



December 2009 Newsletter

Our latest thanks go out to:

- **The female client** who wishes to remain anonymous but used our individual counselling service and then raised £170 for us by climbing Mount Snowdon.
- **The male caller** who wishes to remain anonymous but used our telephone helpline service with such great results, and went on to be able to run a half marathon raising £540.
- **Everyone** who purchased a raffle ticket for the **FSI Small Car Draw**, especially those at **Gallaher UK** (total raised £650).
- Everyone who did their internet shopping through **Easyfundraising.co.uk** in October (raising £26).
- **Crawley Borough Council** for £950 for the RASASC Helpline and distribution of leaflets in their area.
- **Government Equalities Office (GEO)** Special Fund for Sexual Violence (£35,000).
- **Sanofi-Aventis UK** for nominating one of our volunteers as a "Community Hero" in November's Surrey Advertiser.
- **Waitrose Farnham** (raised £375)
- **Waitrose Esher** (raised £380)
- All the **people and stores** who donated vouchers/gifts for our fundraising events.
- Thank you also to **every entrant** (winning or otherwise) for making our Art Calendar Competition a great success.

We wish you a happy...



Available now (details p.5)

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"

Guildford's Rape & Sexual Abuse Support Centre (RASASC) supports men and women in Surrey and beyond, who have survived childhood or adult sexual abuse or rape, and provides confidential helplines and counselling.

Changes among our volunteers



RASASC welcomes seven new helpline trainees who have now completed their initial training course successfully and are progressing well; they will finish their training in the New Year. Our next helpline training course will start in April 2010, and information about it can be obtained from our office.

We are also pleased to welcome some other volunteers into the organisation to help with various specialist matters arising in the office. We now have Eloise (an HR expert), Vanessa (a PR expert), and Sarah and Laraine (admin assistants). It's often said to be the sign of a good charity when it continues to be busy and is growing all the time!

A few Helpline and Counselling volunteers have recently left us, to whom we bid farewell with a collective message of appreciation and best wishes:- *"Thank you so much for all your dedication and support over the years - We'll always be grateful for the time and effort you gave to helping RASASC. May your future paths remain ever bright!"*

New Trusteeships



We are currently looking for up to five new Trustees, including a new Honorary Secretary. Can you spare one evening per month in Guildford for a management meeting and up to 10 hours a month for other tasks? We need people with experience in one or more of these areas:

Minute-taking, finance, law, counselling, helpline operations, HR, PR, media, advertising, fundraising, general business practice, domestic violence issues, Samaritans and/or other voluntary organisations, and police practice or liaison.

Becoming a Trustee is an excellent way of gaining further skills and experience, making new friends and doing extra-worthwhile work. So, if you are passionate about our field of activity, please contact our office for a brief informal discussion or a job description and application form. We are planning formal interviews during December and early January, in readiness for election of names at our AGM on 9th February 2010.

Gifts & Vouchers Procurer Needed

Do you have the ability to ask managers of shops and firms to donate gifts or vouchers?

We hold at least one fundraising event a year for which we always need items.

All you need is a cheerful personality and the ability to describe our very worthy cause!

RASASC Patron Sought

We are still searching for a well known person to help raise awareness of our work.

Are you that person? Would you be happy to say you support us publicly?

Or do you have a famous friend that you think could be persuaded?

Call the office and ask to speak to Sonja in confidence.

Exciting Development at RASASC – Podcasting!



In conjunction with Eagle Radio's "Community Campaign", Guildford College and Government funding, RASASC has been selected to receive a special communications package. Volunteers are learning various technical skills for how to plan, record and produce podcasts. RASASC will also receive a laptop with the necessary software to produce the audio podcast and a handheld recording device. The mixed group of volunteers of all ages and backgrounds are being mentored by DJ Julia Moore (Eagle Radio) and are approximately one-third of the way through their first production. Rape and sexual abuse is a very serious subject, to which the volunteers are all dedicated, but there is suddenly much laughter in the podcast production room as we make silly mistakes. Fortunately however this will not be included in the recordings.

The first audio podcast will be dedicated to the Helpline and Helpline Callers, and will be available to listen to on www.rasasc-guildford.org from mid-end December. Further podcasts will then be added periodically on different aspects of our work.

SARC – Sexual Assault Referral Centre (Surrey)

RASASC has been assisting with the setting up and advising of a Surrey SARC, the management of which will be taken on by the local health authority.

Malcolm Henderson-Begg, RASASC's Vice-Chair, is on the SARCS Steering Committee and is taking a very active interest in its progress. EMPTY wards at Cobham Cottage Hospital, Portsmouth Road, Cobham could be turned into a Surrey centre for rape and sexual abuse victims in nine months time – a safe new location where victims of rape and serious sexual assault would receive medical care, forensic testing, counselling, testing for sexually transmitted infections, and a direct interview pathway to the Police if they want to.

Inspector Craig Jones, Surrey Police's SARC Development Manager, speaking to members and residents at the Friends of Cobham Cottage Hospital's AGM on 6th November said: *"We have been speaking to the NHS since February about a SARC, which is known as a one-stop facility for victims. There are substantial figures to prove that the number of victims justify the need for a SARC in Surrey. Other police force areas have SARCS, so we are behind. We on average anticipate 200 adults and 50 children per annum to the centre. We anticipate starting work on centre within six to nine months time."* We'll update readers with further details when available.

SOTO – Sexual Offence Trained Officers (Surrey Police)

Members of RASASC have been continuing to work closely with Surrey Police. Their SOTO unit has been running for two years now, during which time our working links have improved greatly. RASASC has provided training and assistance on several matters surrounding rape and sexual abuse to their officers, in particular the accumulative effect of working on cases of such trauma and how the officers can avoid mental strain. We have been involved in Rape Performance Meetings, also attended by the Deputy Chief Constable and members of the Crown Prosecution Service, looking at how improvements can be made to the overall rape handling and SOTO performance. RASASC has also given some advice in relation to SOTO publicity material aimed at survivors.

Groups of RASASC volunteers have been able to tour one of the Surrey Police Rape Suites. The tours were extremely interesting and enabled our volunteers to gain more insight into how a survivor reports, how forensic medical examinations are conducted and how a survivor is offered overall care. Forensic evidence can be frozen and stored for years so that if a victim wishes to report the sexual assault at a later date (rather than immediately) it will still be available. Depending on the nature of the sexual assault, a forensic medical examination can be done up to 10 days later.



Vetting and Barring Scheme ISA – Independent Safeguarding Authority SSCB – Surrey Safeguarding Children Board

RASASC attended an SSCB conference on “Vetting and Barring” at Epsom Downs Racecourse in September to fully understand the new Vetting and Barring Scheme which will replace the present Criminal Record Bureau check procedures in stages over the coming years. The scheme is a new, improved checking and monitoring process involving registration, that aims to prevent unsuitable people from working or volunteering with children and/or vulnerable adults.

RASASC’s client group is classed by the new Independent Safeguarding Authority (ISA) as “vulnerable” and clients includes age group 16-18 which is classed as “children”. Therefore all volunteers, staff and trustees at RASASC will eventually need to register under the new scheme. From 26 July 2010 onwards all new starters at RASASC must apply to be registered, and from April 2011-2015 the registration process will be phased in for pre-existing workers/volunteers. The application fee will be £64 for those in paid related employment, but free for those in “unpaid voluntary activity”. Many of RASASC’s volunteers will register themselves independently, either through their own employer or because they are in private counselling practice and will therefore not have to register twice.

The ISA was set following the Safeguarding Vulnerable Groups Act 2006. Full details of the Vetting and Barring Scheme (including FAQs) are available from the ISA’s website at www.isa.gov.org.uk

Other nuggets of news

RASASC Presentations

Presentations about our work have recently been given to:
Guildford Rotary Club
Soroptimists Guildford

Windmill House, Chertsey (In-patient Service - 12-bed Drugs & Alcohol Detox Unit)



RASASC Computers

The Working Association of Voluntary Services (WAVS) has carried out a free health check on the three computers in our office. One computer is so old that we’ve been advised to replace it immediately! If anyone has a newish computer (1-3 years old) and a flat screen they wish to donate, please get in touch, as soon as possible...

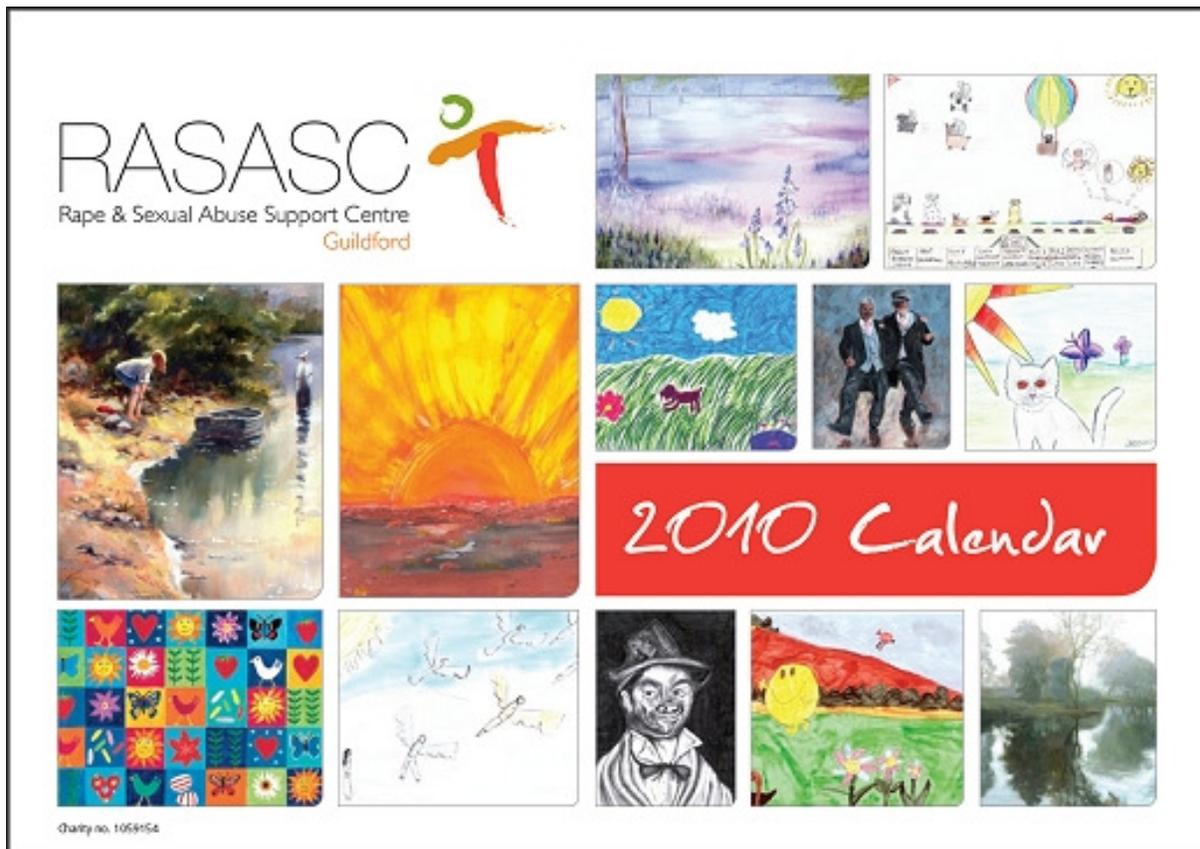
Community Hero

Our very own Barbara Wolfe – RASASC Counsellor, Supervisor, ex-Trustee and volunteer since 2003 – was nominated by Sanofi-Aventis UK for *Surrey Advertiser’s* monthly “Community Hero” competition in November. We thank Sanofi-Aventis (a global healthcare company with a UK-HQ in Guildford, supplying medicines for patients with cardiovascular, thrombosis, central nervous system, oncology and metabolic disorders) for putting Barbara forward for well-deserved recognition. The winner of the readers’ vote will be in the 4th December paper. Fingers crossed!

Volunteers Social Evening Excellent

With 2009 drawing to a close, the Trustees and Supervisors (plus Felicity and Sonja) organised a social evening to show their gratitude for all the hours volunteers give to RASASC. To thank the volunteers for their support, a small buffet evening was arranged upstairs at the HaHa Bar in Guildford’s North Street on Thursday 26 November. About 35 volunteers were able to come, and had a great time. The buffet delights included Paté Crostini and spicy Quesadillas (Google it...). Sadly there’s no “party picture” because everybody was far too busy chatting and having fun to stop and think of taking a photo for the newsletter! But after such an enjoyable evening, you won’t be surprised to hear there are now plans to try and make it an annual fixture.

RASASC 2010 Art Calendar – On sale now!



RASASC ART CALENDAR COVER

ARTWORK IMAGES ©2009 RASASC (GUILDFORD)

The Mayor of Guildford, Councillor **Pauline Searle**, kindly judged the entries for our 2010 Calendar Art Competition held in September. The art theme (“You have brought the sunshine back into my life”) was a quote from a past client. Our office received lots of vibrant, happy artworks to cheer people up over the coming cold months, all of a high quality and some with a few lines appended about why the participants had produced their particular pictures.

Twelve works were selected as winners and these have now been produced into a calendar for sale. We are grateful to printers **Blue Mushroom Ltd** of Chertsey, who set all into an attractive A4 landscape format. The 12 winning contributors will be sent a personal copy to keep. Current RASASC volunteers will also receive a free copy.

Copies of the calendar are now on sale to the public, to raise funds for RASASC. They can be purchased from the office or sent out by post upon receipt of cheques.

Cost only £5 (plus £1 for postage if applicable).

But please note that stocks are limited and we honestly believe:

- a) It's a SUPER looking quality art calendar.
- b) The months displayed are very PRACTICAL in their layout.
- c) It makes a FINE Christmas gift too!
- d) Therefore it might sell out FAST!

So you'd best hurry to buy one (or two)!

Don't wait until it's valued on the Antiques Roadshow one day!



Saturday 5th December
Winter Shop-Stop!
Guildhall, Guildford High St.

Special RASASC event
All day – 10am to 5pm – Just pop in

Tea – Coffee – Mince Pies
Luxury Tombola – 2010 Art Calendar on sale

Stop and rest your weary feet from Christmas shopping. Treat yourself to a refreshing cup of tea or coffee, along with a homemade cake or mince pie. Try your luck in our luxury Tombola of super gifts and – best of all – have a look at our excellent 2010 Art Calendar (it makes a great Christmas present too - available to buy while stocks last).

All proceeds are in aid of RASASC (Guildford) fundraising.

Have a break from the crowds in the relaxing atmosphere of this historic building. Come and see where the judge and jury used to sit in days gone by. You can't miss the Guildhall – it's half way up the High Street, and has a classical front plus a magnificent overhanging gold bracket clock from 1683. Easy to find us!

Event supported by the Mayor of Guildford and Sainsbury's (High St branch)

In order to boost the tombola for this all-day event, we kindly ask our supporters to try and donate any extra unwanted quality items, presents, vouchers, bottles of wine etc. All donations will be gratefully received at the office. If anyone would like to help on the day, we are still looking for a few extra helpers on the refreshment stall and tombola stall.

RASASC Recycling

Printer cartridges, toners, mobile phones, PDAs, MP3s



When you recycle for RASASC you are not just saving the planet – you are also helping our survivors. Over the past six months you have recycled just over 350 items and raised over £200 for us.

This will now pay for someone in need to receive 5-6 counselling sessions.

But we need you to recycle more. And it's quite easy to do - here's how:

1. Gather together all used/unwanted "recycle" items (printer cartridges, toners, mobile phones, PDAs, MP3s) for forwarding to RASASC.
2. Drop the items off at our office (or if an external supporter, ask any RASASC office volunteer you know to drop them off for you).
3. Alternatively, phone **The Recycling Factory** on 0800 091 0696 and quote our unique bar code (0805131431180). They will then send you a choice of:- some freepost envelopes, or a box of 135 envelopes if you are with a large organisation, or a small desktop collecting bin for your office, or a large recycling bin for your whole company if you wish.

Gift Aid – every bit helps

Gift Aid (a scheme worth an extra 28p for every pound you donate) is important to RASASC:

Gift Tax Year	Amount of Gift Aid reclaimed back from the government
2005-2006	£ 640.00
2006-2007	£1,523.68
2007-2008	£1,417.83
2008-2009	£1,444.06

It doesn't matter how small you might feel your gift is - filling out a Gift Aid form is important to us because the accumulative effect of lots of tiny Gift Aid sums really does make a big difference.

No Gift Aid form? Just write (with any donation) your full name and address, saying you're a UK taxpayer and would like RASASC (Guildford) to claim Gift Aid on your donation. Or call our office and we'll send a form to you. Remember Gift Aid will cost you nothing – it's just an extra bonus amount we can claim from your income tax already paid, that the government will otherwise keep for other uses. We don't have to know any of your tax details – we only need your permission to claim Gift Aid on your behalf.

Easy fundraising while buying online for Xmas!



Here's how you can fundraise for Guildford RASASC very easily while shopping online at over 2,000 popular retailers, including: Argos, Next, M&S, John Lewis, Debenhams, HMV, Vodafone, Dell, The Body Shop, Play.com, Interflora, Comet...

There's no extra cost to you the buyer. All you have to do is visit the Easyfundraising.org website first so as to log in (that's the important bit!) and then follow the retail hyperlinks from there. The retailer will automatically know you've come from Easyfundraising and will give to RASASC a cashback donation from the cost of each purchase you make.

- Go to <http://www.easyfundraising.org.uk/rasascguildford>
- If you've never done so before, click "Register as a User" and enter your name and e-mail address (so that they'll know you want your purchases to support our cause) - then you'll be ready and able to support us whenever you wish.
- Then click any of the links displayed, to visit your chosen retailer's website and make your purchase online there. Each link includes details of the retailer's %donation on offer.
- Return to Easyfundraising (you can log-in whenever you like) to choose another retailer or to track the progressive total of your fundraising.

Voluntary help – Did you know?

If you are jobseeking, you can give us voluntary help and still claim any state benefits due. Even those claiming Jobseekers Allowance (JSA) can volunteer any number of hours, as long as they also continue to jobseek and remain available for employment "at short notice". Because we are a registered charity, the normal JSA limit of 15.99 hours part-time voluntary work does not apply. And performing voluntary work is a great way to brush up on skills, gain further experience and expand one's network of contacts – all useful as a route back into the paid job market.

Future events and fundraising

9th February 2010 – AGM of RASASC

The sixteenth RASASC Annual General Meeting will be held on the evening of 9th February 2010. As with previous AGM practice, now long-established, the precise venue details will be issued to a restricted invitation list in early January. The meeting will include our latest Annual Report, election of any new Trustees, and an interesting talk by a guest speaker (tba). After the meeting there will be a small buffet and refreshments, where invitees will be able to socialise and meet the RASASC Management Committee and volunteers.

13th February - Women's Health Fair (Woking)

RASASC will take part in the Women's Health Fair run by Woking Soroptimists at HG Wells Centre on 13th February. The Fair promotes all aspects of healthy living, including looking after one's mental and physical self – a key aim of Soroptimists, who work to advance the status of all women.

18th April 2010 – Sponsored Walk

The annual "Surrey Advertiser" 10km walk (organised by Guildford Rotary Club) happens right on our doorstep, and we therefore aim to make it a major part of our fundraising events calendar. Plus it's an unmissable opportunity for a fine day out in super scenery! No skill, practice or equipment needed – just suncream and sandwiches. The walk attracts up to 400 people from charities across the board, so you'll probably find many chatting on the walk and make new friends as well. The walk is set for Sunday 18th April - Ring the office to let us know you're thinking about having a go!

Early May 2010 – Sponsored Gliding Day

You might have read about the thrill of a gliding flight and the popularity of this big event before. Perhaps you've even experienced it yourself. But it takes organising. If you'd like to help us put on another great day out by overseeing the prizes and sponsorships and doing the gliding paperwork, or if you'd like to assist on the day (exact date tbc.) as a marshall/helper, please contact the office.

Newsflash – Sainsburys support at 5th Dec event

Sainsburys (Guildford High Street branch) recently adopted RASASC as their charity of the year for 2010. We are currently planning fundraising events with them and discussing ways in which their staff can volunteer and help RASASC. More information will follow in our next newsletter. Meanwhile Sainsburys are going to provide some gifts and volunteer help at our special "Winter Shop-Stop!" event at the Guildhall on 5th December.

... Hmmm ... big space left over ... but no problem ...
... every cloud has a silver lining ...

... because it gives us just enough room to end with ...

Happy Christmas !!

and

Best Wishes for 2010

to you and to all who support and assist RASASC