

# DELIVERING EQUALLY SAFE

## Summary of Findings

October 2021 – March 2022

Photo credit:  
Inspiring Scotland DES Team

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## Foreword

Many crises disproportionately impact on women and children; this was the case with the pandemic.

Therefore I want to express my appreciation and thanks to you for responding speedily and innovatively to the challenges over this time. Much training and prevention work has moved on-line meaning it reaches more professionals. I am heartened by the new support methods being offered including a mix of face to face, telephone and online support for women reflected within this report. I am also pleased to note the very real difference the funded services make. Almost 20,000 people have benefited from support services to date and the stories of the transformative impact on their lives speaks of the importance to the work undertaken.

In these uncertain times, tackling violence against women and girls remains a priority for the Scottish Government and I am committed to implementing the changes we need to address the issue. The extraordinary work undertaken by Delivering Equally Safe funded projects is key to this and will continue to make real change to the lives of women and girls.



*Christina McKelvie*

**Christina McKelvie MSP**  
Minister for Equalities and Older People

We would like to take this opportunity to thank the organisations for the great work that they do. The last two years or so have been challenging as we've all been coping with the impact of the pandemic, which unfortunately isn't completely over. It's been particularly challenging for those who are or have been impacted by domestic abuse and other forms of abuse against women and girls.

This is the first report on the impact of the Delivering Equally Safe funded activity. It covers the initial 6 months of the fund. The impact of the activity being delivered is great to see and I look forward to learning more about the work as the fund continues.



*Celia Tennant*

**Celia Tennant**  
Chief Executive, Inspiring Scotland

# Section 1

## Background



## Section 1: Fund Background

### Delivering Equally Safe (DES) is a three and a half year\* funding programme.

It supports activity across the voluntary and public sector. Funded work contributes to the outcomes and priorities contained within the Scottish Government and COSLA's Equally Safe strategy.

Between October 2021 and September 2023, **funding of over £38m\*\*** (approximately £19m p.a.) will be distributed to 112 organisations delivering 121 projects.



*Public sector includes Local Authority projects, NHS and Higher Education*

### This report relates to funded activity delivered between 1 October 2021 to 31 March 2022.

Approximately £9.5m was distributed in the first six months of the programme, from October 2021 to March 2022.

There are a mix of organisations being funded. Some are delivering ongoing activity whereas for some organisations this has been a start-up period for their activity. This is particularly the case for new services or projects and partnerships where the level of preparation and recruitment required are higher than established activity. Additionally, for some funded groups, evaluation processes are in development with evidence of impact to be more fully reported as funded activity progresses.

*\*In April 2022, it was announced that the fund would run for an additional 15 months from October 2023 to March 2025 to allow the independent Strategic Review of Funding and Commissioning of Violence Against Women and Girls to report its findings in March/ April 2023.*

*\*\*Funding for 2022-23 is dependent upon the Annual Spending Review and Scottish Budget.*

## Section 2

### Fund in Numbers



Photo credit: Glasgow Women's Aid

## Section 2: DES Fund in Numbers

### 2.1: Number of People Supported

Almost **20,000**  
people supported  
in first 6 months



**14,957**  
adults Supported



**4,764**  
children and young people

#### This included:



**1:1 support**  
for **12,164** women



**1:1 support** for **4,156**  
children and young people



**5,156**  
helpline calls



**Refuge** provision  
for **459** women



**Group work**  
for **966** women



**Group work** for **1,939**  
children and young people



**Counselling\*** for **493**  
women



**Legal Advice** for  
**176** women



**Financial Advice**  
for **90** women



**Advocacy**  
for **4,300** women



**144** mothers/carers and children  
benefited from **CEDAR** work



**408** professionals completed **Safe & Together Institute** Training

*\*counselling sessions were delivered by an accredited counsellor.*

## 2.2 Number of Education and Awareness Sessions Delivered

**31** organisations delivered  
**1,113** education and awareness sessions to  
**14,349** children and young people

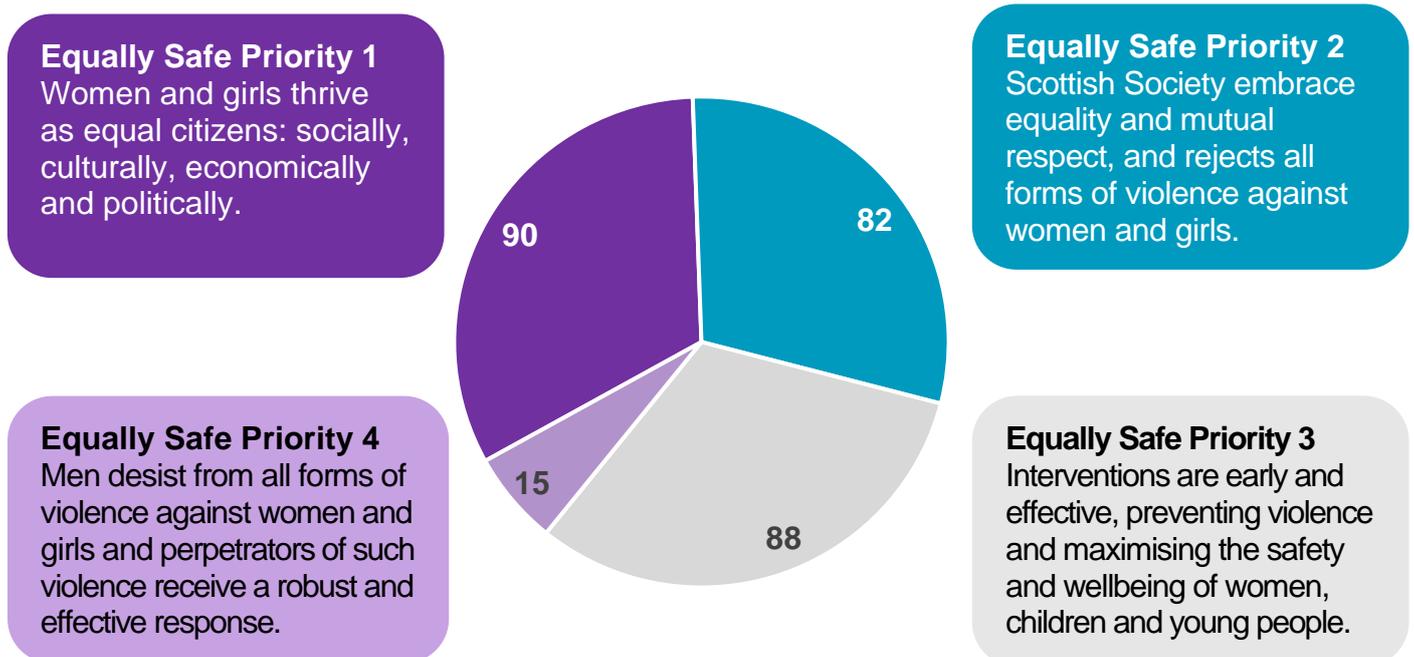
**45** organisations delivered  
**505** education and awareness sessions to  
**8,380** workers in the third & statutory sectors

In addition to those provided with direct support, over 22,500 people engaged in education and awareness sessions.

## 2.3 Organisations Delivering Against Equally Safe Priorities

### Number of organisations whose activity contributes towards each of the Equally Safe Priorities

The organisations reported on which priority/(ies) they are delivering against in this first 6-month period. Many organisations' activities are contributing to multiple priorities.



DES funded activity covers a range of activity including direct work with women, children and young people; providing safety planning, advocacy and tailored support and advice. Many organisations provide 1:1 support, group work and helpline advice.

There is also a high level of prevention work happening within DES funded activity: providing training and raising awareness and understanding within communities, other professionals and agencies as well as individuals.

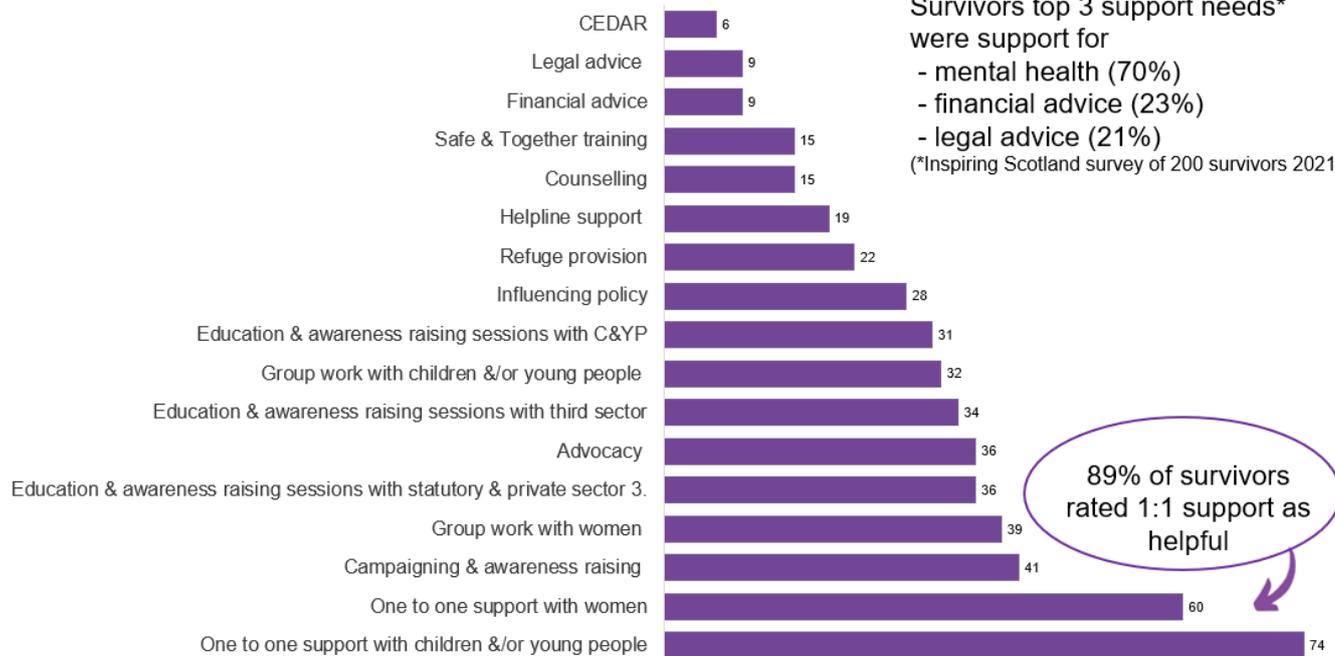
There is a lower prevalence of work with perpetrators as this is supported through other Scottish Government funding streams.

## 2.4 Activities Being Delivered

The range of activities being delivered by the DES funded organisations and projects is highlighted below:

Graph 1 - activities being delivered

### Number of organisations delivering activities



Counselling, financial advice and legal advice were services that survivors indicated in the “experts by experience” research are top of their list of needs.

These specialist services are available as funded activity within DES.

In the early stages of the fund, the impact of these specialist services is growing. It is expected the levels of support will grow as the services become more established.

## 2.5 National Violence Against Women Network

In partnership with the Improvement Service, two questions were added to the annual survey to the National VAW Network survey.

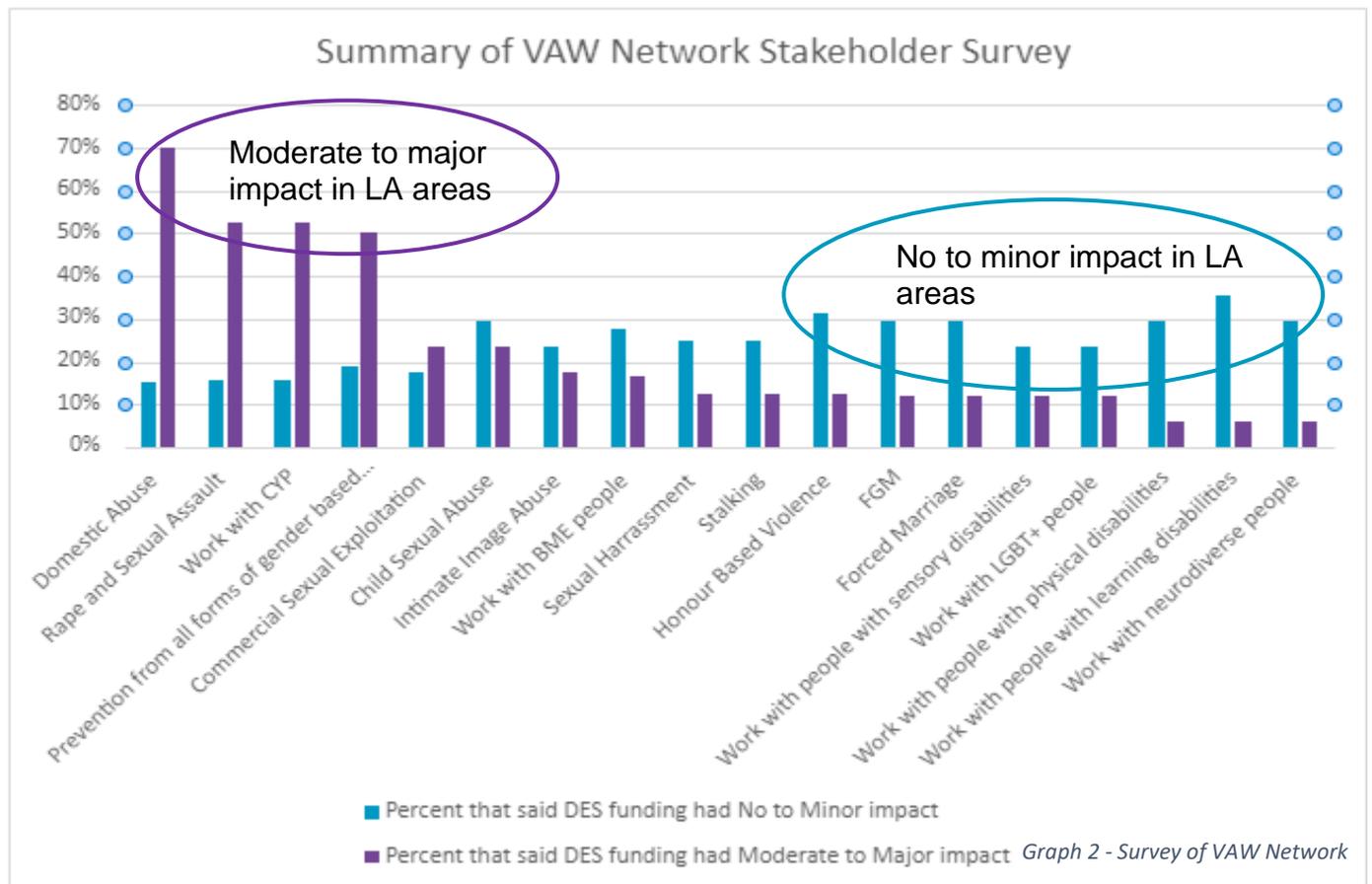
These were:

1. In the past 6 months, what impact has Delivering Equally Safe (DES) funding had on the prevention and eradication of VAWG in your local authority?

Please let us know if you have any other comments on the impact of the DES funding in your VAWP area

The responses indicated that 70% of respondents thought that DES funded organisations were having a moderate to major impact in their Local Authority area where they were delivering activities related to domestic abuse. Rape and Sexual assault, work with children and young people impacted by gender-based violence and prevention activity, over 50% indicated that DES funded activities were having a moderate to major impact.

50% of the National VAWG respondents were not or less aware of the impact of the activity funded by DES to support those affected by Honour based violence, FGM and forced marriage. A similar response was noted for activity supporting those with multiple and intersecting characteristics. We will review this again later in the fund and it is likely that the level of awareness of the impact of the activity will have increased.

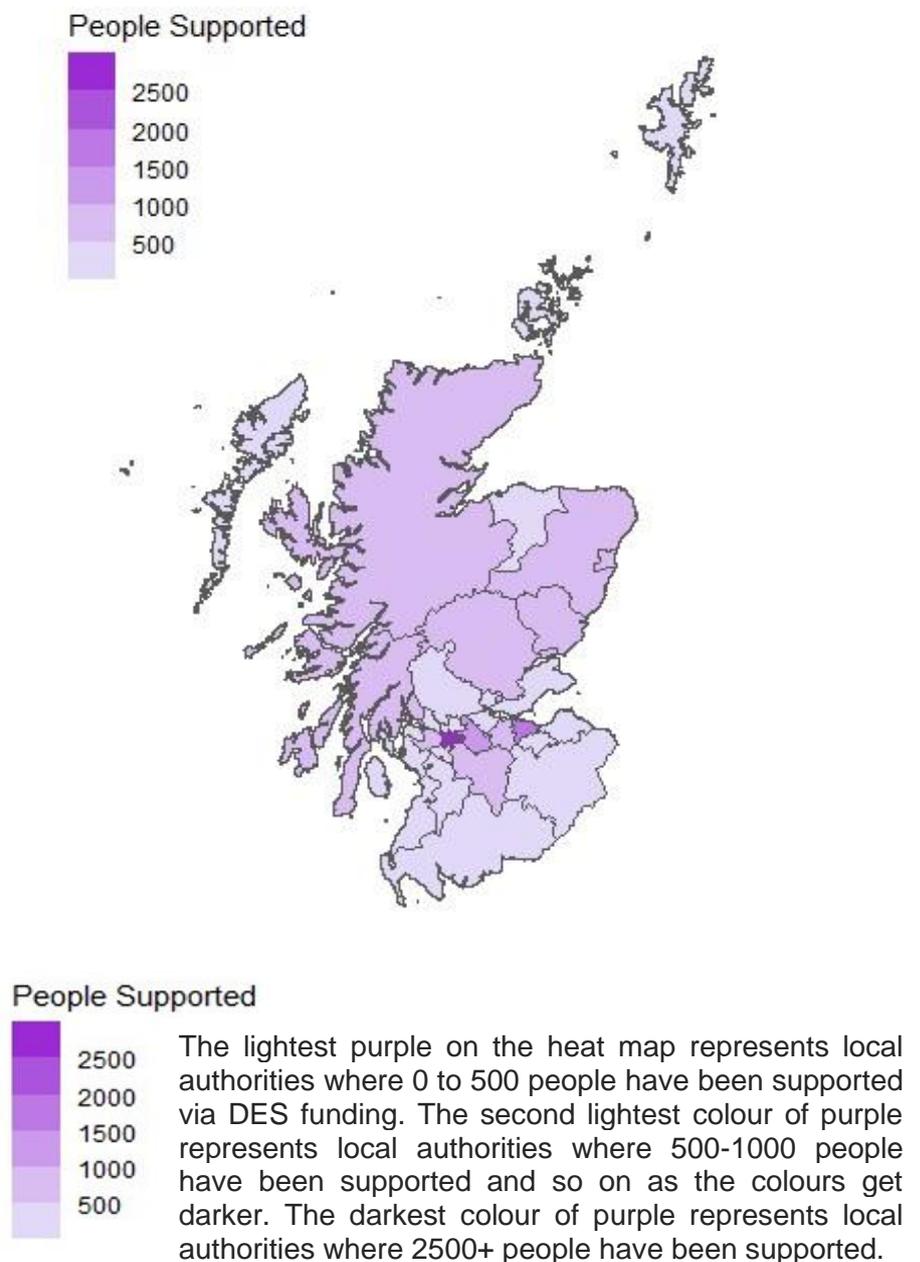


## 2.6 Geographic Spread of Support

During the reporting period, funded organisations provided direct support to **19,721** adults, children and young people (WCYP) from across Scotland. Activity was delivered in 32 local authority areas ranging from 2,920 people supported in Glasgow to 124 people in Eilean Siar.

National organisations did not provide the local authority split of their work; therefore, the map does not include the people supported by national organisations. Consequently, the map displays fewer people supported than the total but can provide a good indication of the local authority split.

Local Authority	Total N° People Supported (Women & CYP)
Aberdeen City	784
Aberdeenshire	537
Angus	887
Argyll and Bute	560
Clackmannanshire	223
Dumfries & Galloway	376
Dundee City	620
East Ayrshire	223
East Dunbartonshire	212
East Lothian	417
East Renfrewshire	335
Edinburgh City	1947
Eilean Siar	124
Falkirk	281
Fife	422
Glasgow City	2920
Highland	885
Inverclyde	161
Midlothian	409
Moray	257
North Ayrshire	193
North Lanarkshire	1093
Orkney	185
Perth & Kinross	629
Renfrewshire	506
Scottish Borders	490
Shetland	329
South Ayrshire	341
South Lanarkshire	855
Stirling	337
West Dunbartonshire	283
West Lothian	609



## Section 3

### Report Findings



## Section 3: Report Findings

### 3.1 Fund Highlights

#### 1. Support provided by the organisations has a positive impact.

Evidence provided by the organisations indicates that funded front line service support delivered has had positive impacts on survivors and contributed to outcomes set out in the Equally Safe Strategy.

#### 2. Post-covid - innovative ways of supporting survivors

Organisations have moved to a “hybrid” method of delivering support to survivors post covid restrictions. This involves providing services flexibly and offering face to face, telephone and online support.

Early indications are this delivery method is working well and is preferable to online only.

#### 3. Levels of education and awareness raising are high and evidence suggests they are having a positive impact

The use of online sessions continues to be a key method used to deliver training. Early evidence suggests that it is enabling more people to be reached with education and awareness raising sessions than was possible through face to face training. There is no indication the impact is lessened.

#### 4. Targeted support for people who share multiple protected characteristics being delivered

DES is funding more organisations delivering this type of work than previous rounds of VAWG funding. Evidence shows that the support being provided is having a positive impact. DES funding is contributing to the development of several new projects offering targeted domestic abuse support. Women experiencing domestic abuse who also have or are at risk of alcohol and substance use issues, women with learning disabilities, deaf women, and women from minority ethnic communities are all provided with targeted support through newly funded DES activity. Such services are focused on tailoring support to better meet the needs of individual women and reporting demonstrates the value of this holistic approach to domestic abuse support.

#### 5. Prevention activity is being carried out across Scotland

Organisations are delivering a range of prevention and development work including influencing policy, developing resources, campaign and awareness raising and research.

“ I am working and attending college now. The abuse feels like it happened a lifetime ago due to the work (my counsellor) done with me

Survivor,

Fife Women's Aid

## 3.2 Fund Challenges

Whilst there is much going on which is positive, there are challenges in the sector.

### 1. Staff recruitment and retention continue to be a challenge

Undoubtedly the most common challenge experienced by funded organisations in the first six months of delivery was in the recruitment and retention of staff.

Organisations who received funding to recruit new staff reported lengthy periods of recruitment with many having to advertise new posts on multiple occasions before successfully appointing a suitable candidate. Some projects reported that, six months into their funding, recruitment for funded posts was still ongoing.

Organisations have tried to find innovative ways around staffing challenges e.g. more flexibility on hybrid working and job share.

### 2. Service Demand Pressures are continuing to increase

Organisations reported that demand for support is high, and that waiting lists for support continues to be an issue. Some organisations have reported a 60% increase in referrals. In response to this some organisations are **introducing a triage system** when someone is referred. They will offer a set number of crisis interventions or group support while a survivor waits for their 1:1 support sessions.

Increased waiting times can mean that survivors present with increasingly complex needs when they are able to be supported.

### 3. Gaps in support

#### a. Support going through the court process

Delays in the court process are continuing to create increased stress and anxiety for survivors. There is limited support available to them to help with this.

#### b. Targeted support

While targeted support for people with multiple protected characteristics is being delivered, there continues to be evidence indicating that organisations providing these services have particularly demanding service pressures. For example:

- LGBTQ communities
- People with no recourse to public funds
- People with learning disabilities
- People with alcohol or substance use issues
- Minority ethnic women

And/or require:

- Financial support
- Legal support
- Mental health support

DES is funding more organisations delivering this type of support which is having a positive impact. However, indications from the reporting are that it is not sufficient to meet demand.

### c. Not all services available in all Local Authority areas

For example, direct work with those affected by commercial sexual exploitation activity is only funded in 4 Local Authority areas.

## 4. Increased prevalence of mental health issues

Organisations reported that they are encountering increasing prevalence of women presenting with mental health challenges. Anecdotally some commented that this can be exacerbated by the duration of their wait time for support. 70% of those who responded to the “experts by experience” online survey indicated that support for mental health concerns was needed.

Mental Health Counselling was provided to 493 women in the last six months.

## 5. Cost of living increases continue to impact adversely on organisations' spend

Organisations delivering frontline support reported an increase in their organisational costs in areas like utilities and fuel costs. This impacts negatively on the amount of funding available to support survivors. They also reported an increase in people struggling with fuel poverty and accessing food. This required increased partnership working and referrals to agencies such as foodbanks, citizens advice and emergency loan providers.

## 6. Difficulty obtaining funding which impacts on capacity

A number of organisations referred to the challenge of finding new and/or replacing existing funding. Much of the covid emergency funding is no longer available and new funding hasn't been released to fill the gap.

This impacts the capacity of the organisation as they cannot offer new services or increase existing services as they have no funding to pay for this.

The uncertainty over sourcing suitable funding impacts on the capacity of the organisation to plan and develop their service both in terms of the work required to develop a funding application and also financing any additional work. The uncertainty also impacts on the recruitment and retention of staff as it is difficult to offer long term contracts.

The increase in costs and wage inflation make this situation even more difficult.

Pages 17 – 35 provide more detailed findings by policy area.



## 3.3 Domestic Abuse



81 Organisations

32 Local Authorities Covered

Delivering Equally Safe funding largely contributes to the existing work of organisations who provide frontline direct support to people experiencing, or who have experienced, domestic abuse. This frontline work is delivered by Women's Aid groups, as well as independent organisations across Scotland.

Organisations delivering ongoing frontline support to people affected by Domestic Abuse reported a range of different activity. The most common delivery method was via direct one to one support sessions with a support worker. One to one work across all frontline support services is clearly led by the needs of those being supported. As such, it varies considerably in its focus and length. Organisations providing front line support reported on their work to help people improve both their safety and wellbeing.

Since the lifting of Covid 19 restrictions, funded organisations have largely **resumed face-to-face work**. It is worth noting that many have retained some elements of Covid 19 delivery and adopted a **hybrid model offering support** via telephone, video call, email and text which some clients prefer rather than only meeting face to face.

### 3.3.1 Activity Delivered

Support delivered includes but is not limited to:

- one to one emotional and practical support for women, children and young people
- group work and advocacy for women, children and young people
- creating safety and support plans\* for women, children and young people usually at the early stages of their journey
- provision or facilitation of emergency accommodation (including refuge) and well-being support
- provision of or signposting to legal & financial advice
- Counselling support

*\*the safety and support plans include housing safety, emotional safety and physical needs to reduce vulnerability*

More targeted frontline support included Polish language provision (Edinburgh Women's Aid and Feniks Counselling Service). Several organisations provide specialist support to women from black and ethnic minority communities.

While ongoing frontline support was overwhelmingly provided to women, children & young people, similar support was provided to men, LGBT+ and non-binary people experiencing domestic abuse through various Rape Crisis Centres and individual projects such as SACRO's Fearfree service.

All support safety plans are person centred and focus on emotional and practical needs of the individuals. Plans are reviewed regularly (in most cases on a six-weekly basis). Safety is paramount and if staying in their own homes, funded organisations ensure that safety equipment such as community alarms and doorbells are provided for the homes.

Through multi-agency connections at MARAC the organisations work together to ensure that women's voices are heard, and risk assessments have been formalised with partner agencies.

Cases heard at MARAC are those which carry the highest safety risk identified via a risk assessment process. Working with specialist partner organisations to help put safety measures into place for the women, children and young people, attending joint meetings to ensure that specialist support provision is accessed by vulnerable, WCYP at the highest risk.

### Support services for children and young people

Progress reporting highlighted valuable support being delivered with children and young people by frontline domestic abuse services. Activity for children and young people was split mainly across one to one, and group work, and the focus of support varied dependent on the needs of the individual child or young person. Support was delivered largely in school or at a suitable neutral venue and included both emotional and practical work. Emotional support was provided to young children and those with additional support needs through play therapy.

Topics and themes covered include understanding domestic abuse through exploring healthy and unhealthy relationships, the impact abuse has had on them and their families, safety planning, anger management, body maps and children's rights. A person-centred approach is prevalent throughout, so they feel listened to, feel respected and have their voice heard.

“

When discussing different topics, we try and encourage the child to lead the conversation if they feel comfortable. This builds self-esteem and trust within the relationship. At support sessions, we also discuss their rights and responsibilities. Many children do not understand their rights, so this helps them feel empowered and they feel more able to participate in decisions about their lives.

Body mapping is a great way of showing a child their private areas which should not be touched. We explain that if anyone tries to touch them where they do not feel comfortable, they should say 'no' and are encouraged to do so. We talk about personal space and their right to be free from abuse. Support offered helps them to understand feelings and why hurting and fighting is not ok.

*Ross-shire Women's Aid*

”

One to one sessions with children and young people are integral to recovery and also used to engage with **theraplay activities**, encourage children and young people to express their feelings and deal with their emotions through drawing pictures, mood boxes, worry jars, dream catchers, stress balls, relaxation skills, mindfulness, arts and crafts, games and stories to share their experiences, feelings and vulnerabilities with a trusted adult.



Big Bag of Worries

Glasgow Women's Aid CYP Service use this as a way of allowing the child to share everything that is worrying them.

“

I like that I have someone for me. Lots of people speak with my mum about what's happened but it's happened to me too and I need to talk.

*12 year old girl  
Dumbarton District WA*

”

## Prevention and awareness raising

A number of funded projects demonstrate valuable preventative work with young people including through awareness raising around Domestic Abuse. Through targeted sessions within schools, youth groups, universities and colleges, young people have reported a better understanding of healthy relationships. This has included young people identifying unhealthy behaviour in their own relationships or that of their peers and conversations about abuse, consent etc becoming more commonplace. For example, young women who took part in YWCA's most recent cohort in Dundee reported that their work had opened the door to further conversations on gender-based violence with peers and it being discussed more in SE classes.

With the changing landscape from various levels of Covid 19 restrictions the portfolio has continued to overcome any challenges faced in the delivery of support services, however organisations report that many schools were reluctant to allow visits into school to deliver awareness raising sessions and in some cases groupwork. Where activity has been delivered, it has had a positive response.

Comments from participants included:

"I learned a clear understanding between right and wrong."

"I already knew this but it has deepened my understanding."

"Knowing the signs will now help me to notice them."

"I have learned what are bad and healthy signs in a relationship, so I can recognise a healthy one"

*Participants*

*South Ayrshire Women's Aid*

## Advocacy support

A significant proportion of the portfolio **deliver advocacy support** to women, children and young people (WCYP). Some organisations make referrals or signpost service users to other agencies i.e. Citizen's Advice, Housing, Mental Health Services (including CAMHS), whilst others provide these supports as part of their front-line role (MARAC, Child Protection, Core Group meetings). Advocacy enables women, children and young people to build confidence in voicing their feelings and an understanding of their rights, views and wishes until they feel more able to advocate for themselves. Through advocacy and representation, Shakti Women's Aid have ensured that women from minority ethnic communities, their wants and needs are better understood by statutory and third-party organisations, and hence these needs are met better.

## Group work

Many organisations also provide group work as a key part of their support, including Education Programmes. This has allowed Women to build confidence and gain a greater understanding of Domestic Abuse and how it effects them. As a result of the one to one and group education activities women have a deeper understanding of how to identify any signs of abuse in current and future relationships, how to understand perpetrator behaviour and are no longer conditioned to believe it is their fault or make excuses. Isolation is also reduced as women have the opportunity to meet peers who have had lived experiences and have improved self-esteem and confidence.

### Own My Life

The Own My Life groupwork programme is being delivered by a number of women's aid groups. It is an innovative, creative and educational 12-week course to help empower women who have been subjected to domestic abuse regain ownership of their lives including owning our mind, body, choices, relationships, world, feelings. The course content includes sexism, Rape culture, violence, misogyny, disrespect in relationships, abusive behaviour.

### Freedom Programme

West Lothian Women's Aid report that

“an added benefit to the programme is that for each programme, the participants chose to continue to connect and support each other via their own social media group (WhatsApp) and 23 clients have connected in this way (including 2 who were unable to finish the programme due to ill health).”



Photo credit: Venture Trust

## Counselling services

Counselling services are offered by many organisations in receipt of DES funding and there are good examples of the impact on service users. The counselling sessions have regular review points to assess the impact on the women and to allow them to see the progress they have made. Some of the comments that have been captured in this feedback demonstrate that, as well as a positive impact on their mental health and wellbeing, the sessions give women an increased understanding of the impact of abuse and of safe and healthy relationships:



“Since counselling I can speak on the phone and stand up for myself”

“I am working and attending college now. The abuse feels like it happened a lifetime ago due to the work (my counsellor) done with me”

“Put things in perspective, built my confidence. (my counsellor) had a great way of making me think differently about situations – she made it sound simpler that I had built it up to be”

“I am like a different person. I am able to see my experiences for what they were”

“Having someone validate my feelings was life changing.”

*Service Users,  
Fife Women’s Aid*

Demand for counselling is continuing to grow. Angus Women’s Aid and Feniks (who provide Polish language counselling) reported a waiting list and are looking to recruit further counsellors to manage the growing need.

Kingdom Abuse Survivors Project (KASP) provides counselling and/or support to women over the age of 16 who have experienced domestic abuse and are survivors of child sexual abuse.

“I have always believed it was something I was doing wrong but I know now that the abuser is always the one to blame. When you understand that and believe it, that’s you starting your journey but this time you have someone (KASP) who truly cares about you, walks beside you giving guidance and advice ...that’s what makes you all so wonderful and helps me cope... bringing me to a point where you can believe in yourself once more”.

My heart was full and I had a lot to get off my chest a mountain of frustration ...

Thanks for listening, holding me in a safe space to “rant” and the intelligent conversation and I have just realised that I have more intelligent conversations with you than I was ever able to find .....

*Survivor*

*Kingdom Abuse Survivors Project*



Photo credit: Canva

### 3.3.2 New and Innovative Activity

While much of the funded activity is established and ongoing frontline work, DES funding also contributed to the development of 10 new projects offering targeted domestic abuse support.

Women experiencing domestic abuse who also have, or are at risk of, alcohol and substance use issues, women with learning disabilities, deaf women, and women from black and ethnic minority communities are all provided with support through newly funded DES activity. Such services are focused on tailoring support to better meet the needs of individual women and reporting demonstrates the value of this holistic approach to domestic abuse support.

Newly funded projects have understandably been slower to begin direct delivery than existing frontline services. Where DES funding contributed to a pilot project or officially establishing a new service, the initial six month period has largely been focused on project set up.

**Organisations such as Deaflinks, Scottish Commission for Learning Disabilities, Central Advocacy Partners and Liber8** recruited and trained new staff teams to lead on funded activity. Once teams were established, activity was then focused on developing referral pathways, building connections with external agencies and other third sector projects, and raising awareness of their project and/or the experiences of the groups they support. For organisations who are funded to deliver direct frontline support numbers are relatively low as they began to receive referrals toward the end of the six-month period. Numbers are expected to rise as services are now established and as such reporting on impact will come in future progress reports.

All newly funded projects with a focus on domestic abuse have carried out extensive awareness raising and prevention work during the first six months. For example, through a new project focused on deaf women's experiences of gender-based violence, Deaflinks have held a series of targeted information sessions in Tayside for local authority Housing, Sheriffs & Procurator Fiscals, Police Domestic Abuse Units and Social Work first contact teams.

Others have been engaged in community events and networking within the local area to raise awareness about their project and provide information on referral pathways.

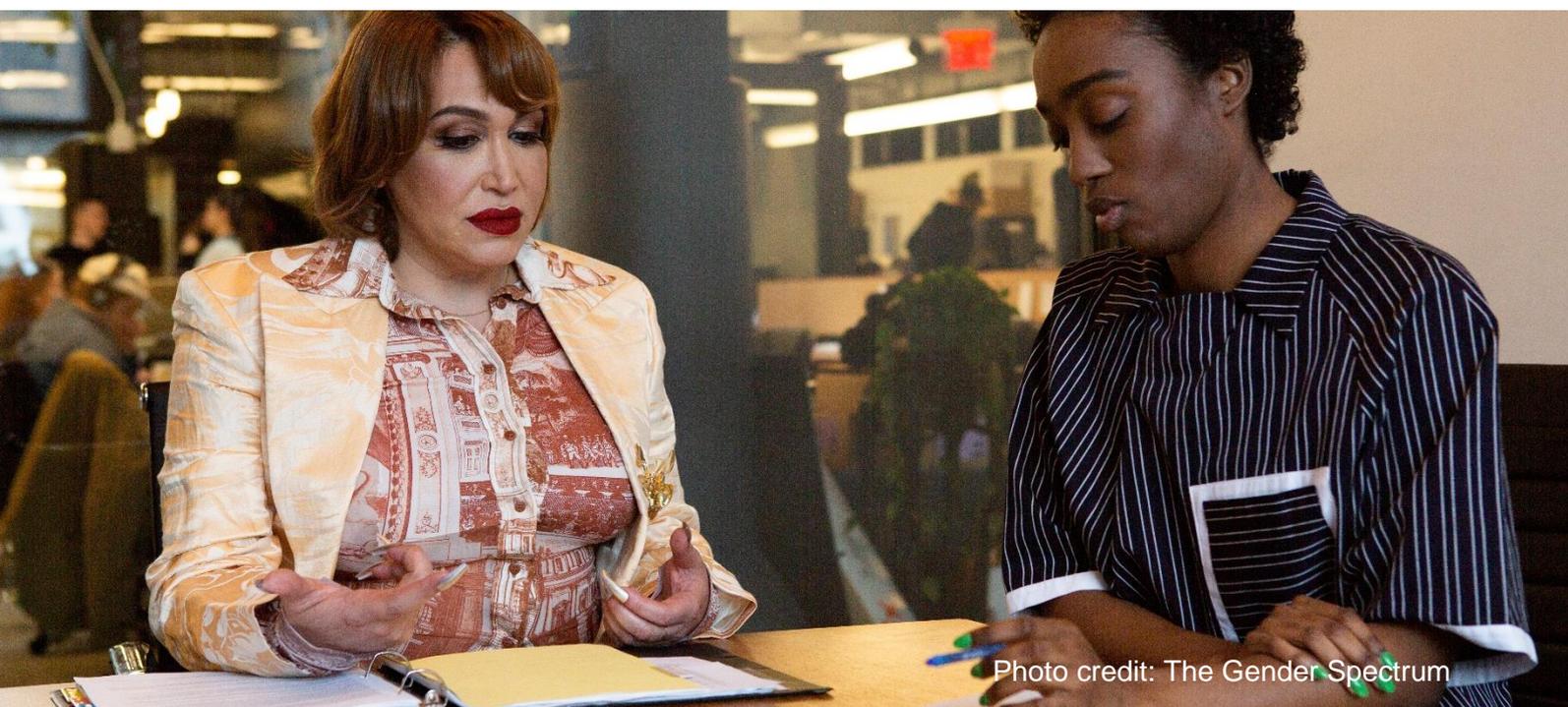


Photo credit: The Gender Spectrum

## 3.4 Sexual Abuse



25 Organisations

32 Local Authorities Covered

There are a number of organisations, most notably but not exclusively, Rape Crisis Centres, where tackling and raising awareness of sexual abuse is the primary focus. Sexual abuse is also a common thread within a number of organisations whose work tackles gender-based violence more generally.

The DES portfolio includes all 17 Rape Crisis Centres who operate across Scotland. All receive funding for core activities as well as some project work. Each of the organisations is autonomous, and has developed their service in accordance with the needs of their area, with support and guidance from Rape Crisis Scotland. Rape Crisis Scotland also receive partnership funding for prevention work within schools as well as a national helpline. There are other organisations outwith the Rape Crisis network with a primary focus on sexual assault who received funding through DES, including one for young homeless women and an NHS project supporting women who have been sexually assaulted at any time in their lives to get a cervical smear.

### 3.4.1 Activities Carried out in the Last Six Months

Frontline support is survivor centered and trauma informed and is primarily available to people aged 13 and over.

#### Emotional Support

From progress reports it is clear that the restrictions caused by Covid -19 and pressure on staff capacity, has caused the services to reflect on how they engage with survivors.

They have reacted and responded quickly, bringing in online and phone support to enhance the 1:1 support previously offered and provided care packages for survivors to help them manage their stress and anxiety at home. These new methods have now been included to enhance the toolkit of support that is available.

#### 1:1 Support work

One to One support work is person-centred and adapted to the needs of the organisation and the survivors.

Demand for services is increasing as lockdown restrictions ease, with one organisation noting a 60% increase in the number of referrals in one month from their usual average. This level of increase places additional pressures on the staff team and has led to longer waiting times for survivors.

“  
They say it takes seven years for your skin to fully renew itself and it gives me great relief that one day I will have a body untouched by my abusers.  
This is the last line of a poem by a young survivor supported by the Star Centre, detailing her rapes and sexual assaults at ages 14, 15, 16 and 17.  
”

There is also an increase in the **complexity of issues** that survivors are presenting with when they are first referred. This can include being actively suicidal, having anxiety and panic attacks as well as depression, lower confidence and flashbacks.

This may be due to people having had coping strategies in place, such as their work and social networks, which were removed from them during lockdown, causing increased anxiety and isolation, leading them to self-refer for support.

In response to this organisations are **introducing a triage system** when someone is referred, offering a set number of crisis interventions or group support while a survivor waits for their 1:1 support sessions.

Lockdown has also affected children and young people with research undertaken around mental health in the last two years showing that young people have been disproportionately impacted. There is also an increase in issues arising from the use and abuse of social media, including peer pressure to share intimate images.

“I was fine before lockdown but being in the house all day has heightened my issues with anxiety.....you are the only service that has continued to help me and support me to seek help for my anxiety’.

*Survivor,  
Dumfries and Galloway Rape Crisis*



For many of the women and young people we have supported we are aware that the COVID 19 pandemic has increased social isolation, financial hardship, distress and for some the increased risk of sexual violence. Our work would seem to suggest that we will not see the true impact of the pandemic on young people’s mental health for several years.”

RASAC PK

### Group Work

Groupwork can include support groups, such as a Childhood Sexual Abuse Group and Young Person’s Group to activity and life skills groups such as drumming, art, sport and cooking groups.

As well as offering peer support and building confidence, cooking groups also have the benefit of providing survivors with budgeting skills, freshly cooked food and the opportunity to eat in company.

These groups provide a way of offering on-going support, and also allow the organisations to hear from survivors about what support works best for them and to ensure that the service is shaped.

Most organisations are reporting that fewer group sessions are being offered and lower numbers of group activities are being planned due to the impact of covid including:

- Restrictions on number of people that can meet
- Fewer community venues being open to external organisations
- People feeling anxious about meeting in groups again.

During this time, organisations have increased the number of support calls that they offer or arranged for outdoor walks as a way of keeping in touch.

Indications are that group work and activities will increase again in the coming six months.

### Helpline Service

Several of the Rape Crisis Centres provide helpline support, or direct people to Rape Crisis Scotland's Helpline which operates daily from 5pm to midnight to allow women to access information, support or signposting to other agencies.

South West Grid for Learning run the UK's only dedicated helpline for people affected by Intimate Image Abuse. They have worked closely with Police Scotland to discuss the legal landscape around intimate image abuse in Scotland and have agreed to support an extension of the 'Don't Be That Guy' Police Scotland campaign that will launch later this year.

**In total 3501 calls were made to the helplines in the six-month period**

### Practical Support

As well as the person-centred therapeutic support, organisations also provide practical support to survivors, supporting and advocating for them with other agencies and aiming to reduce their anxiety to allow them to respond to 1:1 support most effectively. There is a growing demand for practical support as the cost of living continues to increase.

Organisations liaise with other agencies and advocate on behalf of survivors including:

- Liaising with employers, schools and health services
- Liaising with housing and benefits agencies
- Liaising with agencies in the criminal justice system including Public Protection Unit, Victim Information and Advice, Witness Service
- Referring survivors to the foodbank, CAB fuel poverty scheme and the Red Box project (for sanitary products)

### Criminal Justice System

Many funded services support women through the criminal justice system, advocating on their behalf, explaining the process and attending meetings and court with them. Covid has had a negative impact on the length of time that a case comes to court, exacerbating an already long and difficult wait for survivors. For instance, Orkney Rape and Sexual Assault Service noted that the longest case they have supported took five years from reporting to sentencing. Support and advocacy was provided throughout this process helping survivors feel they have some control over their situation, which positively impacts on their emotional wellbeing.



### 3.4.2 Collaborations to Develop Forensic Units

#### Forensic Units

The [Forensic Medical Services \(Victims of Sexual Offences\) \(Scotland\) Act 2021](#) (FMS Act) came into force on 1 April 2022..

NHS Scotland launched the SARCS (Sexual Assault Response Co-ordination Service) in April 2022 providing a sexual assault self-referral phone service which can help facilitate access to a forensic medical examination (FME) without having to report to the police.

**Whilst not directly funded through DES**, many of the Rape Crisis Centres have reported on this work, and the improved partnership relationships this has helped to create, particularly regarding building collaboration with police and NHS staff.

- Survivors can give statements in the Rape Crisis Centre, rather than the police station
- Organisations are involved in developing the trauma-informed support pathways for survivors
- Survivor groups have been involved in shaping services and in one case, name the new forensic unit.
- Rape Crisis Centre staff are delivering partnership training sessions.

In some areas they are still working to reduce the distance that survivors affected by a recent rape or sexual assault must travel to access a forensic examination, however reports indicate that Rape Crisis Centres are all included in this work and are developing stronger processes.

Rape Crisis Scotland's Helpline also provides monthly feedback reports to Police Scotland following Police Direct Referrals (PDR). Feedback on survivors' experiences of reporting and of forensic examinations informs Sexual Offences Liaison Officer training content which impacts directly on police practice in relation to sexual crime reports by promoting best practice across Police Scotland and within individual divisions



Photo credit:  
Disabled And Here

## 3.5 Commercial Sexual Exploitation



3 Organisations

4 Local Authorities Covered

Delivering Equally Safe provides funding to three organisations to carry out work focused on commercial sexual exploitation (CSE). Funded activity includes direct work with women affected by CSE, the provision of training & resources on CSE to professionals and a range of organisations, alongside work with the sector and the Scottish Government to improve policy responses to CSE.

### 3.5.1 Activities carried out between October 2021 and March 2022

#### Direct Work with women affected

Direct work with women affected by CSE is delivered by two funded organisations and includes:

- One to one advice and intensive support
- Counselling
- Drop-in sessions in the community and at other services
- Outreach work where women sell or exchange sex

In Edinburgh & the Lothians, SACRO's 'Another Way' project is funded to deliver outreach work to women selling or exchanging sex. They reported that their fortnightly outreach work helped them to build trust and relationships with women and ultimately support them to improve safety, health and wellbeing.

They have built strong relationships with local inclusive sexual health services such as WISHES and TAP in Edinburgh and during the six-month period provided in-person advice and support to women from these services. This offered another avenue for women affected by CSE to access advice. Support includes advice on employment and support to exit CSE (if this is what they choose).

**Outcome:** They report having supported eight women during the first six-month period to exit CSE, with two going on to secure stable, long-term employment

In Dundee & Angus, direct crisis support and drop-ins are offered through a CSE specific project run by Women's Rape and Sexual Abuse Centre Dundee & Angus. Support provided includes helping women with their basic needs such as housing, health, substance use, food and clothing. This requires consistent joint working with other agencies. The project reports working closely with women experiencing trafficking and sexual and physical violence to reduce risk. They regularly support women to engage with sexual health services, the DWP, the Home Office and asylum support. The project receives DES funding for one worker however, given the complexity and range of work required the organisation highlight that capacity has been a challenge.

#### Capacity Building of Organisations

Funding has contributed to ongoing work aimed at building the capacity of, and coordinating services which work with women affected by CSE. The work is also improving awareness and understanding of CSE and improving policy understanding in this area.

In the first six months of funding, the Women's Support Project developed and disseminated a range of resources to improve how practitioners across sectors work with women who sell or exchange sex. This included:

- the development of a new website – [CSEAware.org](https://CSEAware.org)
- shared resources and training materials
- the launch of a bi-monthly email bulletin which provides learning on how CSE interacts with other policy areas (e.g. homelessness) and advertises training events.

### Training & Awareness Raising

All three organisations have delivered training and awareness raising on CSE to professionals across a range of sectors. Organisations saw a significant demand for training and resources during the six months, in particular from statutory services and the VAWGs sector.

Training and awareness raising sessions delivered by organisations working directly with women affected by CSE focused on raising awareness within local services including local authority housing, local foodbanks and students at universities and colleges.

Targeted training sessions with Women's Aid and Rape Crisis organisations led some to reflect on the way they work with women who sell or exchange sex and make improvements.

### Informing Policy

The Women's Support Project continue to gather learning from organisations supporting women affected by CSE and share this with the Scottish Government to deepen understanding and influence policy on trafficking and CSE. They are committed to supporting the Scottish Government as they develop 'A Model for Scotland'.

Work from all three organisations clearly highlights the **intersection of CSE with other policy areas, namely homelessness, justice, health and employment**, and there is a commitment to work in partnership to support developments of new approaches to CSE across all areas.

454 people have attended training and awareness sessions on **Commercial Sexual Exploitation**

"Thanks again for your input. It wasn't exactly fun but it surely was interesting and I think it's galvanised us into being more proactive in regards to finding ways to work with women who sell/exchange sex."

*Participant*

*Women's Support Project Training*

Photo credit: Canva

## 3.6 Honour Based Abuse



12 Organisations

21 Local Authorities Covered

There are 12 organisations within the DES portfolio supporting victims and raising awareness about honour-based violence (including forced marriage and FGM).

### 3.6.1 Activities carried out in the last six months

The majority of these organisations are providing frontline, specialist support services to women and girls from minority ethnic fleeing domestic abuse, living within domestic abuse relationships, or experiencing honour-based violence. Since the lifting of restrictions, funded organisations have resumed face-to-face work, however, they are also able to offer a hybrid model of support via telephone, video call, email, and text which some clients prefer. Much of the training and awareness raising sessions in the first six months have been delivered online.

The key elements of support are similar to other women's aid groups

- One-to-one and group work support
- person centred safety and support planning
- refuge services
- crisis and outreach services.

Minority Ethnic funded organisations are able to provide women with bi-lingual support that is culturally sensitive, and appropriate to their individual needs.

Women are offered one to one support, group work support, which is based on individual needs and assessment including emotional support, housing, financial, safety planning, child contact/residence, immigration issues, legal issues such as divorce proceedings, criminal and civil court proceedings and the children's hearing system.

High risk cases are referred and discussed at MARAC.

The organisations often support women from black and minority ethnic communities to confront the cultural barriers they face. They work with women to address these barriers, as well as carrying out awareness raising activities within the communities and other stakeholders. This focusses on addressing issues like shame, family dishonour and honour-based violence and aims to empower women.



'Women from the BME communities can experience domestic abuse not only from their partners but also experience abuse and mistreatment from multiple perpetrators. It is our experience that these individuals can be family or community members. Risk assessments identify that women are or become ostracised and isolated from family and community and are put at risk of honour-based abuse.'

*Hemat Gryffe Women's Aid*

## BME women and young people are also being supported in relation to their gender or sexual identity who are at risk of suffering domestic violence and or Honour-based violence.

A poignant example of threat leading to honour-based violence is shared within the Hemat Gryffe Women's Aid report which involves a young person in a same sex relationship. The young person disclosed to their worker that their sexuality would not be condoned by family for cultural and religious reasons. The young person was able to talk openly to the worker about feelings and emotions, the impact this had on them and potential constraints. A risk assessment was conducted, and the worker was able to instigate conversations around possible honour-based abuse and forced marriage.

There is evidence to suggest that appropriate support and safety planning is reducing the threat of HBV. Shakti Women's Aid report 'safety plans have been established for the individuals that have significantly reduced the risk of Honour Based Abuse, Forced Marriage and Domestic Abuse, as well as being fundamental in improving their emotional and psychological well-being, improving their self-affirmation and self-esteem.'

Some organisations (JustRight and Women's Support Project) have postponed elements of their funded work related to the implementation of the 2020 FGM Act and supporting guidance as they are awaiting further developments within Scottish Government.

Kenyan Women in Scotland Association have used national awareness raising events such as 16 Days of Action and International Women's Day to carry out awareness raising work with women from African communities as well as enabling conversations on the impact of FGM. They report that:

“

'Women were able to have vibrant discussions during the open sessions. Some of the women who have undergone FGM were able to share their experiences and how they have been able to cope through the years. Both long- and short-term physical effect of FGM were discussed and many people were able to relate. However, the psychological effect was profound, and people had not identified as an issue. We always discussed how to stop girl child undergoing FGM by discussing the legal standing in the UK.'

*Kenyan Women in Scotland Association*

”

**From the reports, it can be surmised that women from BME communities have complex needs, which are often compounded by a lack of knowledge and awareness of their rights, responsibilities and entitlements.**

Saheliya continue to liaise with relevant external professionals and authorities on identified non-imminent FGM risks and note the 'possible increase in risk of FGM and Forced Marriage (FM) was a real concern during lockdown when school was off for a longer period thus the practice could have been carried out undetected.'

The need for specialist organisations is highlighted by Saheliya who are working with **52** different nationalities in **13** languages.

At a national level, Amina have delivered training to statutory and local organisations to increase capacity on **intersectional** gender-based violence issues with BME, Muslim women, including coercive control, honour-based violence, forced marriage and safety planning when supporting victims with complex barriers.

Amina have partnered with Glasgow Women's Library to design and deliver a series of **Intergenerational Trauma** workshops to community groups in Scotland, thus enabling women to discuss their own experiences of misogyny and honour-based abuse they may have experienced growing up within BME families within a safe environment.



'We challenged them on whether they are implementing those same practices within their own households and encouraged them to make a change to provide equal opportunities for young women today.' A workshop was delivered to young men from Dundee University Islamic Society (DUIS) by an Islamic scholar. Amina MWRC have trained on ending violence against women issues. The workshop covered any misconceptions Muslim men have around gender roles, divorce, consent, and honour from a faith perspective. 20 men attended this session.

*Amina*

During 16 Days of Action, Amina organised 'Say Her Name', a candlelight vigil in Glasgow commemorating victims of honour-based violence. They invited key organisations and politicians to stand with their CEO Mariam Ahmed to read out the names of 100 BME women who lost their lives recently in the name of honour. As part of the vigil, an illustrator was commissioned to create portraits of 13 victims of honour-based violence. The portraits were displayed on canvasses along with their stories and something positive about them, an achievement, or their strength. Over 100 people participated in the event.

### Feedback from the event

"The exhibition was incredibly moving and difficult to read. These women were beautiful and didn't deserve what happened."

"Powerful event and emotional. We need to do more to end violence against women."

"Thank you for inviting me to take part in this event, I was honoured to stand on stage and read the names of the women who lost their lives to honour-based abuse."

*Attendees*

*Amina*



Photo credit: Amina

## 3.7 Primary Prevention



17 Organisations

32 Local Authorities Covered

### 3.7.1 Primary Prevention

Primary prevention is about preventing violence before it occurs. To achieve this there is a focus on changing behaviour, attitudes, building the knowledge and skills of individuals, and ultimately delivering a progressive shift in the structural, cultural and societal contexts in which violence occurs. During the reporting period, DES funding supported the following:

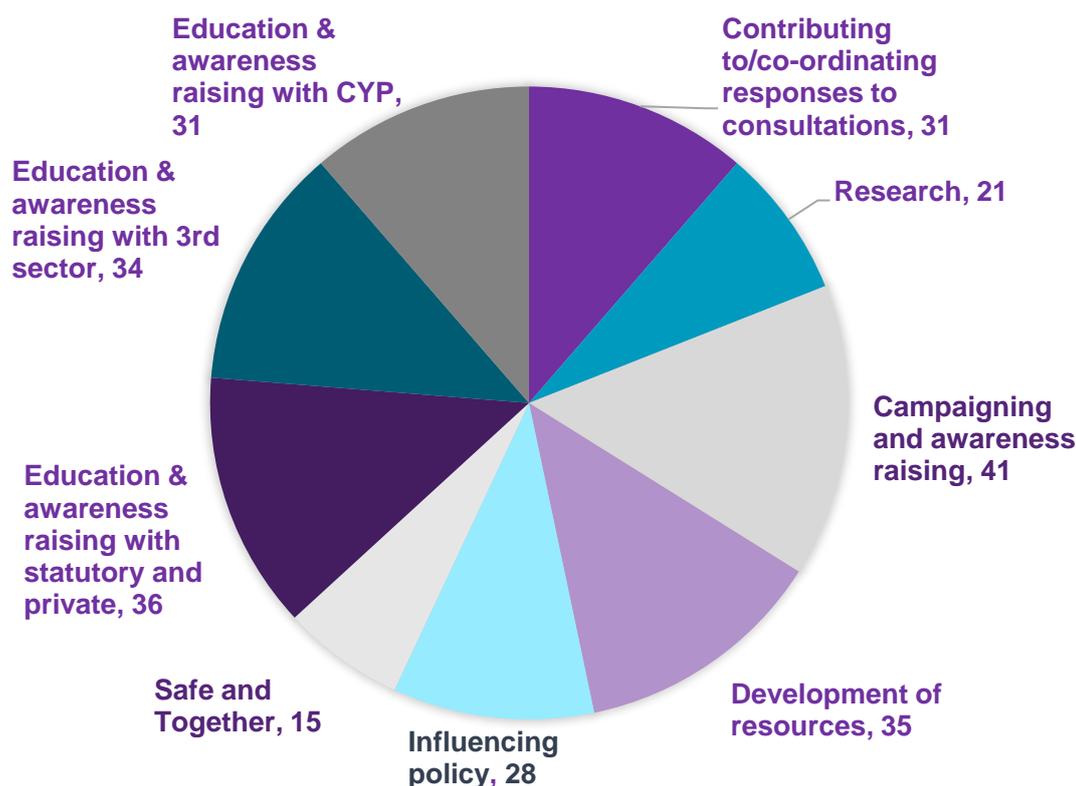
- 31 organisations delivered 1,113 education and awareness sessions to 14,349 children and young people.
- 45 organisations delivered 505 education and awareness sessions to 8,380 workers across the third and statutory sectors.

### Other forms of prevention and development work

- 23% of organisations involved in influencing policy
- 29% of organisations developed resources
- 18% of organisations involved in capacity building
- 34% of organisations involved in campaigning and awareness raising
- 17% of organisations involved in research
- 26% of organisations contributed to consultations



## Prevention and Development Activities



Graph 3 - Prevention and Development Activities – Number of Organisations

### 3.7.2 Policy Influencing

Funded organisations are actively influencing policy on Gender-Based Violence, for example, Scottish Women's Aid and Zero Tolerance.

Policy influencing activity covered areas such as housing outcomes for women and children experiencing domestic abuse; financial support for women to be able to leave an abusive partner and homelessness.

### 3.7.3 Lived-Experience

To inform responses to the Scottish Government consultations and other activity, a number of the umbrella organisations hold engagement sessions. Activity includes:

- Focus group and individual interviews with victim-survivors to ensure the views and experiences of women who had experienced homelessness as a result of domestic abuse were captured and shared.
- Participative research with young women (12 to 25) experiencing domestic abuse to inform improvements needed in terms of accessibility to services. This research is led by Young Women Rise, a group of young women aged 16 to 25, and is in collaboration with the Young Women's Movement (the YWCA)
- This type of work is often done in collaboration with multiple organisations.

“

“As one of a very small number of national feminist expert groups, we deliver across multiple domains for a myriad of public sector institutions. DES funds are a critical resource for policy making in Scotland.”

*Scottish Women's Aid*

”

One example is the video from Borders Rape Crisis centre highlighting their Sunrise service. You can view this by clicking [here](#) or on the image below



### 3.7.4 Awareness Raising

Organisations use a variety of methods to raise awareness, including social media. The two main campaigning events for the sector happened in the last six months: 16 Days of Action (25 Nov – 10 Dec) and International Women’s Day (8 March). These events were used to raise awareness and build relationships with other agencies as well as highlighting the different aspects of support available.

Organisations are using social media and creating videos and podcasts to raise awareness in the general population. This includes videos giving a virtual “walk round” the centre or share survivors experiences of the support they received as well as resources on what to do if someone discloses that they have been raped.

Some organisations reported that being more active on social media can also cause difficulties, particularly on twitter where there can be significant on-line abuse.

### 3.7.5 Prevention work

Organisations work in a wide variety of ways to raise awareness and understanding of sexual assault. 16 Days of Action is a key focus for this work, but there are activities happening throughout the year.

This includes

- Working in schools to raise awareness of sexual abuse including online abuse and gender inequalities. For instance, Lanarkshire Rape Crisis Centre has developed their Young Person’s Activist Group STAMP- Stamp Out Media Patriarchy and Argyll and Bute Rape Crisis Centre has developed a new project PATCH – Preventing Abuse and Teaching Children Healthy Relationships - in primary schools across the region.
- Participating in theatre shows, for instance Shetland Women’s Aid co-hosted a play about childhood sexual abuse called Fragmented which included a Q&A session after the show.

### 3.7.6 Working in Collaboration

Organisations work in collaboration with a wide range of agencies and organisations to provide strong pathways of support for survivors and to raise awareness of the issues and impact of trauma.

Collaborations can vary from the local VAWP and statutory services, Higher and Further Education, Alcohol and Drugs, Cervical Screening groups and third sector organisations and projects such as the NSPCC PANTS Campaign For instance Fife RASAC provided training for Foster Carers, offering a safe space to discuss the issues that arise for children who have been sexually abused as the challenges that foster carers face when opening their homes to welcome traumatised children are massive. This training session resulted in one person stating “I previously said I couldn’t take a child who has been sexually abused and I feel differently now”.

# Section 4

## Case Studies



Photo credit: [Liliana Lin](#) on [Unsplash](#)

## Section 4 Case Studies

Many organisations submit case studies to help to illustrate the positive impact that support makes on people's lives through personal stories and reflections. We have included a few of the case studies, more are available if required by contacting the DES team.

### Glasgow & Clyde Rape Crisis

This case study highlights the importance of specialist **one-to one support** and the impact on women's safety and well-being as well as how survivors can reduce their trauma symptoms, enabling them to participating in community activities that reduce isolation. This case study contributes to Equally Safe Strategy Priority 1.

Before contacting Rape Crisis Glasgow I was at a stage where I couldn't function at all and had also developed a dependency on alcohol to cope. Anxiety and fear were constant. I had severe insomnia and panic attacks if I had to leave the house on my own. It was through the encouragement of a friend that I found the courage to get in touch. I was initially hesitant because I felt like my case wasn't severe enough, as it wasn't a stranger who attacked me. I was worried I'd be wasting valuable time, but I could not have been more wrong. It was scary to make the first contact but I was immediately put at ease. I learned quickly that there is no 'standard' case when it comes to rape so I would say if this has happened to you, please don't think your event isn't valid or 'bad' enough to seek help.

I was nervous when I was first put in touch with my support worker, but felt the 1-2-1 sessions allowed me to talk through my feelings in a safe and supportive environment. The support helped me understand and work through my thoughts and feelings, particularly around self-blame which I was really struggling with. The support started giving me more confidence to assert boundaries and building routines into my daily life. It felt like small steps each week, but over time I started to notice a positive change within me, which I never thought would be possible.

After completing the sessions I'm finally able to go out on my own without having panic attacks and my sleep has improved. I don't depend on alcohol to cope anymore, which has been a massive turning point for me. The coping strategies that were given to me have been life changing and I still use them daily. I still have some wobbly moments but through the support I've learned how to identify triggers and have coping tools in place. I'm beyond thankful that I found the courage to get in touch, the support I received has had such a positive impact on my life and I finally feel hopeful for the future.

## Kingdom Abuse Survivors Project

This case study demonstrates the impact and importance of specialist **counselling services** funded by DES for women and girls who are survivors of childhood sexual abuse and domestic abuse. Within a safe environment, survivors are able to open up about their experiences and with specialist support begin to have a greater awareness of healthy relationships, increased self-confidence, self-esteem and more able to participate in social and community activities. This case study contributes to Equally Safe Strategy Priority 3.

When Client D first attended counselling, she shared that she had never talked of the instances of sexual abuse in her childhood and that others in her life misunderstood the huge impact of several adult relationships in which partners were abusive.

We talked about D's hopes for counselling, and she expressed how important it was for her to be heard; to have a space to share her story, her thoughts, and feelings and to begin to make sense of these. Her experience as a young girl, and as an adult woman was that there was never any room for her to speak of her hurts, feelings, losses, and challenges and instead she was expected to 'live in the present' and leave the 'past in the past'. D shared that she was unable to live fully in the present as the past took up too much room.

In reviews of our work D shares some of the changes that she has noticed as a result of counselling:

- Able to process emotions
- Being able to release emotions and have a sense of 'letting go'
- Seeing different perspectives e.g. understanding the impact of domestic abuse
- Less critical of self
- Beginnings of self-acceptance
- Beginnings of self-compassion

D shared that a trusting relationship, having the space to be heard, being able to work at her own pace and revisit events/feelings/thoughts without judgement as being important in facilitating these changes.

I have noticed that D is beginning to communicate differently with family members, to voice her feelings and opinions, and to set boundaries. She has recently shared that she is beginning to re-engage with community groups and friends. Within our sessions, I observe that she is less critical of herself, more able to recognise the various impacts of domestic abuse and more able to question automatic thoughts and assumptions e.g. I could have done better, should have made better choices. I see D as living more in the present than when we first met.

## Edinburgh Women's Aid

This case study demonstrates the difference that DES funded activity makes to women who have experienced Domestic Abuse ensuring they feel safer because they are identified earlier, risk is assessed by specialists and individuals supported with safety planning. Ultimately, equipping woman at high risk to have increased awareness of their risks and the opportunity to seek support / risk assess to support safety and health and well-being. The case study contributes to Equally Safe Strategy Priority 3.

CB had been married and living with the perpetrator for several years. They separated in fall 2019, after which the situation escalated. In January, he set fire to a neighbour's car, and threatened CB to do the same with hers. Over that period he also harassed by leaving her over 60 messages in a short span of time. Police was called on both instances. This resulted in a petition case for which the perpetrator was given special bail conditions not to approach or contact CB, and not to enter her street.

Over the next few months the accused found other ways to harass CB: sending takeaway to her door in her name, sending a letter to the council in her name, and coming multiple times to the edge of her street. This culminated with the theft of CB's car, which was also reported to the police.

### Support from Edinburgh Domestic Abuse Court Services (EDDACS)

When CB started engaging with the service, a risk assessment was completed, highlighting that CB was at risk from the perpetrator as his accommodations were only a few streets away from CB. CB's mental health was also very poor: she had made several attempts on her life in the past few months, and felt like there was no escape from her situation. She still lived in the marital house, a Council tenancy she was having no success in exchanging. Due to the C-19 pandemic all exchanges had been frozen for the time being.

Immediately CB's suicidality was addressed, to make sure she had appropriate support in place at the time. Due to the severity of the situation CB was referred to MARAC and her housing officer was quickly contacted. CB did not want to go into temporary accommodations as she had pets who could not be housed with her. A manager at Edinburgh Women's Aid was contacted to look at the possibility of refuge accommodations: unfortunately the only available space was in an area close to the perpetrator's family, and CB felt unsafe moving there.

CB was regularly supported through phone calls until the case was heard at MARAC, where she was put on a priority list for a house exchange, due to C-19-related restrictions diminishing at the time. CB was part of the two first people being offered new exchanges by the Council since the beginning of the pandemic.

Regular contact was kept with CB during the following months, until she was finally able to move area. During the same period she applied for a divorce from the perpetrator, for which a safety plan was enacted with her worker and police advised of increased risk when the papers would be served.

### Result and what is left to do:

Since moving CB has expressed being in a much better place. A further risk assessment showed her risk going from high to low. Her mental health has improved drastically. As she is in a secure location, unknown to the perpetrator, she has not been contacted by him for several months. She is still getting regular support calls from EDDACS, although the frequency has been reduced due to the change in risk.

At this stage both petition cases are still ongoing, and the First Diet for one of the cases has been adjourned several times over, but CB has been feeling strong and is eager to be able to turn the page on this part of her life. Without the EDDACS support CB had expressed she would not have been able to engage with the extended process of court and understand the court 'jargon'.

“Hi, I have not long moved into the new house, I've been unpacking I am very happy the house is just what I wanted, everything has been quiet I am finally settling down thanks for all your help getting me here! ”

## East Dunbartonshire Association for Mental Health

This case study demonstrates the significant impact that one to one support for women who have experienced domestic abuse can have. It also underlines the importance of focused work on Mental Health to support recovery. Where services provide holistic support for intersecting issues, like experience of domestic abuse and mental health issues, outcomes can be life changing. This case study contributes to Equally Safe Strategy priority 3.

When I started at East Dunbartonshire Association for Mental Health (EDAMH) I was a shell of my former self. I was scared to leave my house alone; I chose to walk through the woods than walk past the house of the man who assaulted me. **Fear made all my decisions, and my anxiety held all the cards.** My family and partner watched me shrink further and further into myself and they lived in fear that my anxiety and depression would trigger my currently controlled epilepsy.

Everything that made me who I am had disappeared, I'd once been called overconfident but here I was retreating into myself, letting the things I love gather dust. I didn't go to the gym, I gave up on my nutrition, I stayed up doom scrolling rather than prioritise my sleep and my life. I stopped caring about myself.

That changed when I met (EDAMH Support Worker).

Over the course of six months, she transformed both my attitude and my life, in a way that both me and my family didn't believe possible. She built me back up, one week at a time, one call at a time and one strategy at a time.

She never overwhelmed me and encouraged me as I perused strategies to get my life back on track. She never let me quit or give into my self-doubt, rather she gently supported me to keep going but also taught me to respect and listen to myself if I needed to slow down. She helped me get my anxiety under control, and she helped me find and recognise my worth again.

When I met (EDAMH Support Worker), I wasn't ready for the next stage of my life. Four months into the process my partner asked me to marry him, and I knew I was ready. She helped me become whole again when I had been half a person before her, even if I didn't know it.

In the past few months I've created a sustainable routine that focuses on me. With her support I've explored meditation and brought this into my life, I'm training both at the gym and on my own, I'm fuelling my body properly and limiting my screen time.

All of which have had a massive impact on my mental health, combining this with her strategies I can now complete a full day of work without flinching or having a panic attack when I hear my abuser through the wall. Because of (EDAMH Support Worker) I was able to up the number of days I work, I can leave my house, I can walk through my front door confidently, in fact I walk everywhere with a new found confidence. I'm not scared anymore.

**I didn't realise I'd let so much of myself slip away until she helped me remember the woman I had been.** My family are so grateful, my friends are grateful, and my now future husband.

She genuinely changed by life for the better, and whilst I will miss her wholeheartedly, I cannot express how glad I am this free's up her time to support and empower another woman. Her work is invaluable.

## Fuckable not Loveable

A poem by a Survivor supported by The Star Centre – submitted as a folio piece for admission to university and she shared her feelings of pride for its inclusion within the DES report.

We have included this within the report to demonstrate the importance and impact of DES funding for **survivors of childhood sexual abuse**. Within their support journey, survivors share very intimate and personal aspects of their life, and the long-term impact of the trauma that sexual violence has had on them. Acknowledging that every survivor is unique in their experience and impacts endured, common themes repeatedly express themselves. The words of the survivor are powerful, insightful and illustrate the depth of her trauma and her re-emergence despite it

I was called beautiful before I was called intelligent, sexy before creative, fuckable before loveable. My looks were recognised before my mind was. As a young girl I was told constantly that I'd need to chase all the boys away, when you mould a child's mind to believe that the way she looks is her only importance that is what she will believe her whole life. And that is what I did. I looked for love through his touch, his validation, his compliments instead of looking for love in his understanding, his kindness, his gentleness. I forever craved someone who could pick apart my brain, I have an intelligent mind filled with a beautiful mess of creativity and anxiety and luminosity. I craved to be understood and worshipped. Instead, I got unsolicited dick pics and 3am "you up?" texts. The only thing recognised about me was the curvature of my hips and the taste of my lips.

I was sexually assaulted for the first time when I was **fourteen**, then again when I was fifteen and sixteen and seventeen...it was not until I started getting help for one that I realised the other three were assault. It is difficult to decipher if something is really assault or not, we are always taught that no means no and yes means yes but does yes really mean yes when you say no twenty times before? During my first assault I felt his hands drape down my thighs several times, the first time I said no, and the second and the third... That wasn't enough. It wasn't until I felt his hand at my crotch for the tenth time that I gave in, he wasn't going to stop until he got what he wanted, and he made that very clear. I walked out of that experience feeling loved and desired. I was so irresistible that he couldn't take my no as an answer. How do you explain to a fourteen-year-old that their first sexual experience was assault? As I've grown up, I feel disgusted at myself for feeling loved afterwards, why was my child mind shaped to believe that's what love looked like? Why was the abuse of my body the only way I'd feel loved?

**Fifteen** was the big one. The one that ruined me. Being pinned down, stripped and used by people you trusted might be one of the most heart wrenching feelings I've ever experienced. The fact that you still look at them with the same admiration afterwards, only now you look at yourself with pure disgust. No matter how many times you bathe yourself, no matter what soaps you use, no matter how hard you scrub you cannot escape the feeling of their body pressed against yours. You cannot escape the sounds of their breathless groans as they use your body for their own pleasure. You cannot escape your own skin which now feels like it doesn't fit your body. I will never look at myself the same way again, I can't look at myself without seeing his hands on me, the bruises he left on my neck and wrists still haunt me. When I should have been enjoying my first few years of being a teenager, I was battling with overwhelming anxiety and suicidal thoughts, I felt worthless. My body was the only thing that mattered now.

**Sixteen** scared me. He was the first boy I let into my life after fifteen, I confided in him about my previous assault. He promised me I was safe, and I trusted him. I allowed myself to trust a boy after everything I'd been through, and I don't think I'll ever trust one again after sixteen. The thing is I don't think many boys notice they are doing it, after you say no, they follow on with a million reasons why you should change your mind "it'll be quick", "I've not had anything in days", "you'll enjoy it I promise". It's not until they're gripping your hair and pushing your head down you realise how uncomfortable you really are. You are desperate to fill the awkward silence after they get angry with you for not complying, that you meet their demands, regardless of your unwillingness. He told me I was safe with him, and he reminded me exactly why I stopped trusting men in the first place.

I don't remember seventeen. I was so drunk that I found out it happened through a friend. The sinking feeling I got in my stomach after hearing "I can't believe you shagged \*\*\*\*\* last night", I didn't remember it happening, I still don't, it is a big blank spot in my brain that has been filled with what they have told me happened. You don't know how to feel after something like that, the other assaults were so vivid, so traumatic, this one was just...empty. My brain doesn't remember it, but my skin does, it retained every touch they placed on my body. Even if I don't remember, I know it still happened, which is sometimes more uncomfortable than knowing every detail.

I remember vividly the look on my abusers' faces. Their eyes glared down at me with an ominous hunger, like an animalistic instinct. That look has burned into the back of my mind, I see it when I'm daydreaming, when I'm sleeping, when I'm simply existing. No one warns you about the effect sexual assault has on you. The anxiety, nightmares and flashbacks are a given. What I mean is the way you view yourself afterwards, my skin feels like a temporary shell, it has been borrowed by so many that it doesn't feel like my own anymore. I feel dirty all the time, you shower three, four times a day and you still can't escape the layer of grime they left on you. You hear a certain song or see someone who looks like them, and it feels like the world is enclosing itself on you, like the world's walls are suffocating you and no matter how much you try to run you cannot escape. You go through every single day wondering why you weren't enough to be respected, you were only good enough as a warm body someone could abuse how they liked.

It is then you accept that you are only valuable for sex. No one can ever see through my beauty and into my mind, which is ten times more beautiful than my body. My skin is a book which should have only told my story, the scars on my knees from falling in the playground when I was young or that mole on my leg that I've always felt is lucky. Instead, it tells the story of other people's pleasure, they have carved their own marks into my skin when it should have only been my pen that was able to write on it.

I reclaim my story more and more every day, as I allow myself to heal, I recognise my own worth, I validate my own intelligence and my own mental beauty, I no longer rely on the validation of my abusers. I am a beautiful person on the outside but more importantly on the inside and regardless of the fact I struggle with crippling anxiety and bad self-esteem, I am slowly coming to terms with what happened to me and accepting myself as the messy yet exquisite person I am. **They say it takes seven years for your skin to fully renew itself and it gives me great relief that one day I will have a body untouched by my abusers.**

## **Inspiring Scotland**

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## Appendix 1

### List of Funded Organisations

Organisation	Short Summary of Activity
Aberdeen City Council	The funding will allow the development of a whole system approach by implementation of the Safe and Together model in Aberdeen.
Aberdeen Cyrenians Ltd	The funding will enable the EVAA service to continue to deliver practical and emotional support; safety planning, finance, housing, debt, and dependents support; anxiety and emotional stability; recovery, empowerment and awareness.
Aberlour Child Care Trust	Funding will support Glasgow women and children, who are affected by gender-based violence and have complex needs, to continue accessing the Bridges Partnership city-wide domestic abuse service.
Action for Children	Funding will support the continuation of existing services in the Western Isles and Tayside that provide support for women, children & young people affected by domestic abuse and provide support and advocacy to women throughout criminal justice proceedings.
Amina the Muslim Women's Resource Centre	The funding will support the reduction of GBV for BME, Muslim women through the provision of a range of interventions including delivery of social media live sessions and specialist intersectional GBV training to local and statutory organisations.
Angus Women's Aid	The funding will support the delivery of a specialist linked domestic abuse advocacy and support service offering a range of support for women, children and young people who are affected by domestic abuse.
Argyll & Bute Rape Crisis	The funding will support the provision of a direct trauma informed specialist support service to women and girls who have experienced sexual violence within Argyll and Bute through centres in Dunoon, Oban, Rothesay, Helensburgh and Tarbert.
Argyll & Bute Women's Aid SCIO	The funding will support women, C&YP living across Argyll & Bute mainland and 23 inhabited islands who have been impacted by GBV, including providing risk management; practical/emotional support planning; advocacy; MARAC representation and SUP.
Argyll and Bute Violence against Women and Girls Partnership	The funding will support the implementation of the Safe and Together model across Argyll & Bute through the provision of core training for 50 staff and 15 managers including developing S&T Champion. Staff will be better able to identify and confidently respond to Gender Based Violence harms.

Organisation	Short Summary of Activity
ASSIST, Glasgow City Council	The funding will support the Young Victims Team to provide a specialist domestic abuse advocacy & support service focussed on reducing risk and improving the safety of victims of domestic abuse tailored to their unique needs. In addition it will fund the IDO position which will evaluate and analyse information gathered across the ASSIST service.
Barnardo's	This funding will support the TDAS team to continue to address the safety and support needs of girls, women and their children at high risk of harm from domestic abuse.
Barnardo's (partnership)	The funding will support the partnership to develop Safe & Together accredited trainer capacity and extend delivery of the approach across Falkirk Council/NHS/third sector/community organisations.
Border Women's Aid Ltd	The funding will support one Team Leader to increase BWA's managerial/leadership capacity and enable the Service Manager to work more effectively and strategically.
British Red Cross Society	This funding will allow staff to continue to provide support to women and girls who have experienced, or are at risk of experiencing, violence, and who have insecure immigration status.
Caithness & Sutherland Women's Aid	This funding will contribute to the delivery of specialist support to women, children and young people living in Caithness and Sutherland who have experienced or are experiencing domestic abuse.
CEA Committed To Ending Abuse	This funding will enable the organisation to work with young people and help them recognise violent and abusive behaviours, learn how to report them and how to keep safe, and develop an understanding of safe, healthy and positive relationships.
Central Advocacy Partners	Funding will allow the organisation to provide 1:1 advocacy to learning-disabled people over 16 who are experiencing gender-based violence. It will also support the delivery of a groupwork programme, focused on increasing participants knowledge of gender-based violence, combatting loneliness, and providing peer support.
Children 1st	Funding will support the core delivery of Children 1st Scottish Borders Domestic Abuse Support and Recovery Service and increase service capacity to meet an increase in demand.
Clackmannanshire Women's Aid	Funding will support the continuation of C&YP outreach, follow on/group work service and family support weekend service which offer support to all local schools, W,C&YP living in refuge and provide a weekend drop-in service.

Organisation	Short Summary of Activity
Close the Gap (SCIO)	The funding will allow the expansion of the Equally Safe at Work employer accreditation programme in local government. The programme will support employers to advance gender equality at work and prevent VAWG by developing gender and VAWG-sensitive employment practice.
Deaf Links	The funding will contribute to the delivery of the VAW Advocacy service for Deaf women (VASDW). This project integrated within Deaf Links, and Dundee, Angus and Perthshire Women's Aid will enable Deaf women in Tayside to have equal and appropriate access to specialist VAW/DV services and local basic needs assistance through advocacy support in BSL specialist support for Deaf Women experiencing GBV.
Dumbarton District Women's Aid	To fund a service benefitting C&YP who have been affected by gender-based violence by providing access to 1:1 support, counselling, groupwork and activities, alongside prevention work in schools and the community.
Dumfries & Galloway Rape Crisis and Sexual Abuse Support Centre	Funding will contribute to the delivery of specialist support for survivors of sexual violence across Dumfries & Galloway; education work in the wider community & management and governance work to ensure quality.
Dumfries and Galloway Council	To embed Safe and Together in the Dumfries and Galloway area
Dumfriesshire & Stewartry Women's Aid	The funding will contribute to the delivery of support for women, children & young people affected by domestic abuse.
Dundee City Council	Funding will support the implementation of CEDAR (Children Experiencing Domestic Abuse Recovery) in Dundee.
Dundee International Women's Centre	The funding will support the delivery of a range of workshops which will bring together women from BAME communities to explore issues of VAW in a way which is relevant and appropriate to them. This will involve a mixture of in-house materials and adapted materials from other groups.
Dundee Women's Aid	The funding will allow the continuation of CYP service and specialist advocacy service Multi-Agency Independent Advocacy (MIA). The CYP service provides emotional, practical support and advocacy in a range of settings and the MIA service aims to ensure that all high-risk victims have timely access to support services.
East Ayrshire Health & Social Care Partnership	The funding will allow the implementation of the Safe and Together model for working with domestic abuse (as it applies to child protection and care) within three local authorities in Ayrshire.
East Ayrshire Women's Aid	Funding will allow the continuation of core services. The services will support women at the highest risk of harm from domestic abuse; support children and young people affected by domestic abuse & support women to improve their mental health and wellbeing.

Organisation	Short Summary of Activity
East Dunbartonshire Association for Mental Health	The funding will allow the implementation of the CEDAR Project therapeutic groupwork programme and the delivery of the VAW Recovery Project which will improve the mental health and wellbeing of women affected by past or current experiences of DA and trauma.
East Dunbartonshire Women's Aid SCIO	The funding will support the delivery of in community support for C&YP experiencing, or who have experienced, domestic abuse; the delivery of support to families in refuge; outreach support for Women, Children & YP and a Peer Support Group for women in Bearsden/Milngavie.
East Lothian and Midlothian Public Protection Committee	The funding will support the continuation of the Domestic Abuse Service and the implementation of Safe & Together training for multi-agency staff.
Edinburgh Rape Crisis Centre	The funding will maintain and strengthen the delivery of frontline support services for women and children, aged 12 and over, in Edinburgh, East Lothian and Midlothian who are affected by sexual violence.
Edinburgh Women's Aid Ltd	The funding will provide a contribution towards core activities in the EDDACS court service and CYP service, working with women and children affected by domestic abuse to support their safety and recovery.
Edinburgh Women's Aid Ltd (partnership)	The funding will support existing separate services to combine into a single coordinated project for Polish women affected by domestic abuse in Edinburgh, and for male perpetrators.
EmilyTest	The funding will support ongoing work in colleges and universities to prevent, and improve responses to, gender-based violence.
Engender	The funding will allow the delivery of a programme of commissioned research and policy analysis to identify how primary prevention of multiple forms of men's violence should be delivered across a range of policy areas.
Feniks Counselling, Personal Development and Support Services Ltd.	The funding will allow the consolidation of the trauma recovery services for Polish and CEE women affected by domestic abuse. The support will consist of emergency counselling, trauma counselling, therapy group and link work.
Fife Council	The funding will support the delivery of CEDAR therapeutic group work.
Fife Rape and Sexual Assault Centre	The funding will support the continued delivery of services to survivors in Fife to aid their recovery from abuse and contribute to increasing their wellbeing.
Fife Women's Aid	The funding will support the delivery of a trauma informed, strengths based service focused on early intervention and recovery for women and children affected by domestic abuse.

Organisation	Short Summary of Activity
Forth Valley Rape Crisis Centre	The funding will contribute to the continuation of frontline support services for survivors of sexual violence in Forth Valley.
GEMAP Scotland Ltd	The funding will be used to deliver support to women who are living with, or who have lived with, financial abuse as part of their experience of abuse and improve understanding of financial abuse.
Glasgow and Clyde Rape Crisis	The funding will contribute to the delivery of Advocacy, Emotional Support and BAME services in 6 local authority areas.
Glasgow East Women's Aid Ltd	The funding will contribute to the provision of 1:1 and group based therapeutic support on an outreach, refuge, and follow-on basis to CYP who have/are experiencing domestic abuse.
Glasgow Women's Aid	The funding will support the provision of a range of interventions and prevention work for C&YP who have experienced domestic abuse.
Grampian Women's Aid	The funding will contribute to the delivery of specialist domestic abuse support for women, children and young people in Aberdeen and Aberdeenshire.
Hemat Gryffe Women's Aid Limited	The funding will contribute to the continued delivery of services within refuge, follow on and crisis/outreach services.
INVERCLYDE WOMEN'S AID SCIO	The funding will contribute to the cost of specialist trained staff who will continue supporting women and children affected by domestic abuse.
Inverness Women's Aid	Funding will support the continuation of specialist domestic abuse support in Inverness, Nairn, Badenoch and Strathspey.
JustRight Scotland SCIO	The funding will contribute toward the cost of a full-time solicitor and a part-time legal caseworker to meet a sharp rise in demand for specialist legal advice to migrant women and girls.
Kenyan Women in Scotland Association (CIC)	The funding will support the continuation of activities that address gender inequality experienced by African women, provide support to those who have experienced or are experiencing gender-based violence (including FGM) and raise awareness and understanding amongst policy makers and service providers of the experiences of African women.
Kibble Education and Care Centre	The funding will support activities addressing gender stereotypes and providing education on violence against women and girls.

Organisation	Short Summary of Activity
Kingdom Abuse Survivors Project	Funding will contribute to continued support for women and girls who have experienced child sexual abuse (CSA) and domestic abuse (DA) and provide training to raise awareness of CSA/DA throughout Fife.
Lanarkshire Rape Crisis Centre	Funding will contribute to the continued delivery of core activities and delivery of front-line support work for women and girls subjected to sexual violence, as well as supporting and equipping the Young Persons Activist Group.
LGBT Youth Scotland	Funding will support work with LGBTI young people through the Voice Unheard focus group, to raise awareness of LGBTI experiences of domestic abuse and GBV with decision makers and professionals.
Liber8 (Lanarkshire) Ltd	The funding will allow the implementation of a bespoke pilot women's service which will provide tailored services to fill the gap for women who are or have been affected by substance use and gender-based violence.
Lochaber Women's Aid	Funding will contribute to support services for women, children and young people affected by domestic abuse and provide access to a high quality, person centred, specialised support service.
Monklands Women's Aid	The funding will contribute to the continued delivery of support services for women and CYP affected by domestic abuse.
Moray Rape Crisis	The funding will support the continued delivery of rape crisis support for women and young people in Moray who have experienced sexual violence.
Moray Women's Aid	The funding will contribute to the delivery of essential support and accessible services for women, children and young people affected by domestic abuse.
Moray Women's Aid (partnership)	The funding will support the development of a VAWG Development Coordinator role, the implementation of the Safe & Together Model and increase workforce and community awareness of domestic abuse.
Motherwell & District Women's Aid	Funding will contribute to the delivery of front-line specialist gendered services which include refuge, outreach, follow on support, advocacy and group work for women and children affected by domestic abuse, as well as awareness raising in the wider community.
Multi-Cultural Family Base	The funding will support the delivery of activity which will support recovery from trauma of women who have survived FGM and provide protection of girls at risk of FGM, forced marriage and other harmful traditional practices and support the resolution of intergenerational/inter-cultural conflict jeopardising the lives of BAME girls/women.

Organisation	Short Summary of Activity
North Ayrshire Women's Aid	Funding will contribute to the continuation of support to women identified as high risk of harm/ death through domestic violence.
North Lanarkshire Council	Funding will contribute to the training of employees across North Lanarkshire in the Safe and Together model which provides a framework for partnering with domestic abuse survivors and intervening with domestic abuse perpetrators in order to enhance the safety and wellbeing of children.
North Lanarkshire Women's Aid Ltd	Funding will contribute to continued delivery of front-line core, integrated and specialist gendered services which include refuge, outreach, support, advocacy and group work for women and children affected by domestic abuse, as well as awareness raising in the wider community.
Orkney Rape & Sexual Assault Service (ORSAS) SCIO	Funding will support the continued delivery of rape crisis support for women and young people in Orkney who have experienced sexual violence.
Perth and Kinross Council	Funding will contribute to the rollout of Safe & Together training to improve our response to families affected by domestic abuse.
Perthshire Women's Aid	Funding will contribute to the continuation of Women's Support Services which provide non-clinical counselling, emotional and practical support, safety planning, housing or benefits support, for women with lived experience of domestic abuse. It will also contribute to the provision of Children and Young People's Services
Rape and Sexual Abuse Centre, Perth & Kinross	Funding will contribute to the continuation of core prevention and support services, sustaining the delivery of essential rape crisis services in Perth & Kinross.
Rape and Sexual Abuse Service Highland	Funding will support the continued delivery of rape crisis support for women and young people in Highland who have experienced sexual violence.
Rape Crisis Grampian	Funding will contribute to the continued delivery of support and advocacy to survivors of sexual abuse.
Rape Crisis Scotland (partnership)	This funding will contribute to the continued delivery of the national sexual violence prevention programme, the implementation of the ESAS whole school approach to preventing GBV, and the coordination of training and support to colleges and universities across Scotland.
Rape Crisis Scotland	This funding will cover the costs of running RCS; providing strategic and policy capacity, communications, information, survivor reference group support, training and campaigning, daily multichannel national helpline support to survivors and support to member centres and national programmes for change.

Organisation	Short Summary of Activity
Renfrewshire Council	This funding will support the development of the existing Mentors in Violence Prevention school-based programme into community settings.
Renfrewshire Council, Children's Services, Women and Children First	This funding will support the delivery of specialised support to children and families to assist with recovery following domestic abuse and allow the delivery of the CEDAR group programme.
Renfrewshire Women's Aid SCIO	Funding will support the continuation of an existing support service for C&YP who have been subjected to domestic abuse. This will include a refuge based, follow on and outreach service for C&YP in Renfrewshire.
Respect	Funding will contribute to the continued delivery of 2 UK-wide helplines so they can be available to people living in Scotland. The helplines are: Respect Phonenumber for perpetrators of domestic abuse and Men's Advice Line for male victims.
Ross-Shire Women's Aid	Funding will contribute to the support provided to women and children who have been subjected to domestic abuse by providing a wide range of services, influencing policy and practice, and ensuring those affected by domestic abuse receive appropriate responses in Ross-Shire, Skye and Lochalsh.
Rowan Alba Ltd	Funding will contribute to the delivery of 9 permanent homes alongside 24-hour support to homeless women with complex needs experiencing violence.
Sacro (partnership)	Funding will contribute to the development of the Shine Womens Mentoring Service (WMS) service to provide additional support beyond the currently funded six months. This service is named Shining On and will be a volunteer led service managed by an employed National Volunteer Co-ordinator working across the Shine WMS partnership in the Forth Valley area.
Sacro	Funding will contribute to the core costs associated with the delivery of two key established GBV services: Another Way and FearFree. These services work to improve the health, safety and wellbeing of respectively: women affected by CSE; and men, LGBT+ and non-binary people affected by domestic abuse.
SafeLives (partnership)	This funding will support the creation of holistic pathways of support shaped by and for people with lived experience of VAWG to ensure all local multi-agency responses have the knowledge, confidence and tools to embed survivor voice into their core work in a trauma-informed way.

Organisation	Short Summary of Activity
SafeLives	The funding will support the deepening of multi-agency capability, consistency and capacity across Scotland, making it everyone's business to keep women and children safer, sooner by: 1. finding safe ways for victims to be an active part of the process; 2. building heightened understanding of domestic abuse across frontline practice; and 3. strengthening opportunities for coordination.
Saheliya	Funding will support the case work and group work for women and girls at risk, and workshops for men, in first languages which will permanently remove risk and prevent harm to marginalised women and girls experiencing racial inequality and VAWG (including FGM).
Sandyford - NHS Greater Glasgow and Clyde	Funding will support the continuation of a service providing cervical screening for women who have previously been raped or sexually assaulted. This will consist of a dedicated clinic run by specifically trained staff with counsellors supporting women through the clinic.
SAY Women	The funding will establish a full Sessional Team to support young women to participate in additional mental health/wellbeing activities, mainly outdoor and cultural activities which contribute enormously to wellbeing improvements, lead to changes in behaviours and help clients retain their homes/tenancies and avoid homelessness.
Scottish Borders Council	The funding will enable delivery of the CEDAR programme in the Borders.
Scottish Borders Rape Crisis Centre (SBRCC)	Funding will support the maintenance of core services and provide a contribution to running costs, management, expenses, training and external support and supervision.
Scottish Commission for Learning Disability	Funding will be used to ensure that women and girls with learning disabilities, and the services who support them, better understand and are more able to recognise, report and tackle GBV.
Scottish Women's Aid	Funding will support the elimination of domestic abuse (DA) in Scotland through the delivery of vital national policy advocacy, serving as expert critical friend to government and all major public sector institutions in Scotland. It will also support and grow a network of 36 Women's Aid (WA) services, providing secondary prevention of DA across Scotland and giving a voice to women and children who are DA survivors.
Shakti Women's Aid	The funding will help to provide support for women and children from BME communities to access specialist emotional and practical support.
Shetland Rape Crisis	The funding will support the continued delivery of rape crisis support for survivors in Shetland.

Organisation	Short Summary of Activity
Shetland Women's Aid (SCIO)	Funding will contribute to the continued delivery of support for women, children and young people in the Shetlands, affected by GBV.
Shetland Women's Aid (SCIO) (partnership)	The funding will support the resourcing of a collaborative project between three VAW Partnerships in Shetland, Orkney and The Western Isles. This will enable a collective approach, support multi-agency working and develop joined up, person centred pathways within each partnership.
South Ayrshire Women's Aid	Funding will support the continuation of services for women, children and young people affected by gender based violence in South Ayrshire
South Lanarkshire Council	Funding will support the implementation and roll out of Safe & Together Training to a multi-agency workforce in South Lanarkshire.
South West Grid for Learning Trust Ltd	Funding will support the expansion of a Revenge Porn Helpline across Scotland. The funded activity will include promoting the services, working with service providers to get illegal intimate images removed and referring women to support organisations.
Stirling & District Women's Aid	Funding will support W, C & YP in the community and prison experiencing domestic abuse with the support necessary to rebuild their lives. It will also allow work with partner agencies delivering and planning training to their staff in a number of services.
The Highland Council	Funding will support the implementation of the Safe & Together model including recruitment of a Safe and Together Implementation Coordinator and training delivered through the Safe and Together institute.
The Improvement Service	This funding will support the strengthening of the capacity and capability of Scotland's network of Violence Against Women Partnerships (VAWPs). The funding will support VAWPs to develop, implement and evaluate local strategies and action plans to progress all Equally Safe outcomes, and identify any improvement areas.
The Star Centre	Funding will support ongoing provision of support for survivors of sexual violence
The Venture Trust	Funding will support the implementation of the Next Steps programme to provide both primary and secondary prevention of VAWG through overcoming the underlying circumstances that lead to women's increased vulnerability and inequality.

Organisation	Short Summary of Activity
University of Glasgow Court	Funding will support activity designed to strengthen protection in Scots law of women and girls at risk of forced marriage. It will fund the investigation of the operation and impact of the current legal framework and the effectiveness of available legal remedies/sanctions.
West Dunbartonshire Council	Funding will support the continuation of the WSS service which helps build safety and wellbeing for women and girls affected by GBV.
Western Isles Rape Crisis Centre	Funding will support Western Isles Rape Crises Centre to provide specialist support to survivors of sexual abuse across the Western Isles.
Western Isles Women's Aid SCIO	The funding will allow the provision of support to children and young people who have or are experiencing domestic abuse throughout the Western Isles in line with Equally Safe and NFP outcomes.
West Lothian Council	This funding will allow the delivery of the following services: CEDAR; LISA; CCCRO; Trauma therapy for young people (13 - 25) who have experienced sexual abuse and COURT ADVOCACY.
West Lothian Women's Aid (WLWA)	Funding will contribute to the delivery of support services provided to Women, Children & YP experiencing domestic abuse. Funding will also allow the delivery of the freedom peer support recovery group programme.
White Ribbon Scotland	Funding will contribute to core staff costs to maintain and develop projects and events promoting awareness of GBV amongst men in Scotland.
Wigtownshire Women's Aid	Funding will support the provision of early intervention support to women experiencing domestic abuse; domestic abuse prevention/awareness sessions and provide support to C&YP who have experienced domestic abuse.
Women's Aid East and Midlothian Ltd	Funding will support the continuation of outreach services for women, children and young people who have been subjected to domestic abuse and are living in East Lothian or Midlothian.
Women's Aid Orkney	Funding will contribute to the continuation of services to support Women and CYP impacted by domestic abuse.
Women's Aid South Lanarkshire and East Renfrewshire	Funding will contribute to the continuation of support for women, children and young people from the Dundee and Angus area who are survivors of sexual violence, abuse and exploitation.

Organisation	Short Summary of Activity
Women's Rape and Sexual Abuse Centre Dundee and Angus	Funding will allow the development of existing work undertaken across Dundee by members of VAWG partnership which will include focus on training, workforce capacity building and prevention.
Women's Rape and Sexual Abuse Centre Dundee and Angus (partnership)	Funding for the continuation of the Yes work undertaken across Dundee by members of VAWG partnership, focusing on training, workforce capacity building and prevention. It will raise the profile of VAW and ensure that all levels of the multi-agency workforce understand their roles and responsibilities in relation to VAW.
Women's Support Project	Funding will support the continuation of services to tackle violence against women and girls, with a particular focus on commercial sexual exploitation and FGM/harmful practices. This will include activity to increase awareness and provide training opportunities to build service capacity.
YWCA Scotland	The funding will support The Young Women's Movement partnership to bring together a group of young women to design and deliver a campaign around healthy relationships, consent and peer sexual abuse. This will focus on encouraging more discussions about healthy relationships, sexual harassment and peer sexual abuse and seek to create safe spaces to young women with a particular focus on schools.
Zero Tolerance	Funding will contribute to the delivery of prevention work focused on influencing policy and practice and on wider public campaigning. The funded work will improve the knowledge, skills and attitudes of professionals in key sectors, improving outcomes for all those they work with, with the ultimate aim of enhancing gender equality and reducing VAWG.