government's Delivering Equally Safe Fund, the Scottish Government's Adult Survivors of Childhood Sexual Abuse Fund, and Shetland Charitable Trust.

SEXUAL VIOLENCE SUPPORT SERVICE

Our Sexual Violence Support Service offers emotional and practical support for up to 6 months with a trained Sexual Violence Support Practitioner. Appointments are weekly or fortnightly. Support is led by you and what you would like to achieve in this time. You don't have to talk about what happened, but if you do, we are here to listen. We provide a space to talk about how you're feeling and support to manage the complex emotions that come after an experience of sexual violence.

We know that the trauma of sexual violence can touch on every aspect of your life. We can also support you to navigate the areas of your life that have been affected such as: safety planning, attending appointments, expressing your needs to loved ones and/or other services, help with benefits, help with housing, and more.



“She let me lead my support and would bring up things she’d picked up on but asked if it was something I wanted to explore, and either way I decided, she never made me feel bad if I wasn’t ready, and let me be safe in my sessions.”

Service User 2023/24



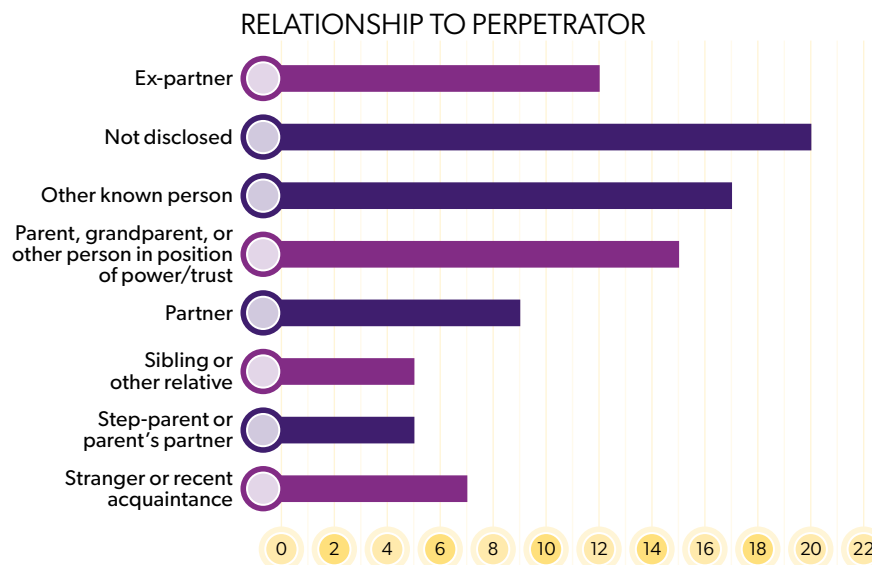
UPON REFERRAL,
94% SAID THEIR EXPERIENCES HAD A **MODERATE TO SEVERE** IMPACT ON THEIR ABILITY TO TAKE PART IN THEIR WORK, EDUCATION AND/OR SOCIAL LIFE.



UPON EXITING,
78% REPORTED **IMPROVEMENTS IN RE-ENGAGING** WITH THESE PARTS OF THEIR LIVES.



*measured using the Work & Social Assessment Scale (WSAS)



IN 23/24,
EXITING SERVICE-USERS
RATED OUR SERVICES:



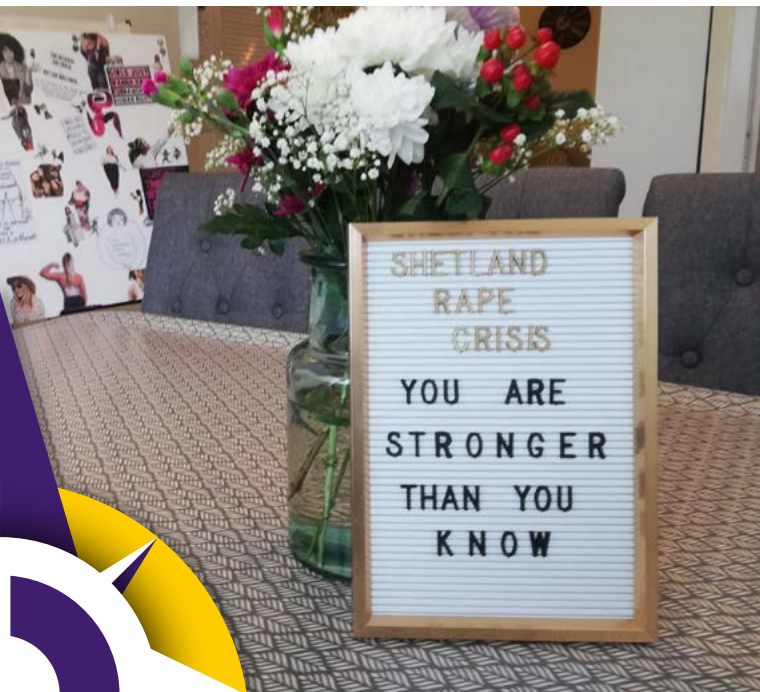
4.8/5 for FEELING SAFE



4.8/5 for FEELING SUPPORTED



5/5 for being TREATED RESPECTFULLY



COUNSELLING

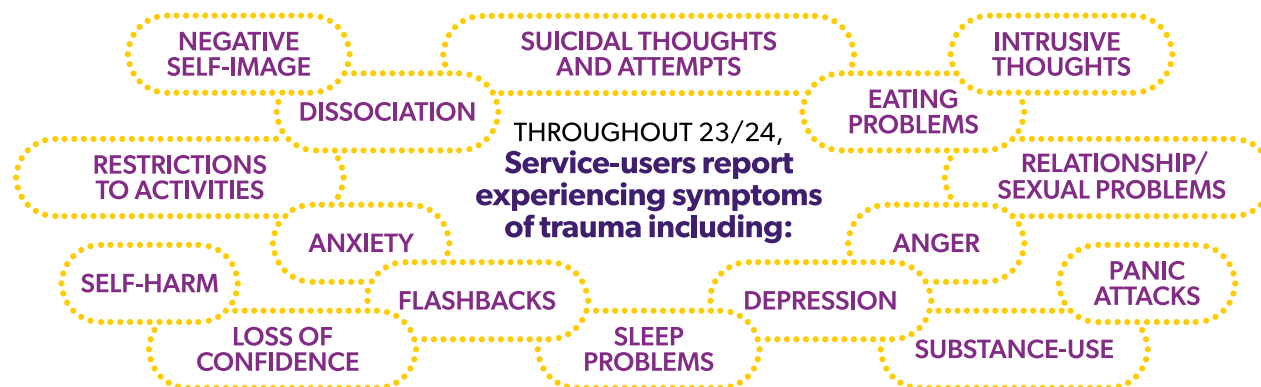


These services were made by possible in 2023/24 through funding and support from the Scottish Government's Delivering Equally Safe Fund, the Scottish Government's Adult Survivors of Childhood Sexual Abuse Fund, and Shetland Charitable Trust.

SEXUAL VIOLENCE COUNSELLING SERVICE

Our Sexual Violence Counselling Service offers person-centred counselling for up to 6 months with a BACP registered counsellor. Appointments are weekly or fortnightly. Your Sexual Violence Counselling Practitioner provides a safe, confidential, and supportive environment for you to work through your experiences and to find ways of healing.

Counselling can bring up difficult emotions, and your sessions will help you work through these. You don't need to re-visit what happened if you don't want to, but if you do, we will support you to do this safely. Achieving benefits through counselling requires commitment, and so we ask for an openness to engage with the process so we can work together towards a positive outcome for you.



“ She listened to me and made me feel safe. I was taken seriously and given choices that I really needed. As someone who finds it quite difficult to talk about personal stuff, it was a really big deal being able to open up and talk so easily with her. I really appreciate the time that I have had in this service. Thank you! ”

Service User 2023/24



UPON REFERRAL,
76% REPORTED
A **MODERATE
TO SEVERE**
PSYCHOLOGICAL DISTRESS.

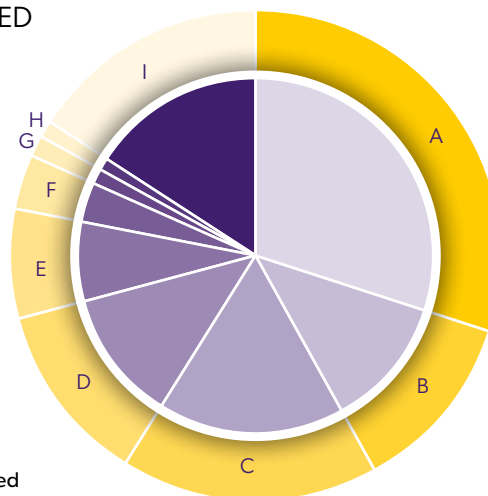


UPON EXITING,
90% REPORTED
**INCREASED WELLBEING
& IMPROVEMENTS** IN
SYMPTOMS OF DISTRESS.



AGE FIRST AFFECTED

- A** 30.12% Under 13
- B** 12.05% 13 - 15
- C** 16.87% 16 -19
- D** 12.05% 20 - 24
- E** 7.23% 25 - 29
- F** 3.61% 30 - 39
- G** 1.20% 40 - 49
- H** 1.20% 50 - 59
- I** 15.66% Not disclosed



IN 23/24,
**EXITING
SERVICE-USERS
RATED OUR SERVICES:**



**5/5 for
FEELING LISTENED TO**



**4.8/5 for
NEEDS BEING EXPLORED**



**4.9/5 for
BEING SHOWN CARE**

*measured using the Clinical Outcomes in Routine Evaluation 10 (CORE-10)



PREVENTION & ACTIVISM



This work was made possible in 2023/24 through funding and support from Rape Crisis Scotland as part of the Scottish Government's Children, Young People and Families' Early Intervention Fund, the Scottish Government's Delivering Equally Safe Fund, and Shetland Charitable Trust.

SEXUAL VIOLENCE PREVENTION PROGRAMME

We believe that sexual violence is not inevitable, it is preventable. A core part of our work is to prevent sexual violence through education, campaigns, and activism in our local community.

As part of the Rape Crisis Scotland National Sexual Violence Prevention Programme, we deliver evidence-based educational workshops aimed at preventing sexual violence in schools and youth settings across Shetland. We also support schools to implement the Scottish Government recommended Equally Safe at School Programme – a whole school approach to sexual and gender-based violence.

As well as this, we lead on raising awareness of sexual violence, and how to prevent it. This includes the facilitation and ongoing development of BEE and OWL, as well as partnership work with strategic partnerships, the local authority, health, and third sector advocating for the inclusion of concerns relating to sexual and gender-based violence in Shetland.



equally safe at school

a whole school approach to preventing gender based violence



“ A massive thank you to Zoe, Holly, Willam, and Tylor from Anderson High School, who picked SRC as part of the Youth & Philanthropy Initiative (YPI) competition, which asks young people to pick a local charity and give a presentation on its work, and who won an incredible £3,000 for The Compass Centre. Well done! ”

Laura Hughes Chair of the Board



BEE



“ We are BEE, a young activist group in Shetland! We are between 13-25 and have an interest in making a difference in Shetland in relation to gender-based violence. We are a friendly group and would love for anyone interested to join us. ”

BEE





YOUNG SURVIVORS RESEARCH PROJECT

In 2023-24, we received funding from the National Lottery Improving Lives Fund for a research project to better understand the needs of young Shetlanders (aged 13-25) affected by sexual harm, the barriers to accessing help, and to co-develop specialist approaches and resources for young people who want to access our services.

The Young Survivors' Practitioner worked with 78 young people via surveys, focus groups, and interviews. As a result of this work, we've now agreed an action plan to address these barriers in order to increase access to help for young Shetlanders affected by sexual harm over the next two years.



This research was made possible through funding and support from The National Lottery Improving Lives Fund.

“ I just feel like it needs to be like spoken about, being like, this is a thing, it’s not as intimidating as you may think it is, and it’s just people getting support. It’s not this big scary monster. ”

“ I joined the team at The Compass Centre in April 2023 as the Young Survivors Practitioner. It was my job to carry out research and consultation with young people in Shetland aged 13-25.

I worked to find out what would help young people reach out for support from us, how they wanted to be supported and how they would like a young person specific meeting space to look and feel. After this, I joined the Support and Advocacy teams to start delivering these improved services.

I have really enjoyed the last year of work. I was able to utilise my skills in youth work and facilitation. When I first started my role, I was given free rein to design what this project would look like, I spent some time thinking of different ways to reach as many young people in Shetland as possible and what questions it was that we wanted to ask.

The young people who responded were from all areas of Shetland and varying ages from 13 up to 25. In the second half of 2023 I started to run focus groups and interviews, asking similar questions to the survey, but asking them as part of a conversation allowed the young people to really get their full opinions across, and discussing it in a group setting generated new ideas.

Young Person (age 16-19) as part of
Young Survivors’ Research Project

It was so good getting to go out and speak to young people and hear their thoughts, when you’re running a project like this you often go into it with a bit of an idea of what the participants will say, but once you really start getting into it with them there are always surprises and ideas you have never thought of before.

Once all the focus groups were complete, I got to analysing the data and getting it ready to share with our team. Since feeding back the findings to the team we have come up with actions to help better the services we provide for young people and make them more accessible, it feels good knowing that actionable change has come from this project and that young people have been listened to.

Now I have moved into my new role as ‘Sexual Crime Advocacy & Sexual Violence Support Practitioner’ where I will be providing both emotional/practical support and advocacy to our clients, this is an exciting progression for me, and I look forward to being able to walk alongside our service users on their journeys. ”



STAFF SPOTLIGHT

Jessica Carlyle
Young Survivors’ Practitioner

This project would not be possible without the support of the National Lottery Improving Lives Fund.

ACCOUNTS

STATEMENT OF FINANCIAL ACTIVITIES INCLUDING INCOME AND EXPENDITURE ACCOUNT FOR THE YEAR ENDED 31 MARCH 2024

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 27 September 2024.

A copy of the charity's financial statements for the year ended 31 March 2024 can be obtained from our main office or through OSCR.

STATEMENT OF FINANCIAL ACTIVITIES	2024 UNRESTRICTED FUNDS	2024 RESTRICTED FUNDS	2024 TOTAL FUNDS	2023 TOTAL FUNDS
INCOME				
Donations and legacies	£920	-	£920	£14,645
Other Income	£3,521	£412	£3,933	-
<i>Income from charitable activities</i>				
Performance related grants	£3,000	£374,056	£377,056	£345,338
TOTAL INCOME	£7,441	£374,468	£381,909	£359,983
EXPENDITURE				
Charitable activities	£2,706	£396,659	£399,365	£338,815
(DEFICIT)/SURPLUS FOR YEAR	£4,735	(£22,191)	(£17,456)	£21,168
PERFORMANCE RELATED GRANTS				
Children, Young People and Families Early Intervention Fund	-	£14,967	£14,967	£14,955
Violence Against Women and Girls Justice Fund	-	£46,000	£46,000	£45,000
Adult Survivors of Childhood Sexual Abuse Fund	-	£46,216	£46,216	£48,897
Shetland Charitable Trust	-	£46,800	£46,800	£33,000
National Lottery	-	£37,690	£37,690	-
Rosa Stand with Us Fund	-	£5,285	£5,285	£6,730
ROSA Voices from the Frontline Fund	-	£4,000	£4,000	-
Tampon Tax Fund	-	-	-	£7,582
Shetland Community Benefit Fund	-	-	-	£3,400
Bank of Scotland Reach Fund	-	-	-	£4,400
Rural Communities Fund	-	-	-	£5,000
Inspiring Scotland Digital Fund	-	-	-	£412
Wood Group - YPI	£3,000	-	£3,000	£3,000
TOTAL		£374,056	£377,056	£345,338
BALANCE SHEET		2024		2023
FIXED ASSETS				
Tangible fixed assets	-	£27,645	-	£12,539
CURRENT ASSETS				
Debtors	£5,055	-	-	£30,847
Cash at bank and in hand	£66,615	-	-	£73,210
TOTAL CURRENT ASSETS		71,670	-	£104,057
Creditors	-	£6,899	-	£6,724
TOTAL ASSETS LESS CURRENT LIABILITIES		£92,416		£97,333
INCOME FUNDS				
Restricted funds	-	£29,223	-	£51,414
Unrestricted funds	-	£63,193	-	£58,458
TOTAL		£92,416		£109,872

A SERVICE USER'S STORY

In her own words, a service-user shares her story of accessing help from The Compass Centre. Shared with her permission and with our gratitude for her bravery and her voice.



"When I got in touch with Shetland Rape Crisis, I was at breaking point. 26 years of trauma from childhood sexual abuse came to the surface and I felt like my life was spiralling downwards.

Reaching out to Shetland Rape Crisis was the best thing I could have done. Although at the time it was a very daunting and frightening thought, I needn't have worried – they gave me a voice and helped me move forwards with my life in so many ways that I didn't think was possible for me. I found a safe place to open up fully and take it forwards with amazing support that helped me grow as a person and believe in myself.

The support I have had over the last 4 years has been tremendous on so many levels. Each and every one of the team I have spoken to have supported me in every decision and believed in me from the start with kindness, care, empathy and compassion. These ladies are remarkable in what they do.

One person sat with me for almost 14 hours over the course of 2 days while I did my statement to the police – I couldn't have done it without her and will be forever grateful to her for the time she gave me.

Another supported me through the ups and downs of the High Court process, which took a long time to come to trial. They got answers to all my questions, supported me and my family through the good and the bad times, and advocated for me on another level.

They also travelled to the court with me and sat with me, before, during, and after it all. No amount of words can explain how grateful I am and always will be to this person, I would never have got through any of it without them. Their help, support and patience, helped me to build my strength and confidence to carry on.

*I can't change the past but with the help of The Compass Centre, I am now able to look to the future, be happier and... live peacefully!
I can't thank you enough."*



GET INVOLVED

Interested in volunteering with us?

Email contact@compasscentre.org
and let us know more!

"We must prioritise addressing the root causes of gender inequality, challenging outdated stereotypes and societal attitudes that allow violence against women and girls to persist."

**Equally Safe: Scotland's Strategy for Preventing
& Eradicating Violence Against Women & Girls**

HOW TO DONATE

JustGiving™

 **easyfundraising**
feel good shopping

 **facebook**



ACKNOWLEDGEMENTS



MEMBERSHIPS



"No matter what happened,
when it happened, and
how it is affecting you now
– the Compass Centre
is here to help you find
your way forward."



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