

# DELIVERING EQUALLY SAFE

Mental health needs of women, young people and children experiencing gender-based violence and abuse

November 2022



## Section 1: Introduction

Evidence from the Delivering Equally Safe (DES) funded organisations and from other studies has shown that “experiences of violence and abuse against women, young people and children can be the cause of mental ill health, and those experiences can exacerbate existing mental health issues.”\*

\*Source: 6 month reporting from 121 funded projects in DES Fund for period Oct '21 to March '22.

This report will:

1. Look at evidence of the impact of mental ill health on survivors of gender based violence and abuse. Reference will be made to independent research carried out in Scotland and evidence from the funded organisations.
2. Share examples of the work DES funded organisations are providing to support women, young people and children affected by gender-based violence and abuse.

## Section 2: Background

Delivering Equally Safe (DES) is a three and a half year\*\* funding programme which supports activity across the voluntary and public sector intended to prevent and eradicate violence against women, young people and children. Funded work contributes to the outcomes and priorities contained within the Scottish Government and COSLA’s Equally Safe

strategy. ([source:https://www.gov.scot/policies/violence-against-women-and-girls/equally-safe-strategy/?subject=Equally Safe Strategy](https://www.gov.scot/policies/violence-against-women-and-girls/equally-safe-strategy/?subject=Equally%20Safe%20Strategy))

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



In the first 6 months of the fund, almost **20,000 people** were supported.



**14,957**  
Adults Supported



**4,764**  
Children and Young People

Violence against women and girls covers a spectrum of violence and abuse, including, but not limited to domestic abuse, rape and sexual assault, childhood sexual abuse, stalking and harassment, commercial sexual exploitation, and harmful practices – such as female genital mutilation, forced marriage and so-called ‘honour’ based violence.

\*\*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.

## Section 2: What we know

### 2.1: What has research identified

Many factors impact the mental health and wellbeing of everyone in Scotland. There are a number of stressors including poverty, poor housing, unemployment and chronic health problems which can affect us all and impact on our mental health and wellbeing.

It has been shown (reference: [Health inequalities: briefing 10 Mental health \(healthscotland.scot\)](https://www.healthscotland.scot/health-inequalities-briefing-10-mental-health)) that social characteristics such as gender, disability, age, race and ethnicity, sexual orientation and family status increase the likelihood that someone will experience mental health and wellbeing problems during their lifetime.

Experiences of trauma such as violence and abuse can have a significant impact on our mental health and wellbeing. Across most aspects of mental health, evidence has shown that there are greater risks of poor mental health for women and girls who have experienced violence and abuse. This is compounded further if a number of the social characteristics (listed above in paragraph two) and stressors (listed in paragraph one) occur together. Access to protective factors such as individual resources and access to support can reduce the impact. We will provide examples of the benefits of support provided by the DES funded organisations in section 3.

What recent research\* has found is that:

- Many survivors of VAWG in Scotland have unmet mental health and wellbeing needs and while all women experience barriers in accessing appropriate support for these needs, some women are likely to experience additional barriers as a result of age, race, disability, sexual orientation and/or other factors.
- There is an increased need for adequate mental health support for women and children who have experienced VAWG, given the impact of COVID-19 and increased experiences of isolation. It is necessary that this demand is met with sufficient resource, which reduces waiting lists and builds the capacity of services.
- Many survivors doubted whether their needs were significant enough to seek support for their mental health, despite citing those experiences of VAWG had a moderate or severe impact on their mental health. Over half of survey respondents cited shame or embarrassment as a barrier to accessing support.
- There is significant stigma around both experiences of abuse and mental health problems. More work is needed on raising survivors' awareness about the prevalence and impact of their experiences so they know that what they're feeling is a normal reaction to trauma, which would also encourage more people to seek support for their mental health.

\*Research reports reviewed included:

1. [COVID-19: Domestic abuse and other forms of violence against women and girls during Phases 1, 2 and 3 of Scotland's route map \(May 22 to August 11, 2020\)](#), Scottish Government (2020)<sup>1</sup>
2. "Understanding the mental health needs of women and girls experiencing gender-based violence" The Scottish Government and Improvement Service November 2021



In the survivor survey, the majority (78%) of respondents said their mental health needs started after their experiences of VAWG and that this had a severe or moderate impact on their mental health.

Source: “Understanding the mental health needs of women and girls experiencing GBV” November 2021



## 2.2. Impact of Covid-19

The COVID-19 pandemic and related restrictions on movement and socialising affected the mental wellbeing of many. For women and girls who have experienced violence and abuse the organisations funded through Delivering Equally Safe reported that there have been specific impacts. These have included worsening mental health conditions such as anxiety and depression. This was also noted in a Scottish Government report.<sup>1</sup> This worsening of survivors’ mental health has been brought about by restrictions on movement, often leading to increased time being spent at home with their abuser; lessened access to support (from friends and service providers); support being limited to online only and no respite from their abuser.

It was also highlighted in recent research activities that the pandemic has increased the risk of mental health problems for children and young people who have experienced violence and abuse, including those living in homes where abuse takes place.<sup>2</sup>

## 2.3 What survivors told us

In July 2021, Inspiring Scotland conducted research with women who had been affected by violence and abuse. The research was coordinated by Assenti Research and supported by a number of partner organisations including Rape Crisis Scotland and Scottish Women’s Aid.

The research was a mix of focus groups and an online survey. More than 200 women took part in the research. The respondents included 25% of respondents who shared that they had a physical disability; 7% had a learning disability and 20% of respondents were from non-white ethnic group. 36% of respondents were from a semi-rural or rural area.

**The number one support need mentioned by 70% of respondents was support for mental ill health.**

**Of those that identified this as a need, nearly 30% were not able to obtain support.**

The findings showed that some respondents were more likely to have received support for their mental health than others – only 48% of BAME respondents had mental health support compared with 75% of white respondents. Similarly support for children’s mental health was also lower for BAME respondents, 10% compared with 23% of white respondents.

General health and wellbeing support was more commonly received by under 25’s (71%) and LGBTi respondents (76%) compared with the total sample (58%).

<sup>1</sup> [COVID-19: Domestic abuse and other forms of violence against women and girls during Phases 1, 2 and 3 of Scotland’s route map \(May 22 to August 11, 2020\)](#), Scottish Government (2020)

<sup>2</sup> “Understanding the mental health needs of women and girls experiencing gender-based violence” The Scottish Government and Improvement Service November 2021

The three main issues that were mentioned by women as preventing them from accessing support for mental ill health were:

- No awareness of where to access support or being passed from one statutory body to another.
- Length of time taken to access support.
- Ashamed about asking for support and felt there was a stigma attached to seeking support.

“

*It took almost 11 months to get counselling from Rape Crisis. I'll be forever grateful but there was no other NHS or private service that specially dealt with rape, so I didn't feel comfortable going anywhere else, but that delay was massive for me.*

*Quote from participant in Inspiring Scotland research*

”

## Section 3: Impact of activity by DES funded organisations

### 3.1 What DES funded organisations told us

One of the key themes emerging from reports provided by funded organisations is the increasing prevalence of women presenting with mental health challenges.

Anecdotal feedback suggested that this can be exacerbated by the duration of the wait time for support given demand for services. Organisations are experiencing increasing demand for services at the same time as experiencing challenges with staff recruitment and retention. This coupled with the impact of the cost-of-living challenges and finding new sources of funding is impacting on the capacity of organisations to meet the needs of the survivors.

Organisations reported that they are encountering increasing prevalence of women presenting with mental health challenges.



The reporting indicates that:

- demand can outweigh supply
- survivors are presenting with more complex needs as a result of the wait
- the types of services needed are not always available or
- it is not always immediately apparent to the survivor where they need to go to access them

Organisations are recruiting additional counsellors; however, it is difficult to recruit quickly enough to meet demand. This is particularly difficult for more specialised support. Angus Women's Aid and Feniks (who provide Polish language counselling) reported a growing waiting list alongside a challenging environment to recruit counsellors who have the necessary language skills.

### 3.2 Support provided during October 2021 to March 2022

The 121 projects provide support which helps the mental health and wellbeing of survivors. During the first six months of the report, organisations provided:



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



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



**5,156**  
Helpline Calls



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



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



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

*\*Counselling sessions were delivered by an accredited counsellor*

#### Counselling services

Counselling services are offered by many organisations in receipt of DES funding and there are good examples of the positive impact this makes to 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."



### 3.2 New and Innovative ways of working introduced to help support women with mental health challenges caused by GBV

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.

“  
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.

Demand for services is increasing as lockdown restrictions eased, 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.

**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.**

Evidence from the organisations showed that people 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 session.

As Dumfries and Galloway Rape Crisis state: **“The overarching outcome of this is the timely support of survivors which has positively impacted on their emotional wellbeing.”**

“  
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  
Centre

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 an increase in issues arising from the use and abuse of social media, including peer pressure to share intimate images.

“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 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

### 3.3 Impact on Staff

Feedback from organisations also highlighted the impact on the mental health of staff members.

Organisations have had to adapt their working practices in response to the varying Covid-19 restrictions. Some staff have been working from home during this period, meaning that they can be holding sensitive conversations in their own home. This impacts on the boundaries they put in place between their work and home life to protect themselves.

Some organisations noted a dip in referrals during periods of lockdown, only for the demand for their service to increase dramatically when lockdown eased, creating a bottleneck. This places pressure on staff.

There was also increased staff absence due to illness, self-isolation due to Covid-19 and staff turnover. It was noted in the reporting that for the remaining staff members who had to take on additional workload, often at short notice, this was challenging.

Organisations reported increased staff burnout, vicarious trauma and mental health problems.

They are putting in additional measure to address staff well-being including increased external supervision, staff away days, access to employee assistance programmes and the use of a vicarious trauma questionnaire. However, the impact on staff mental health and well-being continues to be a concern.



Photo credit:  
The Gender  
Spectrum



## Section 4: Impact the support provided by funded organisations can have.

### 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.



“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 ....”

## Summary

**It is clear from the evidence presented that for many affected by gender-based violence, mental ill health can follow or be exacerbated. The work provided by the DES funded organisations is critical in supporting the women and girls affected.**

- DES groups aren’t labelled as mental health services, but it is clear some deliver mental health support –a spectrum from wellbeing support through to counselling - and others work with people who have mental ill health due to or exacerbated by gender-based violence.
- Survivors want support for their mental health, often having to go to multiple places before finding the support they need – for many even after trying different places, they can’t find the support they need.
- Mental health support delivered by DES funded groups needs to be better understood, supported (e.g., funding for it to be delivered / right pay for skilled staff) and learnt from.

**There is clearly more to be done to support survivors and the work delivered by the DES funded organisations is a critical part of the support for survivors.**

## INSPIRING SCOTLAND

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[desenquiries@inspiringscotland.org.uk](mailto:desenquiries@inspiringscotland.org.uk)

## 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.

Organisation	Short Summary of Activity
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
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.

Organisation	Short Summary of Activity
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.
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 six 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.



Organisation	Short Summary of Activity
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.
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) & 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.

Organisation	Short Summary of Activity
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.
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.

Organisation	Short Summary of Activity
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.
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 Phoneline 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 & 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 Women's 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.

Organisation	Short Summary of Activity
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.
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 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.

Organisation	Short Summary of Activity
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.
Shetland Women's Aid (SCIO)	Funding will contribute to the continued delivery of support for women, children & 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

Organisation	Short Summary of Activity
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.
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.

Organisation	Short Summary of Activity
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.
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 the ultimate aim of enhancing gender equality and reducing VAWG.