



Newsletter June 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.

Services Manager's Note

Here's a photo of our new trainees on the last day of their 8 week training course. As you can see the group really enjoyed each other's company and all are keen to start on the Helpline – which they will be able to do after their 'Training in Action' is complete. This last part is where trainees receive live calls – whilst under supervision. In the photo are Jane, Joanna, Katie, Liz, Louisa, Nicole and Rachel with our trainers Di and Maria.

Our next training starts in September and the course has been extended to 10 weeks - followed by several weeks of 'Training in Action'. The course is very thorough and feedback from our trainees is always positive. I had the privilege this year to carry out the 'progression interviews' at the end of the course and the trainees told me they had learnt new skills, experienced self development, met new challenges, made new friends and enjoyed the learning.

A big welcome to the Helpline!

Barbara Stevenson – Services Manager



☺ **STOP PRESS ... STOP PRESS ... STOP PRESS** ☺

RASASC has just received news that it has been awarded an extra £105,000 from the Police and Crime Commissioners towards existing services and new services!!!

AGM

The AGM in June was very enjoyable and well attended, it included the Mayor of Guildford, Cllr David Elms and guest speaker Detective Superintendent Jon Savell, Head of the Public Protection Team, Surrey Police. “Surrey Police is committed to thoroughly investigating any allegation of sexual abuse and will always put the victim at the heart of their care”.

New Trustees

RASASC welcomed on board new Trustees, Jo Woodley, Sue Fielder, Rachel Emsley and Helen Davies. Full details and photographs will be on the website soon. They are bringing with them a range of skills and experience which will enhance the existing committee.

Sad Farewell

The RASASC Treasurer of 9 years, Graham Ward has sadly decided to step down. We will miss him; he has been an extraordinary asset to the Charity for 9 years. We wish him well for the future. He will continue to work quietly behind the scenes until we find a suitable replacement and a new Trustee, Jo Woodley will be representing him at meetings. If you know of a skilled and experienced accountant who would like to make a difference to a growing charity, please do get in touch.

Thank you all for your on-going support to the Charity, without you we could not do it.



Young Musicians Music Recital – 24th July 2014

Thank you so much!

They are on their way to raising over £200, you can still sponsor them at <http://www.mycharitypage.com/SuzanneKEvans/>

VACANCY – INDEPENDENT SEXUAL VIOLENCE ADVISOR (ISVA)

Full time - 35 hours per week - £21,667
Rape and Sexual Abuse Support Centre, Guildford
Contract 1 year with possible chance of renewal
Based in Guildford
Use of own car required

Can you support survivors through the aftermath of rape or sexual abuse? We wish to recruit another ISVA to work alongside our current team. You will be multi-agency working to achieve the best outcome for survivors. This role will involve working with young people (13 yrs plus) and adults.

The successful candidate will be expected to undertake ISVA Accredited training.

Contact Barbara Stevenson barbara@rasasc-guildford.org for job description

Application closing date: Friday 1st August 2014

Vacancy - Treasurer

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

The role of Treasurer 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, finance and accountancy skills.

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

To apply or find out further information and to receive role details, please email admin@rasasc-guildford.org or call 01483 568000.

Twitter at @HelpRASASC

Facebook RASASC Guildford

Vacancy – Bookkeeper

Part time – 3.5 hours per week
Rape and Sexual Abuse Support Centre, Guildford
Based in Guildford

The main purpose of the Bookkeeper role is to efficiently process RASASC's financial transactions and to keep accurate financial records.

The Bookkeeper will also assist the Treasurer to monitor and maintain the financial health of RASASC.

Please send your CV to admin@rasasc-guildford.org

Closing Date: tbc

Survivor Cycling *March-October*

If you have suffered rape or sexual abuse you may need to do something new to help your recovery and to improve your confidence and health.

Volunteer Cathie takes individual survivors off-road to enjoy the Surrey countryside on bridleways and RASASC provides 4 bikes and equipment.

Sometimes the riders chat, other times they just enjoy the countryside, everyone feels better and healthier by the end.

Cathie will run your session to suit your fitness and ability, either individually or in a small group of up to 4. Come for one session or for many.

This is open to RASASC volunteers, survivors and their partner or friend.

If you are interested please contact the office to be put in touch with Cathie. Phone Vivien on 01483 568000 or vivien@rasasc-guildford.org



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".

Dear All

Hello and Goodbye. This will be my last RASASC newsletter.

I have been fortunate enough to have been at the Rape and Sexual Abuse Support Centre (RASASC) since 2001 and it is now time for a career change. I have been offered a great opportunity to do more good work and improve my career with another local charity. I will be Head of Fundraising for an Alms Retirement Village set in 225 acres near Weybridge, which supports elderly people of insufficient means.

For the curious, it is www.whiteleyvillage.org.uk and you can visit it on the 19th July when they have a Village Fayre.

I just want to record that I am proud to have been a part of RASASC and I have enjoyed my time here. I have helped to grow the charity to the size it is now and I have established good long-term sources of funding and support. I've been involved in relocating the premises 4 times due to Guildford Borough Council planning decisions!

Amongst other things I was involved in the initial planning for the first Surrey Sexual Assault Referral Centre (SARC) in Cobham and the employment of the first two Surrey ISVA's (Independent Sexual Violence Advisors).

One of my most memorable achievements is arranging the Royal Visit in February 2014. RASASC volunteers and staff really deserved this honour and I thoroughly enjoyed being the personal Royal Escort to HRH Camilla, Duchess of Cornwall for the day and to have a private meeting with her was an honour.

RASASC is a great charity that has lasted a long time (since 1992). I was and I still am so impressed by the dedication of the volunteers and staff. I have been moved by many a story of people being empowered and overcoming their trauma.

Everyone here helps to achieve something positive by supporting survivors to move forwards with their lives. Everyone here who interacts with survivors and members of the public to reduce the myths and stigma of rape and sexual abuse is doing their bit for society.

Please do keep up the good work after I am gone. It is a great charity.

Sonja Freebody, Head of Fundraising and Communications

VACANCY – HEAD OF FUNDRAISING AND COMMUNICATIONS

Part time - 30 hours per week
Competitive Salary
Rape and Sexual Abuse Support Centre, Guildford
Based in Guildford, Use of own car required

Existing Head of Fundraising and Communications is standing down after 13 years. RASASC needs a flexible, adaptable fundraiser to fill her shoes. Experienced in raising over £200,000 per annum. Excellent communication skills. Interest and passion, with the aims of RASASC.

Experience of fundraising should include some or all of the following:
Commissioning, grants, trusts, high net worth, corporate and community fundraising.
Good organisational skills for events and motivating volunteers.
Excellent communications skills for awareness raising including, PR/ media liaison, brand image, website and newsletter.

Please send CV to admin@rasasc-guildford.org Application closing date: tbc

Annual Winter Fair

The Annual Winter Fair 2014 is booked for the **22nd November 2014**.

The Annual Winter Fair has been running since 2008. We have a team of volunteers who help out for part or all of the day, but we can always do with more hands, so put the date in your diary.

Happy shoppers relax in the lovely historic surroundings of the Guildhall in Guildford High Street (under the big gold clock). As usual we will be having delicious homemade cakes (provided by the volunteers), teas and coffees. Plus a wide range of gifts, crafts, food, jewellery, art, hand massages and tombola, enough to suit all. This event is to raise funds and to raise awareness. Hundreds of people passed through the doors, helping us to raise much needed funds.

Start saving your unwanted gifts and items that we can use to raise funds. You can bring them to the office now, or wait until nearer the date.

We are booking **stall holders** now.

Enquiries to vivien@rasasc-guildford.org or ring on Tuesdays and Thursdays 01483 568000.



George's Epic Charity Bike Ride

George says "On the 23rd of August I will be embarking on a bike ride from San Francisco to Los Angeles. It is a 7 day trip covering over 500 miles. The charity I will be raising money for is called RASASC which stands for Rape and Sexual Abuse Support Centre. I really appreciate your support and would like to thank you for any donations.

The RASASC have 70 volunteers and these dedicated people listen to 2500 confidential helpline calls every year and face to face counsellors counsel 35-50 people every week. Some of these people only need one or two counselling sessions, others need 2-3 years, depending on their trauma. My mum works for them as an independent sexual violence advisor."

The Deer's Hut in Liphook, where George works part-time has been raising funds as well and so far they have collected £288.

George has raised over £400 on his sponsorship page and there is still time to support him at

<http://www.mycharitypage.com/georgehutton>



11th May – Sponsored 10K Walk / Run



The Annual 10K Sponsored Walk was held in May. It is a lovely circular route from Shalford Park, through the surrounding countryside. It is 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!).

“TEAM RASASC” (pictured here), raised just over £700. Thank you so much.

This walk occurs every year in May, so why not look at the Rotary Club’s website [HERE](#) and take part in May 2015.

National Awareness Week

Plans are still underway to establish a National Awareness Week for rape and sexual abuse survivors and support organisations. We are working and developing this with professionals Kate and Stephen Page. We are trying to co-ordinate bringing ideas from The Survivors Trust and the Rape Crisis England and Wales organisations together. So if you want to help, pledge support, donations, sponsorship, be a public speaker etc. If you want to tell your story and help. Please contact:

admin@rasasc-guildford.org

Volunteering

If you can help at any of our events or with a volunteer role, please let us know. We will send you a short application form to fill in and then discuss further.

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 Events Volunteers

Vivien organises awareness event rotas, so that people can help a little or a lot, depending on their free time.

If you are able to take a RASASC display board, leaflets and promotional items to various events throughout the year, please get in touch. There are lots of one-off dates and times all the time.

We have a small team who share the work, but we can always do with more.

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 planned events are:

- 5/10/14 Epsom Mental Health Week
- 23/10/14 Godalming Domestic Abuse Seminar
- 10/11/14 Bridge Master Class, Guildford
- 22/11/14 Annual Winter Fair

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 is perfect for current or ex-RASASC volunteers. You would be part of a small team that gives presentations around Surrey to small groups. Presentations last about 1 hour long. Usually a 30 minute talk about RASASC and its services and the effects that survivors experience. We can provide a powerpoint presentation if you prefer to use one. After the 30 minute talk we normally ask if anyone has any questions. If you don't know the answer you can always say the office will get back to them!



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.*