

# Insights from the Survivors of Childhood Abuse Support Fund 2020 - 2024



Scottish Government  
Riaghaltas na h-Alba  
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**survivors**  
OF CHILDHOOD ABUSE  
SUPPORT FUND

INSPIRING SCOTLAND

**“Just being able to talk about it, and the person you talk to understands and validates you, it’s an incredible feeling.”**  
**- Survivor**

Inspiring Scotland’s vision is for a Scotland where everyone lives a happy and healthy life free from poverty or disadvantage.

We believe Scotland’s voluntary sector has a transformative effect on the lives of those living in Scotland who otherwise may struggle due to life circumstances, poverty, or other disadvantages.

Our aim is to amplify and strengthen the impact of organisations by helping them to build their strength, resilience, and reach.

We do that by harnessing the power of the private, public, and voluntary sectors.

Inspiring Scotland manages the Survivors of Childhood Abuse Support (SOCAS) Fund on behalf of the Scottish Government.

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## **Content warning**

This report includes content of a sensitive nature, including recovery from child abuse and mentions of suicidal thoughts, that readers may find challenging or distressing.

Please practice self-care during and after reading.

# Supporting adult survivors of childhood abuse

Managing the Survivors of Childhood Abuse Support (SOCAS) Fund over the last four and a half years has been our privilege. **This unique Scottish Government funding programme has been instrumental in developing Scotland's response to supporting adult survivors of child abuse.**

Through this insight report, we want to recognise the immense work the portfolio of funded charities delivered since 2020. We also want to provide a space for survivors who have accessed funded support to say in their own words what difference that support has made to them. As fund managers and independent funders, we have learned much from our involvement with SOCAS. The funded charities have reported to us and shared their successes and challenges with us and with each other.

This report is an attempt to consolidate and reflect our learning. **We think it will be useful for anyone interested in how we respond to the impact of trauma and develop truly person-centred services.** As funders, we have grown to understand from survivors what good trauma-responsive services look like.

Reading the report, **you will see how the work delivered through SOCAS funding is valued. It is vital and lifesaving,** as validated by an independent evaluation of the programme published by Rocket Science in June 2023. We know that the funding brought a sector together and has helped improve the quality of services. A four-year funding commitment from the Scottish Government enabled this.

As the SOCAS programme enters a new funding phase from October 2024, we must acknowledge that demand for specialist services continues to rise. There are also gaps in the support that survivors need. We need to increase awareness and accessibility to these vital and lifesaving services. We conclude this report with our thoughts on how survivor support should develop. **It's our acknowledgement that whilst the programme has been successful, collaborative efforts are required to sustain and expand services so that all survivors can access the support they need when they need it.**



**Kaylie Allen**  
Director of Funds, Inspiring Scotland

# Child abuse

## Child abuse is a common but largely hidden crime.

It is difficult to get an accurate figure of the prevalence. However, the Centre of Expertise on Child Sexual Abuse estimates that in the UK, 15% of girls / young women and 5% of boys / young men will experience sexual abuse before the age of 16.

The effects of childhood abuse can be lifelong and profound. It is linked to a range of inequalities including mental and physical health inequalities, alcohol and substance misuse, homelessness, crime victimisation, income inequalities, reduced participation in the labour market and other health, justice, social and economic inequalities [1]. While survivors can lead full successful lives, the abuse they experienced may still impact them. This will differ for each person.

## Accessing the right support at the right time can be hugely beneficial.

The Survivors of Childhood Abuse Support (SOCAS) Fund was developed to enable survivors across Scotland to be able to access the support they need and deserve.



For a long time in my life there has been that feeling that I am not safe and not understanding why and how that effects anything else in my life.

Having someone that I can trust and that I feel like they care is amazing. That is what makes all the difference. That is comforting.

– Survivor



[1] Radford, L., Corral, S., Bradley, S., Fisher, H.(2013) The prevalence and impact of child maltreatment and other types of victimization in the UK: Findings from a population survey of caregivers, children and young people and young adults. Child Abuse & Neglect 37, 801– 813 .

# Survivors of Childhood Abuse Support (SOCAS) Fund aim

The SOCAS Fund supports adult survivors of childhood abuse with their recovery, enabling them to enjoy the highest attainable standard of living, health and well-being, and family life. It is the only fund of its kind in Scotland.

The fund provides resources specifically to support **adult survivors (aged 16 plus)**, focusing on **understanding, processing and recovering from the effects of trauma**. The Scottish Government developed the fund in recognition of the long-term consequences and disadvantages which survivors can experience as a result of childhood abuse, in line with the Scottish Government's Mental Health and Wellbeing Strategy.

The fund ran for four and a half years. A total of £11.2m, funded by the Scottish Government and managed by Inspiring Scotland, was provided to 29 charities across Scotland between April 2020 and October 2024.

This report reflects the work delivered with SOCAS funding and **highlights learnings and insights over the period of the programme**. These are gathered from Inspiring Scotland's experience, which includes fund reporting, monthly portfolio meetings, one-to-one meetings with funded charities and an external evaluation of the work conducted in 2023.



# Specialist services supported by the fund

Specialist services for adult survivors provide a place of safety and trust, and a chance to understand, process and recover from trauma.

A range of person-centred support was funded:

- **Trauma-informed counselling.** One-to-one counselling, either conducted in-person, online or by telephone. Counselling focuses on working through experiences and understanding how they impact the lives of survivors now.
- **Peer support.** Peer support can help survivors make new connections. It provides an opportunity to engage with people who understand what they have gone through without needing to talk about specific experiences.
- **Emotional support.** psychoeducation, and providing survivors with tools to manage their emotions and triggers. It is often used at the beginning of a survivor's recovery journey.
- **Wellbeing support.** Regular check-ins and support throughout recovery to ensure they are doing well and the support matches their needs.
- **Practical support.** e.g. helping with benefits applications, housing, or interactions with statutory partners.
- **Prevention.** Work with individuals worried about their sexual thoughts or behaviours concerning children, those arrested for online offences, and their impacted family members. Some clients are survivors of childhood abuse with significant trauma.

## Trauma-informed principles:

- Choice
- Control
- Safety
- Empowerment
- Collaboration



# Survivor story: life-changing support

“It's difficult for me to comprehend **how much my life has changed** in the 6 months since I started speaking with my counsellor, but the changes are all very much for the better. Most importantly, I feel changed at a deep level within myself.

The knowledge and skills she has taught me have been invaluable and I anticipate that they will continue to be a great source of comfort and help throughout my life. I feel that I understand myself better. I hadn't heard of compassion focused therapy before but it's an area I want to continue to learn about on my own.

I cannot recommend her, and this service, highly enough. It wasn't really what I thought it was going to be. I was worried that I would be required to talk directly about my experience of sexual abuse in childhood. This was not the case, and really didn't feel like the focus of work. I did, however, feel that we worked through a lot of childhood trauma and it's helped me immeasurably.

Understanding how our early experiences shape us, and the whole notion of giving myself permission to make my own choices, had a **huge impact on my self-esteem and confidence. I feel empowered now, where before I felt like a lost child.**

I have tried a lot of different approaches to healing - medicine, counselling, mindfulness but EMDR and the 1-2-1 support has finally allowed me to work and grow past everything from my past that was holding me back.”

”

*Testimony from a survivor in their own words*

# Development of SOCAS Fund

2020

April

Fund launched at start of COVID pandemic



October

Return to face to face working adjustment support

May

Awareness film made showing that survivor support was available during the pandemic



December

Urgent response funding: Additional **£85,000 distributed to 10 organisations** to increase capacity to meet demand for support

2021



April

Three cohorts of 'Inclusive Leaders' leadership & development training

May

Clinical review with three organisations

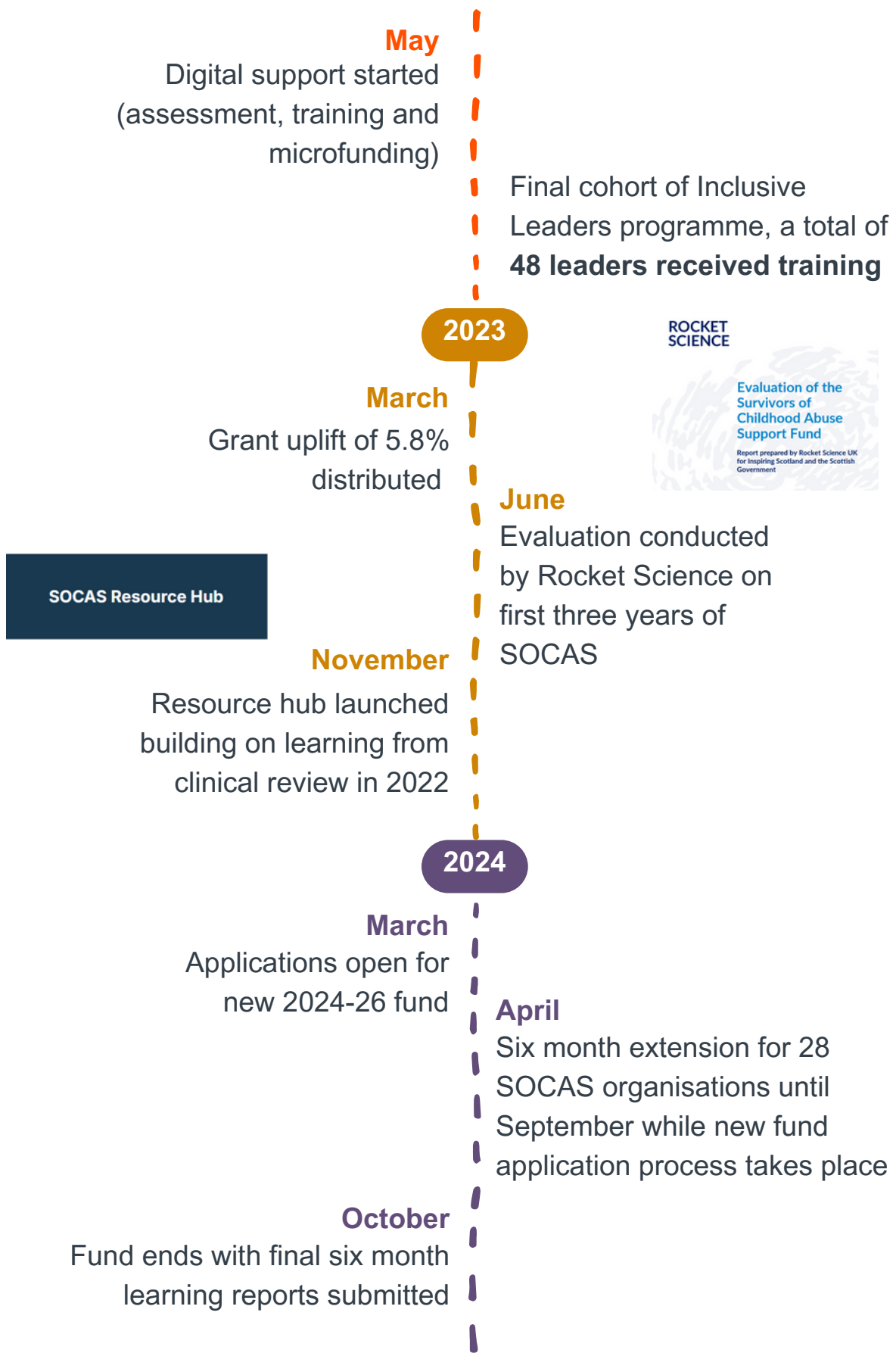
November

Urgent response funding: Additional **£102,000 provided to 12 organisations** in response to increased demand

2022

February

**Five counsellors** from SOCAS portfolio organisations begin training in **EMDR therapy**



# SOCAS funding has developed the sector

**Multi-year funding provided an opportunity to develop the third-sector support available for adult survivors.**

To strengthen this, Inspiring Scotland has focused on adding value to the Scottish Government funding invested by providing tailored portfolio support, creating spaces for collaboration between SOCAS-funded charities, and facilitating expert pro-bono support for charities via our Specialist Volunteer Network (SVN).

- The SOCAS fund enabled **the development of new services, or improved the offer available from existing services**. More than 100 jobs, a combination of full-time and part-time, were supported by the fund. Funding increased the capacity of charities and the use of trauma-informed practice across Scotland.
- The fund was supported by an **Advisory Board comprising professional experts and experts by experience**. Their advice and guidance were invaluable in helping the strategic development of the fund.
- Inspiring Scotland's Specialist Volunteer Network (SVN) gave organisations **access to a wealth of operational knowledge and expertise** on a range of topics, e.g governance, legal and HR support and one-to-one coaching for leaders and practitioners.
- Charities also had **access to the capacity of other SOCAS-funded organisations**. Through increased partnership working they can utilise inward and outward referrals, filling any available capacity and utilising resources efficiently.

**100+**  
jobs created



hours of **980**  
support from  
SVN  
volunteers



**£171,525**  
value of specialist  
volunteer support

**10+ years**  
of trusteeship to  
five charities  
through SVN

“Thank you for the opportunity to really make a difference. From our beginnings as a secret, not well known or utilised service, to where we are now would not have been possible without the SOCAS fund.”

– *Charity partner*

**48** employees received leadership training



- During the fund, 48 leaders and emerging leaders received **leadership training through a bespoke programme developed by Inspiring Scotland**
- **Eye Movement Desensitisation and Reprocessing Therapy (EMDR)** is a proven technique for processing traumatic memories but availability of this technique is in short supply across Scotland. With additional development funding, **five experienced therapists** employed by SOCAS funded charities were supported to become accredited therapists in this valuable technique.

“The learning we took from the inclusive leadership course **was incredible.**”

– *Charity partner*

**5** experienced SOCAS therapists trained in EMDR

“Thanks to the EMDR training provided by the Scottish Government, our organisation has a member who is now one of five committee members of the newly established EMDR Scotland Group, aiming to support therapists and offer affordable training opportunities across Scotland, enhancing mental health services and professional development Scotland wide.”

- *Charity partner*

# Support improves and saves lives

Recovery from trauma is possible, however, it is difficult, and recovery is seldom a linear path. Survivors told us that the support they received from SOCAS charities meant they were able to:

- Be heard and believed
- Talk to others who have also experienced trauma
- Feel safe to speak about past experiences – often for the first time
- Find support tailored to their needs
- Feel safe and understand how to manage the effects of trauma
- See others as role models in their recovery
- Have choice and control over their lives
- Rebuild self-esteem, confidence, and relationships

## Herman three stage recovery model

The Herman model [1] illustrates the pathways of recovery. Survivors may move forwards and backwards through the three stages.

**Safety and stability:** Building a sense of physical safety and security, establishing basic health needs and stabilising emotions and wellbeing.

**Remembering and mourning:** Trauma processing to understand past experiences. A variety of therapeutic techniques can be used.

**Reconnection:** Building social and family relationships, reconnecting with goals and dreams.

[1] Herman, J. L. (1994). Trauma and Recovery: The Aftermath of Violence – From Domestic Abuse to Political Terror. New York: Basic Books.

**The support funded by SOCAS significantly improved survivors' quality of life. Evaluation of the fund told us that it improved:**

- mental health: including better understanding of emotions, increased confidence and self-esteem and reduced trauma and PTSD symptoms
- physical health: including increased physical activity, better sleeping and reduced self-harm or dependency on substances
- social connections: including being able to manage day to day life better and feeling valued

**Survivors said the support helped them to start feeling more in control of their lives and learn to navigate their trauma.**

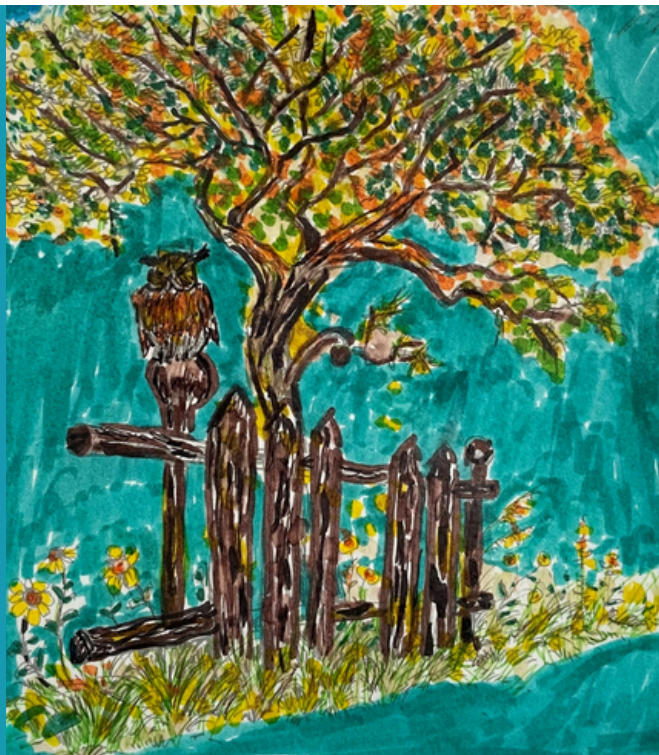


**“I don’t feel bad, I don’t feel I want to kill myself any more. We come in suicidal, having no one and you leave with community and friends for life.”**

**- Survivor**

**“I am finally seeing a light at the end of the tunnel. I hope that light will get brighter as things go on. I really thought I would never get there but the people helping me believe in me and that means a lot. It is good to be believed.”**

**- Survivor**



# Survivor story: recovery and nature

S approached the SOCAS charity for counselling during COVID-19. Due to her past trauma, S needed a sensitive, flexible approach. It was agreed that **working in nature would be the best environment to support S's sense of safety and stability.**

Over the following 18 months, S worked outdoors with a recovery practitioner **at a pace and frequency that worked for her.** Amid the work, the focus changed from the past to the present to support S through a court case against her abuser.

S felt **empowered and enabled prior to her trial and her confidence was strong.** She won her case, and her recovery work continued so that she could be supported in the aftermath of a traumatic and daunting process.

*- Case study from a charity partner*





# Development of quality services across Scotland

**A primary aim of the fund was to ensure that survivors have access to high-quality support.**

Experience and evidence from the fund, together with an independent clinical review of three services, helped build a clear picture of the core components of a quality service. From the review, we identified **six pillars of a quality service**. The advice of the SOCAS Advisory Board has been invaluable in reviewing and implementing these in practice.

**1 A person-centred approach to trauma** is in place, which includes ensuring that trauma informed principles are embedded.

**2 Suicide risk management** policy and procedures are in place, understood and staff are confident in their use.

**3 Validated measures** are used to review progress and measure the difference the support makes.

**4** Staff have the skills, training and supervision they need and **every effort is made to prevent vicarious trauma**.

**5** Organisations continually seek to improve services, **incorporating the views and the insight of survivors**.

**6** Good quality practice is underpinned by **well-run organisations**.

To further support the development of high-quality services, we designed **the SOCAS Resource Hub as a resource for practitioners** supporting people affected by childhood abuse, to help them review, learn and evaluate their practice in order to reduce risk and deliver better outcomes.

“ I felt overwhelmed and extremely anxious about dealing with the outcome of past issues, but since coming I feel supported, cared for and relaxed.

- Survivor ”

# Insights from survivors

- Recovery from trauma is possible. It can be difficult and is seldom a linear path.
- Support should be flexible and developed in collaboration with the survivor.
- Every survivor's experience is different.
- Survivor safety is critical, and every effort should be made to reduce potential of retraumatisation.
- Trust and engagement with survivors needs to be earned and takes time.
- Survivors' insight and experience is invaluable in shaping and delivering services.

“ My worker helped me immensely to work through my trauma that I had pushed to the back of my mind. There was never any pressure, **I feel I am more confident in myself and my decisions in life now.** ”

“ I feel so different from last year, I can't recognise who that was who came into our first session now, **I feel better than I have in a long time.** ”

“ I really appreciate how patient and understanding you (counsellor) are, you would stop/slow things down when I was getting overwhelmed, and I learned to do that for myself. **Now I can regulate my feelings on my own,** it sounds small but it made a huge difference to my life. ”

# Insights from delivering this fund

Over the four and a half years delivering this fund, we have learned a lot about the challenges faced by organisations and how we can support them through this.

These insights are summarised in the four key themes below:

1

Collaboration and connection across sector

2

Trust is fundamental for survivors

3

Sustainability is achieved through multi-year funding

4

Demand continues to grow

“The SOCAS fund gave a home to survivors of childhood abuse.”

– *Charity partner*



# 1

## Collaboration and connection across sector

The SOCAS Fund is unique in that it is the first and only funding programme in Scotland that specifically brought together organisations providing specialist services for adult survivors of childhood abuse. Through the fund, 10 new services were established, including three in rural and remote areas, increasing the availability of trauma-informed practice across Scotland.

**We focussed on collaboration and peer support** through monthly portfolio meetings and network and learning days. Through this, a collaborative community of organisations formed, and charities welcomed the time and space to develop these relationships.

This collaboration **allowed for peer support alongside the sharing of approaches, learning and expertise** further developing the support available for survivors.



**I think the biggest thing I learned is that other organisations are not the enemy and they are not the competition. We all have the same goal. They are all wanting to do the same.**

*– Charity partner*



**Long-term, flexible funding enabled the development of practice and collaboration.** As charities evolve and mature, developments and change occur. Examples include reallocating budgets, changing timelines or changing the focus of groups in response to survivor feedback. Charities appreciated the flexibility and guidance from Inspiring Scotland, which allowed space for reflection and consideration on how to adapt and grow with their community in response to events such as the COVID-19 pandemic and the cost of living crisis.

**“Your expertise and dedication in managing the SOCAS Fund has greatly contributed to our Survivor Services success and growth.”**

*– Charity partner*

## 2

## Trust is fundamental for survivors

**Child abuse is a violation of power and trust, and disclosure of abuse takes enormous courage. Sadly, for some survivors, their experience of disclosure was that they were not believed or their experiences were minimised, diminishing their trust or adding to their trauma.**

We hope that with growing awareness and understanding of childhood abuse and trauma across Scotland through programmes such as the **National Trauma Transformation Programme**<sup>[2]</sup> this response will improve, but it will take time.

In this context, a key outcome for SOCAS was **funding and developing quality services across Scotland that survivors could trust**. A space where they will be believed, and listened to, and where they can receive the support they need and deserve, at a time and pace that is right for them.

**Survivors value the third sector's independence** from statutory services and their flexible approach. Survivor choice, control and flexibility are essential in creating a safe environment for healing.

**She's held space, held me and helped me see things differently and thanks to that I've been able to be a better human being and a better mum to my children.**

*– Survivor*

**Being able to dip in and out has been helpful. Because sometimes you need to stop for a while or you need time to understand and regroup. We can't deal with the trauma all the time.**

*– Survivor*

[2] The National Trauma Transformation Programme provides access to evidence-based training, tools and guidance to support trauma-informed and responsive systems, organisations and workforces in Scotland.

**Trust takes time to build.** This is particularly true when working in small, close-knit communities where openly discussing abuse still faces significant stigma. SOCAS charities take great care to build trust and ensure confidentiality. Across the board, SOCAS charities have seen an increase in referrals over the fund period, driven by both demand and a growing reputation for the support offered, leading to increased word-of-mouth referrals.

It is worth noting that it can be some time between a survivor hearing of support and stepping forward to engage with this work. **Survivors want to trust that services will be available when they are ready.** Charities are calling for sustained long-term funding, allowing them to sustainably plan for the future and provide the security that their services will be there for survivors.

“

When we hear clients ask 'what if funding doesn't happen, where would I go, what would I do without [SOCAS organisation]?' - we find it heartbreaking to hear, heartbreaking to understand that sometimes we are all that person has in that particular time of their life - heartbreaking because no answer is good enough - **there is no answer to that question other than stability in funding.**

– *Charity partner*

”

## 3

## Sustainability is achieved through multi-year funding

At the start of the SOCAS Fund, several services were new or small. It has taken resilience, ingenuity and innovation to develop these services in the context of both a global pandemic and steep inflationary costs.

According to charity partners, **receiving multi-year funding was key** to the success of the SOCAS Fund. It allowed charity partners to focus entirely on delivering their service and grow their ambitions.

SOCAS funding has **supported core organisational costs**. Core funding has proven essential in ensuring a sustainable and well-managed organisation underpins the trauma work. Much of the other funding available in this area is for frontline project work only.

Supporting recovery from childhood trauma is skilled and challenging work. **Attracting, training and retaining highly skilled and experienced staff is central to a quality service**. The availability of four-year funding through SOCAS has provided job security and reassurance for staff.

“  
Multi-year funding is so much better [than short funding cycles]. There's no need to reinvent ourselves constantly, and we can instead focus on increasing access to our services.

– Charity partner”

“  
The use of SOCAS funding for core costs has also played a crucial role in the sustainability of our services. By covering essential operational expenses, we have been able to focus our energy on expanding our services and improving our outreach efforts.

– Charity partner”

## 4

## Demand continues to grow

**Growth in demand for specialist SOCAS-funded services has been constant throughout the fund's four and a half years.**

A key fund aim was for all adult survivors across Scotland to have timely access to appropriate support. While the capacity and capability of the sector has been strengthened by the fund, achieving this aim has not been fully achieved. Increased demand means organisations have waiting lists for people needing their support.

Charities have been innovative in the face of these challenges, for example, designing information packs, holding regular wellbeing calls with survivors, and developing and amending services to facilitate access to support efficiently.

### Additional funding to reduce waiting lists

Over the course of the fund, an additional **£187,000** was awarded to support charities to meet the increased demand they have experienced.

This additional funding was welcomed, and it enabled charities to try and address their increasing waiting lists. Despite this, waiting lists remain high. **At the end of this fund, 1,495 survivors were on a waiting list for support across the SOCAS charities.**

“

**The additional funding came when we desperately needed it and allowed us to support survivors who had been on our waiting list for over three months. It was refreshing to be able to get people off the waiting list and in with counsellors.'**

*– Charity partner*

”



“

SOCAS funding has really helped us run our services but we have seen such a rapid increase in referrals, but were not able to secure funding that matched this increase, which has resulted in waiting lists.

– *Charity partner*

”

There could be many reasons for the increased demand for support:

- Greater understanding of childhood abuse and the impact of trauma.
- High profile cases are regularly in the media.
- The Scottish Child Abuse Inquiry is ongoing.
- As services have become more established, they have developed a growing reputation, leading to higher word of mouth referrals.
- COVID and the cost of living crisis have impacted on people’s mental health and NHS mental health services are under immense pressure.

What we do know is that **too many survivors are waiting for support.**



# Future development of survivor support

Support provided through SOCAS funding has profoundly impacted the lives of survivors across Scotland, it has been both life-changing and life-saving. The funded organisations have been innovative and resilient and built capacity and capability over the 2020-2024 period.

There is still much to be done.

Based on the insights gathered from across the funding period, we would like to highlight six areas for development.

1

## Design and delivery of services informed and influenced by survivors

There are numerous excellent examples across the SOCAS Fund of work being **shaped by lived experience and survivors' insight** being embedded throughout the organisation. There is more to be done to develop and share best practice in this area.

**“Being part of the advisory board has been an incredibly rewarding experience. It allows me to contribute to the organisation that once supported me... Put simply, they kept me alive n [sic] I owe them for that. I came back to help future service users.”**

- Chair of Survivor Advisory Group at SOCAS charity partner

**2**

## **Improve awareness and access of support**

During the fund, it was clear that survivors of childhood abuse often seek support many years after the abuse has ended. **Much more is required to reduce stigma, enable easy access** and increase trauma-responsive approaches within all services.

**3**

## **Meet rising demand**

Specialist services for adult survivors of childhood abuse are facing huge demand. **Survivors need and deserve timely access to quality services.** This can only be achieved through **a range of funding at levels that match the demand.**

**4**

## **Access and referral routes should be refined and integrated**

We know that pressures on NHS mental health services are high, and this can lead to long waiting lists for support. Referral rates to the SOCAS-funded charities from NHS mental health teams, GPs and other public sector agencies have increased markedly, putting pressure on their ability to deliver. **SOCAS organisations have commented that they are often the final safety net for survivors.**

In the **evaluation of the SOCAS Fund**, survivors frequently commented that they appreciated the flexibility, choice, and trauma focus that the SOCAS charities could provide. **Further work is needed to align the work of the third and public sectors and ensure sufficient funding is in place.**

Moreover, survivors often receive support from multiple organisations over their recovery journey. **Working together can avoid duplication of services and streamline processes for services, and, importantly, for survivors.**

## 5 Close gaps in survivor support

SOCAS funding has enabled broader coverage of specialist services for survivors across Scotland. However, **further development is required to improve choice for survivors** based in remote or rural areas and increase access and provision for some communities, e.g. men, LGBTQ+, ethnic minority communities, disabled people, and the d/Deaf community.

**“Most of us tried to find support earlier, but the majority of services we have come across are organisations that were targeted at women and they do not know how to support men.”**

**– Survivor**

Survivors need additional help for the unhealthy coping mechanisms they have used to forget or repress their memories. By addressing the underlying trauma, they are better able to manage alcohol, drugs or other addictions.

## 6 Increased focus on prevention

To date, little work has been funded to prevent or reduce the risk of childhood abuse.

The SOCAS Fund included support for the Lucy Faithfull Foundation in Scotland, which works with individuals with challenging thoughts or behaviours towards children. Some of these individuals may also have a history of abuse.

At the fund’s start, some saw this work as a relative outlier. However, **through a greater understanding of the work, collaboration and connections have grown**, leading to the shared development of a Child Sexual Abuse Prevention Group and the development of new services for sibling sexual abuse.

# Concluding remarks

“

I never thought that I would heal from my trauma. I never even thought what I wanted in life. I feel that I can do anything I want to now, even travel, it is crazy. This organisation has empowered me to change my life and for the first time I am excited for the future.

– Survivor ”

The SOCAS Fund 2020-2024 has improved the health and wellbeing of over 20,000 survivors.

Services are available across Scotland that survivors trust and where they feel safe and understood. Quality support enables survivors to learn how to manage and process the effects of their trauma. Lived experience is increasingly embedded in the design and delivery of services.

**Multi-year funding from the Scottish Government during 2020-2024 made this possible.** We recognise however that many more survivors are waiting for support or are unaware that support is available for them.

**There is much more required. Survivors need and deserve timely access to quality services.**

Achieving this requires open conversations about childhood abuse, its prevention, prevalence and lasting effects.

**Sustainable, multi-year funding is needed to meet demand and improve access and choice for survivors.**

# Acknowledgements

Thank you to the survivors who have shared their experience and insight with us. This has been invaluable throughout the fund and as we reflect on our learnings.

We would like to acknowledge the advice and guidance of the following who have generously shared their lived and professional experience with us during this fund programme:

Shumela Ahmed, Dr. Avril Blamey, James Docherty, Dr Claire Fyvie, Yvonne Hay, Dr Amy Homes, Anne MacDonald, Dr Edel McGlanaghy, Dr Adam Mahoney, Dr Meg Wright, Jennie Young

and to all in the Scottish Government Survivor Support Team.

Photo credits: Mind Mosaic, Say Women, Survivors Unite / Grow Wild, Wellbeing Scotland, Western Isles Rape Crisis Centre

# SOCAS funded organisations

Thank you to all 29 organisations for their dedication to providing life-changing support for survivors, and for the time they have taken alongside the survivors they support to share their progress and reflections with us.

- Aberdeen Cyrenians
- Argyll and Bute Rape Crisis
- Body Mind Studio
- Break the Silence
- Carr Gomm
- First Tier
- Glasgow Council on Alcohol
- Health in Mind
- Hear Me
- Kingdom Abuse and Survivors Project
- Kibble
- Link Living
- Lucy Faithfull Foundation
- Mind Mosaic
- Moira Anderson Foundation
- Moving on Ayrshire
- Orkney Blide Trust
- Penumbra
- Rape and Sexual Abuse Service Highland
- Safe Space
- Say Women
- Shetland Rape Crisis Centre (the Compass Centre)
- Speak Out Scotland
- Survivors Unite
- Talk Now
- Thriving Survivors
- We are with you
- Wellbeing Scotland
- Western Isles Rape Crisis Centre

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