

May 2009

NEWSLETTER

IN CARE SURVIVOR SERVICE SCOTLAND



Free Helpline 0800 121 6027

Inside this Issue:

1. *Welcome*
2. *Open Secret Poem*
3. *Access to Records*
4. *Groups*
5. *Monitoring Group*
6. *Team Updates*
7. *News items*
8. *Training & Events*

Welcome

I am delighted to announce the launch of our new **In Care Survivors Service Scotland** website.

This launch alongside our marketing campaign that includes radio & television promotional work will help our service reach a wider audience. Our goal is to reach as many survivors as possible throughout Scotland.



www.incaresurvivors.org.uk

May 2009

The whole team is working hard to help promote the service. We have promotional packs that we have distributed to GP services and other voluntary organisations throughout Scotland. We are also busy going out and introducing our service personally to a variety of organisations. If you are interested in receiving a pack or arranging a visit please call our main office on 01324 630100.

Now that the service is beginning to feel more established our helpline is very active with over two hundred calls so far. These calls have led to an growing number of clients benefiting from our counselling and support services. This corresponds well to our volunteer program that is ready to place its first group of volunteers.

Open Secret recently had a very successful Open Day held at our Falkirk offices. The Open Day enabled people to come along, meet the team & learn about their roles. This day of networking helped us develop important connections with other organisations dealing with abuse issues.



Aside from promoting the service as much as possible we are also busy developing our skill & knowledge base. We have training in the complex legal issues often surrounding historic abuse cases and also valuable family therapy training organised for the next few weeks.

If you have any queries about our service please call our helpline 0800 121 6027. If you would like to contribute to our newsletter or website then please call Sally on 01324 679057.

May 2009

Open Secret Poem

When you walk through the door

You're not on your own

When you walk you don't walk alone

Sometimes it's hard, often quite sad

The secrets we keep deep within

But when you are a child

It's the abuser committing the sin

When you're a child you don't understand

You just know it's not right

What happens to you in the night?

There is no one to help

No one to tell

It's like living in the darkest of hell

I know that it's scary even now being older

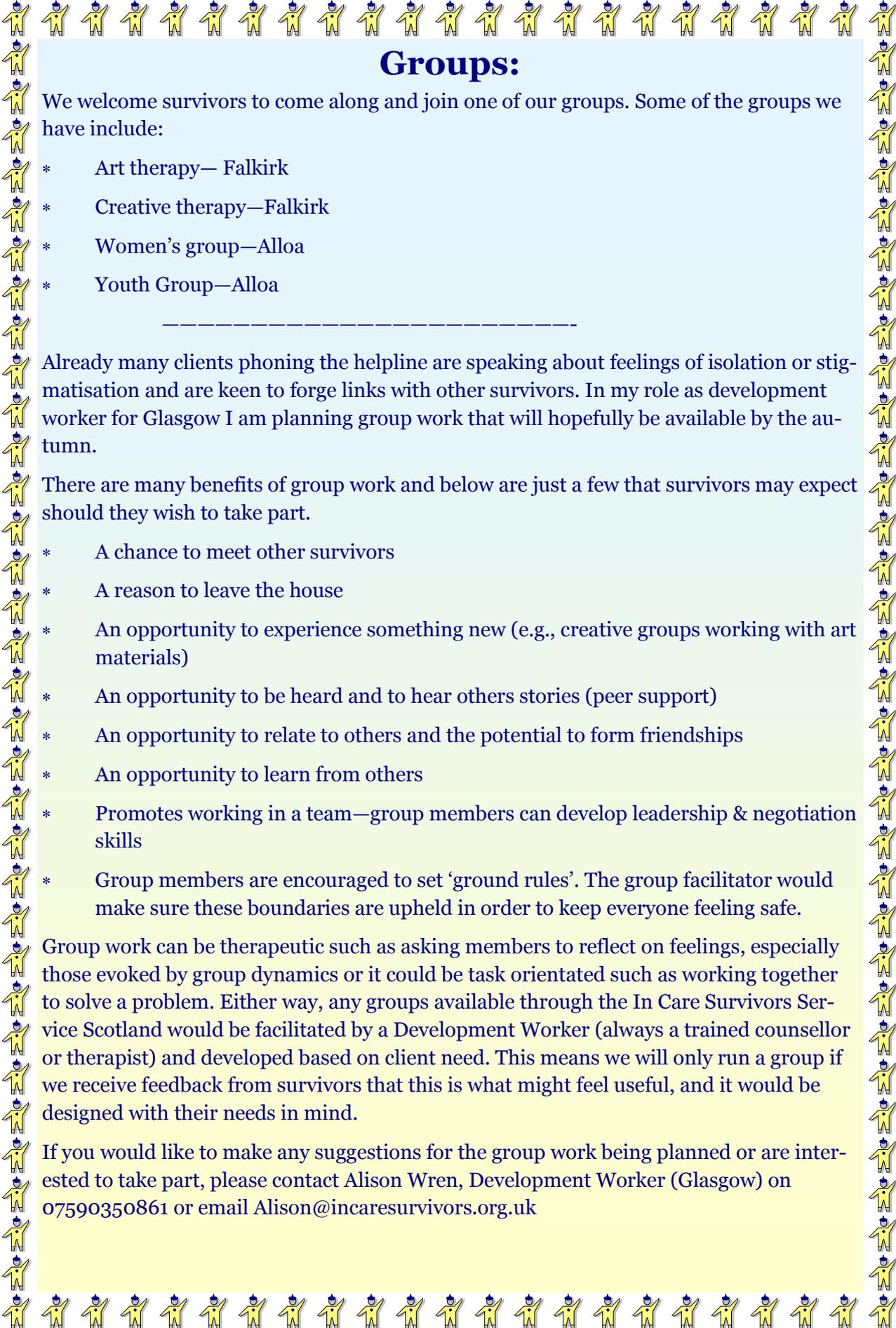
My body is colder and my emotions are numb

But I keep on hoping there's

A better life to come

Then when you walk out the

You feel as if the dark clouds have scattered above



Groups:

We welcome survivors to come along and join one of our groups. Some of the groups we have include:

- * Art therapy—Falkirk
 - * Creative therapy—Falkirk
 - * Women's group—Alloa
 - * Youth Group—Alloa
-

Already many clients phoning the helpline are speaking about feelings of isolation or stigmatisation and are keen to forge links with other survivors. In my role as development worker for Glasgow I am planning group work that will hopefully be available by the autumn.

There are many benefits of group work and below are just a few that survivors may expect should they wish to take part.

- * A chance to meet other survivors
- * A reason to leave the house
- * An opportunity to experience something new (e.g., creative groups working with art materials)
- * An opportunity to be heard and to hear others stories (peer support)
- * An opportunity to relate to others and the potential to form friendships
- * An opportunity to learn from others
- * Promotes working in a team—group members can develop leadership & negotiation skills
- * Group members are encouraged to set 'ground rules'. The group facilitator would make sure these boundaries are upheld in order to keep everyone feeling safe.

Group work can be therapeutic such as asking members to reflect on feelings, especially those evoked by group dynamics or it could be task orientated such as working together to solve a problem. Either way, any groups available through the In Care Survivors Service Scotland would be facilitated by a Development Worker (always a trained counsellor or therapist) and developed based on client need. This means we will only run a group if we receive feedback from survivors that this is what might feel useful, and it would be designed with their needs in mind.

If you would like to make any suggestions for the group work being planned or are interested to take part, please contact Alison Wren, Development Worker (Glasgow) on 07590350861 or email Alison@incaresurvivors.org.uk

Monitoring Group

The Monitoring group is now well established and is meeting approximately every four weeks. The group is an opportunity for survivors to have a say on the way the new service is run, to offer comment and advise the committee as to how things can best move forward.

Many issues are dealt with such as staff training, budgets, client numbers, helpline activity, publicity, partnerships and legal issues. If you are interested in joining this group then please send your enquiries to our manager Janine Rennie via the Falkirk office.

The next monitoring group meeting is set for Friday 15th May in Glasgow.

Team Updates:

Working across the **Highlands** might be a tall order as Ross, Skye and Lochaber spans 12,779 square kilometres taking in Achiltibuie in the north to Lochaline and Ballachulish in the south; and from Cromarty in the east to Skye, the Small isles and Ardnamurchan in the west.

Although there are some services they are not always easily accessible so my aim is to work towards an integrated and co-ordinated service response for survivors who have experienced historical abuse within the care system.

As a new Development Worker for In Care Survivors Service Scotland my starting point is looking at what there already is within this beautiful area and listening to what survivors want. I am delighted to say that there has been a wonderfully warm reception, particularly from R.A.L., The Highland Forum for people working with survivors of sexual abuse, the Mental Health team, The Glengarry Drop-in centre CAB, Birchwood Highland plus many more and already an area of specific training has been identified. This will help to remove barriers to joint working and to agencies co-ordinating in the delivery of more local services.

Peggy

May 2009

News Items:

Parents get child protection rights

May 3 2009

Perthshire Advertiser

Concerned parents are to be given new rights to know if a sex offender has access to their children, the Scottish Government has announced.

A pilot project will allow members of the public to call for backgrounds checks - with a presumption that police will tell parents if the person identified has convictions for sex offences.

If a youngster is found to be at serious risk of harm then child protection measures will be instigated.

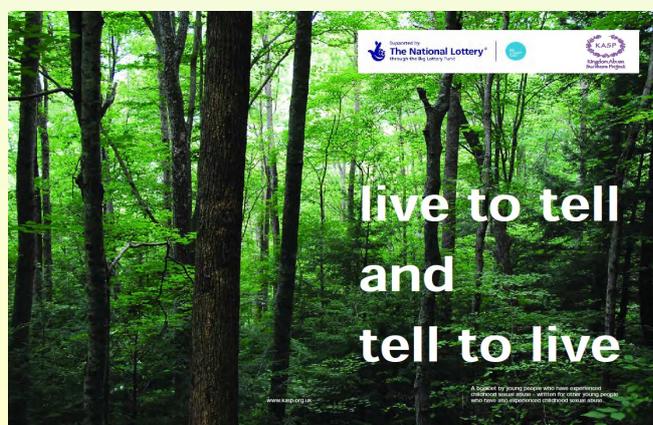
Kingdom Abuse Survivors Project: KASP

New: Live to Tell and Tell to live Booklet

This booklet has been written by young people, aged 16-25 years old, who have experienced childhood sexual abuse. The booklet is offered for other young people, around the same age bracket, who have also experienced childhood sexual abuse.

... Live to tell reflects how people can survive and live beyond childhood sexual abuse, and go on to tell, if they choose to. However, some young people also explain that in order for them to find their childhood in a different way, to adjust to their experiences and build a life for themselves that can be happy and successful, the key to all of this is to tell their stories, in order to live through them. So, it is important for the young people to tell in order to live.

You can download this booklet from the KASP website at www,kasp.org.uk



Send your articles to SallyA@incaresurvivors.org.uk

Training

Monday, 22 June 2009

Safe to Say national training for trainers course – Borders

The aim of Safe To Say is to establish a national network of training practitioners equipped to deliver best practice training for staff in all sectors consistently across Scotland.

The next round of the training will be to establish a training cohort for the Borders region. If you are interested in becoming a trainer and haven't experienced the Safe to Say training recently or in the past couple of years, then we would strongly suggest that you try the 2.5 day taster course.

Please contact us for further details about the training approach and how to apply for these courses.

Dates:

Taster course 22 to 24 June 2009, Closing date 1st June 2009

Full course will run from 7 to 11 September 2009, Closing date for applications 10 July 2009

Interviews held on 27 & 28 July

Cost: Taster course reduced rate £60 / Full course FREE

Location:

Selkirk, Borders

Time:

various

Contact:

helen.nettleship@samh.org.uk 0796 612 1118, or sue.hampson@samh.org.uk 0131 665 0843

In Care Survivor Service Scotland—Volunteer Programme :

Our second volunteer training programme is currently running and is on week six already.

Another recruitment drive will be undertaken in September 2009 .

For any Information please contact Sarah Mc Culley on 01324 679059.

May 2009

9G952C - Assertiveness & Confidence Building

29 May 09 at 09:30 to 29 May 09 at 16:30

Venue: The Albany, 44 Ashley Street, Glasgow, G3 6DS

Places: 15

Assertiveness & Confidence Building

Cost: £115 members, £165 non-members

This interactive course is designed to help people handle others in a confident and assertive manner. It is for people who feel they don't always stand up for themselves or their point of view, and, for those who feel uncomfortable or "it comes out all wrong" when they speak out in certain situations. In this course delegates learn how to put their views across without being aggressive or offensive and how to respect their rights and those of others.

Aim:

To assist delegates to behave in an assertive manner.

At the end of the course we would expect delegates to be able to:

- Describe assertive, aggressive and passive behaviours
- Identify the benefits to them and others of assertive behaviour
- Identify why sometimes people choose to be aggressive or passive
- Identify a code of rights
- Identify their own preferred style of behaviours
- Identify behaviours they want to work on
- Identify and use skills to behave in an assertive manner

Overview of topics:

- Behaviour Styles
- Communication
- Perception
- Role play

Quote from previous course:

- *"This course was facilitated very well. This was genuinely the best and most useful training I have participated in, perhaps ever. Thank you!"*

http://www.gcv.org.uk/course_booking/8g951c_-_assertiveness_confidence_building

Events:

one of our ain

A one act play written and performed by author Sandra Brown OBE, adapted from her international best selling true story "Where There Is Evil"

Tour dates:

Friday 1st May 7.30pm @ Brodick Hall, Isle of Arran £10 Tel: 434384

Tickets also available from Book and Card Centre, Brodick

Saturday 2nd May 7.30pm @ Airdrie Arts Centre £8 Tel: 01236 755436

Friday 8th May 7.30pm @ Greenock Arts Guild Theatre £10 Tel: 01475 723038

Saturday 9th May 7.30pm @ Greenock Arts Guild Theatre £10 Tel: 01475 723038

Thursday 28th May 7.30pm @ The Byre Theatre, St Andrews £10/£8 Tel: 01334 475000

Location: Touring show **Time:** 7.30/8pm

Fundraising Event:

Open Secret Karaoke Night—Saturday 30th May

Camelon Labour Club, Nailer Road, Camelon

8pm til late

Tickets £5—call 01324 630100

Careleavers Association

'keep in touch' event on Saturday 9th May in Manchester.

2pm: **Moyra Hawthorn** from the Institute of Childcare (at the University of Strathclyde) will be giving a talk on her findings from research into historic abuse within the care setting.

For further info go to the careleavers.com website.