



SAVI (Sexual Assault Victims Initiative)

Keeping Young Survivors and their families strong

YOU ARE NOT ALONE

A service for children, youths & their families

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Text to talk: 07944198175

Email support: talk@savionline.com

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Registered Charity N^o SC040994



ANNUAL REVIEW 2010 - 2011

SAVI -

KEEPING YOUNG SURVIVORS & THEIR FAMILIES STRONG

...YOU ARE NOT ALONE

SAVI's aims to support children, youths who have experienced sexual assault/abuse. We also provide support for the people around them, their family/carers to ensure a scaffolding of support. Our original aim was to support through the legal process but very quickly emerged to be insufficient and so we now support from first disclosure through any legal processes and on to recovery. This includes 24/7 helpline & text to talk, email support, Befriending, accompaniment, Advocacy & therapeutic supports

We officially launched our service in March 2010 with the help of Sandra Brown from the 'Moira Anderson Foundation' and Sylvia Rennie from Up-2Us both distinguished individuals in working with vulnerable young people.



Sylvia Rennie

Sandra Brown

Although we received a £5000 start-up grant from the community foundation we were only able to provide the full service we have over the last year because of our supporters. Without all the help and support we've had from our local community we couldn't have been there for them. Contact us at info@savionline if you would like to help or text SAVI01 = chosen donation to 70070

Welcome to our Annual Review 2010 – 2011

2010/11 proved to be a successful starting point for this much needed charity. Launching in March 2010 to begin our formal pilot of a unique service for youths and their families.

SAVI sought to fill a gap in service provision in South Lanarkshire whilst beginning the development of a new model for young survivors.

After some activities that put the fun in fundraising, training our first group of willing volunteers and moving into an appropriate office space we were ready to offer a service to the young people and their families who are too often forgotten in service provision in this area.

Originally hoping to focus on help through the reporting and legal processes we soon realised our model had to be developed further. Our family information service expanded to include more therapeutic work with all and our work with young survivors emerged to be strongest with a peer support focus that allowed for both formal and informal, crisis and general support.

Identifying and gaining trust from key partners also begun along with promotion of the service generally and with key expected referral partners. Thanks to our committed bunch of volunteers who contributed a total of 3487 hours we have already reached 321 people who needed our support. Despite only beginning our Journey we were recognised by both the Scottish Parliament within a motion for our work and received an award from our local Crime prevention panel, not bad for a starting point.

Thank you to everyone who helped make year 1 a success

Annamarie Campbell (Founding Chair)



IN THE OFFICE



We have decorated our new office, including the installation of I.T. equipment. We have two separate rooms, one for our general office duties and our 'snug', decorated like a little living room for psychological and physical comfort. One to one support has been given to 94 youths and their families and supporters from within SAVI's new base since opening. We have also utilised this space for training of our own volunteers and other individuals/organisations wishing to learn more about disclosure and possible outcomes for young victims. This is an area we hope to develop in future years.

OUTSIDE THE OFFICE

"It was like having a very knowledgeable mate through it all"
– R. age 15

Of course not everything can happen within four walls our befriending and informal support routes have also proves popular and successful with everything from walks and talks in the park to judo sessions our befrienders have kept busy giving this service to 53 youths since our launch. Accompaniment and support out with the office has also been utilised by many and proven to be an essential element to the SAVI model for the whole family. This has included going along and supporting all whilst reporting to the police, during and legal/trial processes and any associated work with other agencies such as Core groups within Social Services, Local authority housing departments or even assisting in engagement with more specialised services for drug and alcohol issues. 47 individuals have accessed this element.



PEER SUPPORT



This element has been found to extremely meaningful for the recovery of youths and their families. Young survivors buddying other survivors whilst parents have been given a listening ear by another parent who has been through the same issues has for some been all they needed to find their way through and for others a cornerstone in their overall recovery plan. Only 8% of those we helped in 2010-11 did not request or feel this element necessary for inclusion in their recovery process

"knowing someone knew exactly how you were feeling made all the difference" – J age 19

FAMILY SUPPORT

Over 60 % of first contacts were made by mothers. This access to the wider family unit meant that SAVI volunteers could ensure the whole family were supported and knew how best to support the young survivor. Creating a scaffolding of support that made recovery both smoother and less traumatic for those where this element could be utilised. Work sheets on key issues such as self harm, anger, eating disorder were available for use with young survivors but slightly adapted ones were also used with other family/carers. This proved to be beneficial all round.



"I felt so helpless trying to understand what she was going through not sure what was normal teenage behaviour and what was the result of the abuse, SAVI helped me see things clearly and gave me useful strategies for times when her behaviour or mood became more difficult"

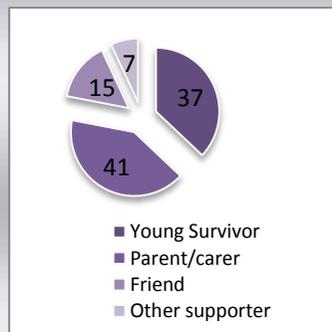
– Mother of 13 year old survivor

HELPLINE & TEXT TO TALK

This service was open to anyone who needed advice or support. Although the helpline was a free phone number with so many youths only having mobiles we introduced a text to talk service too.

Both these elements of the service have been accessed by young survivors, parent/carers, friends and other supporters.

A total of 2876 calls were taken by volunteers from people all over the UK. 62% were from Scotland, 8% from Ireland, 2% from Wales and the remaining 28% from England.



There was little difference between the number of calls from young survivors and parent carers demonstrating the need for the service by both

WEBSITE & EMAIL SUPPORT

Over the course of our first year and despite being relatively new to the little internet spiders our site received a total 2,348 hits through search engines. Direct links to the site added a further 2541 hits giving our new site 4,899 hits. By far the favourite page on our website was

'How can I help my child' This was accessed by just under two thirds of all visitors to the site.

Only 6% of visitors went no further than the home page the remaining 94% accessed an average of 4 pages and stayed on site for an average of 17 minutes. So our visitors can be said to have been kept engaged. Email support/advice was accessed by over 2000 people from all over the world though just over three quarters were UK residents.



POLITICAL ARENA



We were honoured when not one but two MSP's took a keen interest in our work. Both Linda Fabiani MSP and Margaret Mitchell MSP visited SAVI to find out more about what we had been doing. This interest resulted in a motion being accepted for debate in parliament congratulating SAVI on its work so far and to SAVI being invited to sit on a cross party group dealing with childhood sexual abuse.

We were also privileged to meet and discuss some key issues with the youth minister for Nepal whilst visiting the country as active citizens and had some worthwhile exchanges.

INTERNATIONAL WORK

Four of SAVI's volunteers completed active citizens training and all were chosen to represent Scotland in a knowledge exchange visit to Nepal. They visited many different projects in Nepal all relating to youths in some way. And provided workshops on some of SAVI's work methods that could be utilised by workers there. As well as knowledge exchange in SAVI's core work a proportion of the exchange was aimed at encouraging community involvement especially the young people and so our hardy crew worked alongside Nepalese volunteers to help clean up two community gardens and visited brick children and their workers too.



PARTNERSHIPS & AWARENESS



As a new organisation piloting a new model much of our awareness for 2010-11 focused on letting people know we were there and talking to key partners to let them know what we hoped to offer and achieve.

Letting people know we were there had included catching the eye of both the media and the general public as not everyone will be in contact with key agencies particularly if they are yet to disclose. SAVI managed to get media attention to the tune of 26 articles in the press, equating to just over two per month.



A massive draw to our awareness was Dougie's flag run. Running just under 3 miles around a 3 mile route 3 times a week carrying a SAVI flag with key details on for a whole 12 months Dougie became known throughout the town as the flag man and as well as letting possible service users know where we were this led to some in the town raising funds for us such as the Sainsbury's depot staff shown above.



The run finished with a poignant release of Chinese lanterns with messages attached from survivors and their families.

By the end of the period we had engaged with all key partners, including our local crime prevention panel, were widely known in our local area and were beginning to achieve recognition generally from further afield.

PEOPLE WHO HELPED US BE THERE

SAVI has no paid staff and so without the help and support of our volunteers the organisation simply wouldn't exist. Through 2010-11 they clocked up 3487 hours allowing us to begin piloting a 24/7 service. However many people also helped us stay open by raising funds and we must thank you all. Below are some pictures that show just some of the things our supporters got up to.



Comedy night



Fun day



Karaoke Comp

Local workers from another local firm got on board to help too, ISS Mediclean staff based in Hairmyers hospital worked hard to raise funds



THANKYOU WHOLE HEARTEDLY ONE AND ALL

CASE STUDY

First contact was made by text when 13 year old C's mother texted 'talk parent' to SAVI helpline volunteers after reading a newspaper article on SAVI. Mum stated that her daughter had disclosed 2 weeks before that her stepfather (mums husband) had been sexually abusing her for over 18 months. Mum had immediately contacted police and although charged C's perpetrator had been released on bail, with conditions not to contact C or her mother. C and her mother at first contact were residing in what had been the family property, however the rightful owner of the property was C's stepfather who had relayed via a family friend that they had one week leave the family home. C was currently experiencing night terrors and had begun self harming (cutting her legs) and was having difficulties in school (attendance and attainment). Mum was afraid that taking C to a homeless unit would further exacerbate her trauma symptoms but had no family to turn to. Mum was also experiencing extreme internal and external guilt associated with her daughters abuse and had begun having sleep problems related to her daughters disclosure. After lending a listening ear and answering some questions on the current legal position of the case SAVI volunteers offered some immediate strategies to help with sleep issues for C and mum and for C's self harm. Mum was afraid to have anyone come to the family home and an appointment was made for the following day at SAVI office. SAVI initially assisted with the resultant housing issue by securing a place in a local authority family homeless unit, whilst structuring intense support for both to ensure limited time spent in unit to try and reduce the impact on C's PTSD symptomology. SAVI then took on advocacy roles with the procurator fiscal, housing authority and C's school whilst pro-actively supporting both via direct and telephone contact, all SAVI elements were utilised. SAVI continued to support both mum and C fully by preparing for the court process and accompanying throughout, providing all direct elements of therapeutic support and advocacy for a further 21 months. On leaving SAVI both no longer had any sleep disorders, had stabilised in a new home, C was performing and attending school normally and had stopped self-harming.

NEXT YEARS HOPES

Key aims for year two are to:

1. Continue pilot of model to suitable longitudinal stage (with inclusion of new element emergent in year 1)
2. Establish service as suitable referral route to key Partners
3. Pilot therapeutic activities rooted in arts and music
4. Collect sufficient Evaluation data to allow full research evaluation of pilot
5. Create further awareness around issue & lack of service capacity for youths and families

FINANCIAL STATEMENT

As this was SAVI's first year we have no comparison, however given the content of this report the achievement of our volunteers far exceed the finances afforded for the year. Demonstrating a true commitment to value for money.

Extracts from financial accounts 2010-2011

Income:	£
Grants	8500.00
Fundraising/donations	2814.00
Total	<u>11,314.00</u>
Expenditure	£
Direct Charitable activities	8999.00
Fundraising	60.00
Asset purchase	1065.00
Total	<u>10,123.00</u>
Surplus	<u>£1191.00</u>