



Newsletter ~ Spring 2013

Our latest thanks go out to:

- Anne Milton, MP
- Jennifer Jordan, Guildford Mayor
- South African Congregation
- Zonta International
- Waitrose Epsom
- Waitrose Cobham
- Waitrose Farnham
- Waitrose Walton on Thames
- Hampton Court Swim
- Sponsored cycle
- Sales of books
- Give-a-car-scheme
- Anonymous donations
- Ink cartridges & phone donations
- Winter Fair donations and support
- Easyfundraising on-line buyers
- 'Friends of RASASC'
- MissionFish (e-bay for charity)
- Surrey Satellite Technology Ltd
- Yvonne Arnaud Theatre
- G Live
- The Fundraising Company
- Inner Wheel Club Rushmoor
- Centrepoint Church
- Holy Trinity Church
- Cargo Homestore
- JTI
- Shepperton Rotary Club
- Memset Ltd
- Smile IT
- Frances Andrade donations
- University of Surrey
- Loseley Park

With *apologies* to anyone we've left out.
We are *hugely grateful* for all the help
and support we get.

New Freephone
0800 0288 022



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

Welcome, Dear Readers

I hope you enjoy this edition and summary of our activities. The Rape and Sexual Abuse Support Centre has been extremely busy, so please accept our apologies for not receiving a newsletter sooner.

Please do visit the new RASASC website, we hope you like it. It is still being updated and improved over the next few months, so do look at it from time to time.

The Trustees Annual Governance and Strategic Planning Day has revealed some new changes and details of RASASC's new research and initiatives are in the "2013 What's Happening" section.

The Past Few Months, 2012 into 2013

Jimmy SAVILLE

Breaking news regarding Jimmy Savile in October 2012 has had an effect on the demand for RASASC's counselling services; the average number of people seeking counselling sessions has risen from 3 a week to 15 a week. RASASC now has 36 clients on the waiting list for assessment. RASASC has 21 volunteer counsellors who support 45-50 clients every week. Media interest has put additional strain on all volunteers and staff.

Sonja from RASASC met Mark Williams-Thomas, the Child Protection Expert and Ex-Policeman who exposed Jimmy Savile, at a special meeting in London. The revelations are horrendous and just go to show how easy it is for people "in power, or in special positions, or with money" to operate in plain sight. It also shows how difficult it was, or is for survivors to say anything and to be believed. The Jimmy Savile revelations have been a water-shed moment in opening people's eyes and encouraging conversations around these problems and issues. We at RASASC hope that positive changes for the better will come out of all of this.



South African Congregation

The South African Congregation of Guildford, have supported RASASC over the years and are continuing to do so. The South African congregation invited RASASC to attend a special service and donated a generous cheque. Their support is greatly appreciated.

University of Surrey Health Fair

This event was well attended by many young people from the University and also their lecturers. Safety and awareness surrounding rape and sexual abuse is so important for these young people who are away from home. They now have our leaflets and contact details should they need support.



Surrey Safer Communities Network Forum

RASASC is part of the official working group of the Surrey Safer Communities Network Forum (SSCNF). This network is actively raising awareness for funding and support from Kevin Hurley, the Police and Crime Commissioners and are hoping to have a meeting with Kevin Hurley in 2013.

Waitrose Stores



Several Waitrose stores around Surrey have selected RASASC to be one of their Community Choices for a whole month. This is a great awareness raising method for us. It also leads to a donation at the end of the month. If you happen to be in a Waitrose in the future, please do fill in the small forms and nominate us for another collection.

Women's Refuge

A local Women's refuge invited RASASC to visit their secret location, and Sonja spoke individually to a number of women who had experienced rape or sexual abuse. This encouraged some of them to come forward and use the helpline. These women are very vulnerable and have usually experienced rape or sexual abuse from their husbands or partners.

Rotary Clubs, Samaritans and Zonta International Women's Group

Rotary Clubs, Samaritans and Zonta International Women's Group are amongst several organisations who have received presentations from RASASC over the last months. A number of these organisations have made donations to our services ranging from £50-£1,000. Malcolm Henderson-Begg, Vice Chair and Counsellor tends to do the majority of these but other volunteers do them as well. If you are interested in us attending your organisation, please contact the office.

Cargo Homestore



We are hugely grateful to the Cargo Homestore in White Lion Walk, Guildford, who offered to put a large poster in their window to publicise the RASASC Winter Fair. They also collected donations of good as new gifts for us. This support and awareness made a tremendous difference to our day at the Winter Fair. Thank you to all.



Mental Health

The Woking Mental Health Fair was again a success with many people stopping to talk and take leaflets. Rape and sexual abuse survivors can have issues such as depression, breakdowns, panic attacks and agoraphobia amongst other things. Guildford Borough Council held a special Mental Health Awareness Day at their Millmead Council offices, which was well attended by employees.

Winter Fair 2012

The Annual RASASC Winter Fair, was again held in the Guildhall, Guildford. The Fair was attended by Jennifer Jordan, Mayor of Guildford and Anne Milton, MP. Tombola, raffle, art, gifts, homemade cakes and craft stalls. It was the most successful to date! We raised over £2,000 and a huge amount of awareness amongst the people of Guildford, shop workers and wider public, about RASASC and the vital work we do. Our thanks go to all who donated items to sell, and raffle prizes, and all who volunteered on the day.



Photos of the RASASC Winter Fair 2012

Yvonne Arnaud Theatre

We must give a special mention to Yvonne Arnaud Theatre, Guildford, which has supported RASASC very generously with tickets to plays regularly for some time now. We have been able to use some for raffle prizes and some we have offered to our volunteers as a gesture of appreciation for all their work. We are enormously grateful to the staff at the Yvonne Arnaud for their help and support.

2013 What's Happening

New Freephone Helpline Number

RASASC officially announced its new Freephone Helpline number at its AGM in February 2013.



0800 0288 022

Funding for the first years running costs has been generated by Nicola Henderson, (MP Anne Milton's daughter) by running the London Marathon in 2012 and also climbing Mount Kilimanjaro. This was combined with a generous donation from Michael More-Molyneux of Loseley Park.



Why a Freephone number? Well, following a downturn in calls during the last half of 2012, RASASC carried out some research. It transpires that callers were not able to pay for the cost of a phone call or several phone calls. We are hoping, that those who are unfortunate enough to be in reduced circumstances will be able to make good use of this new facility. We feel as an organisation, that if a survivor has made the brave decision of seeking help, they should be able to get it when they need it.

Sexual Assault Referral Centre (SARC) Crisis Counselling

RASASC has tendered for the opportunity to provide short-term crisis counselling for clients who have used the Sexual Assault Referral Centre (SARC) in Cobham. Unfortunately, RASASC on this occasion has been unsuccessful.

Clients using the SARC have used the present service to its maximum capacity. Possibly due to the location and the fact that many do not drive. The lack of public transport and distance from the railway to the SARC is a problem for many. Also some survivors are not comfortable revisiting the SARC, because it reminds them of their Forensic Medical Examinations or making a Police Video Statement.

Young Persons Counselling

RASASC is researching and seeking funding for a pilot project to provide Young Persons Counselling. Currently RASASC only provides counselling for those over the age of 16, but we are hearing of more younger people in the age bracket of 13-16 who desperately need counselling. Anyone interested in funding this pilot project or anyone who has counselling experience in young peoples's counselling please get in touch. We will update you further in the next newsletter.

One Billion Women Rising Event

Valentine's Day, 14th February, Guildhall, Guildford. This event is an International movement about ending violence to women and girls. RASASC is fully aware that this happens to men and boys, but we still took part. RASASC had an awareness table with leaflets and joined in the short walk to the bottom of the High Street to release balloons. A number of women came



and spoke to our volunteers about the need for immediate support due to rape. Being available to talk directly with our specially trained volunteers is so vital to survivors. Interestingly enough, a number of men took leaflets for friends and family members

Positive Pedal Power starts March 2013

Started in 2011, this special activity for survivors of rape or sexual abuse is led by Cathie Smith, Chairwoman of RASASC. We have 4 mountain bikes, helmets and equipment for people to try out this activity, off-road, along bridleways and through the countryside in the Leatherhead area. Whether you are fit or unfit, a novice, intermediate or advanced. Cathie will find a trail that is suitable for you. Sometimes one-to-one sessions, sometimes in small groups of up to 4 cyclists. See the website for more information. Starts March 2013 and is weather dependent. Come along for one session or several. This is a great way for survivors to gain confidence and learn a new hobby.



Bridge Drive – Wed, 10th April 2013

Two lovely ladies, who are experienced Bridge players, are organising a Bridge Drive for RASASC. This will be at Lawnsmead Church Hall, Womersley GU5 0PG. £15 per head. £60 per table. Includes coffee at 10.30am, lunch at 12.45pm and a glass of wine. Booking form attached at the end of this newsletter. Phone 01483 892212 or 01483 274466 with any queries.

10K Sponsored Walk/Run – Sun, 12th May 2013

We have our first runner, Katrina Sale. Katrina is a retired helpline volunteer and daughter of Vivien Sale, who works in the RASASC office. Katrina is running the route! Please sponsor Katrina at <http://www.mycharitypage.com/KittySale/>

Volunteer, Terry Dyer, will be walking with her dog(s). Terry is making a special RASASC doggie coat!

We would love to see others at the walk. It's a fun event and a lovely walk/run through the countryside and along the River Wey. The amount of sponsorship you collect could be as little as £20, up to hundreds of pounds. Free t-shirt if you raise £20 or more. Let us know if you would like to take part. We can help you set up on-line sponsorship pages.

The walk is organised by Guildford Rotary Club for local charities and there is a map at <http://www.rotary-ribi.org/clubs/page.php?PgID=343233&ClubID=1453>



Three Peaks Challenge – 18th May 2013

A team of determined people will be attempting to do the Three Peaks Challenge in less than 24 hours. Vanora, Lez, Tracy, Carole, Fiona and Fran are all trekking the 3 Peak Challenge on 18th to 19th May. They are climbing Ben Nevis, Scafell Pike and Snowdon in 24 hours. They have chosen RASASC "as it gets little funding and a good friend of ours gives up a lot of her own personal time to help support the people that need this charity and the support it gives". <http://www.charitygiving.co.uk/3peakers>

Autumn Telephone Helpline Training Course

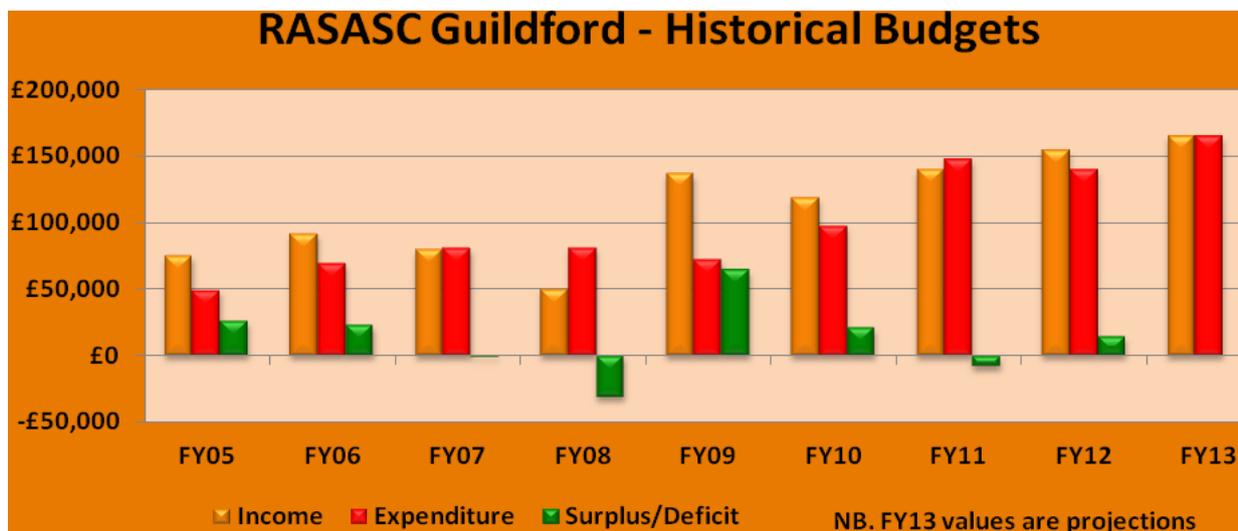
We had 9 new volunteers joining us at the end of 2012. They are now operating the helpline. These volunteers have developed specialist listening skills and are able to relate empathically and non-judgementally with survivors and provide them with the support they need. Apply for the Autumn 2013 course after June 2013.



Vacancies at RASASC – more details on website

- Helpline** Apply after 1st June 2013 for the Autumn training course in September 2013.
- Other vacancies** **EXHIBITION VOLUNTEERS** – Needed to take our Exhibition Stand to venues in Surrey (eg. schools, colleges, health fairs). Varied dates throughout the year, usually daytime Mon-Fri. Volunteers will need to transport lightweight display board, leaflets, cards and promotional items.
RAFFLE PRIZES VOLUNTEER – Needed to help source raffle prizes.
COLLECTING BOX VOLUNTEER – Needed to approach stores, restaurants and pubs to seek placement of collecting box near tills.
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 CV.
- Trustees** Trustee with PR experience - please send CV

Support Us - Financial Picture



Friends of RASASC

Please become a Friend of RASASC. We would like to encourage you to become a Friend. A regular monthly donation to RASASC will make a big difference to our income.



If 1,000 people each give £2 per month (that's only £24 a year), then we would raise an extra £24,000 each year. If we are able to claim gift aid on all £24,000, it would rise to £30,000.

Friends will be able to apply on a first-come basis, for occasional free theatre tickets, paintball tickets and other tickets that are donated to us. Your support is so valuable, please do join.

Contact admin@rasasc-guildford.org or 01483 452900 and we will post you a form. Thank you.

Recycling

Old ink and phones help RASASC! We collect all **old Printer cartridges, toners, mobile phones, PDAs, MP3s**. 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, or we have envelopes at the office and at display events. Send an email to us and we will arrange for some to be posted to you.

GiveaCar.co.uk

Do you own a vehicle that you want to dispose of? Giveacar is a UK based fundraising organisation, they provide a FREE service which is available throughout the UK, and can they work with you hand-in-hand in the following ways: They can arrange the collection of the vehicle at no cost to you. Depending on its age and condition, they can either recycle it at a green facility, or send it to a salvage auction; Scrap donations raise an average of £100, with auction cars often raising much more. To arrange donation of a car to RASASC, visit <http://giveacar.co.uk/charities/rape-and-sexual-abuse-support-centre> or call 020 0011 1664, quoting "RAPE".



Music Magpie



Have a clear out. Recycle your unwanted CD's, DVD's and Computer Games. Drop them off at the office; give them to us at any event we are at. Or simply call Music Magpie on 08702 957 930 and tell them that you want to register for a free re-cycle box or register for free on the website www.musicmagpie.co.uk

Once you have filled a box simply call the number on the outside of the box for a free collection. Get your office or club to collect them for us. Leaflet drop your street asking for everyone to put items on your doorstep.

easyfundraising.org.uk

Please raise money for RASASC at **NO EXTRA COST** to yourself! When shopping online, do it via www.easyfundraising.org.uk/rasascguildford It has links to most popular stores and every time you buy something through this, 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. Big purchases lead to bigger donations, so do consider using this if you are booking a holiday, or buying furniture, or clothes, or cars.



Spotlight on RASASC Services

Specialist Family Support Counselling

Family members, partners and those close to a survivor, experience a range of emotions and issues and can find it very difficult to cope.

RASASC has a dedicated counsellor offering specialist support to those in this position. If you need support with what you are experiencing, help understanding your feelings, guidance on what to say or what not to say, or reassurance.

Please phone the RASASC Counselling Manager, Felicity on 07757 009840 to arrange an appointment.



Specialist Court Support

Independent Sexual Violence Advisor (ISVA)



ISVA - RASASC's Independent Sexual Violence Advisor (ISVA) supports survivors throughout their journey of recovery. Some survivors will require support going through the Criminal Justice System, others will need signposting to appropriate counselling, medical support or sexual infection appointments.

Court proceedings can be scary and take up to two years. The ISVA can liaise with the Police and Court on the survivor's behalf. She can be available to attend court should the survivor or family need extra support. The ISVA can also provide information and explain other options and services that may be available to the survivor. Please phone Sheila for support and information about your choices. 07412 222249 or email sheila.isva@rasasc-guildford.org

Court Support Counselling

RASASC can offer specialist Court Support Counselling for those going to court. During these sessions, details of the court case are not discussed at length. The Court Support Counselling focuses on coping strategies for the survivor, their feelings during the trial, reactions to positive or negative sentencing and how to look after their own emotional health whilst waiting for court dates and also while at court. Please phone Felicity, Counselling Manager on 07757 009840.



Witness Service



Going to court can be scary and RASASC has over the years established strong links with the Witness Service. They are able to offer pre-trial tours of the courts; these can be arranged directly or through the ISVA. The Witness Service will explain who sits where, and what happens. They can explain about separate entrances for the survivor and separate waiting areas, so that they do not have to face the accused. Special Measures can be applied for with the help of the Witness Service and the ISVA, these are special screens, video links and the removal of gowns and wigs for young witnesses. Phone the Witness Service on 01483 300974 to arrange a tour.

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Please contact us with your stories or anything interesting for the next newsletter.
 You can be anonymous if you wish! admin@rasasc-guildford.org or RASASC, PO Box 1009, Guildford, Surrey GU1 9EE
 Fundraising and donations: Please make all cheques payable to "RASASC"

Thank you for all your Support – It really does make a difference.

Together we can turn Victims into Survivors



Bridge Drive
On Wednesday 10th April 2013
at Lawnsmead Church Hall, Wonersh, GU5 0PG

Coffee 10.30am - Play commences 11am - Lunch 12.45pm

Tickets £60 per table to include lunch and a glass of wine.

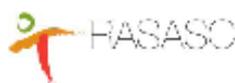
To book your table, please complete, detach and return the slip below.

Please note that no tickets will be issued.

We will contact you to confirm your table has been booked.

Please bring your own table and cloth.

Call 01483 892212 or 01483 274466 with any queries.



I enclose a cheque for £60 to book one table at the RASASC Bridge Drive on Wednesday 10th April at Lawnsmead Church Hall, Wonersh.

Name: _____

Telephone: _____ Email _____

Names of players: _____

Please tell us about any special dietary requirements: _____

*Please make cheques payable to Mrs A Shine and send with this booking slip to
Cornerways, Blackheath Lane, Wonersh GU5 0PN.*

If you would like this form e-mailed to you, please send a request to admin@rasasc-guildford.org