

Break The Silence Social Impact Report 2024-25

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Break the Silence make a profound and positive difference in the lives of those affected by childhood sexual trauma, their partners and family members.

We work within diversity and support all genders, age 13+ across East and North Ayrshire.

Message from our CEOs

Sharon Belshaw, CEO-Clinical & Lesley Craig, CEO-Operations



2024-25 has been a challenging year for the sector. We have remained focussed; reducing waiting lists and waiting times to ensure swift access to support for clients; working to strengthen the charity through learning and development and continuous professional development; and strengthening our charity through renewal of BACP Service Accreditation and Cyber Essentials Assurance Certification, by achieving Fair Work Ayrshire accreditation and registering as Disability Confident.

In October 2024 we marked 20 years of operation, however our attention remains firmly on the future, to ensure continuity of support for people affected by childhood sexual trauma.

During 2024/25 Break the Silence supported client choice by offering professional therapy through; telephone counselling, asynchronous counselling, online counselling, and face to face in person counselling.



413
people
supported



3,667
sessions of
support



381
information
sessions



183
group
sessions

Client Feedback Survey, March 2025

96% of clients reported that they could access the service in a way that supported their needs.

100% of clients reported that Break the Silence treated them with dignity and respect.

93% of clients rated the usefulness of the service as 'Extremely useful'

100% reported that on initial contact staff were helpful, professional and responsive.

96% reported that appointment scheduling was convenient.

100% reported that their Counsellor was professional and understanding.

Client Discharge Evaluations 2024-25

96% reported increased confidence

96% reported increased wellbeing

98% reported increased ability to cope

98% reported reduction in self-harming behaviours

100% reported they were supported to access other services that met social and healthcare needs

100% reported they were supported to move on to positive destinations

Representing the collective voices of people affected by childhood sexual trauma

Scottish Government Cross Party Group for Adult Survivors

Scottish Government Inspiring Scotland SOCAS network

The Survivors Trust

National Prevention Group (Lucy Faithfull Foundation)

East Ayrshire Violence Against Women Partnership

BACP Accredited Service Network

Expressing our gratitude for support

Scottish Government, Charitable Trusts & Foundations

Charities Aid
Foundation
Keystone
Fund

Scottish
Government
Inspiring
Scotland
SOCAS fund

National
Lottery
Improving
Lives Fund

R S
Macdonald
Charitable
Trust

The
Robertson
Trust

Corporate Supporters & Local Awards

Arnold Clark
Community
Fund

CMS
Glasgow

GSK
Local Fund

Vanny
Campers

MV
Hillhouse
Trust

Miller
Homes

Urquharts Care
& Community
Fund

Best Foot
Forward (Ayr)

Thank you so much to all Supporters & our amazing Fundraisers



The Break The Silence Team



Sharon Belshaw
CEO-Clinical



Lesley Craig
CEO-Operations



Melanie Fieldhouse
Clinical Lead



Lesley Anne Pratchett
Clinical Lead



Jim Smith
Finance Officer



Tracy Hurford
Client Liaison



Margaret Moore
Client Liaison



Andrew Baird
Counsellor



Susan Dickson
Counsellor



Lorraine Fitzsimmons
Counsellor



Ruth Hope
Counsellor



Shirley MacMillan
Counsellor



Louise Roberts
Counsellor



Ravinder Samuels
Counsellor



Sheila Wassell
Counsellor



Heidi Wilke
Counsellor



Joanna Bain
Trustee



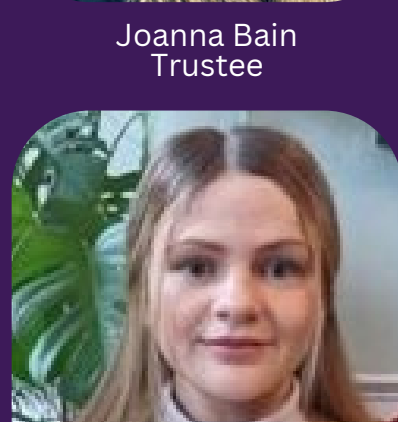
Nicola Buchanan
Trustee/Vice Chair



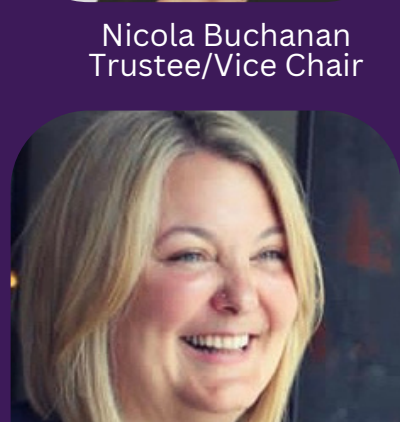
Elaine Crichton
Trustee/Chair



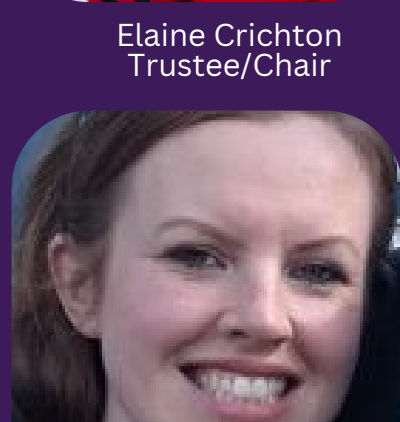
Gillian Dearie
Trustee



Emma Donnelly
Trustee



Ruth Maguire
Trustee



Noelle Maye
Trustee



Katie Ralston
Trustee



Scott McCurdy
Trustee

“The quotes from both the Client Evaluation and Client Feedback Survey’s underline what an amazing staff team we have at Break the Silence. They are supported by a Board which this year added new trustees as some long-standing trustees had served their full terms. This comes at an appropriate juncture; having supported Break the Silence to this point it gives them a much-deserved rest and allows for new talent to step into trustee roles and help move the organisation forward. It remains a privilege to work with such a professional staff team and engaged volunteers, the enthusiasm they all have for supporting Break the Silence is incredible”.



Elaine Crichton, Chair

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