



August 2009 Newsletter

Our latest thanks go out to:

Dr Anne Appleton and
Noelle Callingham-Woods £175 (banner)
Oliver Borthwick Memorial Trust £5,000
Gallaher Ltd £10,000
Godalming Rotary Club £100
Guildford Rotary Club £100
HM Revenue & Customs £100
Peter Hobbs May sponsored walk £140
HRG Worldwide Travel £1,000
Lloyds TSB Foundation £20,000 over 2 yrs
Anne Milton, MP £50
Sainsburys (Guildford High St) for
choosing us as 2009 Charity of the Year
SA Congregation + CHL Ltd £1,440
Surrey Police + Safer Gfd. Ptnrship £675
TICC Travel Insurance £750
Woking Roteract (Snowdon Climb)
£2,811.31 (equal to £3,291.78 with Gift Aid)



Woking Rotaract fundraisers
'Snowdon' report - page 2

Our new portable banner - page 3

RASASC Calendar Art
Competition launch - page 4

- Good news -
our summer
brings a lot to
smile about!



From the editorial team (Sonja and Peter) - Send us any news, details of fundraising efforts, funny or interesting stories or facts, or details of events you've attended publicising RASASC. Where appropriate we will always preserve the anonymity of contributors. E-mail, phone or post to:

RASASC Newsletter, PO Box 1009, Guildford, Surrey GU1 9EE

Fundraising and donations: Please make all cheques payable to RASASC

RECENT FUNDRAISING

Woking Rotaract climb Snowdon for RASASC



Eleven young members of Woking Rotaract Club plus six of their friends and family conquered the peak of Mount Snowdon in North Wales on Sunday 7th June in a sponsored climbing

walk that raised over £2,500 for RASASC. Using the Rhydd-ddu path they tackled rain and chilly weather to make it to the top and back in around five and a half hours. Accountant Simon Counter, who is President of Woking Rotaract and participated in the event, said *"We did eight miles - four up and four back down! There was about an hour of hail and gales initially but then the weather became better. But just the day before, runners taking part in the Snowdonia Peaks Race had to be rescued after the race was abandoned in bad weather, so a few of us had family and friends texting us."*

Woking Rotaract Club is a charity group that does things for the community, inviting new members aged 18-30 to meet at 8pm on the second Monday of every month at the Goldsworth Arms pub, Goldsworth Road, Woking. Since choosing RASASC as their charity of the year for 2009 they have raised £2,811 (from the climb and other activities) plus £470 in Gift Aid pledges, to make a grand total of £3,291 – for which, many thanks!



Pictured (left): a group of the Club's walkers with their President, Simon Counter (right of centre), presenting their fundraising cheque to our vice-chair Malcolm in July. All images courtesy Rotaract.

Guildford's South African Congregation



RASASC wishes to express its thanks to the "Suid Afrikaanse Gemeente" (or South African Congregation) for their recent magnificent fundraising efforts for RASASC. In a joint initiative with employees of **Capital Home Loans Ltd (CHL)** of Fleet, Hants, they raised £1,440 by a combination

of the bible study group baking cakes, a Mufti Day at CHL and a cycle event along the Basingstoke Canal on 27th June. CHL itself also contributed financially to the total raised.



Jannie Vermeulen, an employee at CHL and member of the church, explained to RASASC: "*CHL is one of the larger employers in Fleet and its staff wanted to give something back to the community. Cycling is popular at CHL and we thought why not combine with the church to raise money for a charity of our choice. The response and support from everyone was heart-warming and inspiring. A group of employees and church members joined*

together to cycle along the Basingstoke Canal towpath from The Fox & Hounds in Fleet to the M25, a 26 mile journey. Blessed by good weather they completed the journey in time for lunch at a pub on the River Wey near Byfleet, where the canal begins. John Redpath (aged 70), the oldest member of the team, even cycled back!"

The SA Congregation is a UK registered charity that operates as a Christian Reform church for mostly Afrikaans-speaking South Africans resident in the UK. With over 1,000 members nationwide it holds regular services in Afrikaans in several locations, mainly in central London but also in Guildford, Loughton (Essex), Birmingham, Norwich, Bristol, Ashford and Edinburgh. Guildford worship takes place at Kings College, Southway, Guildford GU2 8DU at 10am on the second and fourth Sundays of every month, where they welcome people of all denominations and all nationalities and have a live English translation available during the service. Their website is at www.sagemeente.com.

* Our RASASC Banner Sponsors! *



We thank Noelle Callingham-Woods of Inline Solutions Ltd and Dr Anne Appleton for funding the June purchase and printing of our new portable roller banner (shown unfurled by our vice-chairman Malcolm Henderson-Begg, left).

It enabled our volunteers to use the banner to display RASASC information at events in July.

We're very proud of it - come and view it at one of our next events (e.g. Calendar Art Show on 25th-26th September, or Winter Event on 5th December, both at Guildford's Guildhall).



RASASC Calendar Art Competition & Show

RASASC has launched an art competition to create a 2010 calendar to support survivors throughout Surrey. We are asking people to send in paintings or drawings on a theme of "You have brought the sunshine back into my life" – a quote from a past counselling client describing how she felt after she had finished working through her counselling therapy.



Management Coordinator Sonja describes the objective: *"The art can be anything such as a landscape, seascape, animal antics, flowers, a snow scene, anything – even just a smiling face! But when you look at it, it must brighten up your day, cheer you up, make you smile and think of good things. We want an uplifting calendar, especially for the colder months when everyone needs a little lift and brightness. Many of our survivors feel depression, but with therapy we can bring that smile back."*

Prizes will be awarded to entrants in three age-categories: under 10s, 11-18 year-olds, and those over 18. The 12 works chosen for the 2010 calendar will also receive a free copy upon its production. The closing date for competition entries is midday on Friday 18th September. The art will then be displayed at the Guildhall on Guildford's High Street on the 25th and 26th September. Judging will take place early on the morning of the 25th, where judges will include the Mayor of Guildford, Cllr Pauline Searle.

Artwork can be submitted in paint, pen or pencil, but must be no bigger than A3 in size. Entries to be posted or hand-delivered to "Art Competition", North Place Day Centre, Haydon Place, Guildford, Surrey GU1 4ND, or handed to any RASASC representative. We can accept no responsibility for any entries damaged or lost after receipt, but will do our best to return all works safely upon request after the competition.

Entrants should attach a note explaining in less than 100 words what inspired the work, and must include name/age/address/telephone and/or e-mail contact. Winners will be credited by name, town and age but if you prefer, write "Keep my details confidential" and we will credit you as "anonymous". There is no entry fee, but if you wish to make a donation with your entry, make any cheque payable to "RASASC" or donate via <http://www.rasasc-guildford.org/supportus/donspons.htm>

A corporate or private sponsor is being sought to help fund the production of the calendar. If you are interested in contributing to this please contact Sonja at the office to discuss (tel. 01483-452900 or e-mail admin@rasasc-guildford.org). Similarly any volunteers wishing to help at the Calendar Art Show on the 25th and 26th September are requested to contact Sonja.

As featured in the Surrey Advertiser on 31 July



Did you know??

Spotlighting the national Rape Support Programme

The Association of Chief Police Officers (ACPO) and the Crown Prosecution Service (CPS) have jointly set up a 'Rape Support Programme' which is visiting every police force in England, Wales and Northern Ireland to help the implementation of their new '*Guidance on Investigating and Prosecuting Rape, 2009*'. The programme is providing support and guidance to 'Rape Champions' within each force area and monitoring performance in several key areas closely, assessing how rape investigations are managed through to prosecution, examining each police department's role in investigations and identifying how different departments integrate around an investigation, all to assist in developing an action plan to fill any identified gaps. As part of the process the programme is also interviewing voluntary organisations that assist rape survivors. In July RASASC was pleased to be included in these interviews and hopes that its views and knowledge can assist further development of the programme for the good of all survivors.

The 'Rape Support Programme' is the latest of several steps being undertaken by the government to improve the handling of sexual assault cases. HM Inspectorate of Constabulary (HMIC) and HM Crown Prosecution Service Inspectorate (HMCPIS) have been studying the investigation and prosecution of rape offences closely since 2001 to ascertain the reason for low conviction rates and find ways to address this trend. In 2002 their joint report made 18 recommendations for the improvement of: i) police investigation of rape offences; ii) guidance and training for both police and prosecutors; iii) the quality of advice, decision making, case preparation and presentation at court by prosecutors; and iv) the treatment of victims and witnesses in cases involving allegations of rape. A further review was conducted in 2006 to assess the progress of the 2002 recommendations. Other studies included one by the Home Office Research Group (HORG) which selected eight forces to provide case files (accounting for 42% of all rape offences in England and Wales) for examination. The information learned as a result led ACPO and the CPS to replace ACPO's earlier standalone '*Guidance on Investigating Serious Sexual Offences, 2005*' with the new joint Guidance issued this year, and a new HMIC audit asking victims about their experiences under the criminal justice system will be conducted in 2010 to identify further improvements needed.

Recommended background reading:

- CPS website: "**CPS and ACPO sign protocol on handling of rape cases**" (Mar 2008) at http://www.cps.gov.uk/news/press_releases/115_08/
- Times website: "**Rape audit to find out why so few win justice**" (May 2009) at <http://www.timesonline.co.uk/tol/news/uk/crime/article6283719.ece>
- ACPO website: "**ACPO comment on rape convictions**" (June 2009) at http://www.acpo.police.uk/pressrelease.asp?PR_GUID={42AAAF18-D05B-4240-AA58-B0E7F7D67E9D}

Gift Aid – let us claim £££ from the government !

If you're a UK tax payer, any donation you make to RASASC is also eligible for Gift Aid. Check out how much the Gift Aid is - go to www.itforcharities.co.uk/gaidcalc/hightax.htm, enter a donation amount and you'll see how much extra we could claim from the Inland Revenue. It'll cost you nothing – it's money you've already paid in tax. We'll never need your tax details - all we need is your permission to claim your Gift Aid. Ask us to send you a Gift Aid form, and then just complete and return it to our office for use with any recent or future donations. It couldn't be simpler - and it would help us greatly!



Stop Child Abuse Now Rally

**Annual Survivors March
Saturday 26th September 2009
Meet at Temple Place, Westminster from 12 midday.
Nearest tube station Temple.**

New route for 2009: Peaceful march begins at 1pm from Temple Place, down the Strand to skirt Trafalgar Square and finish at Whitehall Place (near Downing St.) at approx. 2pm for an "open forum". Then at 4.30pm a group of children from **Step Up** (a support service for parents of sexually abused children – website www.step-up-charity.co.uk) will deliver a petition to the Secretary of State for Children, Schools and Families, the Rt. Hon. Ed Balls MP, asking the government to impose appropriate custodial sentences on all sexual offenders and offer more empathetic support to survivors of sexual abuse – including sustained funding for all organisations that provide support. The petition can be signed at the rally or online at the No.10 Downing Street website until January 2010 at <http://petitions.number10.gov.uk/StopChildSexAbus/>

Male and female survivors, partners, families, friends and supporters are welcome to join this annual march and help make as much noise as possible! If you are interested in going as part of a group from Guildford RASASC, please contact Sonja on 01483-452900 (or e-mail admin@rasasc-guildford.org). Complete details of the rally are on the organisers' website at www.stopchildabuse.org.uk/

What we've been up to over the past couple of months:

Surrey Women's Mental Health – July Forum

RASASC attended a Surrey Women's Mental Health Forum in Epsom on 15th July where strategy and guidelines came under the spotlight for discussion. Women's Mental Health Group was formed by a group of Royal College of Nursing members and staff in 2003 and acts to promote and support gender-sensitive mental health nursing to improve the experience(s) of women's mental health in all settings and communities. But although their work is targeted at women, it was decided their guidelines should also be used with men in the future. To ensure staff in mental health and allied services link this strategy to practice, it was suggested the forum produce short, simple guidelines for staff that encourage better understanding and further development of gender sensitivity in relation to the treatment, care and support of women patients and service users. This will encourage staff to think differently about the way they listen and speak to people, as this can include men as well as women.

The guidelines should also accentuate to staff how underlying factors impact on a woman's mental wellbeing. Overall the aim is to awaken staff and anyone responding to a woman whose mental health is suffering due to a range of life events and issues, to ask the question "What has happened to this woman?" rather than "What is wrong with this woman?" The Forum called for holistic treatment and care that gives a total commitment to understanding how there are many factors (physical, societal and life experiences, race, culture, age, sexuality, reproductive cycle, family and employment issues, and more) that impact on a woman's 'whole' health and wellbeing.

Acorn Community Drug & Alcohol Services



RASASC attended Acorn's open morning at Guildford's Farnham Rd Hospital on 16th June to see their facilities and find out about their work. Acorn Community Drug & Alcohol Services are run by a multi-disciplinary team who offer a broad range of services to help reduce the problems caused by or associated with drug and alcohol use. Many of RASASC's clients use drugs and alcohol as a coping mechanism to deal with their sexual abuse experiences. Acorn provides a very useful support service and has lots of advice leaflets available to help survivors with drug and alcohol problems.

An offshoot of Surrey and Borders Partnership NHS Foundation Trust, the Acorn team also provides information, consultancy and training to other professionals, and gives a support service for Primary Health Care teams. For anyone needing contact, Acorn uses a single e-mail address (acornteam@sabp.nhs.uk) but operates out of two team locations: Taylor Building, Farnham Road, GUILDFORD, Surrey GU2 7LX (tel: 01483-450256) and Frith Cottage, Church Road, FRIMLEY, Surrey GU16 7AD (tel: 01276-670883).

National Drugs Week



RASASC met the Minister for the South East, the Rt Hon. Jonathan Shaw MP, at an event for National Drugs Week (8-12 June) recently. Among our clients, many self-medicate with drugs and alcohol to blot out memories of abuse and rape but some grew up using substances to offset problems, such that their excessive use caused them to become victims of sexual assault. RASASC is part of the Safer Guildford Partnership and works with agencies such as the Surrey Drug and Alcohol Team, drug advisory services and Homeless, and we wanted to raise our profile further with the Minister and the other agencies to publicise survivors' drug dependencies and also the link between drug use and the increased risk of sexual victimisation. There is perhaps some public understanding and sympathy for crime victims who turn to drugs as a self-coping mechanism, but the equal need to understand and support the circumstances of drug users who become victims of crime (and particularly sexual crime) is easily overlooked.

The annual Home Office Statistical Bulletin on "Drug Misuse Declared", based on the 2008/09 British Crime Survey (BCS), states that "*Victims of BCS crime in the previous year were around twice as likely to have taken any drug, any Class A drug or any stimulant drug in the last year, compared with those who did not report any victimisation*". The bulletin doesn't identify the types of crime suffered (i.e. whether non-sexual or sexual), nor does it state whether the drug use started before or after the victimisation, but the need for further study is clear. The link also appears to exist regardless of drug type or age group. For example: "*Adults aged 16 to 59 and 16 to 24 who reported using cannabis in the last year were more likely to have also been a victim of BCS crime in the last year; one quarter of young people (25.5%) who were victimised reported cannabis use compared with 15.4 per cent of those who were not victims.*"

The Rt. Hon Minister Jonathan Shaw (MP for Chatham and Aylesford since 1997) qualified as a social worker in 1990 after completing a course in social care and working as a care assistant for adults with learning disabilities. In an age when MPs are increasingly described as "unlistening" or "inexperienced outside of Parliament" he seems an exception, highly suited to take forward the concerns of agencies like RASASC. We enjoyed meeting and talking to him.





RASASC's visit to a rape suite

A group of RASASC volunteers have recently been on a visit to one of the Surrey Police rape suites. The fact-finding outing has enabled our helpline volunteers and counsellors to talk with greater knowledge about what facilities are available at the suites, how forensic testing is carried out and how Surrey Police's SOTO team (Sexual Offence Trained Officers) have improved their recording and investigation procedures to help victims through the initial trauma with a heightened sensitivity.

Waitrose Community Matters

The Waitrose logo, consisting of the word 'Waitrose' in white text on a green rectangular background.

RASASC has been chosen by Waitrose Community Matters at **Esher for August 2009**, and at both **Farnham** and **Cobham for September**. Each month Waitrose provides every branch with £1,000 to distribute to any three local charities, schools or community groups chosen by each store. When customers finish their shopping they are given a green token to put into one of the three charity boxes displayed. The £1,000 is then shared among the charities according to their popularity – the more buttons, the greater the percentage share. So please encourage supporters, neighbours, friends and family to shop (or do some extra shopping!) at these three Waitrose supermarkets in these months. No matter how large or small the purchase, you'll be given a token each time – which you can then put into the RASASC box to help us achieve a good share of the £1,000.

Need to talk when our helpline is closed?

Operating costs and other logistics mean our Guildford helpline (**01483-546400**) can only open from 7.30-to-9.30pm, Sunday to Friday (closed on Saturdays and Public Holidays).

When our helpline is not open, **Croydon RASASC** is a useful alternative for survivors or their families wishing to talk urgently. Croydon's RASASC is an independent charity similar to ours but helping mainly Croydon and London residents. With recent special funding from the City Parochial Foundation (who exist "to empower the poor of London") for the purpose of extending their helpline hours and installing a freephone number, Croydon is now open **every day** from **12-2.30pm** and from **7-9pm**, for free calls on **0808-802-9999**. This may benefit some of our Surrey callers who cannot easily afford the cost of phone calls or who need help outside of our opening hours.

Alternative centres

The distance from Guildford to other nearest Rape and Sexual Abuse Support Services is:

- Basingstoke 23 miles (~ 25 miles by road)
- Chichester 30 miles (~ 36 miles by road)
- Croydon 22.5 miles (~ 26 miles by road)
- Portsmouth 38 miles (~ 45 miles by road)
- Southampton 43 miles (~ 49 miles by road)
- Winchester 35 miles (~ 40 miles by road)



Volunteers Needed

We currently have enough helpline and counselling volunteers and our retention of these is very good, probably due to our excellent training and ongoing personal development workshops (not forgetting also the good mix of great personalities within RASASC). But we still need to recruit more trustees, plus people with IT, HR or PR experience, collection box agents and gift chasers, hands to help at events and a well known or influential patron.

**Contact Sonja (on 01483-452900 or admin@rasasc-guildford.org)
for an informal discussion in confidence about any of the following:**

Trustees

Would you like to become a Trustee? Can you spare time for 11 evening meetings a year plus a couple of hours for small tasks between each meeting? We require people with experience in one or more of these areas: finance, law, counselling, helpline, HR, PR, media, advertising, fundraising, general business. A trusteeship is an excellent way of gaining extra skills in other areas, adding to your CV, making friends and feeling that you're doing something really worthwhile. Have you ever considered it, or been a Trustee elsewhere? If you want to discuss RASASC Trusteeship, phone Sonja for an informal chat.

HR Volunteer

We seek an experienced human resources volunteer to help with policy documents over the next few months. If you have a few hours to spare, please get in touch.

PR Volunteer

We need a volunteer with public relations experience to respond to local media articles and build existing press/radio relationships, working 1-to-4 hrs per wk. on a regular basis.

Collecting Box Agents

Volunteers are needed to place and pick up RASASC collection boxes in their local community. Agents will be given specific locations close to their postcodes, and will have the opportunity to develop good community relationships.

Gift Chasers

Do you like walking and talking to people? We need helpers to ask in local shops and establishments for any gift or voucher donations for our Winter Event on 5th December – we seek large items for a fundraising raffle and smaller items for a tombola.

Publicly Known Patron

Are you relatively well known? If so, could you help us raise awareness of the problems of sexual abuse by lending your name to our charity? We need to persuade the public that it's okay to talk about issues of rape, sexual abuse and recovery, and help survivors to understand it's "not their fault". Could you help us to get our message across in the media? If you're a "celebrity" interested in supporting our aims, call Sonja in confidence.

Always wanted

- Mobile phones (working or broken, but NOT chargers, manuals or boxes)
- Used printer cartridges (inkjet or laser) and used postage stamps
- Any unwanted gifts/vouchers (to become raffle/tombola prizes)
- Unused A4 white paper
- Secondhand counselling books

OTHER FUNDRAISING EVENTS COMING UP:



Bike for RASASC – 3rd October 2009

50km or 100km over varied **Wessex/Ridgeway** terrain.

Starting at **Coate Water Country Park**, Swindon, Wiltshire.

Full details at www.just-bike.co.uk/charity-bike-ride/theEvent.asp

100km will take the average person 8-12 hours, so it's not for the faint hearted !! Also a registration fee applies (£55 for 50km, £65 for 100km) but this includes planning, safety, medical, pickups, mechanics, all drinks, breakfast, lunch, all snacks, hot food at finish, toilets on route, directions signposted, map, booklet and of course a T-Shirt!! The "JustBike" website has full details. Set up an online sponsorships page at www.mycharitypage.com to help get your wheels in motion!



RASASC 2nd WINTER FAIR Saturday 5th December 2009 (10am-5pm) Guildhall, High Street, Guildford

Free admission - Make a note for your diary - Xmas gifts (likely to include crafts and jewellery), tombola, raffle and other treats will be available at our 2nd Winter Fair at Guildford's Guildhall. Also refreshments including tea, coffee, mince pies and homemade cakes - come and have a rest whilst doing your Christmas shopping. Use of the 16th century Guildhall (equally worth the visit to see) is by kind permission of the Mayor of Guildford Borough Council. The event is being organised by RASASC to raise funds and awareness, so do please contact us if you are interested in volunteering help on the day, or wish to donate items for the tombola and raffle.



Guildford Annual 10km Charities Walk Sunday 18th April 2010

**Sponsored by Surrey Advertiser and
organised in conjunction with the Rotary Club (Guildford District)**

Readers might recall our volunteer Peter Hobbs' article in June describing his participation in the Surrey Advertiser sponsored charities walk. Imagine our delight when the walk's organisers, Guildford Rotary Club, called us to express their own enjoyment of the article and asking whether they could use it in publicity for next year's event! Permission was granted with pleasure! The 2010 walk is now set for Sunday 18th April and RASASC hopes to field a group of supporters – perhaps with a picnic thrown in at the top of St Martha's. Anybody who thinks they might like to take part in 2010 is requested to let Sonja know at the office, to help gauge potential picnic numbers.