



Newsletter ~ May 2013

Our latest thanks go out to:

- Friends of RASASC – page 7 & joining details on our website
- Waverley Voluntary Grants Panel
- Guildford Voluntary Grants Panel
- Police and Crime Commissioners Joint Funding
- Office book donations and sales
- Give-a-car-scheme
- Anonymous donations
- Donations of ink cartridges, mobile phones, used stamps
- On-line buyers using Easyfundraising
- E-bay items sold for RASASC
- Surrey Satellite Technology Ltd
- Yvonne Arnaud Theatre
- JTI
- Cargo Home Store
- Shepperton Rotary Club
- Fleet Rotary Club
- Chertsey Rotary Club
- RASASC Bridge Drive
- Memset Ltd
- Smile IT
- Frances Andrade donations
- Michael More-Molyneux, Loseley Park
- Tracey and Aine – car boot sale
- Metro Bank
- The Netherby Trust
- South African Congregation

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



Sponsored Walk
12th May – JOIN US
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HELPLINE TRAINING COURSE
Starts 31st Aug – places limited – apply now
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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.

Two people a month are being prosecuted for false allegations of rape. Perverting the course of justice is a serious offence. It can only be tried on indictment and carries a maximum sentence of life. It is important that we acknowledge the very damaging impact that a false allegation of rape or sexual abuse can have on the person falsely accused. Reputations can be ruined and lives can be devastated as a result. It also has an impact on juries and judges trying to make a decision on genuine rape and sexual abuse cases.

Keir Starmer, Crown Prosecution Service <http://www.bbc.co.uk/newsbeat/21016808>

False Allegation Support Organisation <http://www.false-allegations.org.uk/index.html>

The argument of suspect anonymity still continues.

- If names had not been mentioned for cases such as Jimmy Savile, then others would not have come forward.
- Rapists and sexual abusers often attack more than once and will do so until they are stopped.
- However, releasing a name can permanently damage a person's reputation and livelihood and can be devastating to an innocent person.

The Past Months

Yvonne Arnaud Theatre

The Yvonne Arnaud Theatre, Guildford, has supported RASASC generously with complementary tickets to plays. We have been able to use some for raffle prizes and some for our volunteers as a gesture of appreciation for all their work. Our thanks go to all at the Yvonne Arnaud for their help and support.



Autumn 2012 Telephone Helpline



Nine new volunteers joined the RASASC Helpline team at the end of 2012. These volunteers have developed specialist listening skills and are able to relate empathically and non-judgementally to survivors and provide them with the support they need. The helpline is open six nights a week 01483 546400 or 0800 0288 022.

Rotary Club Shepperton Aurora – 2nd February

Malcolm Henderson-Begg, Vice-Chair and Counsellor made a presentation to Shepperton Aurora and was very grateful for the generous £50 donation. Pauline of Shepperton Aurora said *"We were blown away by his presentation and felt that we just had to do something special. We then went away to discuss and decided that we would like to donate an additional £1,000 to this very worthy charity, this is something we have never done before."*



Rotary Club of Fleet – 25th February

Hayley was guest speaker at the Fleet Rotary Club. Hayley says: *"After a very welcome dinner, sitting with the club's President and other members, I gave a half-hour awareness and understanding presentation on Rape and Sexual Abuse and the work of RASASC. It was met with great interest and support. RASASC received a generous donation of £50."*



Rotary Club of Chertsey – 25th February

Malcolm reported: *"There were just under 20, mostly male, attendees. They were very impressed not only with the work, but also with the way we care for our volunteers with supervision and on-going training. They asked so many searching questions that my normal 20 minutes stretched to nearly 50! I was rewarded with many personal thanks as well as a cheque for RASASC and a very fine meal. I left feeling that, although our charity is controversial, it has great interest and support."*

Car Boot Sale – 3rd March



Our thanks go to, two determined volunteers who held a car boot sale for RASASC on a very chilly March day in a local multi-storey car park, (wind chill factor about -4). They were extremely successful and raised over £92. Tracey and Aine also handed out many RASASC leaflets and cards to the cold shoppers. We have plenty of items left over, so if you fancy doing a car boot for us during 2013, please do let us know.

Celebrating Good Practice and Looking to the Future Conference – 5th March



Melanie

Sonja, Melanie and Tracey attended this event with the RASASC exhibition stand. This event was aimed at organisations who can work with gypsy and traveller communities. It explored myths and barriers to interaction, with workshop type forums, suggesting ways to improve access, and to help get the information to these communities. It can be hard for the people in these communities to know where to get help if they need it, as so many of them do not read or write.

Community Safety Information Day – 23rd March

Malcolm gave a presentation at a Community Safety Day organised by Surrey Ethnic Minority Forum and the Buddhist community at Camberley Theatre. It was very well received by about 100 attendees, mostly Nepalese. Again there is the problem of getting information to people some of whom cannot read or write in English so it is harder to ensure that they know where to get help if needed. Malcolm was approached afterwards for more information by a variety of new contacts, and expects this to lead to requests for further presentations.



Violin Recital in memory of Francis Andrade – 24th March



On Sunday 24th March young pupils of Francis performed at a small concert at the Trinity Centre, Guildford, and £195 was raised for RASASC. Sarah and Martine took our display stand along and various parents expressed their appreciation of the work we do.



Bridge Drive – 10th April



Maureen and Anne, organised RASASC's first Bridge Drive at Wonersh Village Hall. The food was fantastic; our grateful thanks to all the kind volunteers who cooked and served it, also to the Vicar of Wonersh for the free use of the hall. Over £780 was raised for RASASC and some very useful contacts made.



Maureen, Ann, Helen, Taryn and wonderful volunteers

Helen is RASASC's volunteer family support counsellor and a keen bridge player, says: *"The advantage of events like this is not only money raised for RASASC, but also raising our profile with different groups of people who do not know about our work. As a result of this event we have several people interested in training for the helpline, and we also came to the attention of The Netherby Trust, who have given us a VERY generous donation! RASASC has experienced organisers who are happy to help, so if you have an idea for fund raising which we haven't tried before let us know and **DO IT!**"*



Corporate Social Responsibility Forum Launch – 19th April

Business@Brooklands in Weybridge launched one of the few CSR Forums in the UK. This Forum is a platform for larger organisations in the area to share their CSR policies and skills to help the local community and charities. The Rt. Hon. Philip Hammond MP addressed the Forum.

Karen Orchin, JTI’s Head of Community Relations was at the launch and is a founder member of the Forum Committee. JTI has its UK head office in Weybridge and

its employee led Weybridge Community Care Committee is one of RASASC’s corporate supporters.

Sonja Freebody represented RASASC at the launch. She raised awareness of the charity and made new contacts which will make future awareness opportunities and donations.

Mole Valley Awards – Cathie Smith – 19th April

Cathie Smith, RASASC Chairwoman was entered for the Mole Valley Volunteer Awards. The awards recognise volunteers who have given over 5 years or more to volunteering and are an excellent opportunity to thank volunteers for their valuable contributions to the lives of the people within their communities. Although Cathie did not win an Award, she was invited as a Nominee to a very exclusive “BBQ with a View” on top of Boxhill by the Chairman of Marvellous Mole Valley Awards. RASASC gained awareness within the community for this award and Cathie networked with many different people during the event.



Metro Bank – 19th April

Anne Milton, Guildford MP and Patron of RASASC, opened a new Metro Bank on 19th April in North Street, Guildford. The bank made a £100 donation to the charity of her choice, which was RASASC. Thank you to Anne and Metro Bank.



Mayor’s Award for Services to the Community - 20th April

Sonja Freebody, Management Co-ordinator and Fundraiser for RASASC, was delighted to receive the Award for Services to the Community. She joined RASASC in 2001, when there were not many helpline and counselling volunteers. She was the first part-time paid employee, working only 8 hours a week! RASASC now has 5 paid staff, 30-40 helpline volunteers, 21 volunteer counsellors, Assessors, Trainers and other volunteers. That’s a grand total of approximately 70 volunteers !!



The Award was in recognition of her achievements and hard work, in growing the charity to the size it is today and raising funding and awareness for a charity that covers a difficult topic. RASASC is now very well respected as an expert in support services for survivors throughout Surrey and beyond. RASASC’s brand-logo is now recognised by many and Sonja is regularly asked to comment on RASASC’s behalf in the local press and radio.

The Mayor of Guildford, Jennifer Jordan was proud to present the award, as she has known Sonja and has supported RASASC over many years. Jennifer recognises the difficulties in raising funding and values the contribution RASASC makes to society at large.

Brooklands College “Be Healthy” Events – 30th April and 2nd May

We were represented at these two events, at the Ashford and Weybridge campuses, raising awareness of RASASC amongst students and faculty, with lots of information, leaflets and pens.

Radio and Press Interviews - May 2013

Sonja Freebody carries out numerous press and radio interviews as part of her role at RASASC. The Jimmy Savile news, other high profile stories and the sad news of Frances Andrade (Guildford resident) have attracted a great deal of media attention and public interest.

The breaking news on 2nd May regarding Stuart Hall pleading guilty, sparked off even more enquiries from the media. Sonja was interviewed by Jade at Sky News Radio, which is a UK-wide service, about why people sometimes wait years before disclosing rape and sexual abuse.

The same day the Surrey Herald newspaper interviewed her on the same subject, because of the allegations made against Max Clifford (resident Hersham/Weybridge) which are currently under investigation.

Then she spoke on BBC Radio Surrey and Sussex to presenter Danny Pike about why people come forwards decades after abuse. How society's attitudes to rape and sexual abuse have changed over the years, but there is still general lack of understanding associated with a long delay in reporting. Joining the conversation was Tina Renton, who was raped and abused by her step-father from the age of 6. She told her mother and a school teacher at the time, but nothing was done to protect her. The mother was fearful of losing the house if Tina spoke out, so she let Tina decide what she wanted to do. Tina didn't want to be responsible for putting the whole family on the street, so allowed the abuse to continue. 30 years later, with a Law Degree, she realised that there is no deadline in reporting rape and sexual abuse. She reported it to the Police, went to court, and her step-father was sentenced to 14 years.



Future Activities

Positive Pedal Power, March – October 2013



A cycling activity for survivors of rape or sexual abuse, led by Cathie Smith, RASASC Chairwoman and Helpline volunteer. 4 mountain bikes, helmets and equipment to use. It is off-road, and along bridleways. Whether you are fit or unfit, a novice, intermediate or advanced, There is a trail that is suitable for you. One-to-one sessions, or small groups of up to 4 cyclists. Come along for one session or several, weather dependent. Cathie is happy for you to talk during the session or to have a quiet relaxing

time. This is a great way to gain confidence, build self-esteem and learn a new hobby.

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

Katrina Sale is running in this event, she is a retired helpline volunteer and daughter of Vivien from the RASASC office. She has been training hard, and says "Now I know I can do it, I'm going to try and win it!" Please sponsor Katrina at <http://www.mycharitypage.com/KittySale/>



Katrina

Volunteers, Terry and Jan, will be walking with Zubin the dog at a medium pace and Peter will march at a faster pace. Terry has made a special RASASC doggie coat to match their RASASC t-shirts! Zubin is a lovely dog; in his spare time he is a specially trained "PAT DOG" – **P**ets **A**s **T**herapy.



Terry and Jan would love you to join them on the walk. It's a fun morning and a lovely walk along the River Wey and the countryside. Free RASASC t-shirt! Register from 8.30am, start 9.45am and finish 12-1pm. No sponsorship, never mind, sponsor yourself. The office can help you set up an on-line sponsorship page before or after the event. The walk is organised by Guildford Rotary Club for all 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 great 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 Three 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>

**Bupa 10K Run London – 27th May 2013**

Emma Cooper, one of our fantastic helpline volunteers who do so much for RASASC, will be running this race for us. Starting and finishing in The Mall, around the City of Westminster and the City of London. Thousands of people will descend on St James Park for this race.

APPLY NOW – New Helpline Training course

See www.rasasc-guildford.org “Volunteering”, to download an application form and role description.

Interview dates: 30th June, 14th July

Course dates: Saturday 31st August, 10am-4pm
 Thursdays 5th, 12th, 19th, 26th September, 7pm-9.30pm
 Thursdays 3rd and 10th October, 7pm-9.30pm
 Saturday 12th October, 10am-4pm

RASASC has a new Helpline Trainer for the next course - Maria White, who has volunteered both on the Helpline and as a counsellor with us since 2007. Her knowledge and expertise will be put to good use and her calm manner and friendly face is always welcome.



We would also like to acknowledge and send our thanks to the previous Trainer, Gosia, who worked hard at delivering the last training course. We are not saying goodbye to her yet, as she is still volunteering with us as a Counsellor.

Volunteers Needed at Future events

If you can help at any of these events please let the office know. Email vivien@rasasc-guildford.org

- 2 July (Tuesday), exhibition stand to Godalming College Health Fair, 10.15am-2pm.
- 17th September (Tuesday), exhibition stand to Holy Trinity Church Health Event. Times tbc.
- 7th December (Saturday), Winter Fair – all day help and in the week preceding.

Vacancies at RASASC – more details on website

Helpline

Apply Now for the next training course starting 31st August 2013. See

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 interesting raffle prizes.

COLLECTING BOX VOLUNTEER – Needed to approach stores, restaurants and pubs to seek placement of collecting box near tills.

Support Us - Financial Picture

Friends of RASASC we need you Please become a Friend of RASASC.



The **Friends of RASASC** scheme is open to individuals, groups or companies. A regular monthly donation to RASASC will make a big difference to our income. Donations from just £2 a month.

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

As a way of expressing our thanks, Friends will be offered the opportunity to apply on a first-come basis, for occasional free theatre tickets, paintball tickets and other tickets or trips that are donated to us.

Download a form from <http://www.rasasc-guildford.org> "Support Us"
Any queries contact admin@rasasc-guildford.org or 01483 452900

How to Help us by Recycling

We collect all used or new **printer cartridges, toners, mobile phones, PDAs, MP3s**. Drop them 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. Email us and we can send some to you.

We recycle **used stamps**, so please collect yours for us! Give them to us or post directly to RASASC-guildford, Stamp Recycling, Fords Farm, Horsey, Norfolk, NR29 4EP

We recycle **cars**. "Giveacar" service is in the UK. They collect the vehicle for FREE. Depending on its age and condition, it is recycled at a green facility, or sent to a salvage auction; a car can raise an average of £100, with auction cars often raising much more.

<http://giveacar.co.uk/charities/rape-and-sexual-abuse-support-centre>
or call 020 0011 1664, quoting "RAPE".



We recycle **CDs, DVDs and Computer Games**.



Have a clear out and recycle your unwanted CD's, DVD's and Computer Games. Get your office or club to collect them for us. Leaflet drop your street asking for everyone to put items on your doorstep.

Once you have collected a load you can either:

- drop them off at the office or give them to us at an event or
 - call Music Magpie on 08702 957 930, to register for a free re-cycle box
 - or use www.musicmagpie.co.uk and register for a free re-cycle box.
- Phone number for free collection is on the outside of the box.

On-Line Shopping?

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, it 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 please do consider using this if you are booking a holiday, or buying furniture, or clothes, or cars. Jan-March 2013 raised £80.



Spotlight on RASASC's Helpline Service



Helpline Service Freephone 0800 0288 022 or 01483 546400

The RASASC Helpline has always been available to male and female survivors of rape and/or sexual abuse of any age. The Helpline is also available to support those who are close to the survivor. The youngest caller, that we are aware of, was 7 years old and the eldest 80 years old.

The Helpline Service has been running since 1992; originally with one phone line, open for one evening a week. It is now open six evenings a week, with two lines. Our volunteers are available from 7.30pm – 9.30pm every night except Saturdays and Bank Holidays. Between 2,500 and 3,000 calls are taken every year. If you would like to see more statistics, look at our Annual Reports on the RASASC website www.rasasc-guildford.org.

The Helpline has always been operated by female volunteers, fully trained by RASASC. They receive specialist training in listening skills and all matters relating to rape and sexual abuse, as well as the issues and emotions that callers may experience. These vary from anger, crying, silence, self-harm, cutting, suicide attempts, drinking, drugs, panic attacks, nightmares, regression, dissociative identity disorder, multiple personalities, etc. Helpline Volunteers are all female and This post is exempt under Para 7 (2) of the Sex Discrimination Act

You may wonder why we have no men on the Helpline. In 2006 we established a Male Helpline with six really great guys, who all received our specialist training. It lasted for nearly two years. Unfortunately they only received a few calls, but those calls were very successful and helped a great deal. Sadly one-by-one the male Helpline Volunteers became disheartened at not receiving many calls and we eventually had to close the line.

It transpires that male and female callers prefer to speak to women. We do however have one male Helpline Volunteer still available and, if requested, he can ring the caller back at an arranged time.

The Helpline is accessible through two numbers, the original Helpline number 01483 546400, or a freephone number 0800 0288 022. This gives the caller a choice of paying for their own call or, if they cannot afford it, they can use the freephone and RASASC pays for the call at approximately 2p per minute. The freephone is only free from a landline or public call box; if the caller uses a mobile to call the freephone number they will be charged. However, mobile callers may be able to use www.0800buster.co.uk or www.freephonebuster.co.uk to reduce their charges.

We have a team of 30-40 volunteers who operate the Helpline Rota. On average they all do 2-3 evenings a month on the Helpline. When volunteers listen to details about rape and sexual abuse it can be very distressing, and they can be affected with vicarious trauma. To combat this we provide a monthly supervision meeting, with additional telephone supervision if needed. Interested, see Page 6 for details about next helpline training course.

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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***