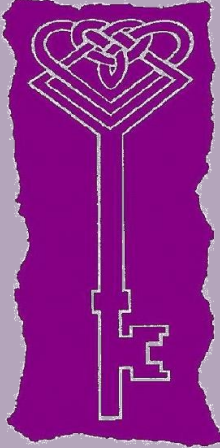


OPEN SECRET



*Services for individuals
and families affected by
childhood sexual abuse*

FALKIRK

98 Thornhill Road, Falkirk FK2 7AB

Tel: 01324 630100

Fax: 01324 635650

Email: info@opensecret.org

STIRLING

13 Pitt Terrace, Stirling FK8 2EZ

Tel: 01786 448504

Fax: 01786 471204

Email: stirling@opensecret.org

ALLOA

19 Mar Street, Alloa FK10 1HR

Tel: 01259 729981

Fax: 01259 222973

Email: alloa@opensecret.org

www.opensecret.org

Open Secret is a Registered Charity in Scotland
No; SC 024065



OPEN SECRET

Annual Report
2007/08



Manager's Report

This has been an exciting year for Open Secret. There have been many changes and a new organisational strategy has been developed. As part of our new strategy we developed a new Management structure to help us achieve our goal of becoming Scotland wide. We have also moved to new premises to accommodate our growing staff and volunteer team. Our premises will also enable us to be fully accessible to disabled service users.

The Survivor Strategy developed by the Scottish Government enabled funding through the Survivor Development Fund. We were successful in achieving funding for two years to deliver a service in Cornton Vale prison. We also achieved funding towards our core services which has enabled us to continue with our Volunteer Development Manager role. This role is crucial to the organisation to enable us to provide support to our volunteers who are so important to the organisation.

We were also successful in a bid to the Big Lottery for a specific service for young people. Funding is for four years which will enable us to offer a sustainable service to young people. It will also enable growth and development.

We have continued to be in demand for our training to other organisations. All of our Development Workers are experienced trainers and our training has been requested across Scotland.

We developed a pilot project in Perth which has proven to be very successful and it will be continued in 2008-09.

After over a year in post I am very excited about the future of Open Secret and I am constantly encouraged by the dedication of our Management Committee, staff and volunteers.

Mention must be made about the courage of our service users to come to Open Secret and take the first steps towards recovery.

Janine Rennie
Manager



Thanks - Partners

Kingdom Abuse Survivors Project

Alcohol Support and Counselling

Relate Forth Valley

Victim Support

Crossroads Alloa

Alloa Family Centre

Falkirk, Stirling & Clackmannanshire Councils

Action for Change members

VIA

Central Scotland Police

HMP Cornton Vale

Volunteer Centres and CVS

Andrew from Forth Valley Systems

Salvation Army

Relationships Scotland

And of course

All our Staff, Management Committee and Volunteers



Treasurers Report

We have achieved a good spread of income sources over the year 2007 –08. 32% of our income comes from Falkirk Council and 29% from the Scottish Government but the rest is from a wide range of funders as can be seen on the chart on the previous page.

We worked on our funding strategy over the past two years and have almost met our target level of reserves. This will be depleted with our office move in 2008 –09 and we will have to develop fundraising strategies to ensure that we maintain this level. The Management Committee plan to hold an annual fundraising dinner in future years to enable us to maintain our reserves level.

Thanks – Funders

Big Lottery
Children in Need
Clackmannanshire Council
Falkirk Council
NHS Forth Valley
NHS North Lanarkshire
NHS Perth
Robertson Trust
Scottish Executive
Scottish Prison Service
Stirling Council
Venture Fund



Chairperson's Report

The past year has been very important from a Management Committee point of view as we worked extensively on the structure of the organisation and our strategy for the next three years. Our new management structure of project managers in each area will enable growth and development.

Falkirk Council are working on our service level agreement for the period 2009 -2012 well in advance and we appreciate their continued support without which it would not be possible to deliver the service. Thanks to Clackmannanshire Council we now have a three year service level agreement making our services sustainable and enabling effective planning.

The implementation of the Survivor Scotland strategy with a new website for survivors, the survivor development fund and various initiatives to improve the experiences of survivors are welcomed by Open Secret. A Scotland wide service for survivors who have been abused in care will be delivered by Open Secret from 2008 - 2011 due to funding from the Scottish Government. This service will be in partnership with other survivor organisations with the main partner being Kingdom Abuse Survivors Project.

The number of service users accessing a service from Open Secret continues to grow as does the range of services offered.

Due to our funding strategy we have been able to build our reserves to almost our target level to ensure that if there were any significant drops in funding we would be able to sustain our services and service users would still be able to access the same quality of interventions.

During 2008 - 09 we will be working towards becoming a Company Limited by Guarantee which is a much more modern structure for voluntary organisations.

The Management Committee of Open Secret are very excited about our prospects of a Scotland wide service, responsive to the needs of service users. .

Across Scotland there are presently significant gaps in services for survivors and Open Secret can fill those gaps bringing the years of experience that we have developed to ensure that survivors can have the support that they are entitled to.

The Management Committee would like, in particular, to pay tribute to Janine, her loyal staff and our dedicated volunteers. They have all made the office relocation possible with the minimum of disruption and contribute to Open Secret being in a strong a ready position to grow and develop in response to the wider service needs.

Paul Robinson Chairperson



Open Secret Team

Management Committee

Paul Robinson	Chair
Eric Graham	Vice-Chair
Pat Reid	Treasurer
Caroline Wylie	
Wendy Seaton	
Gintare Monzuraite	
Louise Mowatt	
David Kell	Resigned February 2008

Staff

Falkirk Team

Janine Rennie	Manager
Debra Pickering	Depute Manager
Traci Kirkland	Administrator
Maryanne Whitelaw	Administrator
Ivy Blair	Volunteer Development Worker
Louise Crockett	Volunteer Development Worker
Fiona Moran	Development Worker
Iona Oswald	Cleaner

Balance Sheet

AS AT 31 MARCH 2008

	2008 £	2007 £
FIXED ASSETS		
Tangible Assets	<u>839</u>	<u>2,085</u>
CURRENT ASSETS		
Debtors	57,040	48,740
Bank and cash	<u>133,881</u>	<u>59,553</u>
	190,921	108,293
CREDITORS AMOUNTS FALLING DUE WITHIN ONE YEAR	<u>42,736</u>	<u>24,414</u>
NET CURRENT ASSETS	148,185	83,879
NET ASSETS	<u><u>149,024</u></u>	<u><u>85,964</u></u>
CAPITAL AND RESERVES		
Unrestricted Funds	82,173	62,046
Restricted Funds	<u>66,851</u>	<u>23,918</u>
ACCUMULATED FUNDS	<u>149,024</u>	<u>85,964</u>



Falkirk Council	Clackmannanshire Council
Stirling Council	Forth Valley Health Board
Choose Life Stirling	Choose Life Alloa
Robertson Trust	Children in Need
Scottish Government	Awards for All
NHS Perth	Income Generation



Accounts

Open Secret accounts are prepared by Janine Rennie FCCA and are audited by Tindell Grant.

	2007 £ Core	2007 £ Projects	2007 £ Total	2006 £
Total Incoming Resources				
Voluntary Income	1,395	2,500	3,895	1,924
Activities for Generating Income	6,490	-	6,490	9,472
Investment Income	3,619	-	3,619	1,800
Incoming Resources From charitable Activities	184,072	246,187	430,259	369,025
Other incoming Resources	1,396	-	1,396	10,551
Total Incoming Resources	196,972	248,687	445,659	392,772
Resources Expended				
Costs of generating Voluntary Income	-	-	-	24
Charitable Activities	163,179	211,960	375,139	331,254
Governance Costs	7,460	-	7,460	7,585
Total Resources Expended	170,639	211,960	382,559	338,863
Gross Transfers Between Funds	(6,206)	6,206		
Net Incoming Resources For the year	20,127	42,933	63,060	53,909

Stirling Team

Hazel Walker	Development Worker	Violence Against Women
Naomi Robertson	Development Worker	Cornton Vale
Cath Taylor	Development Worker	Homeless Service
Catherine Cooke	Development Worker	Choose Life Women's
Mark Johnstone	Development Worker	Choose Life Men's
Caroline Smith	Administrator	
Elisabet Vandelanotte	Administrator	

Clackmannanshire Team

Kathy Norrie	Development Worker	Homeless Service
Anna Gibbons	Development Worker	Core Services
Sally Forshaw	Development Worker	Children in Need
Truda MacKenzie	Administrator	

Sessional Workers

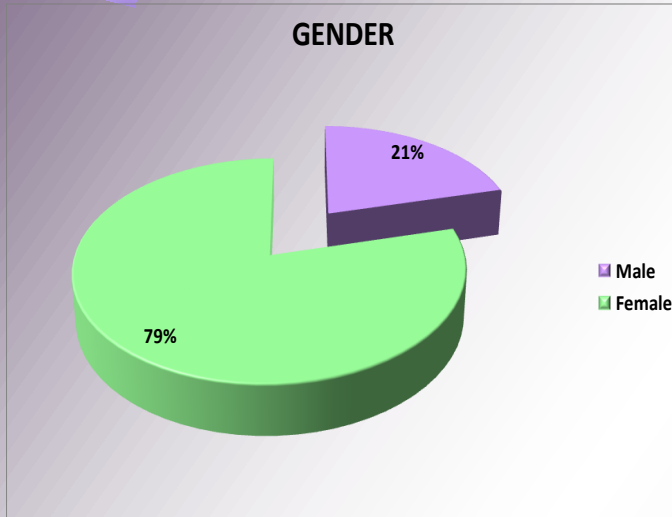
Marijke Moerman
Lorraine McColl
Sue McDougall
Fiona Potter-Irwin
Jim McCormick
Patricia Nunn

Volunteers

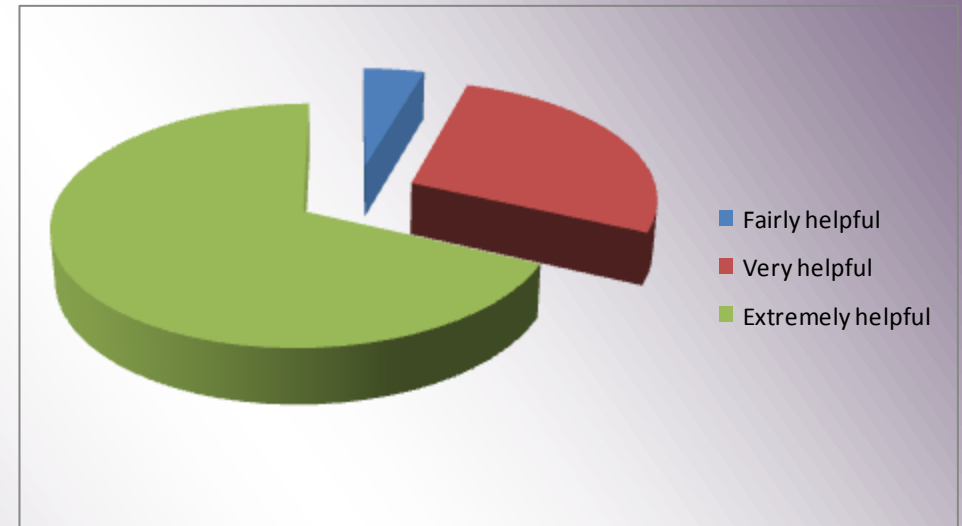
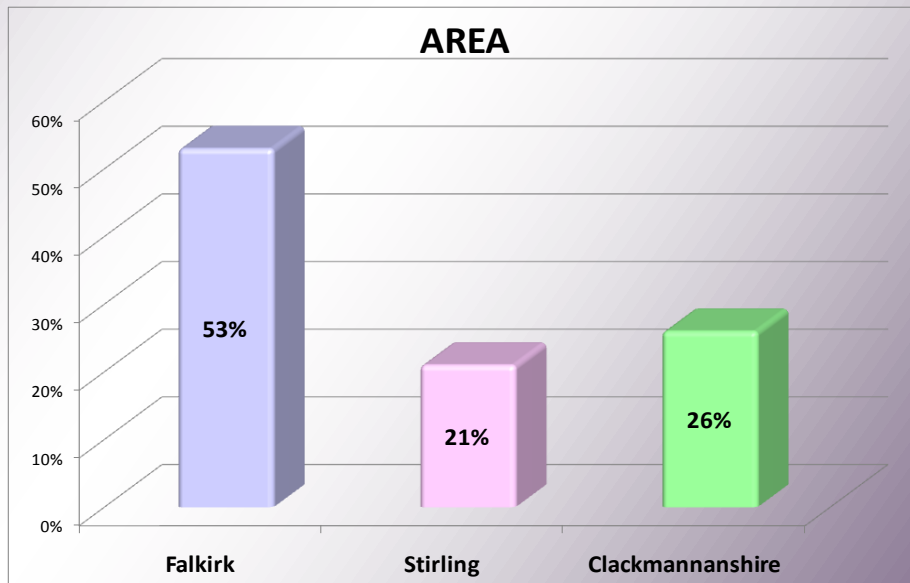
Traci Kirkland	Maryanne Whitelaw	Alan McKie
Lynn Cunningham	Norma Lowrie	Jackie Copeland
Ann McDougall	Elaine Thompson	Anita Kelso
Rosemary Davies	Elisabeth Freeman	Helen MacLeod
Pat Walls	Robert Winslow	Catherine Cooke
Prem Bhamra	Allison Hunter	Lorna McKinley
Bobby Rennie	Colin Robertson	Michael Edmond



Statistics



The majority of our service users are female but we know that there are a number of male survivors who are apprehensive about accessing services. We plan to recruit a male worker during 2008-09 and will actively seek to publicise our services to male survivors



6 Week Evaluations Comments:

Airing issues that have been festering for a long time

I feel that my relationship with my partner has improved but other issues I still need to work on

Life changing

It has made a huge difference to how I go through the healing being able to share everything

We realised my self opinion was a big problem and worked that out and I feel so much better

Have found sessions very helpful and am learning more each time on how my issues affect me and learning to cope with them day to day

Very helpful bringing different insights and perspectives in my life & seeing myself differently

Feel belonging, part of a good work, more stable, not scared to tel home

I am learning how to express my emotions in a non-angry way and come to terms with what has happened

I was able to find out what was making me angry and how to cope in a safer way than how I have been doing in the past. Also got help on how to talk to my family.

Want to work on the red alert I keep experiencing



Evaluation/ Service User Feedback

Young Person's Service

Participants from our young person's group recorded the following comments:

"Where else are we meant to go to express our feelings. We can't just go up to our friends and just blurt out what's happened and our feelings. Age 12"

"Folk don't understand how we feel". Age 14

"You get a lot out of Open Secret and you can talk about your feelings". Age 15

"I come to open Secret because you can talk about your feelings". Age 12

In a sample of 12 week review documents the following comments, evaluations were received:

How helpful did you find Open Secret Services: **Extremely helpful**

How would you rate the level of service you received from Open Secret: **Excellent 100%**

Have you learned more about yourself: **Yes 100%**

Have you been able to understand your feelings: **Yes 100%**

Do you find it easier to accept yourself: **Yes 100%**

Are you able to cope better with everyday life: **Yes 100%**

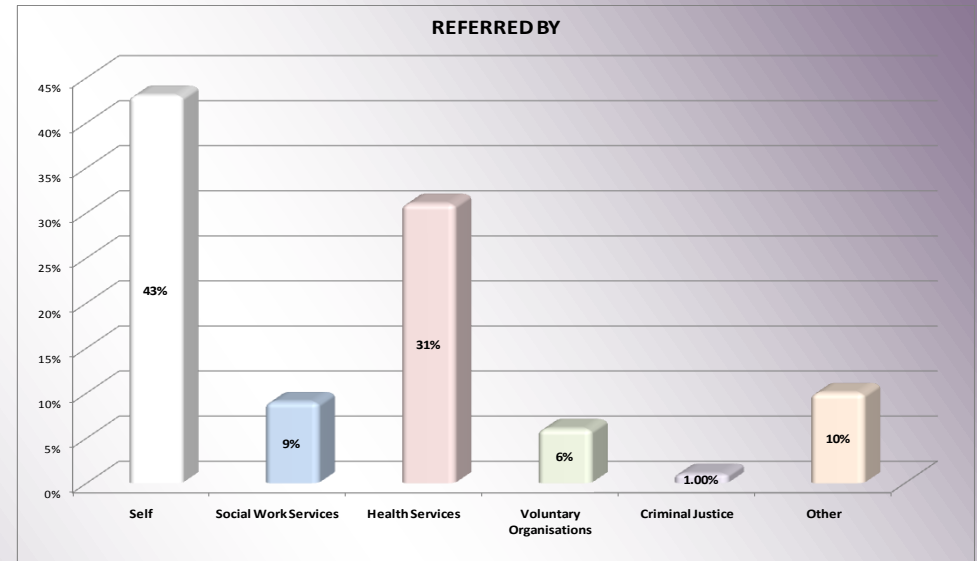
Comments:

Found the services to be helpful in almost all aspects of every day life as well

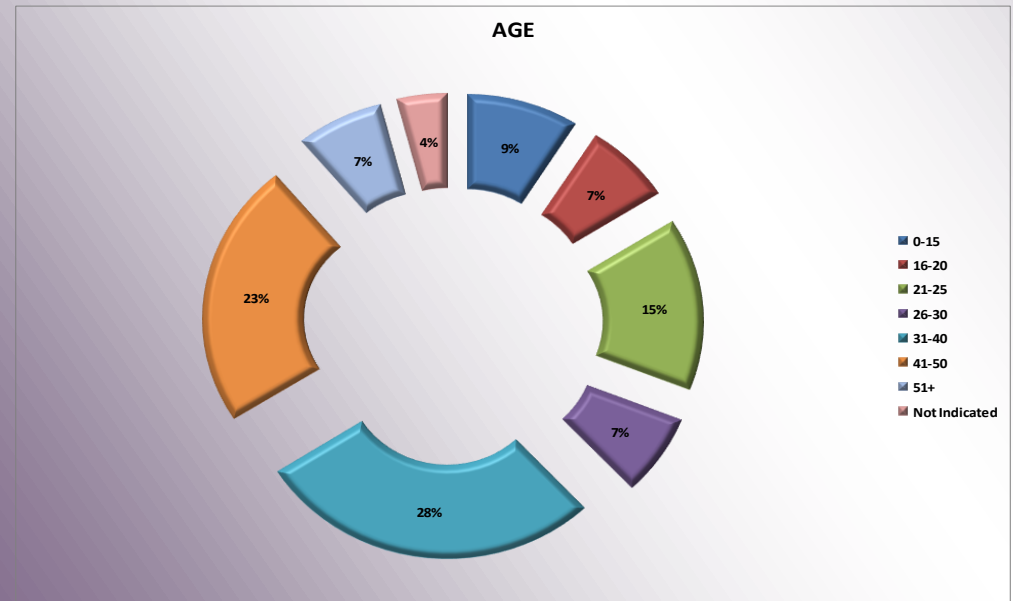
Excellent support really feel and see the benefits of services

My time at Open Secret has been a great place to speak about stuff without judgement

I've enjoyed my sessions as it is the one place I could open up and speak about my problems and feel comfortable doing this. I would not have discussed this with friends or family.



The majority of our referrals are self referrals. During 2008-09 we are planning a major marketing strategy to further publicise our service to professional referrers.





Development Worker Reports

Open Secret prison project entered Cornton Vale in February 2008. We began seeing clients in March 2008. To date we have had 42 women referred. The women are offered one to one counselling and group work support.

Most chose to take up the support on a one to one basis as many feel group work makes them more vulnerable within the prison. Every Female offender entering the prison induction scheme is made aware of the services offered and means of referral. Once the offender is released they have the option of an external referral where counselling can continue in the community if required.

The women often have got caught in a cycle of offending drug taking alcohol misuse and violent relationships and prostitution as a consequence of their abuse. Many have self harm histories and very poor self esteem and coping methods. the work we undertake helps them to address their abuse, understand the link between it and their offending and learn more appropriate coping mechanisms, so that they can better cope in society and begin to believe in themselves.

Naomi Robertson
Development Worker Cornton Vale

I took on the role of Development Worker Parent Support early this year to cover for Fiona who was on maternity leave.

I cover First Appointment duties and also see service users in the Falkirk office and in Denny and Grangemouth surgeries. I have hopes to extend the venues to service users in Bo'ness and Bonnybridge. I am finding a positive response from service users to be seen in their own locality.

Currently I have a caseload of 19 service users.

Maureen McMahon
Parent Support Worker

