

## Domestic abuse/childhood sexual abuse service

KASP has a dedicated service for female survivors of both domestic abuse and childhood sexual abuse. This can be both counselling and support.

## Responsive project

KASP is aware that not everyone is able to wait for a service. In cases where a survivor needs an immediate intervention, they can be fast tracked into our responsive project. This service offers short term practical and emotional support. This is not counselling.

## Befriending service

Survivors who have completed their therapeutic counselling can access KASP befriending service.

## Confidentiality

KASP is highly aware of the need for confidentiality for survivors. We do not pass on information to any individual or agency without your prior consent. We keep minimal records. Full information on our Confidentiality Policy will be discussed with you on your first appointment.



### Opening Times:

Monday & Tuesday 9am-8pm  
Wednesday & Thursday 9am-5pm  
Friday 9am-2pm

Out with these hours an answering machine is available where you can leave a contact number and someone will get back to you as soon as possible.

**We also have premises with disabled access.**

Kingdom Abuse Survivors Project  
182A The Esplanade  
Kirkcaldy  
Fife  
KY1 1RE

**Telephone: 01592 644217**

**Email: [info@kasp.org.uk](mailto:info@kasp.org.uk)**

**[www.kasp.org.uk](http://www.kasp.org.uk)**

Charity No SC023079 | Company No SC524668



## Training

KASP can provide a range of training and/or presentations to professionals working in Fife. Training will provide you with an understanding of the complexities of childhood sexual abuse. This will enable workers to stay alongside anyone who has been abused and to feel confident in their skills.



## Supporting Adult Survivors of Childhood Sexual Abuse in Fife



**All of KASP services are FREE!**

KASP will believe, support & listen  
**[www.kasp.org.uk](http://www.kasp.org.uk)**

## Who are we?

KASP is an independent voluntary organisation offering a range of free confidential support and counselling services to survivors of childhood sexual abuse (male and female). We offer:

- **Individual counselling/support**
- **Support to partners and friends**
- **Support for non-abusing parents of children who have been abused**
- **Training & support to other workers & organisations**
- **Befriending**
- **Responsive support**
- **MARAC male advocacy/support**

The project staff are assisted by volunteer counsellors, and befrienders who are carefully selected to work with survivors and possess the necessary skills and training.

Sexual abuse may have been perpetrated by a member of the family, a family friend, another trusted adult, a stranger or a group of adults, it may have happened once, or over a period of time. Sexual abuse can mean a wide range of experiences- the most important thing is for the survivor to identify the experience as sexually abusive. If you feel your life has been affected by childhood sexual abuse, you can contact us for support.

“There are wounds that never show on the body, that are deeper and more hurtful than anything that bleeds.”

## How to access our services

You can refer yourself by telephoning the number on the back of this leaflet or emailing [info@kasp.org.uk](mailto:info@kasp.org.uk). A friend or family member can make the call, (with your consent) or you may wish to ask your doctor, health visitor, support worker or social worker to call on your behalf.

## Information/assessment sessions

**All new clients** will be offered an information/assessment session with one of our staff members within 10 days - this is fairly informal and enables us to discuss with you what the project provides and allows us to decide together which service best suits your needs. There is no expectation for you to disclose private details of your abuse. This is generally done via a phone conversation.

## Counselling

Counselling offers **a confidential space** where it is safe to talk about yourself. A counselling session, which can either be face to face or remote, lasts about one hour, and is usually weekly or fortnightly. We may have to operate a waiting list. Support via telephone is available through crisis support.

We currently offer both time limited and longer term counselling.

## Support – crisis support

Some survivors may not want regular counselling, but feel the need for occasional support on a more flexible basis – for example when things get on top of you or something triggers a flashback. This could be ad hoc support or via the responsive project.

## Partners, parents, family & friends

We are able to offer support, information and advice for partners, families and friends of survivors.

We are able to offer individual support to non abusing parents of children who have been sexually abused.

## Befriending

Befriending offers survivors who have accessed KASP counselling services (and completed their therapeutic journey), an option to be allocated a befriender who will meet with them weekly or fortnightly to support survivors to improve their confidence, well-being and to connect with their community.

“Befriending is the ear that listens.

Befriending is the non judgemental you. And befriending is easy.

But some connections need a little more time to themselves”