



Newsletter ~ Autumn 2012



Our latest thanks go out to:

- **Anne Milton MP** for offering lunch in Parliament to anyone finding a donor to match **£2,111** raised by her daughter, Nicola, in the London Marathon and climbing Mount Kilimanjaro
- **JTI** for all their support
- **Ministry of Justice/Home Office**, Rape Support Fund and ISVA Specialist Training Grant
- **Waitrose Cobham, Farnham and Epsom**
- **Surrey University Rag Week**, £2,980
- **Centrepont Church**, £250
- **Anonymous Donation**, £100
- **Giles Poole and Rachel Smith** for free website design and marketing
- **Ebdons** for tickets to the Box Hill Festival of Cycling during the Olympics
- **Book buyers**, latest sales in office, £43
- **Tea/coffee contribution**, £4.63
- **Trolley token sales**, £70
- **Donors** of ink cartridges, mobiles, etc. for recycling
- **Donors** of books and gifts for Winter Fair
- **Donors** of all sorts of other things!
- **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 and G Live**, theatre tickets

With **apologies** to anyone we've left out –
We are **hugely grateful** for all help.

Celebrities in the High Street



We ran into **Gloria Hunniford, Angela Rippon and Julia Summerville** filming "Rip Off Britain" in Guildford High Street. Sonja, Management Coordinator went over to talk to them about RASASC. They were very interested in hearing about our services. They took leaflets and they signed a couple of RASASC cookery books for us. These might make an interesting present for someone - **we are open to offers!**

Useful Information from the Police



If you ever have to remember the registration of a car and you cannot remember it all. The most important things to note for the police are **the last 3 digits of the number plate and colour.**

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

Celebrating 20 Years

RASASC continues to celebrate its 20th Anniversary. Here are further photographs set out in a wonderful montage of the celebratory evening. RASASC is very grateful to JTI (Japan Tobacco International) for their support in putting on this evening and special thanks go to all the staff involved.



FRIENDS of RASASC

Would you be interested in becoming a Friend of RASASC? Please make a **regular donation**, however small, it helps all of our services. We often receive complementary tickets to local theatres and these are offered on a first come, first served basis to our current volunteers and Friends of RASASC as a thank you. If you would like further details contact vivien@rasasc-quildford.org or pick up a copy of our **FRIENDS OF RASASC** leaflet.

Successful RASASC Training Workshop

In June, RASASC Counselling and Helpline Co-ordinator, Felicity had the chance to share some of her extensive knowledge and experience, when she ran a workshop for non-RASASC professionals with an interest in rape and sexual abuse. Some topics covered were:

- Working with initial disclosure
- Sexualized trauma
- Grounding in a crisis
- Managing panic or dissociation
- Maintaining boundaries
- How to listen, believe and support a survivor
- Raising awareness of the deep and multiple impacts this experience can have on a person's life.



It was attended by a wide variety of people - NHS, private practitioners, support workers, Sexual Assault Referral Centre (SARC) staff, students and other interested people – and the feedback was very positive with many requests for further training. We will be offering other training workshops in the future. If you know of anyone who might be interested in being added to our mailing list for this, please do let them know. One attendee said: ***“I was feeling totally at sea with this area but now feel more confident”. “I found the whole workshop inspiring and well put together; and I have total admiration for all that you do.”***

RASASC assists the Ambulance Services

RASASC has been advising the South East Coast Ambulance Services on their treatment of rape victims. In 2004 RASASC was asked to help review policies and procedures in order to give the best possible service and reduce trauma for patients.

Before 2004, when a rape survivor was picked up by the ambulance; they would be stripped of their clothing so that it could go straight into a forensic bag, to avoid any contamination of evidence. This could be highly traumatic to the survivor, who was then dressed in a boiler suit made out of flimsy paper.



The newly approved version is called Ambuwrap, and all ambulances carry it. It is a **hooded, full length, thermal body wrap**, with Velcro fastening, into which the survivor can be put, fully clothed, the fabric inside it collects DNA evidence. It is waterproof, heat retaining and helps the victim to feel secure. It is even possible to x-ray through the material and can be cut to size for smaller people.

Before 2004, the ambulance had to be taken to the police station to be forensically tested after a rape survivor had travelled in it, which put it out of service. Disposable couch and trolley covers have now been developed to gather any evidence not enclosed within the Ambuwrap, which eliminates an ambulance being out of action. Before these introductions the ambulance crew would have to hand over their uniforms too.



Guidelines have been improved so that where possible all, or at least part, female crews attend a female survivor. Police are requested to attend as well, partly to protect the ambulance crew from anxious family/partners of the victim. At the time of the initial review RASASC provided training for ambulance crews, and leaflets and cards were introduced to the ambulances to be given to patients and family/partners. Recently RASASC has provided more leaflets/cards, and is talking about maybe providing more training. **This is one of the many projects RASASC is involved in in our mission to help support survivors of rape and sexual abuse.**

RASASC Book Exchange



Don't forget our fundraising Book Exchange! During the summer we tidied up and extended it, so if you have some books that you have read and would like to give to us, or to swap for a small donation to RASASC, please bring them into the office and see what you can find. Eventually we will sell the books at our Winter Fair on Saturday 8 December 2012.

Also, for volunteers, the '**Volunteer Lending Library**' specialist counselling publications on rape and sexual abuse topics. If you have any books you no longer want, please bring them in, or let us know and we will collect.

Vivien repairing our bookcases with cardboard!

In the News

Men and Boys

Male sexual abuse and rape happens too, and it is likely to cause long-lasting trauma. In their 2008 research paper, Patrick O'Leary & James Barber found that men often take at least **20 years** to talk about their experiences - that's 20 years of trying to put it behind them and trying desperately to find coping mechanisms.

Unsurprisingly:

- 58% of the men that seek support have problems with drugs or alcohol
- 76% identify themselves as having mental health issues (eg. diagnosed with depression, anxiety, OCD (obsessive-compulsive disorder - intrusive thoughts that produce uneasiness, fear, worry, repetitive behaviors and obsessions), PTSD (post traumatic stress disorder – very severe anxiety).

Although research is thin on the ground, it is generally accepted that 1 in 6 males have experienced unwanted sexual attention by the age of 18.

Sex offenders freed to commit rape

Ministry of Justice statistics show that the reoffending rate for sex offenders has risen over the last few years.

- Nearly one in seven rapists caught last year had previously committed sex crimes
- More than 90 per cent of rapists convicted in the last year already had some sort of criminal record – a total of 2,961 offenders
- 86 of the 769 rapists released from prison in 2010 had served less than half their sentence – **but these figures are only for those convicted.**

The figures raise questions over how sex offences are punished, with campaigners warning sentences are not proving to be successful deterrents. Rapists are often serial offenders.

Does wealth lead to shorter sentences?

In Ireland a businessman, received a **6-year sentence** for a serious sexual assault on a woman, **but 5½ years were suspended**. The defendant was ordered to pay €75,000 compensation to the victim. The judge acknowledged the seriousness of the offence, saying the **attendant violence put it at the higher end of the scale**. Rape crisis groups declared the sentence very lenient. They ask: would Lyons have been given a longer sentence if he was less wealthy? The victim should have been consulted before compensation was awarded, and she should now be allowed to appeal. Rape Crisis Network of Ireland says there is no "*explanation of the mitigating factors that could reduce a 6-year sentence to a 6-month custodial period. Crucially the defendant contested this case.*" "**The victim did not ask for compensation, they asked for justice.**"

Dublin Rape Crisis says that having 5½ years suspended from a 6-year sentence is a huge amount. **The perpetrator could be out in 4½ months**. It "*leaves open the question*" if someone has money they can avoid a long custodial sentence, and questions the fairness of the criminal justice system. Source Irish Examiner Online

Police apologise over rape campaign poster

A rape support charity claimed the 'Safe Night Out campaign' blamed victims who had been drinking for sexual assault. "It's *not alcohol that causes rape, although it's a vulnerability factor, it's rapists that cause rape.*" "The poster put the blame on to alcohol and women who are raped, suggesting if they didn't drink they could avoid rape."

The police apologised: "This was not about blaming victims." "What we are trying to do here is putting information out showing potential victims how to avoid becoming vulnerable."

Sourced BBC News Online



Should unrepentant rapist be hired as an after dinner speaker?

Mike Tyson is a convicted rapist who served three years of a six year sentence for raping an 18 year old woman. He has been completely unrepentant. Barnsley Premier Leisure is holding an event for which they have hired Mike Tyson as an after dinner speaker. This undermines efforts to help survivors of sexual assault or rape, feel safe, valued and believed. Perhaps **organisations could find better role models.** Fewer than 6% of rapists are convicted for their offence. Victims and survivors struggle to be believed and – even when there is a conviction, as in this case – are confronted by an organisation choosing to champion a rapist. Is there any other violent crime where a criminal would be celebrated in this way?

Sexual predators using technology and media

The attempted rape in the latest Lara Croft game, and reports of child abusers using the social gaming site Habbo Hotel, has resulted in a debate about technology and violence against women.

This debate is not new. During the mid-2000s Grand Theft Auto allowed players to regain health and lose money through 'transactions' with prostitutes and the women could be run over or shot. On its release, there was a similar public outcry, but nothing was done.

Now and again, when a new game or form of technology is introduced that promotes violence against women and girls, the same questions are asked:

- What is the impact of these games on those who use them?
- What harm do they pose to children and society more broadly?
- Should regulations be put in place to lessen potential harm?



Over the years, attempts have been made to ban or defend individual games, rather than consider the broader context. Technology is integral to the way we live our lives, for better or worse, and it is bringing in new forms of violence against women:

- Stalking through social networking
- Harassment through text messages
- Humiliation through the posting of videos
- Allowing those who advocate and use gender-based violence to come together and share their views, often trolling and even threatening columnists who speak out against it.

The pace of change has been so rapid that it is not surprising that protection is lagging behind. As a young woman stalked by her boyfriend on Facebook says: "**He doesn't need to be near me to see me, shout at me or hurt me, so how do I get away from him?**" Source Guardian Online

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

JULY 2012



► Sponsored Cycle Ride

On 1st July, the 3rd Annual RASASC Sponsored Cycle Ride took place, organised by Trustees, Gill and Malcolm. The challenging ride was much enjoyed by all the participants, and as Gill says: “*We finished with a great BBQ, beautifully cooked, delicious salads from Taryn and wonderful desserts from Jan and Terri*”, so our thanks go to them for rounding it off so beautifully! Again they have raised hundreds of pounds.

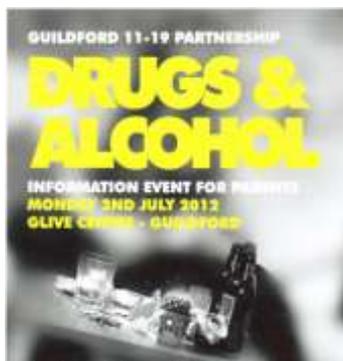


2012 cycling group

For the full story check out our website www.rasasc-guildford.org in the “News and Events” section.

► G Live Guildford 11-19 Schools Partnership Drugs and Alcohol Event

On 2nd July RASASC took our Exhibition Stand to the Guildford 11-19 Schools Partnership Drugs and Alcohol event at G Live. This was for parents and teachers to learn about current local concerns and trends relating to alcohol and drugs.



- Drugs, alcohol and legal highs and the law
- Why teenagers turn to alcohol and drugs
- Spotting the signs
- What support is available locally.



Twenty-five teachers and 155 parents attended and there was additional networking with the Police, counselling and other substance misuse agencies. RASASC volunteer, Clare “*Any opportunity to inform others of RASASC is important. Networking with other agencies is advantageous to all. It was a very well organised event, with a warm and welcoming atmosphere.*”

► The Recovery Conference

On 23rd July Sonja spoke on behalf of RASASC at The Trauma and Recovery Day run by SADAS (Southern Addictions Advisory Service) to explore what recovery is and to show how agencies help people make changes. It was attended by Anne Milton, MP and Patron of RASASC.



Sonja with Haydn Morris, SADAS CEO

Topics concentrated on recovery as a process which cannot be constrained into time limits, and is relevant to each individual rather than a blanket definition. Sonja remarked that: “*Fly, the guitarist was very inspiring. The two service users who had come from such low points were inspirational. Their stories were really uplifting and thought provoking.*”



Guitarist Fly

► Court Cases supported by RASASC's ISVA

Through July and August Sheila Cade-Hughes, RASASC's ISVA (Independent Sexual Violence Advisor) for Surrey, supported 5 rape and sexual abuse clients at Guildford Crown Court. Judge and jury have great difficulty establishing "*beyond reasonable doubt*" in these cases, as it is often one word against the other, with no witnesses. Of the accused, 2 were not sentenced and the other 3 received 12 years, 8 years and 5 years. The defendant known as '*PREDATOR*' has been jailed for 12 years for sexually abusing a brother and sister over the course of 10 years. The Guildford Crown Court Judge said it was the worst case he had ever dealt with.

It makes such a difference to the survivors being listened to, believed and supported. The female victim, now 45, told Sheila "***My brother has been an alcoholic all his life but after the court case it is the first time he has gone two days without a drink, he can now start to live his life. Thank you for everything***". Contact Sheila directly on 07412 222249.



AUGUST 2012

► RASASC 2012 Telephone Helpline Training Course



During August interviews started for the 2012 intake of 12-14 helpline volunteers. The course consists of 8 classroom sessions over 6 weeks (6 evenings and 2 Saturdays), followed by '*Training in Action*' on selected evenings over 3 months. RASASC needs a minimum commitment of 3 evenings per month for at least 18 months, and offer a friendly and supportive environment, supervision and ongoing training. **Next Course 2013.**

SEPTEMBER 2012

► Prison Visit

On 4th September Sonja, RASASC Management Co-ordinator and Sheila, ISVA (Independent Sexual Violence Advisor), attended a SWICC (Sex Workers in Custody/Community) event at Send Prison. '*Sex workers*' is the current term for prostitutes. If a '*punter*' (customer) pays for a particular service, but then forces the sex worker to do something else that they do not want to do, it is rape. Human smuggling and trafficking for sexual exploitation was also covered.

- 63% of sex workers' experience rape
- 68% have PTSD (post traumatic stress disorder)
- Over 85% of female prison inmates have been raped/sexually abused.
- Women are forced against their will
- They are beaten, raped, drugged and abused
- 79% of human trafficking is for sexual exploitation
- Trafficking can be across international borders, or within countries (domestic trafficking), including the UK.
- Victims may be grooming away from their homes under false pretences, for jobs, education and a better life
- Almost all victims suffer PTSD.



► Waitrose Community Matters

Waitrose Epsom £394
Waitrose Farnham £360
Waitrose Cobham £290

RASASC has been selected by 3 Surrey Waitrose shops during July, August and September 2012. It shows an increase in awareness of the staff and also public support. Every shopper receives a **green coin** at the end of their shop. They then choose the charity they want to support. Every month a pot of £1,000 is divided into 3 for the 3 chosen charities in the ratio of how the public have voted. A charity can be nominated again, so thank you everyone, keep nominating and keep putting your **green coins** in ours!

► Surrey Secondary Headteachers Annual Conference 2012

On 13th September, RASASC attended the Surrey Secondary Head Teachers Annual Conference at Botley Park Hotel, Southampton. RASASC was invited to have an exhibition table in the "Market Place". There were 57 Head Teachers present at this event out of a maximum total of 59, and a number of them have taken details and will be making contact in the future for training, short presentations or to have an exhibition table at their school. Schools play a big part in raising awareness to youngsters. A lot of sexual abuse takes place within the walls of a family home and often teachers are the first to hear about it.

► Holy Trinity Church Service

On Sunday 16th September Holy Trinity held a special service for RASASC. It had to be held at Guildford Methodist Church on Woodbridge Road as there was a Cycle Race through the High Street on that day. Holy Trinity Church has been a generous supporter RASASC. Carolyn Graham has been selected to be the RASASC Church Friend and to keep in touch with us.



Voluntary vacancies at RASASC

Counsellors	No vacancies
Helpline volunteers	Next course 2013
Other vacancies	EXHIBITION VOLUNTEER – Needed to take our Exhibition Stand to venues in Surrey (eg. schools, colleges, health fairs). Varied dates and times throughout the year. Volunteers will need to transport a lightweight display board, literature, and promotional items. FUNDRAISING VOLUNTEER – Needed to help assist with various fundraising things and to source raffle prizes. 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. minimum 4 hours per week, flexible, in the Guildford office or home. Please send CV.
Placements	No student / postgraduate counsellor placements are available.
Trustees or Chair	Please send CV in January 2013. Chair designate needed to under-study existing Chair with a view to taking control in 2014.

Currently no salaried vacancies

Upcoming RASASC activities

▶ Epsom Mental Health Week, 7-13th October 2012

RASASC will have an Exhibition Stand at this Epsom event. It is a good opportunity to spread the word and raise our profile. See their website at www.epsommentalhealthweek.org.uk Volunteers needed – please contact Vivien in the office for further details at vivien@rasasc-guildford.org.

▶ South African Congregation Community Church Service, 14th October 2012

The SA Congregation has kindly supported RASASC for several years. We attended their 2011 Community Service and were made to feel extremely welcome. Volunteers have been invited to attend again this year, if you are free, let us know.

▶ Surrey University Health and Wellbeing Fair, 16th October 2012



We have been invited to bring our Exhibition Stand to the Surrey Uni Fair again. It's VERY important to raise our profile amongst students, both for fundraising and helping survivors. This September Surrey University raised £2,980 for RASASC during their Rag Week, by doing a selection of "RAG Raids" and competitions! Volunteers needed for the Fair. Please contact Vivien.



▶ Woking Mental Health Fair, 21st November 2012

Held at the HG Wells Suite, Woking, attracting the general public and mental health professionals. We will need volunteers on the day to help with our Exhibition Stand. Please contact Vivien. More information www.wokingmentalhealth.org.uk

▶ SARC Open Days, 1st Wednesday every month, 10am. 0845 519 6168 to reserve a place.

▶ RASASC Winter Gifts and Treats Fair, Saturday 8th December



Held at the Guildhall, in Guildford High Street, this is our main fundraising event of the year and a really great time to get all your last minute presents and stocking fillers. Stalls include Eastern Silver, ethnic jewellery, stained glass decorations and Tradecraft, second hand books, all sorts of new donated items for sale, games, a raffle and tombola.

A great many volunteers are needed on the day to help out, plus homemade cakes. Please put it in your diary, and if you might be able to help please email vivien@rasasc-guildford.org



Meanwhile, if you or any of your friends are having a clear out, please give us any suitable **GIFT ITEMS** to sell. We are collecting now in the office. We need **Good as New only** DVDs, CDs, books, 2013 diaries, calendars, vouchers, chocolates, wine, toiletries, jewellery, gift sets, nice new items (not too large).

No: hats, clothes, shoes, furniture, bags, videos or imperfect items.

▶ 2013 - Runner needed for the Brighton Marathon 14th April 2013

We have one volunteer who would like to run in the Brighton Marathon for us, but we have to buy 2 places. Would anyone like to run with her, and raise money for RASASC? Please contact the office if you would like further details.

► Ways to donate and fundraise for RASASC

NEW



JUST TEXT GIVING RASA12

A new and simple way to donate via phone.
100% of your donation goes to RASASC!

Easyfundraising has links to most popular on-line stores and every time you buy your normal things through their website, they will make a donation to RASASC! So if you do a weekly supermarket shop, just enter the shop's website via the link on the easyfundraising website, or if you are booking a holiday, or buying furniture, or clothes, or anything - it would help us so much if you were able to do it via www.easyfundraising.org.uk/rasascguildford. NO EXTRA COST to yourself!



Unwanted DVDs, CDs, mobiles, video games, CEX, Entertainment Exchange in Guildford buys, sells and exchanges DVDs, HD films and music CDs. If you are clearing out any of these items, please drop them off at the office for us to take to CEX.



All old printer cartridges, toners, mobile phones, PDAs, MP3s - either leave 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.

Collecting Boxes. Can you put a collecting box at your place of work or local shop/pub? Please contact vivien@rasasc-guildford.org.



Ebay selling? When you list your item choose RASASC and donate 10%-100% to us. Or donate it to us and we will list it.



Your Legacy for another survivor. Leave a legacy to RASASC in your will.

THANK YOU FOR SUPPORTING RASASC – WITH YOUR HELP WE MAKE A REAL DIFFERENCE TO PEOPLES' LIVES

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