



Newsletter ~ Spring 2011



Our latest thanks go out to:

- **Everyone** who recently used:
 - easyfundraising.co.uk portal.
 - ebay.co.uk to sell items for RASASC.
 - Donated **ink cartridges, mobiles etc** for recycling, or **vouchers/gifts** for our fundraising events.
- **Anonymous** donor, £19.20
- **Anne Milton** MP (Guildford) & patron of RASASC, for attending our AGM.
- **Cllr Marsha Moseley**, Mayor of Guildford, for also attending our AGM
- **Holy Trinity of St Mary's** church, Guildford, £300
- **JTI Ltd** (Weybridge) for support, stationery and £1,035
- **L Booker**, £10.00
- **Ministry of Justice**, £12,500 grant.
- **New members of the RASASC 100 Club**, £25 each.
- **Surrey Satellite Technology Ltd** and **Allianz (Guildford)** for donating free use of meeting rooms.
- **Taryn** for her wonderful evening cookery demonstration, raising £600.
- **Vivien** for organising the cookery evening, plus hosting and presenting.
- **Everyone who chose "Gift Aid"** when giving donations (no matter how small) – it increased the value of donations by over £1,500 in 2010-11.
- **With apologies to anyone missed!**



From the editorial team (Sonja, Vivien and Peter) – Do send us any news, details of fundraising efforts, funny or interesting stories or facts, or details of events you've attended publicising RASASC. You can choose to be anonymous if you wish! 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, by providing confidential helplines and counselling.

RASASC is not closing – but the search still continues!

Back in November we began looking for a new home for the RASASC office. Currently we are situated within the Guildford town centre, but Guildford Borough Council (GBC) will redevelop our part of town in the near future for a supermarket and mixed housing/community facilities. RASASC has been served notice to leave (although GBC is trying to help us find suitable new premises and has thankfully now given us a stay of execution until early summer). But a good alternative location remains elusive! Can you help? Do you know anywhere in Guildford that might be suitable for us?



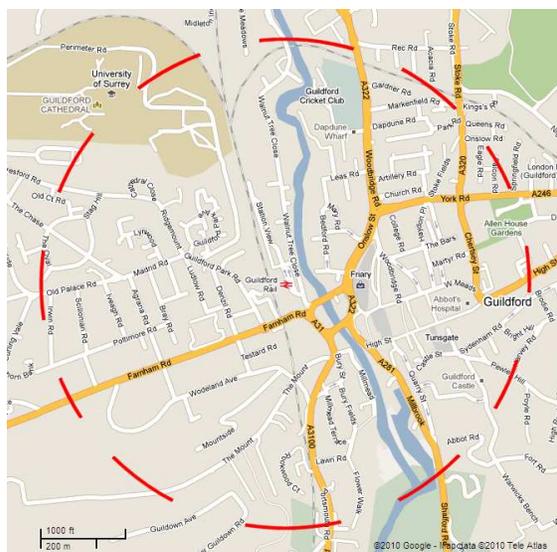
One of RASASC's counselling rooms

Speaking to the press in November, RASASC Management Coordinator Sonja said *“We’ve moved three times in the last nine years. It’s extremely time-consuming and costly. But it’s important we find another place within 10 minutes’ walk from the station, as a majority of people come to us by public transport. It has to be a place of safety too, especially for people who have suffered evening assaults. For them, visiting after dark for counselling, it is important that they feel safe.”*

RASASC urgently needs alternative office accommodation which is:

- 900-to-1200 sq ft, divided into 3-to-4 rooms (2 for counselling, 1-or-2 as office space).
- Max. 10mins walk from Guildford railway strn.
- 2-to-5 year lease with break clause (or longer).
- With a “safe and secure” entrance (preferably own-dedicated, for exclusive use).
- With 1-to-3 car parking spaces (not essential but preferred).

If you know of any suitable business property to let, or office space that’s vacant (or partially vacant that we can perhaps share), or is about to become vacant, please let us know so that we can keep pursuing all possible leads. Send all information in confidence to sonja@rasasc-guildford.org



RASASC PROMOTIONAL & FUNDRAISING ITEMS – Most items display our contact information. Available from the office as priced below (plus a small donation for postage). Send your printed name, address and order details (plus cheque payable to RASASC) to our PO Box address.



Item	Details	@ Price	Postage
Rape alarms	Silver (has pullcord)	£ 3.00	£ 1.00
Mini torches	Case red (LR44 battery included)	£ 3.00	£ 1.00
“Keyring” style trolley tokens	GBP coin size (logo on face, tel. on rev.)	£ 1.50	£ 0.50
Retractable ballpoint pens	Black ink, rubber grip. Case red, blue, green, violet, orange	£ 1.00	£ 0.50
Recipe books	A5 spiral bound, 104pp, 140 recipes	£ 5.00	£ 1.00

Month-by-month – our round-up of recent RASASC activities



JAN 2011: After the Christmas break, much of January was taken up with compiling our latest Annual Report and planning our **seventeenth AGM** (*actually 8th February but we've started, so we'll finish...!*) We thank **Craig Jones**, SARC Development Manager, for being our guest speaker this year and giving us such an excellent presentational run-through of the new SARC facilities. The AGM was well attended, and included the election and introduction of extra Trustees. We now have **eleven Trustees** to take RASASC forwards through 2011 with all the challenges we face in the current economic climate, including moving offices. RASASC continues to be admirably chaired by Cathie Smith, now in her third year.

Our charity attended the Home Office in London for an interim meeting of the **Stern Review**, which aims to increase the support available to victims of rape and sexual violence, to improve the criminal justice response and to change society's attitudes to sexual violence. RASASC is contributing to this review. It was also attended by Lynne Featherstone MP, Minister for Equalities.

RASASC attended Surrey Police HQ for further meetings of their **Investigation into Rape** forum, run jointly with the CPS and police, Family Matters and Mental Health organisations and others. We also attended a meeting at **Basingstoke RASASC** for a **joint networking session** with other rape support centres in the south.

RASASC took part in an **Eagle radio interview** on 26th January about our difficult search for suitable alternative office property. Guildford Borough Council are planning to help us with the eventual moving arrangements – we just need to find somewhere suitable!



FEB 2011: Our team of Events Helpers attended more College Fairs with our display board, attack alarms, spikekeys (plastic tops for capping drinks bottles on nights out) and leaflets – three **Sexual Health Fairs** organised by Guildford College at the Stoke Park campus, Merrist Wood campus and Farnham College. Among the benefits of attending fairs is **raising awareness of RASASC**, both in **offering our services** and also for **College fundraising activities**. At one of the fairs Sheila, our Independent Sexual Violence Advisor, spoke to two young girls who had been raped, and she has since been able to help them. It is really important to be at these events, to be seen and hand out pens and cards etc. so that students will know how to reach us if ever they find themselves in need.



The Surrey SARC steering group, formed in 2006, met for the last time before the opening of the SARC on 28th February. Congratulations to everyone who has helped to establish this service. Surrey's SARC has also now chosen a name to be known by – **The Solace Centre**.

Following a volunteer's suggested idea, RASASC met with Surrey Police to explore the possibility of setting up some **women's self-defence courses** and personal safety training.

RASASC put on an awareness display at February's **Broken Heart Domestic Awareness Networking Event** at Esher Civic Centre.

RASASC attended a meeting in London with the **Crown Prosecution Service** and **Keir Starmer, Director of Public Prosecutions**, to look at the background causes of false rape accusations and withdrawal or retraction of rape allegations. There are many reasons why some survivors retract their allegations at a later stage; it may be from pressure of friends or family, a work situation, domestic violence, threats of further harm, damage to children's feelings, the effects on the family unit or the sheer terror of appearing in court. This is especially daunting if the survivor has learning difficulties, is not well educated or suffers from mental illness, as these people are already the most vulnerable in society. We are pleased to report that the CPS and DPP are aware and listening.



MAR 2011: We held our **Annual Trustee Strategic Planning Day** to plan the future of RASASC for the next 1-to-5 years. Our thanks go to Allianz in Guildford for the kind use of their meeting room for the day.

Surrey Women's Link (SWL) organised a forum in Epsom for various organisations to discuss the growing **Surrey Women's Mental Health Strategy**. Mental health is a very serious issue affecting the majority of RASASC's clients, and the incidence of childhood sexual abuse, adult sexual abuse and domestic violence is significantly higher among women than among men. We applaud SWL.

The **Witness Service** at Guildford Crown Court in Bedford Road kindly organised a tour for our latest RASASC volunteers around the courtrooms and facilities, and explained their proceedings and how they assist vulnerable persons and sexual assault witnesses.

We are currently applying for substantial **three year Home Office funding** to help cover growing demand for our services, and equally growing costs. Sonja has spent a great deal of time filling in pages and pages of complicated forms this month! We sympathise and offer her lots of coffee!

Office staff Lizzie and Vivien attended a **VASWS Conference** (Voluntary Action South West Surrey) at St. Saviours Church, Guildford, for workshops about many different issues to do with volunteering and its associated costs, and came away with lots of ideas to help the running of RASASC. While there, they also took the opportunity to try and win Jeremy Hunt (Secretary of State for Culture, Olympics, Media and Sport) or Michael Gove (Education Secretary) in the VASWS "Win a Volunteer" Prize Draw!



Taryn and Vivien organised an evening **Cookery Demonstration** on 25th March for 20 guests (see left). All sampled a huge variety of dishes (incl. some from our Recipe Book) and picked up many tips from Taryn's vast store of professional expertise! It was a fabulous evening (and a very successful fundraiser) and everyone was keen to attend another! So watch this space...!



Meanwhile, still on sale:

A Bit of a Stir

With over 140 recipes from our supporters, set in eight sections:

Starters • Vegetarian • Fish
Chicken • Meat • Desserts
Cakes & Biscuits • Extra Treats

Plus conversion chart, A-Z index
and foreword from our Chairperson

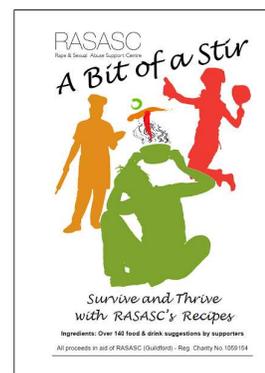
Handy A5 size - 104 pages
With "wipe-clean" acetate cover
Spiral-bound - lays flat and stays open

Price just £5

Equal to less than 4p per recipe !!
Plus £1 postage. Contact our office for a copy.

Includes cookery tips and serving suggestions

Also makes an ideal present for students off to university, newlyweds back from honeymoon, bachelors wanting to keep their independence, divorcées learning to cook .. etc!



Other RASASC news:

► **RASASC is now on Facebook too!** Helpline volunteer Taryn has very kindly set this up for us, with interesting and relevant information from around Surrey, on the hugely popular social media site. If you are a Facebook user, join us on Facebook for interactive messaging and updating of all coming fundraiser events – Easy to find, just follow the link from our website.



► **RASASC website:** Our voluntary webmaster Peter Hobbs of EUdesign is currently redesigning our website, to expand and improve its graphics and introduce extra facilities including dedicated Events pages, a Vacancies page, downloadable Annual Reports and a Gift Aid Calculator. Now 98% completed, you can expect the upgraded website to go live within days (possibly even hours) of this newsletter reaching you.

► 2012 London Marathon

We have one London Marathon 'Silver Bond' place, entitling us to enter a runner every 5 years (starting in 2012, and then 2017 etc). If interested in undertaking the **2012 London Marathon** to raise funds for us, please register your initial interest and pledge a minimum sponsorship target with lizzie@rasasc-guildford.org – our runner will be chosen from a candidate shortlist during 2011.

► **We still seek male and female celebrities** or high profile Surrey residents willing to help publicise RASASC, the SARC and the need for these services in Surrey. Ideally they will be survivors themselves, or will have helped someone through this type of ordeal, or will be concerned about the high number of cases reported. Anyone can become a survivor of a sexual crime at any time – presently there are local press reports of rape or sexual abuse almost every week, although you might not notice unless it happens to you or your loved ones. **Anyone wishing to help should contact RASASC Mgmt. Coordinator Sonja for a confidential discussion.**

► Crimestoppers seeks support to launch new initiative

Successful crime-solving relies on good quality information being provided to help bring offenders to justice, particularly when the offenders are child abusers, rapists and serial rapists. If you have vital information that could help the police but you don't want to get involved or are too afraid to come forward, then phone **0800 555111** to give the information anonymously to Crimestoppers. They will then forward the details to the police. **Crimestoppers is an independent charity** dedicated to helping solve crimes and remove criminals from the streets.

► **RASASC was at Surrey SARC's pre-opening ceremony** on Friday 25 February, where the ribbon was cut by **Anne Milton MP** (Guildford), Under-Secretary for Public Health and patron of RASASC, assisted by **David Clayton-Smith** (Chair of NHS Surrey), paediatrician **Sharmalene Fernando** who began the SARC campaign five years ago, **Carole Lawrence-Parr** (Director at Harmoni for Health) and Detective Chief Supt. **Helen Collins**. The event was also well attended by various other representatives of Surrey Police, Surrey NHS, Surrey County Council and the Friends of Cobham Hospital. Sadly we could only capture mobile phone images (below, centre and right) as our digital camera battery expired during the ceremony, but we've since gained permission to show an NHS Surrey news photo (below, left) so as to do full justice to the occasion.



From www.surreyhealth.nhs.uk/news1



► **Surrey SARC (Sexual Assault Referral Centre) – more details:**



Newly opened and now christened **The Solace Centre**, Surrey's SARC



is located in a wing of **Cobham Community Hospital** (pictured) - a one stop, safe place for

victims of rape, sexual abuse and serious sexual assault to receive medical care, counselling and assist police investigation if wished. It's an established fact that providing good support services, medical care and advice helps survivors enormously in their recovery from the trauma of rape or sexual assault. The SARC provides mixed doctors to attend to injuries and to record forensic evidence (which can be stored for future use). Crisis workers will be on hand "24/7" to support survivors, who will have the choice of whether to report matters to the police or not, and/or the chance to talk to an Independent Sexual Violence Adviser (ISVA). People can contact the Solace Centre for themselves directly (tel. **0845 519 6168**) or through the police. It is open 8am-6pm with an outside hours on-call service. Their website is now online at www.solacesarc.org.uk

► **Surrey's Independent Sexual Violence Advisor is hard at work:**

In December 2010 we welcomed **Sheila Cade-Hughes** into the new role of ISVA (Independent Sexual Violence Advisor). Sheila is managed by, and based at, RASASC but she also has a desk at the SARC. Sheila's a great addition to both organisations, and is very approachable. Her e-mail address is sheila.isva@rasasc-guildford.org (mobile: 07412-22-22-49, available 9am-5pm). She says *"It's still early days since starting the position, but already I have many clients!"* For any agencies dealing with clients who may also be survivors of sexual abuse, Sheila has ISVA business cards, pens and sticky notelets with her contact details, available on request.

The differences between an ISVA and an IDVA	
<ul style="list-style-type: none"> • INDEPENDENT <u>SEXUAL</u> VIOLENCE ADVISOR (ISVA) • Supporting the client through the Crown Court, having a good understanding of the criminal justice process, providing pre-trial visits and support in pre-trial meetings with barristers. • Working in close partnership with CPS and police on all cases. • Assessing the risk of a client's case not going to trial and ensuring the victim receives support to provide best possible evidence at trial. • Potentially providing support to friends and family members who may be witness for the prosecution. • Supporting the police and CPS in delivering any information to victims about why their case is not going ahead. • ISVA clients tend not to be in danger of being revictimised by the same perpetrator. • Where the sexual violence is part of ongoing domestic abuse, the ISVA and IDVA need to work together to meet the individual needs, whilst maintaining the boundaries of their roles. • Supporting those clients deciding not to report. • Advice and support with:- Criminal Injuries Compensation, housing options, benefit options, employment/health issues, counselling agencies, sexually transmitted diseases, pregnancy testing, HIV testing, medical examinations, procedures for forensic evidence gathering and storing. 	<ul style="list-style-type: none"> • INDEPENDENT <u>DOMESTIC</u> VIOLENCE ADVISOR (IDVA) • IDVAs tend to work with clients in crisis, dealing with civil orders and injunctions. • Attending regular Multi-Agency Risk Assessment Conference (MARAC). • Organising target hardening (securing home and personal safety). • Organising emergency client accommodation. • Working mainly in the magistrate courts. • Using risk assessment with all cases because the perpetrator is always known to the victim.

Voluntary vacancies at RASASC

Additional patron(s) We need more **influential figures and/or 'media personalities'** to help raise awareness of our invaluable work - people willing to talk about the problems of sexual abuse, and unafraid to publicly encourage survivors to seek help. Abuse happens, but we can help to lessen the damage, and sometimes prevent it. **Anne Milton MP** has become a patron of RASASC, but we need others too. Might you be interested in this role? Or can you suggest a potential patron known to you, who we could contact? If so, contact Sonja in confidence (01483 452900, sonja@rasasc-guildford.org)

Counsellors No vacancies at present, but send CVs to our office.

Event helpers Always needed - please contact us.

Helpline volunteers Training course for next trainee intake starts **7 May 2011** - numbers are limited but some places are still available – apply quickly!

Office vacancies No vacancies at present.

Placements No student / postgraduate counsellor placements are available.

Trustees No vacancies at present – apply after October 2011.

Please note that RASASC currently has no salaried vacancies.

Vacancies at Surrey SARC

Follow the link www.forhealthgroup.com/latest_job_opportunities.html to the 'Harmoni for Health' website for descriptions of Surrey SARC jobs advertised. Vacancies listed @7 April 2011 were two Crisis Support Workers (one Out-of-Hours) and a Forensic Medical Examiner.

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 year** you have forwarded many items for recycling that have **raised £170** for RASASC.

This will now pay for someone in need to receive 4 or 5 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.



Event dates for your diary

Sun 8 May 2011 – Surrey Advertiser 10km Sponsored Walk

This event is open to all charities for their sponsored walkers to complete a pleasant 10km (6 mile) countryside walk organised by Guildford Rotary Club. **New route for 2011** avoiding St Martha's Hill! Starting 9.45am from Shalford Park, south and then SE on the ex-railway track to Bramley, then west past Farley Hill to rejoin the River Wey near Farncombe, returning north through Peaslake. Free entry (each walker is responsible for collecting and forwarding monies to their charity). You can walk for RASASC solo, or with friends/family, or join a team/group entry. Plus it's a great opportunity for a fine day out in super scenery! No skill, practice or equipment needed – just suncream and sponsors! It's very informal, and easy to make friendships on this walk. This year **Sonja** (our Management Coordinator, shown right) is entering for us. If you'd like to enter too and raise funds for RASASC alongside Sonja, contact sonja@rasasc-guildford.org (or telephone 01483 452900). Or if you'd just like to sponsor Sonja, her online sponsorship page is at www.mycharitypage.com/Sonja4RASASC (or send us a sponsorship note with cash or a cheque payable to RASASC).



Sat 11 June 2011 – Guildford Cathedral: Sponsored Abseiling !!

Guildford Cathedral's 50th birthday celebrations will include a **Golden Jubilee Fair** (11am-4pm), where RASASC will have a stall in the grounds and our Chairperson **Cathie Smith** (shown right) will **abseil down 160ft** from the cathedral tower roof! We hope her brave response to this exciting challenge will raise substantial sponsorships, as well as raise more awareness for RASASC. Please support us by sponsoring Cathie at



www.mycharitypage.com/cathie1rasasc and by joining us at the Fair - there are also great views to be had from the Cathedral grounds on Stag Hill. **Extra volunteers are needed** to ensure our stall is manned throughout the day of the Fair - please contact vivien@rasasc-guildford.org if you can help on the stall for an hour or two.

Sat 10 July 2011 – RASASC Bike Ride

Organised by trustees Malcolm Henderson-Begg and Gill Elliott, our second RASASC ride will be another great day out in the fresh air! Starting at 10am from Woking, biking along the towpaths of the **Basingstoke Canal**, the **River Wey** and then the **River Thames**, with four pitstops at *The Minnow* in Weybridge, then *Bushey Park* near Hampton Bridge, *The White Cross* at Richmond Bridge, and *The Boathouse* at Putney Bridge. Expect to finish by late afternoon and return by train from Clapham Junction. Route distance 32 miles, ending up back in Woking for a **BBQ** at Gill's!

To participate, register in advance with vivien@rasasc-guildford.org - she will give you details of **how to set up your own online sponsorship page**. As Gill says "A day full of fun, fresh air and a huge sense of achievement, crowned by a fantastic fund-raising effort for RASASC!"

... and to finish off, although it's only springtime ...



... we will, as usual, be holding a **WINTER FAIR** at the Guildhall, Guildford in December 2011. If you're having a **SPRING CLEAR-OUT**, please save us any suitable **GIFT ITEMS** to sell!

*Thank you for your continued support for RASASC ~
~ The help you give really does make a huge difference!*

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