

Event Organiser

Brennan Burke, on behalf of St Andrews Sexual Assault Group

Position

Founder and Lead Coordinator

Email*

[REDACTED]

School*

History

Title of the event/project*

St Andrews Women's Sexual Assault Support Group

Purpose of the event/project*

The St Andrews Women's Support Group will provide a space for female victims of sexual violence in St Andrews to share their experience, build essential relationships, and receive crucial support and guidance for living with sexual assault. The support group consists of eight, one-hour sessions over the course of a semester. The meetings are 'closed' – once the group is formed, no additional members can join – to create an environment of safety and trust among members. I constructed the program based on the Washington Coalition of Sexual Assault Programs, FRASAC, Rape Scotland, and discussion with the University's Student Services team. This will be my second semester running the activity, and therefore I am confident in the necessity of both the groups themselves, and the expenses listed.

Target attendance (number)*

~20 people per week with ongoing sessions

Have you set up a Facebook event page? If so please provide the URL

N/A

Date (DD/MM/YY)*

Ongoing

Location*

Baptist Church, 123 South Street, St Andrews

Amount applying for (£)*

£300

How will the funding be spent? Please give a detailed cost breakdown, otherwise funding may not be granted.*

Planned expenditure = £302

2i. Location costs = N/A

2ii. Catering costs = £75

Tea Cost

A one-time purchase of a miniature kettle from Amazon (£25), 50 pack of disposable cups (£10), and an assortment of teas (£20). These are essential to create a welcoming and comfortable environment for the support group members.

'Graduation' Snacks

An additional £20 will be requested for purchasing snacks/candies for the final session, which serves as a "graduation" from the support group program.

2iii. Equipment Costs = £213

Standard Materials = £127

Ballpoint pens (£2) and flashcards (£3) for written prompts and activities. Posters (£10) each group will make a 'contract' in the first session, which lays out ground rules for the group (confidentiality, no phones, positive support, etc) and sign it. This poster will be visible in every session to remind the members the ground rules. Tissue boxes (10£) for each meeting. Most/all activities require colourful markers (£18) and stickers (£14). Additionally, a small portable whiteboard (£25) and dry erase markers (£5) is requested as a visual aid to remind the group of each week's key themes, the discussion questions, and/or activity instructions.

An additional £40 is requested as "petty cash" for each facilitator, to spend at their discretion on activities, soothing materials, and / or snacks based on their groups individual needs. (e.g., purchasing a diffuser, stress toys, extra markers, etc.)

Activity Materials = £86

As part of the program, each meeting ends with an activity. This activity connects to the theme discussed each session and serves as a vital time to cool down, process the session, and connect with fellow members. The activities are critical for group bonding and trust building, along with "segways" between the heavy topics discussed in the group and returning to their daily lives. Each member will receive a large envelope/folder to decorate and keep her activity products in.

Week 1 - Support Group Contract (already listed – posters, pens, markers)

Week 2 – Theme: Coping Strategies, Activity: Coping and Healing Kit – Each member will be given a folder/envelope to decorate and some notecards. On these notecards, each member will write out various things that make them feel better and positive coping strategies (based on prompts), and put them in the folders. These folders will serve as their "coping and healing kits" for the semester, which they will continue to fill with the products of other activities and can take turn to in moments of crisis.

Folder/envelope (£11)

already listed - flashcards, pens, markers, stickers

Week 3 – Reporting & Justice, Activity: Group Mural – Over the course of the session, the group leader will note down frequently repeated words or ideas. At the end of a session, the group will create a poster expressing their thoughts on the repeated concepts.

- Already listed – posters, pens, markers

Week 4 – Theme: Fear & Anger, Activity: Boards - Each member will be given a thin (<6mm) wood board and will write down things, especially those relating to their experience as survivors, that make them angry. Each girl will get up in front of the group, read one thing that makes them angry out loud, and break the board over her knee. These boards are thin enough to easily snap in half with two hands and minimal effort, and as such pose no risk to personal safety. This activity proved hugely successful in raising group morale and bonding and was a favourite in the end of year survey.

- thin, karate style wood boards (£20)
- already listed – markers

Week 5 – Theme: Guilt & Shame, Activity: 3 Good Things – Each member will write their names on notecards at the beginning of the session, crumple them up, and put them under the chair. At the end of the session, the notecards will be unravelled, and each member will be asked to decorate the cards and write three things they like about themselves on the card. They will then be asked a series of questions relating to the cards and the exercise.

- Already listed – notecards, pens, markers, stickers

Week 6 - Theme: Intimacy & Trust, Activity: Trust Exercises – Each member will pair up and perform trust falls with an associated script. The pairs will change and then play a game of “Minefield” in which one partner is blindfolded, and the other leads them around a few obstacles (disposable cups).

- Blindfold (£2)

Week 7 – Theme: Triggers & Flashbacks, Activity: Calming Spray – Each member will receive a mini spray bottle, some water, witch hazel, and scented essential oils (lavender, eucalyptus, peppermint). Using a funnel, each member will create her own “calming spray” to be sprayed in moments of stress / on their bed before going to sleep.

- X3 packs of 8 mini spray bottles, 24 total (£20)
- Essential oils (already purchased)
- Witch hazel (£7)

Week 8: Theme: Graduation, Activity: Dear Future Self & Graduation – Each member will receive a piece of paper and an envelope and will write a letter to her future self to be opened in 5 years. Each girl will receive a ‘diploma’ and small prize (to be determined) for completing the program.

- Pukka pad (lined paper) and envelopes (£6)
- Small prize budget (£20)

2iv. Promoting Costs = £14

I will use University and print in colour. I plan to put posters in –

12 halls (community boards & women’s bathrooms/other location) = 24

36 academic buildings across campus = 36

places around town (Vic bathrooms, Tesco ad board, coffee shops, etc) = 10

total of 70 posters, at 0.19 a page
- £14 in promotional material

Have you applied for other funding? If so please give details
Student Activities Fund, but that funding requires a community bank account, which we do not have.

Do you have any other comments:
N/A

I can confirm that I have read the guidelines before submitting this form.