



Newsletter ~ Summer 2013



Welcome, Dear Readers

I hope that you are all enjoying this fantastic weather. We have been busy over the last few months getting into the local community.

High demand for specialist rape and sexual abuse counselling is unfortunately still with us. It still shocks people to think that "IT" happens in "Leafy Surrey".

The Foreign Office has reported that the number of Britons raped or sexually assaulted abroad that they are aware of rose in 2012 to **310**. Foreign Office Minister Mark Simmonds is 'deeply concerned' by the figures and promised to give 'all possible support' to victims.

Holidaymakers or expats 2012
 Raped = **138** (previous year 127) and
 Sexually assaulted = **172** (previous year 154).

Thank you to:

- Anonymous financial donations
- Book donations
- Book sales
- Give-a-car-scheme
- Recycled ink cartridges
- Recycled mobile phones
- Recycled stamps
- Easyfundraising users
- E-bay sales
- Friends of RASASC
- Surrey Satellite Technology Ltd
- CHL Mortgages
- Yvonne Arnaud Theatre tickets
- Holy Trinity and St Mary's Church
- Waitrose Godalming
- Waitrose Hersham
- Barley Mow Pub
- Frances Andrade in memorandum
- BUPA 10K Run
- 10k Annual Sponsored Walk/Run
- Three Peaks 24 hour Challenge
- LUSH Guildford
- JTI
- Smile IT
- Michael More-Molyneux, Loseley Park

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

National Awareness Day for Survivors of Rape and Sexual Abuse.

RASASC Guildford is establishing a National Awareness Day for Survivors of Rape and Sexual Abuse.

To launch nationally in April 2014.

We have a number of organisations and individuals who have pledged support already.

We are seeking:

- 1) Corporate sponsorship.
- 2) More assistance and endorsements from high-profile persons.
- 3) Awareness day, PR, Media experts.

NEW TWITTER ACCOUNT



@HelpRASASC

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

What have we been doing?

March 2013 RASASC helped with an Independent review by Surrey Police into Victim Care. As a result a full report and action plan have been published and the Police have identified 7 key areas for improvement. Full details are at: <http://www.surrey.police.uk/news/news-stories/news-items/article/5422/college-of-policing-review-helps-inform-improvements-to-victim-care-in-surrey>

10K (6.2 miles) Sponsored Walk and Run Sunday 12th May 2013

This annual event is now becoming a fixture in the RASASC Annual Fundraising Calendar. Will you join us in May 2014?

All signposted and marshalled by the Rotary Club of Guildford from Shalford Park, through the surrounding countryside in a figure of eight circuit, with a stop at Bramley disused railway station. Plenty of free parking at Shalford Park. There are 3 checkpoints.

Participants can walk or run. Runners take approx 40 minutes and walkers about 1¾-2½ hours (depending on how much talking goes on!).

This year 2013, Terry, Jan, Peter, Steve and Zubin (RASASC doggie mascot!) walked. Katrina and Bobby ran all the way!

They raised just under **£1,000**.
Thank you.

If you are interested in joining us in 2014, please get in touch and we can give you a t-shirt to wear!

More pictures, information and the date for 2014 at:
<http://www.rotary-ribi.org/clubs/page.php?PgID=343233&ClubID=1453>



Three Peaks Challenge Saturday 18th May 2013

A group of six intrepid fundraisers scaled the Three Peaks in 24 hours for RASASC.

The Three Peaks are Ben Nevis in Scotland, Scafell Pike in the Lake District and Snowdon in Wales.



Our thanks go to Vanora, Lez, Tracy, Carole, Fiona and Dale, who raised in excess of £1,400. The group wanted to support RASASC because a good friend is a RASASC counsellor. She has told them over the years about the positive work that we do and the incredible improvements that counselling clients make to their own lives as a result of being supported. *Thank you.*



Waitrose 2013

Waitrose Community Matters are very much part of the community and like to give something back to the local area. Customers have nominated RASASC and voted with their green tokens. Each month every branch donates £1,000 to local causes, divided between 3 organisations. If you wish to nominate us, fill in a form at your local store and hand it in at their Welcome Desk. *Thank you.*



Hersham Waitrose kindly donated £500 and Godalming Waitrose donated £420. Malcolm Henderson-Begg, Vice-Chair and Counsellor kindly collecting the Hersham cheque on our behalf.

London 10K Bupa Run – Monday 27th May 2013

Helpline volunteer Emma completed her 10K Run for RASASC in 62 minutes. Emma raised over £300, which was her minimum target. Thank you Emma.



Emma said: *“The weather was perfect - luckily a nice breeze. I would recommend it. It's so well organised and a great route. I'll probably do it again next year, so will keep you posted. I've done this run before and I also did a half marathon a couple of years back.”*

Witness Service Tour – Thursday 13th June



RASASC arranges special tours of Guildford Crown Court for RASASC volunteers every year.

The Witness Service helps alleviate anxieties that witnesses feel about attending court. They help people understand what to expect, explain who sits where in a court room, explains special measures that can be put in place to give witnesses protection. For vulnerable rape and sexual abuse witnesses there is a separate entry, self-contained room and toilets, to prevent the witness from unexpectedly meeting other persons, who they might find intimidating.

Helpline volunteer Barbara says: *“This is especially important in the light of recent abuse trials, where questioning in court has been psychologically crushing with the most terrible outcome.”*

Helpline volunteer Jane said *“It was very interesting and both of the Witness Service volunteers were very informative and welcoming. We also had the opportunity to sit in and listen to a child abuse case which was enlightening to say the least.”*

RASASC's First Work Experience Student

RASASC offered its first ever one-week's work experience to a local Tormead School pupil. Georgia had previously been involved with raising awareness and £3,000 for RASASC. She had helped produce a 4 minute film about RASASC. When she approached RASASC and asked for some work experience, we were more than happy to offer her a week. Sonja said *“She was delight to have at the office, she fitted in very well with the others. She shadowed me to a large Police presentation that I undertook. The work that I set her, she carried out to a very high standard. We wish her well in her future”.*



Saturday 29th and Sunday 30th June 2013 LUSH Charity Pot Weekend

RASASC was invited into the store Lush in Guildford for a whole weekend. Lush donated all the takings from its Charity Pot product and helped raise awareness amongst its customers, many of whom are young and female. RASASC had a team of volunteers who worked tirelessly over the weekend and we thank them for donating their time.

RASASC volunteer Isabel said *"The fundraising at Lush went really well. By the end of Saturday afternoon we had raised over £ 200!! The girls from Lush were incredibly supportive, very sweet and very enthusiastic."* The total went on to increase to an incredible **£306**.

Lush Manager Sophie and all 18 staff members learnt a lot about RASASC's services and clients and the work that RASASC does. *Thank you.*

During the weekend a number of people expressed an interest in future volunteering and a few people asked to be put on the Counselling List for support.



Godalming College Health Fair – Tuesday 2nd July

RASASC was again invited to bring our display to Godalming College to create awareness amongst students and staff. This is always a busy event and we get to meet hundreds of students and they all get a RASASC pen if they listen to us!



Surrey Police (PPIU) Public Protection Investigation Unit – 3rd July

Sonja Freebody and Sheila Cade-Hughes gave a brilliant comprehensive presentation to over 150 members of Surrey Police Public Protection Investigation Unit.

The presentation at the Surrey Police's Imber Court facility was a result of the Independent Review of Surrey Police's Victim Care. The presentation was to inform them first hand of our services to enable them to work more effectively with survivors. The pair covered the topics of RASASC counselling, helplines, pre-court support, family support and the Independent Sexual Violence Advisor role.

CHL Mortgages – Mufti Wimbledon Day – 5th July

CHL Mortgages in Fleet excelled again for us. A Mufti Wimbledon Day with bacon butties and scones for breakfast. (All good tennis players eat this!)

Throughout the day cakes and goodies were on sale.

Afternoon strawberries and cream plus a raffle.

To wear off the calories! They exhausted themselves by doing a charity car wash! Raising £455. *Thank you.*



JTI Corporate Philanthropy – July

JTI's Corporate Philanthropy support continues and our thanks go to JTI employees who made an unexpected donation of £1,870 from a staff raffle. Thanks also go to all of JTI for donations of stationery and recycled ink cartridges. *Thank you.*

Holy Trinity Church service – Sunday 14th July

Holy Trinity Church in Guildford High Street is a great supporter of RASASC. On Sunday 14th they held a special service for all those who work for, or support, RASASC and donated £500. *Thank you.*



3rd August – Hascombe Charity Concert

Fanfare – A tribute to Fran Andrade 1964-2013 with the Tapestry Chamber Orchestra, around the Hascombe Pond with solo violins, flute and harpsichord, directed by Roger Hamilton to raise funds for RASASC. Thank you to everyone organising, playing and enjoying the evening.

The Challenge Network Project – July/August – in conjunction with RASASC. Filming and Twitter. More details to follow in next newsletter.

New Helpline Training – Saturday 31st August

We have interviewed the new group of helpline trainees and they will be starting on 31st August 2013. If you missed this opportunity. The next training will be in 2014, however, you can still help at our Future Activities listed further on.

Positive Pedal Power - Summer – October 2013



Special cycling for survivors of rape and sexual abuse is still being offered by Cathie Smith, Chair of RASASC and keen cyclist herself.

Cathie takes individuals and up to 4 people off-road to enjoy the Surrey countryside. The people that Cathie takes are survivors and also RASASC volunteers. The bikes and all safety equipment were donated by the Big Lottery a few years ago.



Cycling has been found to increase confidence, self-esteem and reduce isolation. All of the things that survivors may suffer from.

Cycling will continue until about October 2013. However, it is weather dependent!

Not sure whether it will suit you? Give us a ring and come along for one session to try it. Cathie will run your session to suit your fitness and ability.

9th October (Wednesday) – Epsom Mental Health Week

Epsom Mental Health Week presentation by RASASC Vice-Chair and Counsellor Malcolm Henderson-Begg at St Barnabas Church, Temple Road, Epsom, Surrey KT19 8HA. 2pm-3.30pm.

<http://www.lovemelovemymind.org.uk/emhw.html> Limited parking behind church and on road. Please do come along and learn more about our work. Pick up leaflets and purchase rape alarms.

Free event, all welcome.

Atlantic Rally for Cruisers (ARC) - 24th November 2013

Graham Wyllie will be taking part in the most successful ocean sailing event in the world in memory of Frances Andrade, who was a friend and violin teacher to his family.

Over 200 yachts, with over 1500 amateur sailors, from more than 20 countries will set off from Las Palmas de Gran Canary and cross 2800Nm of Atlantic Ocean to Rodney Bay in St. Lucia. A typical crossing takes 21 days.



Graham will be sailing the yacht named Challenger 3, along with a crew of 17. Sailing non-stop in two shifts (watches), 24x7 for more than 3 weeks. Good luck and a fair wind!

Please sponsor Graham at www.mycharitypage.com/grahamwyllie his target is £2,000. Perhaps a Corporate Sponsor, might like to combine the RASASC logo with theirs on the yacht? To watch the race and progress of Challenger 3, go to www.worldcruising.com fleet viewer.

7th December 2013 – The Big Annual Winter Fair

All day Saturday,

10am-5pm, Guildhall, Guildford High Street.

Delicious homemade cakes, gifts, jewellery, art, presents, raffle, tombola and much more. Come and see inside this historic building it's fascinating. Come along and help, come along and buy, or donate perfect unwanted gifts prior to the event that we can use to raise funds. We hope to see you there.



Future Activities

Volunteers Needed at Future events

If you can help at any of these events please let the office know. We set up volunteer rotas, so that people have support and can help a little or a lot. Email vivien@rasasc-guildford.org

- 17th September (Tuesday) - Holy Trinity Church, High St, Guildford, Domestic Violence Event
- 19th September (Thursday) - Godalming College Fair
- 6th – 12th October - Epsom Mental Health Week – Display stand
- **9th October (Wednesday) Epsom Mental Health Week Presentation by Malcolm Henderson-Begg at St Barnabas Church, Road, Epsom, Surrey KT19 8HA. 2pm-3.30pm. Please go along and learn more about our work. Free, all welcome.**
- 15th October – University of Surrey Fair
- 7th December (Saturday), Winter Fair – Help on the day, help the day before and help in the weeks/months leading up to it, by collecting unwanted gifts.

Volunteering and Vacancies

more details on website <http://www.rasasc.org/volunteer-vacancies/> or contact the office

Collecting box Volunteers – We have 20 collecting boxes. If you have a connection with a local shop, restaurants, petrol station, pub, garden centre, we would love to hear from you. You would be responsible for collecting and changing boxes about 4 times a year.

Awareness, display, exhibition Volunteers – Would you like to stand next to our information table at various events at schools, colleges, churches and health fairs? Lots of one-off dates throughout the year, usually daytime Mon-Fri, some weekends and evenings. Volunteer anything from 1 hour – 4 hours. Not done this before? Go and see us at one of our future events. New people are always paired up with someone who has done it before. Car drivers preferable as you may need to transport a lightweight display board, leaflets, cards and promotional items.

Raffle prize, unwanted gift and recycling Volunteers – Can you arrange for your club, neighbours, family or friends to collect items for us? We all have unwanted perfect items at the back of a cupboard and we would love to have them. Arrange a central collection point and a cut off date to encourage people to have a clear out. We also collect used CDs, DVDs, books, ink cartridges and phones for recycling funds.

Independent Sexual Violence Advisor (ISVA) PAID – Part-time 21 hours per week, 1 year contract, £13,000 pa, own car required. Can you support survivors through the aftermath of rape or sexual abuse? An independent role working alongside the existing full-time ISVA, Sheila. Multi agency working to achieve the best outcome for survivors. This role will involve working with children, young people and adults. The successful candidate will be expected to undertake ISVA Accredited training. The role is being funded by the Police and Crime Commissioner and we hope that they will offer further funding after year 1 on an on-going basis. Contact Sonja Freebody sonja@rasasc-guildford.org for job description. Application closing date: 6th September 2013

Helpline Supervisor – PAID Part-time. 2 years minimum RASASC helpline experience required.

RASASC in a Nutshell

Headquarters in Guildford, Providing a Surrey wide service
Counselling for individuals, family and pre-court support therapy
Independent Sexual Violence Advisor service
Training and presentations
Leaflets, newsletters and website
Established in 1992

- 5 paid part-time and full time staff
- 21 Qualified Counsellors
- 35-40 Helpline Volunteers
- 10 Events helpers and Fundraising helpers
- Answering up to 3,000 helpline calls every year
- Offering up to 2,500 individual counselling sessions
- A total of 70 volunteers providing over 14,000 volunteering hours
- Annual Running costs just under £200,000
- If we had to pay for the volunteer hours it would be in the region of £500,000-£600,000.

THANK YOU.

Support Us



Friends of RASASC

Anyone. An individual, group or company can become a **Friend of RASASC**.

Some charities will ask you to adopt a whale, or support a tiger or buy



a cow!

But RASASC can only ask that you to:

- adopt an anonymous volunteer or support an anonymous client by paying for
 - Some of our services, such as helpline calls, awareness info or counselling sessions.
 - For example, we ask client to donate up to £35 a session (all are means tested and none are turned away due to lack of funds). Other private counsellors charge £40-£80 per session. Some RASASC clients come for just a couple of weeks of counselling and some come for up to two years, which would equate to about £3,400. Therefore, by becoming a Friend, you could be supporting part or all of one-person's recovery.

Your donation will go towards making a big difference to us providing expert help to vulnerable and isolated survivors who desperately need someone to talk to.

Example: Make a regular monthly or annual donation from £2 upwards.

If 1000 people each give £2 per month (£24 a year), that would raise £24,000 each year.

If we are able to claim gift aid on £24,000, it would rise to £30,000.

Friends might also consider making a lasting legacy donation in their Will for future generations.

Friends are offered the opportunity to apply on a first-come basis, for special free donated theatre tickets, receive the newsletter and receive invites to special Friends events.

Special Offer: *First new 20 Friends to join in August will be invited to a special surprise luxury celebration Tea Party on the 7th or 8th September 2013 at a secret location.*

Download a form from <http://www.rasasc-guildford.org> "Fundraise and Support Us"



Christmas Shopping? On-Line Shopping

When shopping online, do it via

www.easyfundraising.org.uk/rasascguildford

This site has links to all popular stores and every time you buy something through this site, it will automatically make a donation to RASASC. Eg. If you do a weekly supermarket shop, easyfundraising will let you select your supermarket website, do your normal shopping and behind the scenes transfer a donation to RASASC – at no cost to YOU. Use this for Amazon and E-bay. Big purchases lead to bigger donations, so please do consider using www.easyfundraising.org.uk/rasascguildford if you are buying holidays, flights, insurance, furniture, clothes or cars.



Raise funds for us by Recycling



Ink cartridges, toners, mobile phones, PDAs, MP3s used or new. 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 with our unique bar code. Or pick up some envelopes at the office and at events. If you have lots of recycling, we can arrange a pick up.

Used stamps, pass them to us, or post directly to "RASASC-Guildford", Stamp Recycling, Fords Farm, Horsey, Norfolk, NR29 4EP.

Used books donate at the office or at events. We sell them in the office and also send surplus to a recycling company.

Used Cars! "Giveacar" service collects vehicles for FREE. It must be your car! Depending on 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".

CD, DVD, Computer Game, Clothing, Electronic items Recycling. You, your office, your neighbourhood, company or club can collect for us. Why not have collection weeks at work and then: drop them off to us at the office or at an event. Or -order a free re-cycle box, with free collection from Music Magpie 08702 957 930 www.musicmagpie.co.uk

Personal Safety

Personal Safety

Items available from our office or at events.

Suggested donations:

Personal attack alarms and mini torches £3

Drink spikies 50p

Purchase for yourself, your children, your students, your employees.

Personal attack alarms are great if used correctly, eg. Not at the bottom of your bag, but actually in your hand! Pull the pin out to active alarm and put back in to stop. Hold next to attacker's ear for maximum effect!

Benefits:

- draws attention and scares attackers, give a deafening sound to disorientate an attacker,
- gives you valuable seconds to escape and alerts passersby.



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", or on-line/text at www.rasasc-guildford.org



@HelpRASASC

Published by Rape & Sexual Abuse Support Centre (RASASC), Guildford.

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**Thank you for all your Support – It really does make a difference.
Together we can turn Victims into Survivors**