

RASASC

Rape and Sexual Abuse Support Centre

Guildford, Surrey



Newsletter March 2014

Who we are: RASASC is a Surrey based charity, working with the Surrey community since 1992. We provide support to female and male survivors of rape and sexual abuse, historic and recent.

We provide confidential helplines, counselling, self-help groups, Independent Sexual Violence Advisors, family support counselling, pre-trial support, survivor cycling, coffee mornings, presentations and awareness. All services are available by self-referral.

Welcome

I am delighted to send you the first, new-styled newsletter of 2014, sorry for the long gap since the last one. Another year has flown by and we have supported many hundreds of survivors and their families. We have seen a significant increase in the demand for our services, probably fuelled by media coverage of rape and sexual abuse.

I want to thank the 70 wonderful people who volunteer their time and skills to making our charity run. Thank you to those who have helped with fundraising and donations. We know that without your help we could not do it!

Behind the scenes, paid employees have been involved with a complete restructure and we have expanded our employee numbers from 5 to 7. In October, we welcomed Sally Hutton, as a new part-time Independent Sexual Violence Advisor (ISVA) and in February we welcomed Barbara Stevenson, as a new part-time Services Manager.

New services being introduced in 2014 will be Young Persons Counselling Service (ages 13-16) starting March/April on a Tuesday afternoon/evening. Plus Survivor Coffee Mornings and Groups.

The Board of Trustees continue to plan our future strategy and wish to thank you for all for your time, skills, donations, services and gifts in kind. Enjoy the spring sunshine and good wishes for the year ahead.

*Sonja Freebody
Head of Fundraising and Communications*

Royal Visit to RASASC

After a year of planning, we were graced with a visit by **HRH The Duchess of Cornwall, Camilla**. We were celebrating 21 years of providing services to survivors. The Duchess stayed for an hour and spoke to nearly 30 volunteers, staff, trustees and survivors. The Duchess has quietly been taking an interest in rape and sexual abuse survivor organisations for a number of years and we hope that she will be able to raise public awareness of all these issues in the future. She unveiled a plaque, cut a cake and had the honour of receiving a RASASC T-shirt!





More Royal visit photographs

Chair and Trustee Vacancies

RASASC is a small registered charity dedicated to offering support to male and female survivors of rape and sexual abuse through telephone helplines, face to face counselling, family support, self-help groups, Independent Sexual Violence Advisors, survivor cycling and coffee mornings. We are based in Guildford, and provide support to people in Surrey and beyond. We were visited there recently by HRH The Duchess of Cornwall, demonstrating that rape and sexual abuse matters are increasingly on everyone's agenda. **Term:** Minimum of one year from election

RASASC Chair

The role of Chair would really suit someone who wants to use their skills and experience for good by helping this small, highly committed charity as it moves on from a recent restructure carried out to allow us to meet the increasing demand for help. We are looking for a proactive and enthusiastic person with excellent communication, relationship building and leadership skills. Management experience, particularly if gained in the not-for-profit sector, would be a big advantage.

The main purpose of the role is to lead and chair the trustee meetings; support and extend the skills of the RASASC 7 person staff team; be the face of RASASC to the 70 volunteers and act as ambassador for the organisation. So if you see yourself in the above description and are passionate about supporting people affected by rape and sexual abuse, we would love to hear from you.

This challenging but rewarding role is unpaid, although expenses will be reimbursed. Time commitment is around 2-4 days per month.

RASASC Trustees

In addition to we are currently seeking trustees with expertise in either communications, PR & marketing OR governance of clinical services in counselling/helpline based organisations.

To apply or find out further information and to receive role details, please email Sonja Freebody sonja@rasasc-guildford.org or call 01483 452900.

New Helpline Training Course

29th March - 17th May.

Full details of dates, times, the application form and the role description are on the website www.rasasc-guildford.org under **Volunteering**.

On the website you can also listen to an audio podcast of a typical helpline call and volunteers talking about why they volunteer.

No previous experience is necessary, full training is given.

Interviews are being held on 15th and 22nd March.

Contact Lizzie to see if there are any spaces left: 01483 568000.



We have been raising awareness at

Many different place and here are just some of them:

- A special South African Church Community Service for RASASC.
- St. Peters Church Community Day to raise awareness.
- Presenting a talk and awareness table at Holy Trinity Health Day.
- Engaging with students at the Godalming College Health Fair.
- Raising awareness at the Federation of Small Business Annual Conference, Weybridge.
- Giving a talk at Zonta International Evening Dinner.
- Awareness raising at Surrey University, Do-More Volunteering evening.
- Epsom Mental Health Week presentation.
- Lush shop Weekend Awareness Event.
- Surrey University Health Fair.
- Presentations to Victim Support.
- Talk to Guildford Community Action.
- Awareness event at Glynn School, Ewell.
- Collecting box placement in shops.
- Talk to Godalming Medical Practice.
- Awareness at Brooklands College Health Event.
- Facing Saturday Shoppers and shopkeepers in Guildford's White Lion Walk. Complete with White Lion Walk Mascot!!

Please contact the office if you would like to volunteer or if you would like a talk or awareness table.
sonja@rasasc-guildford.org
01483 452900



Services Manager's Note

This is my first opportunity to say 'hello' as the new Services Manager at RASASC. I've been in post just 5 weeks and already feeling very much a part of the team – so a big 'thank you' to staff, trustees and volunteers for making me so welcome and putting up with my constant stream of questions. I have been a volunteer on the helpline for a few years and so feel I am on familiar ground working from the office. My responsibilities include the helpline, F2F (face-to-face) counselling, youth counselling, ISVAs and the office. Since I have been in post we have had a Royal visit, recruited a Youth Counsellor and our trainers have just started the process of interviewing applicants for our helpline volunteer training. Everyone works very hard and I can see that no week is going to be the same as the next – but that's part of the attraction working here. It's a privilege to be part of a team that are so committed to making a difference to others.

Barbara Stevenson, Services Manager

Atlantic Rally for Cruisers Race (ARC)

Graham Wyllie sailed “**Challenger 3**” in the ARC Race. Graham undertook this challenge in memory of Frances Andrade, who was a family friend and also a violin teacher to his daughter. She sadly took her own life during a sexual abuse court case. Graham’s sponsorship page is open for donations until 31 March and he has raised over £4,000 so far. Take a look at his page and make a donation if you can. www.mycharitypage.com/grahamwyllie

200+ yachts, 1500 amateur sailors, from more than 20 countries took part. The average time was 21 days. They sailed from Gran Canary across the Atlantic to St. Lucia. www.worldcruising.com

Graham seated
front middle
in RASASC
T-shirt!



Emma Humphreys Memorial Prize

Sonja Freebody, RASASC Head of Fundraising and Communications was one of five nominated for the Individual Prize to recognise 13 years of working for survivors. Emma Humphreys was a writer, campaigner and survivor of male violence who fought an historic struggle to overturn a murder conviction in 1995, supported by Justice for Women and other feminist campaigners. The annual prize of £1,000 is awarded to an individual woman who has, through writing or campaigning, raised awareness of violence against women and children. Alongside the individual prize, the Emma Humphreys Memorial Prize judges choose the recipient of a group award, established to recognise the unsung work done by many women's groups and organisations. This award marks the outstanding contribution of women's organisations who work in this embattled area and whose creativity and resourcefulness have resulted in developments that combat the prevalence of male violence. Starting in 2009, a prize is also awarded every two years to an international women's group. The awards aim to provide recognition for work against violence and to bring it to the attention of a wider public. <http://www.emmahumphreys.org/>



Cathie Smith RASASC Chair, Sonja Freebody, Jane Gregory, Gill Hague

Annual Winter Fair

Winter and Christmas seem like a long time ago, but we have already booked the next Winter Fair! It is the **22nd November 2014** and we are looking for **stall holders** now. Enquiries to vivien@rasasc-guildford.org

The annual Winter Fair has been running since 2008 and we are glad to report that December 2013 was another good year as well. We have a team of many volunteers who help out for part or all of the day, whilst happy shoppers relax in the lovely historic surroundings of the Guildhall in Guildford High Street. This event is to raise funds and to raise awareness. Hundreds of people passed through the doors, helping us to raise in excess of £1,200. Thank you to the lady who dropped off the large bag of money she had collected over the year.

As usual we offered tea and coffee and delicious homemade cakes (provided by the volunteers). There was a wide range of gifts, crafts, food, jewellery, art, raffle tickets and tombola tickets, enough to suit all. There was even an opportunity for relaxing hand massages by Nutrimetics. We are sure that our Tombola is one of the biggest, it takes ages to put ticket numbers on everything!!

Our "Thanks" go to everyone who helped, took part and donated items and the "muscles" who carried everything up and down the stairs. "Special Thanks" go to Vivien Sale. We couldn't do it without you.



Health Working Group Report on Child Sexual Exploitation

RASASC has provided an anonymised case study for the Department of Health focusing on: Improving the outcomes for children by promotion effective engagement of health services and staff, with regard to Child Sexual Exploitation. <https://www.gov.uk/government/publications/health-working-group-report-on-child-sexual-exploitation>

Survivor Cycling March-October

If you have suffered rape and sexual abuse you may need to do something new to help your recovery, improve your confidence and health. Cathie takes individual survivors off-road to enjoy the Surrey countryside. Four bikes and all safety equipment are available. If you are not sure whether it will suit you then come along for one session to try it. Cathie will run your session to suit your fitness and ability, either individually or in a small group of up to 4. Sometimes the riders talk, other times they don't but everyone feels better by the end. More details at www.rasasc-guildford.org under Services or click [Here](#)



11th May – Sponsored 10K Walk / Run



Annual 10K Sponsored Walk or Run for RASASC. Circular route from Shalford Park, through the surrounding countryside. Runners start at 9.30am and walkers start shortly afterwards. Brilliant course, signposted and marshalled by the Rotary Club of Guildford on behalf of local charities. Participants can walk or run. Runners take approx 40 minutes and walkers about 1¾-2½ hours (depending on how much talking goes on!). Free T-shirt for anyone raising a minimum sponsorship of £5.

Last year our “TEAM RASASC” (pictured here). “Special Thanks” to the Sale Family. The TEAM raised just under **£1,000**. *Thank you.*

All are welcome to join “TEAM RASASC” this year on the 11th May at 9.30am. but if you can't join us, you can always make a donation at <http://www.mycharitypage.com/SonjaRASASC2014>

For a map and registration form go to <http://www.rotary-ribi.org/clubs/page.php?PgID=421431&ClubID=1453>

On-line individual sponsorship pages linked to RASASC can be set up at <http://www.mycharitypage.com> using **RASASCGuildford**

Valentines Salsa Ball

Members of the Dance Society at Birmingham University organised a really glamorous Valentines Salsa Ball and Charity raffle in aid of RASASC. It was a wonderful evening and our thanks go to everyone who took part.



Survivor Media Enquiries

From time to time the media contact RASASC and ask to speak to survivors of rape and sexual abuse for news items, comments and documentaries.

If you have made a full recovery and feel that you would benefit from telling your story or commenting on such issues. Please contact Sonja. She will keep your contact details for such enquiries. Sonja@rasasc-guildford.org 01483 452900.

Volunteering

If you can help at any of our events or with a volunteer roles, please let us know. Vivien sets up event rotas, so that people can help a little or a lot.

Contact vivien@rasasc-guildford.org 01483 568000 or Sonja@rasasc-guildford.org

Collecting Box Volunteers

Are you able to place a box in your local shop, pub or garden centre? Can you make the initial approach and then be responsible for collecting and changing it 2-3 times a year?

Awareness Volunteers

Are you able to take a RASASC display board, leaflets and promotional items to various events throughout the year? There are lots of one-off dates and times throughout Surrey. We have a small team who share the work. New volunteers always join an experienced volunteer, to learn on the job and during 2014 we hope to run a very short information course for those who are interested in this type of volunteering.

- Events are added all the time. The next events are:
- 19/3/14 Farnborough College of Technology Health Fair
- 12/6/14 St Nicholas Church Health Day
- 5/10/14 Epsom Mental Health Week
- 23/10/14 Godalming Domestic Abuse Seminar

Office Volunteers

We need extra people to help out and man the office at different times of the year, eg reception duty, greeting clients, coffee making, filing, typing, phone answering, post office, light cleaning and plant watering etc. There may be quiet periods of time, so you could quietly read a book, surf the internet etc.

Presentation Volunteers

This will interest current or ex-RASASC volunteers. You could be part of a small team that shares the workload of giving presentations around Surrey to small groups. Approximately 1 hour long and comprise of a 30 minute talk (we provide powerpoint slides) followed by Q&A.

National Awareness Day

Plans are still underway to establish a National Awareness Day for rape and sexual abuse survivors and support organisations. The anticipated launch date is now April 2015. We are working and developing this with professionals Kate and Stephen Page. We are collecting details of anyone, or any organisation who feels this is a good initiative and would like to pledge their support, ideas or help. We are looking for Ambassadors to speak in support and sponsors as well, so please get in touch.

Sonja Freebody, Head of Fundraising and Communications
sonja@rasasc-guildford.org 01483 452900.

Thank you

Anne Milton, MP and RASASC Patron
Aveda
Birmingham University
Challenge Network Project
Charitecards
CHL Mortgages
Cllr Diana Lockyer-Nibbs, Mayor of Guildford
Community Foundation for Surrey
Councillor Alan Young
Easyfundraising
Ebay Sellers
EU Design Ltd
Everyclick
Friends of RASASC
Graham Wyllie
Guildford Borough Council
Hascombe Church concert
Home Office, Ministry of Justice, Rape Support Fund
Hutton Family
JTI
Karl Attard Corporate Photographer
Lush
Luxfords of Weybridge
Music Magpie
Richard the Electrician
Shufflers Bridge Group
Smile IT Ltd
South African Church Congregation
Surrey Police and Crime Commissioners
Surrey Satellite Technology Ltd
Sweaty Beatty
Wedding present donations
Welcome Project
Zonta International



With apologies to anyone we've left out. We are hugely grateful for all your support.

Donate Now click [HERE](#)

Donate by Text Giving RASA12 to 70070

On-Line Shopping

Shop online with www.easyfundraising.org.uk/rasascguildford Every time you buy your normal things through this site, it automatically makes a donation to RASASC at no extra cost to you!

Used Cars! "Giveacar" service collects vehicles for FREE. It must be your car! Depending on age and condition, it is recycled or sent to a salvage auction; <http://giveacar.co.uk/charities/rape-and-sexual-abuse-support-centre> or call 020 0011 1664, quoting "RAPE".

Twitter at @HelpRASASC

Facebook RASASC Guildford