

RASASC

Rape & Sexual Abuse Support Centre



17th Annual Report

1st Nov 2009 - 31st Oct 2010

*Supporting Survivors since 1992
From Surviving to Thriving*

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Reg. Charity No: 1059154



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TRUSTEES & MANAGEMENT COMMITTEE MEMBERS

CHAIR:	Cathie Smith
VICE CHAIR:	Malcolm Henderson-Begg
HON. SEC:	Laraine Grenfell
TREASURER:	Graham Ward
	Barbara Wolfe
	Gill Thomas
	Helen Davies

STAFF

Admin Assistants:	Lizzie Hibbert / Vivien Sale
Counselling Co-Ordinator:	Felicity Williams
Management Co-Ordinator/Fundraiser:	Sonja Freebody

APPROX. 70 DEDICATED VOLUNTEERS

Thank you



RASASC HISTORY

RASASC started in 1992 to provide a support service for men and women who had experienced rape and/or sexual abuse. Staff at the local GUM Clinic identified the need, when testing for sexually transmitted diseases. It was evident that these clients needed therapeutic support after suffering rape and/or sexual abuse and the NHS did not provide such a service.

The main helpline staffed by female volunteers initially operated only 2 evenings a week, increasing to 5 evenings in 1996 and 6 evenings in 2001. In 2006, the male helpline was established 1 night per week, staffed by male volunteers, this ran until 2008.

In 1995, Face-to-Face evening counselling in Guildford was established and in 1998 the first self help group was started. By 2001 counselling expanded to daytime sessions and added family support sessions. All counsellors were female until 2002, but since then one male counsellor has been available. In 2004 counselling services expanded to evenings in Woking and this ran until the end of 2008.

In 1996 charity status was achieved. 2001 saw the rental of an office for the first time, employment of an administrator and the setting up of a website. In 2002 RASASC joined The Survivors' Trust, a nationwide group of organisations who help survivors' of sexual violence. We have continued to expand the number of volunteers over the years and our capacity to listen to on the helpline and face to face counselling has increased to try and cope with demand. We offer specialized training for other organisations and talks that raise awareness about rape and sexual abuse and our role.

WHO WE ARE AND WHO DO WE HELP

RASASC is a registered charity and is not part of the Police force or local government. We have no regular or statutory income and funding is obtained from grants, donations, training and fundraising events. RASASC is run by a Management Committee plus approximately 70 volunteers and three paid part time members of staff and is based in Guildford, Surrey.

We support anyone in Surrey and close surrounding areas, who has suffered any childhood or adulthood sexual abuse or rape, regardless of how long ago it took place. RASASC will also support others who are caring for a survivor and who are affected by the assault, eg. Partners/family/close friend. The confidential Helpline is available to anyone, of any age. The Face to Face counselling, Family Support Counselling and Self Help Groups are available to anyone over 16 (under 16s can be referred to specialist private counsellors or the NSPCC After Sexual Abuse Project).

It is very difficult for a survivor to tell anyone what has happened to them, and they can face a wide range of reactions. Many will suffer in silence and their lives may change completely because of this. Many hide the details of the traumatic event for years, before seeking help, especially those abused as children.



Raped or sexually abused people need to be able to talk to someone, and they are often not able to talk to members of their family. They need understanding, non-judgmental listeners, who will believe them. RASASC can listen, provide coping techniques and information for making life choices, so that they can re-gain control of their life and move forward.

OBJECTIVES

- To provide immediate support via the telephone helpline for men and women who have been raped and/or sexually abused.
- To provide counselling for male/female survivors of rape and/or sexual abuse.
- To provide support to those people caring for a survivor eg. Family/partner/friend.
- To provide self-help groups.
- To increase awareness of these issues, to promote understanding and facilitate rehabilitation of people who have been subjected to rape and/or sexual abuse.

CONFIDENTIAL SERVICES

- **Helpline** – open 6 evenings per week (not Saturdays & Bank Holidays) from 7.30pm-9.30pm. We endeavour to have two helpline volunteers per session.
- **Counselling** – Up to 50 sessions per week are offered by experienced counsellors (who must have a minimum of 100 hours general counselling experience and a Diploma in Counselling, plus be BACP registered, British Association of Counsellors and Psychotherapists). Counselling continues for as long as the survivor requires eg 1 session to 2 years (in some circumstances 3 years). Donations are required to cover costs, but those unable to make a donation will still be assisted by RASASC. Counselling is by self-referral and does not have to be through a GP. Day and evening counselling is available in Guildford. Support is also provided for survivors going through court proceedings.

PRESENTATIONS/TRAINING

RASASC provides short talks on its services and issues around rape and sexual abuse to local groups. Longer presentations/formal training can be “tailored” to meet the needs of interested groups, agencies or statutory bodies.



CHAIR'S REPORT

1st November 2009 to 31st October 2010

The past year of 2010 has seen an increase in demand of RASASC services and we have been in the fortunate position to be able to adapt to that demand. This has been due to the financial support we have established but we are not ignorant to the fact this may not last. We have seen difficult times in the past and it is likely we will see them again. The Board of Trustees' decisions as a Committee have been to support the clients, staff and volunteers at RASASC, whilst remaining frugal and careful in order to maintain healthy funding.

Ironically having a healthy bank account can make fundraising that much harder and we have worked extremely hard on internally driven fundraising activities. We have benefitted from some very generous donations from individuals and groups as well as some amazing time, effort and dedication from volunteers.

The growth of demand on RASASC's services has required an increase in Admin staff in the office and the recruitment of 4 additional counsellors who we have been lucky to see join our already dedicated team.

We have also taken the opportunity to obtain funding for an ISVA¹ within RASASC who will be employed through RASASC from December 2010. She will work from RASASC in Guildford and from the Surrey SARC². This is an additional asset for RASASC. In other parts of the country ISVAs have provided successful support to clients from the time of their ordeal and help them decide whether to report and follow through to prosecution if that is their wish. This is an exciting role and will see us having strong links with the SARC centre and also raising the profile of RASASC Guildford, we do anticipate that in 2011 we will see further demand from clients and further growth for their support and we are making plans as a committee how that should be supported.

2010 also graced us with a huge pleasure for the Minister of Health, MP Anne Milton becoming a patron for RASASC, Anne has always given us wonderful support and it is a great honour for us.

I wish to thank The Board of Trustees for their great management and foresight for RASASC. I do believe the future is going to have its challenges but with the nature of our work it brings with it many rewards and a great deal of fun.

We have a great team of staff and volunteers with whom RASASC is in good hands. I am proud and honoured to be continuing as Chair person this year and take the words of Louise Berger (former Chairwoman) when I talk about ensuring that RASASC and its clients "Strive to Survive".

Cathie Smith,
Chair

¹ Independent Sexual Violence Advisor

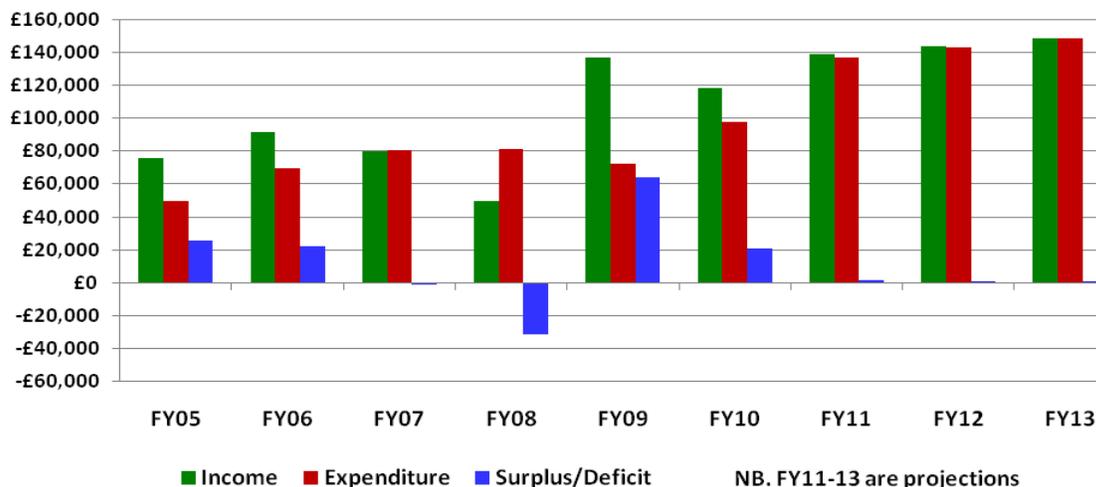
² Sexual Assault Referral Centre, Solace Centre, Portsmouth Road, Cobham, Surrey opens 28/2/11



TREASURER'S REPORT

1st November 2009 to 31st October 2010

RASASC Guildford - Annual Budget



For the year 1st November 2009 – 31st October 2010 income was significantly reduced on the prior year however that year had been exceptional for securing new sources of funding. Expenditure in 2010 increased on the prior year (and was in excess of the annual budget) but there was still an overall surplus of £20,700 for the year. The year-end bank balance totalled £140,600, equivalent to about 12 months of costs at the proposed 2011 budget level.

The key items to be noted from this year are:

- Income exceeded budget expectations for the second year running. Grants of £10,000 or more were received from the Ministry of Justice, The Home Office, Japan Tobacco International, Lloyds TSB Foundation for England and Wales and the Peter de Haan Charitable Trust. The £15,000 funding from The Survivors Trust was for the new ISVA post which did not become operational until the end of 2010.
- Total expenditure for the year was £97,712, against a budgeted amount of £76,000. The main increase was in employment costs, where overtime payments equalled almost 30% of total salaries. Training and travel costs were also in excess of budget.
- Donations from counselling clients were up by £1,200, to almost £13,100, but the associated travel costs were also up and the net counselling income was down by £143 at £9,095.

The majority of the £20,000 surplus for the year is committed to the ISVA post. Whilst there was still a £5,000+ surplus after this, the increased level of costs is of concern to the Committee and costs will need to be monitored carefully in 2011 as none of our funding sources are guaranteed beyond the new financial year. Additionally, we are currently seeking new office premises and the indications are that we will need to significantly increase our premises budget in order to accommodate our increased staff levels.

The financial focus for the new fiscal year will need to be to maintain cost control, identify new office premises at an affordable level and establish funding streams to meet our on-



going cost levels. Our budget assumes that total funding will increase to meet the projected cost level. This is primarily met by the secured funding for the ISVA post and our non-ISVA funding target for 2011 is about the same as 2010.

Expenditure is broadly expected to increase in line with inflation with the exception of premises and employment costs. The premises budget has been increased to allow for the move to larger premises at commercial rates, whilst the employment budget has been increased to include the ISVA post for a full year and provision for an additional part-time employee later in the year.

	2011	2010	2009	2008
Income				
Major Grants	115,000	96,764	112,067	24,519
Client Contributions	13,500	13,097	11,888	13,450
Events & Fundraising	6,500	5,518	7,991	4,747
Other Donations	3,500	2,627	3,668	3,364
Bank Interest	500	461	1,035	3,609
Total Income	139,000	118,466	136,648	49,689
Expenditure				
Payroll	63,000	40,692	27,092	35,696
HMRC (Tax & NI)	24,000	13,276	9,650	8,958
Total Payroll	87,000	53,968	36,742	44,654
Rent & rates	20,000	11,850	12,704	13,799
Fundraising	1,200	1,454	1,228	1,086
Training	6,500	7,826	4,921	4,580
Postage & stationery	2,000	1,938	1,506	2,123
Printing	900	30	1,588	614
Travel	5,500	4,854	3,136	3,248
Telecoms	3,500	3,382	2,769	2,690
Supervision	4,000	3,563	4,670	2,710
Insurance	1,800	1,628	1,401	1,476
Sundries	1,900	2,108	997	771
Advertising	1,700	2,128	127	380
100+ Club	500	450	355	320
Equipment & repairs	600	2,533	162	190
Therapy	0	0	0	2,536
Total Expenditure	137,100	97,712	72,306	81,177
Surplus/Deficit	1,900	20,754	64,342	-31,489
Opening Bank/Cash Bal.	140,612	119,858	55,516	87,005
Closing Bank/Cash Bal.	142,512	140,612	119,858	55,516

Graham Ward – Treasurer - January 2011



GRANTS & DONATIONS 2010

Donor	Amount
Ministry of Justice	37,500.00
Home Office	15,000.00
Japan Tobacco International Limited	10,000.00
LloydsTSB Foundation for England and Wales	10,000.00
Peter De Haan Charitable Trust	10,000.00
Guildford Borough Council	3,433.90
Allen Lane Foundation	3,000.00
Gift Aid	1,960.27
Waitrose	1,075.00
Crawley Borough Council	954.00
Pam Lawson	784.50
Anonymous	540.00
Godalming College	500.00
Sainsbury's	500.00
T Cousen & C Joyner	455.00
South African Congregation	450.00
Biogen Idec	320.00
Charities Trust	318.65
Anonymous	300.00
My Charity Page	285.27
Surrey County Council	215.15
C Hamilton	126.80
Easyfundraising.org.uk	123.55
MissionFish	121.15
C Bennett	120.00
Charity Choice	100.00
E & J Morris	100.00
F Sebti	100.00
K Fry	100.00
Emptycartridge Recycling Ltd	70.64
The Recycling Factory	70.00
Dawson Mason & Carr	56.00
J Croy	50.00

Graham Ward, **Treasurer**



FUNDRAISER'S REPORT

1st November 2009-31st October 2010

Well done and thank you again to everyone who has helped to raise money, donated time, effort and goods, gift aid, recycled phones and ink and joined our 100 Club. I may not mention you all individually in this report, but RASASC is extremely grateful to you all. Every penny counts and every person spreading the word about RASASC and survivors makes the subject more acceptable and open to discussion and understanding to the general public.

We have had a busy fundraising year. Every month a small team of dedicated volunteers get together with me to discuss events, displays and ideas to raise money and awareness. These monthly meetings lead to many weeks of behind-the-scenes work and planning to give a polished and professional result.

Main RASASC Events

Art competition leading to the creation of RASASC 2010 Calendar
FSI Small Car Draw
Winter Fair
Sponsored Walk
Sponsored Bike Ride
Sponsored Gliding Day
Awareness Displays at Health Fairs, Colleges and University of Surrey
Presentations to clubs, professional bodies and corporate organisations

Awards

Surrey Criminal Justice Awards
2009 for outstanding achievement in
caring for victims and witnesses

Mayor of Guildford's Award for
Service to the Community
RASASC volunteer Diana Joyner

Best Creative Podcast – Eagle
Radio and Guildford College
www.guildford.org/downloads/audio.htm

Trusts, Foundations and Grants

Application forms for Trusts, Foundations and Grants are lengthy and complex and often followed by a series of elaborate monitoring forms. These are time consuming and often difficult but if an application is successful it is more than worthwhile. If the application is for two or three years, this helps RASASC plan ahead more effectively. My thanks go to all the volunteers and clients for taking the time and understanding to fill in log sheets, evaluation and monitoring forms. Without the evidence, I could not prove the effectiveness and benefit of our service on the community.

Website and Newsletter

My thanks go to Peter Hobbs, volunteer Webmaster and co-newsletter producer. We spend many hours working on these two projects and they contribute to the success of events, volunteer recruitment and survivors support.

Sonja Freebody
Management Co-Ordinator/Fundraiser



COUNSELLING CO-ORDINATOR'S REPORT

During the past year our counselling service has experienced increased demand as RASASC, as a whole, is widely recognised as offering such a valuable service to the community. 183 callers have contacted the Counselling Co-ordinator to express interest in using Face-to-Face Counselling, attending Groups or using Family Support Services, (counselling survivor's partners/family, enabling them to support their loved ones).

The Family Support service, offered by Helen, has been consistently busy throughout the year and has proved very valuable. Two people requesting groups have opted to come for counselling instead. We have begun to offer Court Support sessions for clients who are going through Police or Court procedures and feel they need extra support. This work will be taken over by RASASC's Independent Sexual Violence Advisor when she starts work in December 2010. Some callers to the Counselling Co-ordinator's Line are seeking telephone support, others may be under 16 years of age and some are seeking different types of help such as with Domestic Violence or other issues. The Counselling Co-ordinator supports all potential clients by exploring their options and signposting to other agencies where appropriate.

We have arranged counselling assessments for 102 clients, both male and female, during the year and have continued with emergency assessments so that clients with immediate needs can be seen quickly. Of the 102 clients we assessed, 11 failed to attend their initial assessment, 5 were referred to the psychiatric services and the remaining 86 clients are all now in counselling or awaiting counselling with RASASC. We currently have 15 clients on the waiting list for counselling.

The waiting times for clients, after assessment, have improved this year and the counselling service has increased from 16 to 20 counsellors working each week and will be at full capacity with 21 counsellors by 2011.

RASASC is now offering counselling at two locations in central Guildford: the CAB on Monday and Wednesday evenings and at RASASC's office during the day. We have 5 counsellors offering daytime sessions, for those too traumatised to come out at night and 15 counsellors working in the evenings.

With 20 counsellors offering counselling each week and assessments, Family Support and Court Support sessions, we offer between 2250 and 2400 counselling hours each year.

My own and RASASC's thanks are due to all the counsellors for their dedication to our client group. They do brilliant work supporting our clients on their own individual journeys and my own hope is that RASASC's expanding service can continue to support our counsellors in all they give to our clients.

Felicity JS Williams
Counselling Co-ordinator



HELPLINE STATISTICS

	2009	2010
TOTAL HELPLINE CALLS	2262	2678
FEMALE HELPLINE CALLERS		
Total Female Calls	1019	1248
%	45%	47%
Current Ages 0-16 yrs	23	25
16-25 yrs	108	103
25-64 yrs	392	664
65+ yrs	2	1
Rape	298	450
Gang rape	16	14
Drug rape	3	2
Sexual Abuse	419	581
MALE HELPLINE CALLERS		
Total Male Calls	177	189
%	7.8%	7.5%
Current Ages 0-16 yrs	0	2
16-25 yrs	8	10
25-64 yrs	119	106
65+ yrs	0	0
Rape	17	11
Gang raped	3	0
Drug raped	0	0
Sexual Abuse	117	112
Unknown calls, Silent calls and hang ups³	1066	1224
%	47%	46%
Callers disclosing reporting to Police	170	359
%	7.6%	13.4%

³ traumatised callers may not be able to speak. On average it takes between one and four attempts to speak. Callers may be silent or they can be heard crying. The first time they manage to speak will often result in a call of up to one hour. During a silent call volunteers will encourage the caller to talk. Callers need to know that we believe them, we care, we don't judge and total confidentiality is guaranteed.



Quotes and Testimonials

I had a client through RASASC who came to me disturbed by early childhood sexual abuse. Because the client felt guilty about and responsibility for an even younger child who was also abused by the same perpetrator, the client continued into adulthood to feel shamed by the experience. As an adult the client frequently felt angry. This client was ready and keen to examine the issues and through hard work came the revelation that they were also dealing with loss from another part of their life. The outcome was good for this client who on finishing therapy with me said. "I feel free to move on, able to get on with my life. You helped me see things differently, the anger has gone."



Your organisation is a God send; I am staggered by the difference in approach and understanding. Your organisation is the place that taught me what it is to be treated with respect. Thank you.



One client I worked with this year had been in Mental Health accommodation for the past nine years and was regarded as too mentally ill to live alone or function in society. He worked so hard in his counselling that he progressed to a point of being able to move into a flat, and towards the end of our three years of counselling was just beginning a part-time job.



A recent client wanted to express her thanks for the absolute truthfulness and honesty she found in all her contact with RASASC. She said she felt safe here in a way she had not felt for forty years.



A male client who had been unable to have sex for the whole of his life as a result of his childhood abuse, was able to work on the issues contributing to his sexual dysfunction. He has now moved on to fully functioning relationships, and has begun planning for marriage and children.

How Survivors Cope

Harmful Coping

Illegal or prescribed drugs
Alcohol
Eating disorders
Self-harming
Forgetting
Memory blocking
Panic attacks
Suicide
Running away
Becoming homeless
Being angry

Positive Coping

Phoning the helpline
Face to face counselling
Talking to a friend.

Healing can take time.
It is not easy.
It can be done, break the
silence.