



Newsletter ~ Summer 2012



Our latest thanks go out to:

- **Anne Milton MP** for offering **lunch in Parliament** to anyone finding a donor to match Nicola's total
- **Nicola, Marathon and Mountain** £2,111
- **Kate, Anna and Sarah, Sponsored Walk**, £178
- **Book buyers**, latest sales in office, £57
- **Questionnaire competition**, £100
- **Surrey Freemasons**, £50
- **Oxted School**, £527
- **George Abbott School**, £200
- **Red Hot Yoga**, £1,040
- **Centrepoint Church**, £150
- **Inner Wheel Club of Rushmore**, £300
- **Surrey County Council**, £2,285
- **MTG, Youth for Charity**, £3,000
- **Donors** of ink cartridges, mobiles, etc. for recycling
- **Donors** of all sorts of other gifts!
- **Easyfundraising** on-line buyers
- **'Friends of RASASC'** for their support
- **MissionFish** (e-bay for charity)
- **Donors** via CharityGiving and MyCharityPage
- **Surrey Satellite Technology Ltd** for donating free use of meeting rooms
- **Yvonne Arnaud Theatre**, theatre tickets
- **Starbucks, Burpham**, disposable cups

With **apologies** to anyone we've left out –
We are **hugely grateful** for all the help we receive from a wide variety of sources.

If anyone has a spare digital camera, we could do with one in the office



RED HOT CHEQUE!
~ article ~
inside

+ COOL WALKINGS
~ read about ~
our 2012 team trio

Please contact Vivien if you come across anything interesting to mention in the next newsletter. You can be anonymous if you wish! E-mail vivien@rasasc-guildford.org or write 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 violence, by providing confidential helplines and counselling

RASASC's 20th Anniversary Party!

On Friday 25th May 2012 **RASASC Celebrated its 20th Anniversary**. We had a "Thank you party" for all our fantastic volunteers and it did not cost a penny of our precious hard-won funding. It was supported by **JTI**, our longstanding corporate supporter, and held at their Weybridge office. We have so many people to thank for making the party wonderful - obviously first and foremost JTI and their staff.

Matt a guitar soloist entertained us throughout the evening and in the breaks a special **Eagle Radio** background music CD played, Megumi, a Chinese silhouette cutter, added an exotic touch to the evening. We enjoyed very tasty canapés from JTI's own kitchen and listened to heart warming speeches by Cathie Smith, RASASC Chair and Paul Williams, Head of Corporate Affairs, JTI. Party photos supplied by Nathan Clarke at nathan@njacimages.com



We thank the **Yvonne Arnaud Theatre** who kindly donated tickets for our raffle. "*Volcano*". A play, by Noel Coward, which gives a fascinating insight into the glamorous and scandalous Caribbean lifestyle that he himself enjoyed. The raffle also included London Philharmonic Orchestra tickets and a case of excellent wine which were both donated by JTI.

Picture of Jenny Seagrove, Dawn Steele and Martin Shaw



Google blames parents for children watching online porn

Naomi Gummer of Google says that the extent of online sexual content seen by children has been exaggerated, and it is the responsibility of parents to stop children accessing social networking sites rather than Google policing content. She says it is a "myth" that laws can prevent children from viewing explicit material.

However, TalkTalk will block sites considered unsafe for children with a £20 million filter which automatically stops them accessing pages containing pornography, gambling and weapons - plus information on dating, drugs, suicide and self-harming. Once a year its 4.2 million customers will be offered an **opt-out**. Hopefully, this will put pressure on other internet providers to offer the same service.

Effects of pornography on children

England's Deputy Children's Commissioner, Sue Berelowitz, warned that she has hard evidence of children being sexually exploited **all over the country**. Children as young as 11 expect to have to perform oral sex on line-ups of boys. Many vulnerable girls are too naïve and brainwashed by the porn culture to think this scenario is wrong.

Girls are lured in via internet chat rooms and raped. In some parts of London it is **quite common** that they go to meet a friend, only to be met by a group of boys and gang raped in a park. *"There isn't a town, village or hamlet in which children are not being sexually exploited."* She linked the widespread sexual violence she was hearing about with the staggering availability of **extreme internet porn**.

- Between 2003-4 and 2009-10 there's been a threefold increase in multiple-perpetrator rape
- 36% of victims under the age of 16.

Dawn Clark, psychologist from Brighton, says it is *"a teenage culture in which porn is sex. Everything they know about sex comes from the internet"*. Vulnerable teenage girls think it is normal to give oral sex to a group of boys at a time, believe anal sex and rough sex are normal, and have group sex as a matter of course.

The Commons Home Affairs Committee is already investigating the child protection failings seen in Rochdale, where nine Asian men were convicted of sexually abusing white girls. They had plied girls as young as 13 with drink and drugs and raped them. The committee's chairman, Keith Vaz, agrees that the investigation should be widened to look at the national picture.



Ched Evans - Rapist, Not Role Model

Ched Evans, Wales and Sheffield United striker, was recently jailed for five years after being found guilty of raping a 19 year old woman. Two days later the **Professional Footballers' Association (PFA) named Evans in their "Team of the Season"** -- one of the top football awards in the country.

The survivor has been left feeling threatened, blamed and stigmatized by supporters of Ched Evans after having her name being made public by Sky News. Thankfully North Wales Police are actively pursuing the individuals who have tweeted hate messages. Public attitudes to rape victims can be appallingly punishing. It is a shameful response to the bravery she has shown in speaking out.

Recorded rape up 53% in London

There has been a 53% rise in recorded rape in London over the last four years.

- 2008-2009 there were 2,177 reports of rape to the Metropolitan Police.
- 2011-2012 that had jumped to 3,334 cases.
- 667 prosecutions have been completed, 369 of which were successful.
- 661 people have been charged from the year 2011-2012, with on-going court cases.

Statistics are from the Crown Prosecution Service.

80% of women don't report rape or sexual assault

A **Mumsnet survey** shows that the vast majority of women who are raped or sexually assaulted do not report the crime to police, in many cases because they have little confidence that their attacker would be brought to justice.

Holly Dustin, Director of the End Violence Against Women says: "*findings show clearly that sexual violence is far more widespread in women's lives than commonly thought, and that prejudicial reporting in the media and negative public attitudes have a harmful impact.*" They want to see ongoing public campaigns to tackle attitudes to sexual violence, and work with young people in schools to prevent harmful behaviours developing in the first place. It is also critical that all women and girls have access to Rape Crisis centers or other specialist support services in their community."

RASASC is stepping up efforts to raise awareness of the work we do whenever we get the opportunity. We are contacting many more schools and colleges this year.

Young children should be taught dangers of sexting

Following recent cases involving sexual exploitation of children, Peter Davis of The Association of Chief Police Officers, has called for children as young as five to be warned of the dangers. CEOP are now sending films into schools, aimed at primary aged children.

It is important for police officers to understand that victims of child sexual exploitation could be both "victims" and "offenders" and do not fall into simple categories. Mr Davis says "*The apparent ages of victims in images is getting lower and the level of severity of the images is also getting worse. Online abuse is just as harmful as offline abuse in every single sense. The harm is just the same. In many ways the level of fear and the psychological pressure is greater.*"

NSPCC research reveals that sexting does not refer to a single activity but covers a range. It shows that:

- Primary technology-related threat comes from peers, not 'stranger danger'
- sexting is often coercive
- girls are the most adversely affected
- technology amplifies the problem by facilitating the objectification of girls
- sexting reveals wider sexual pressures
- ever younger children are affected
- sexting practices are culturally specific
- more support and resources are vital to redress the gendered sexual pressures on young people.



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

MARCH 2012

► **Radio Interview**

On Friday, 9th March, Sonja, RASASC Management Co-Ordinator, took part in a radio interview with **Echo FM** in Farnborough, discussing issues we deal with and how people can help us by fundraising.



Sonja

► **1st Anniversary of SARC**



SARC counselling room

On Saturday, 10th March, the SARC (Sexual Assault Referral Centre) celebrated its first year of opening. Free tours (with free parking) on the first Wednesday every month. To book, contact SARC Manager Nathalie Faint on 0845 519 6168 at the Solace Centre, Cobham Community Hospital, Portsmouth Rd, Cobham KT11 1HT www.solacesarc.org.uk.

► **CPS Visit**

On Monday, 12th March, RASASC made a special visit to the CPS (Crown Prosecution Service) in their new **Surrey Unit for Rape and Serious Sexual Offences (RASSO)**. We are hoping that RASSO will work closely with Sheila Cade-Hughes, RASASC ISVA (Independent Sexual Violence Advisor), and improve outcomes for rape and sexual abuse survivors who choose to report and go through court proceedings.

APRIL 2012

► **George Abbot School**

On Thursday, 19th April, RASASC was presented with a cheque for £200 by George Abbot School "Top Six of 2008". This group of students organise activities for the Sixth Form, such as the Prom and Yearbooks. They raise a great deal of money for charity and chose RASASC because as they say *"We especially appreciate that you work with both female and male victims, a factor that is often ignored. What's more the fact that you are a local charity means that we are delighted to support you."*

► **London Marathon**

On Sunday, 22nd April, Nicola completed her attempt to do **"A Mountain and a Marathon"**. Her running time was just over 4.5 hours and she raised a fantastic £2,111 by her efforts.

Anne Milton, MP for Guildford, Health Minister and RASASC Patron, says *"It's hard to raise money for charities like RASASC which deal with difficult issues but with your help we've done just that. There was a piece in the Surrey Ad and also Eagle Radio did an interview with Nicola – we've managed to really raise the profile of RASASC."*



Nicola



Anne Milton is still offering **LUNCH OR DINNER WITH HER AT THE HOUSE OF COMMONS** to anyone who will find someone to match fund Nicola's £2,111. This is a wonderful offer, so please keep it in mind!

Nicola and her mother Anne Milton, MP



There are many other marathons and half marathons around the country – if anyone else would like to **Run for RASASC** please contact us. We can help you set up an online sponsorship form and publicise your efforts!

► NSCCP Presentation

On Tuesday, 24th April, it was the 10th Anniversary of the NSCCP **Counselling Partnership**. Cathie Smith, Chair of RASASC, gave a presentation.

She said *“RASASC deals with very vulnerable people, often very damaged, with problems ranging from relationship difficulties, trust, anger, depression, eating disorders, drug and alcohol abuse, disassociative disorders, suicidal thoughts and self harm. RASASC is often the only support that the person has. We are experiencing growing demand. The aspiration of our clients is to move forward with their lives, find confidence, realise hope and trust, and be able to talk about their problems.”*



May 2012

► Yvonne Arnaud Theatre



On Tuesday, 8th May, the Yvonne Arnaud Theatre kindly donated complimentary last minute tickets to RASASC for **“Ladies in Lavender”** with Hayley Mills and Belinda Lang as two sisters who lived in a close-knit fishing village in Cornwall in 1936. A heart warming story of unfulfilled dreams and unrequited love. These were offered to volunteers and Friends of RASASC. Join the Friends to receive these opportunities!

► Oxted School Rag Week

On Wednesday, 9th May, Jono, Head Boy at Oxted School, and Guy Nelson, Headmaster, presented RASASC with a cheque for £527. This money was raised during their annual RAG week when Jono enjoyed a bath of baked beans as part of the activities! The students chose two charities to support, one of which was RASASC.



Kate, Jono and Sonja

► College Presentations

On 9th and 11th May Trustee and Vice-Chair of RASASC, Malcolm, did presentations to students and staff at **Guildford College and Farnham College**, and had an overwhelmingly positive reception. At the Stoke Road campus just under 40 people attended and a high level of searching questions followed, as well as individuals from the audience who came forward for a private chat afterwards. Each member of the audience was asked to fill in an evaluation form which verified how well the presentation was received. It was felt that this difficult subject was dealt with informatively and thoroughly.

Malcolm says *"I feel the more we can get our message out there to everyone, and especially the young, the more we can help prevent the problems we deal with as counsellors, or at least get survivors the help they need sooner."*

► Guildford Rotary Club's 10km Sponsored Walk

The walk took place on Sunday, 13th May. Our thanks go to Anna, Kate and Sarah who raised £178 for RASASC.

This is a great fun annual event in which 200+ sponsored walkers (including a few runners) raise money for their own chosen charities. Why don't you come and fundraise with us next year!

► Red Hot Yoga

On Friday, 18th May Red Hot Yoga donated a cheque to RASASC for £1,040 following a series of Karma Classes held at its studio in Guildford Town centre. Our thanks go to Clarissa Robertson, owner of Red Hot Yoga, and to Lizzie who told her about RASASC!



Lizzie

► Porn and Sex Addiction training

In response to the general increase in porn and sex addiction, RASASC sent a member of staff on a training day on Saturday, 19th May, to learn more about this problem and how we can attempt to address it.

► MTG Youth for Charity Award

On Monday, 21st May RASASC was presented with a cheque for £3,000 from the MTG Youth for Charity scheme aimed at raising awareness among schoolchildren and businesses. Our wonderful **Tormead** girls nominated RASASC and sent in the DVD about RASASC that they produced for a project in 2011, to support our chances. *Derek Austin of MTG and the girls from Tormead*



► Radio documentary



On Monday, 28th May members of RASASC took part in a documentary with Eagle Radio. This was exploring why survivors do not always come forward, and what can be done to encourage and help them to do so. We hope to put the recording on our website at a later date.

June 2012

► **RASASC Rape & Sexual Abuse Workshop**

On Saturday 16th June RASASC ran a training workshop at Guildford Research Park, with a CPD Certificate on completion, exploring issues which can emerge when working with rape and sexual abuse survivors. It was for counsellors, trainee counsellors, social workers, health professionals and other workers in contact with clients who have been raped or sexually abused. The workshop was led by RASASC Counselling Manager, **Felicity Williams**. Various people have requested that we run more of these workshops in future, and we plan to do so. We will advertise this in future newsletters.

As one attendee said afterwards *“I found the whole workshop inspiring and well put together; and I have total admiration for all that you do”*.

► **Centrepont Church**

On Sunday, 24th June RASASC Trustees, Gill and Malcolm, did a presentation to the congregation of approx 100. Centrepont Church had already donated £150 to RASASC, and after the presentation a generous member of the congregation donated a further £100.

Brian Harty of Centrepont Church says *“Our aim is to help the church grow in their understanding of the very important work that RASASC does, and to understand the issues faced by the people being supported by you”*.

Upcoming RASASC activities

► **Sunday 1st July 2012 Sponsored Cycle Ride**

Organised by Trustees, Gill and Malcolm, our third RASASC bike ride is a chance for a great day out in the fresh air! As Gill said last year *“A day full of fun, fresh air and a huge sense of achievement, crowned by a fantastic fund-raising effort for RASASC”*!

Last year's cycling group



► **Monday 2nd July 2012 Drugs and Alcohol event**

RASASC went to the Guildford 11-19 Partnership information event for parents and teachers, so that they can find out more about current problems with alcohol and drugs amongst teenagers, spotting the signs and highlighting what support there is available locally.

An easy way to raise funds for RASASC

Shop online at **NO EXTRA COST** to yourself, at www.easyfundraising.org.uk/rasascguildford.



Links to most popular stores - if you do a weekly supermarket shop, just enter the shop's website via the easyfundraising website link, and RASASC will receive a donation every time. Or if you are booking a holiday, it would be terrific if you were able to book it via easyfundraising.

Voluntary vacancies at RASASC

Counsellors	No vacancies at present.
Helpline volunteers	Training course for next trainee intake starts 6 October 2012 (14 spaces available). Further details at: www.rasasc-guildford.org/aboutus/hvtraining.html .
Other vacancies	<p>EXHIBITION VOLUNTEER – Needed to take our exhibition to venues in Surrey (eg. schools, colleges, health fairs). Varied dates throughout the year, usually daytime Mon-Fri. No formal speeches. Volunteers will need to transport lightweight display board, literature, and promotional items. A car would be preferable, although car sharing may be possible. Mileage 40p per mile (plus car parking on production of ticket). Able to start asap. and commit to a minimum of 2 events per year, 3 hrs per event. Please send CV.</p> <p>FUNDRAISING VOLUNTEER – Needed to help plan and run fundraising events, also to source raffle prizes. Please send a CV.</p> <p>LEGACY VOLUNTEER – Needed to help get a legacy scheme off the ground. Must be a reliable, helpful, committed self-starter, with good experience in this area of work. Starting asap. with commitment to minimum 4 hours per week, flexible, in the office in Guildford for a year. Could sometimes work from home. Please send a CV.</p>
Placements	No student / postgraduate counsellor placements are available.
Trustees	No vacancies at present. Please send CV - we will be recruiting Dec 12-Jan 13.
Please note: RASASC currently has no salaried vacancies.	

Other easy way to raise funds for RASASC

- We collect all **old Printer cartridges, toners, mobile phones, PDAs, MP3s**. Either drop off at the office, or phone The Recycling Factory on 0800 091 0696 and quote our unique bar code (0805131431180). They'll send you freepost envelopes to return to them.
- If you are selling an item on **Ebay**, choose RASASC and donate 10%-100% to us.
- Don't forget, if you're having a clear out, please think of RASASC. We'd be delighted to take anything to sell on **Ebay**, or save for our
Winter Fair on 8th December 2012
(which is also worth putting in your diary as we will need lots of help!)
- **Collecting Boxes**. Can you put a collecting box at your place of work or local shop/pub? Please contact vivien@rasasc-guildford.org.
- **Fundraising Book Exchange**. Bring us novels you've read and exchange them for a 50p donation! Also "**Lending Volunteer Library**" of specialist counselling publications, rape and sexual abuse topic books. If you have any to spare please bring them in, or let us know and we will collect.



THANK YOU ALL SO MUCH FOR YOUR CONTINUED SUPPORT FOR
RASASC - IT IS ALWAYS APPRECIATED!

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