

# RASASC

Rape & Sexual Abuse Support Centre  
Guildford, Surrey



## February 2015 Newsletter

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

We provide a confidential helpline, 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

It has certainly been a busy start to the year here at RASASC. As you may remember, RASASC recently underwent a major restructure to enhance our capacity to support the increasing numbers of survivors who approach us for support each year. Although navigating change is never easy, we begin 2015 in a stronger position than ever to provide support and information to survivors of rape and sexual abuse, and their friends and families. My thanks go to all our volunteers, staff and trustees who worked very hard to make these changes a success.

The latest addition to our team is Rebecca French, who joins us as the new Communications and Funding Manager. I'm sure you'll all hear more from her in the near future as she works to raise awareness about RASASC and the services we provide. You can contact Rebecca at [rebecca@rasasc-guildford.org](mailto:rebecca@rasasc-guildford.org). Welcome to the team, Rebecca!

*Barbara Stevenson, Head of Services*

## Welcome to the Helpline



Congratulations to Rekha, Tori, Chloe, Mia and Kate, pictured left with trainers Di and Maria, who completed their Helpline training course in November last year.

The 10 week course equips our volunteers with the necessary skills to provide this valuable listening service.

## Expanding RASASC Services – can you help?

Demand for RASASC's services continues to increase and we are hoping to expand our capacity further in the coming year. Despite excellent support from local organisations such as the Citizen's Advice Bureau, we require more space for our counsellors and ISVAs to meet clients, both in central Guildford and across the county.

If your organisation could help provide meeting rooms, please contact [barbara@rasasc-guildford.org](mailto:barbara@rasasc-guildford.org)

## Winter Fair 2014

Shoppers on Guildford High Street were offered respite from the cold and festive gifts and refreshments during the RASASC Winter Fair. Held on 22 November 2014 in Guildhall. The Winter Fair featured stalls from local businesses and artisans, where you could pick up gifts for friends, family (or treat yourself!) and enter the RASASC tombola.

A very big thank you to everyone who helped to make the event such a success. Not only did we raise valuable funds, but people in the local community had the opportunity to learn more about the services RASASC provides.



RASASC was very pleased to welcome Councillor David Elms, Mayor Elect, and Patron of RASASC Anne Milton MP, and thank them for their support.

Pictured left to right: Barbara Stevenson, RASASC Head of Services, Councillor David Elms, Mayor Elect, Anne Milton MP and Vivien Sale, RASASC Events and Volunteer Coordinator.

## Dates for the Diary

RASASC is proud to present a series of events, featuring professional and inspirational speakers and the opportunity to engage in interactive discussion.

These events will provide valuable information to:

- Social Workers
- GPs
- Counsellors, therapists, psychologists, psychotherapists
- Teachers
- Police officers
- Those involved in safeguarding adults, children and families
- And most importantly anyone who has suffered abuse

### Speakers include

- Experts involved in reporting and prosecution
- Those who work to support adult survivors
- Inspirational stories from survivors who overcame their abuse

The first in the series, **“Sexual Abuse – What every professional should know”** took place on Saturday 21 February 10am – 4pm and was a great success. We welcomed around 70 participants from a wide variety of professions, who had the opportunity to network and share their experiences, and engage with our excellent speakers. Don't miss the full report in our next Newsletter.

Saturday 14 March 10am – 4pm

**“Male survivors – are we offering the support they need?”**

Saturday 28 March 10am – 4pm

**“Experiences of Women Survivors: What have we learnt?”**

Events will take place in Guildford, Surrey.

If you are available to volunteer and help in the running of these events, please [contact Vivien](#).

### Book your place

These events are free of charge, but hurry as space is limited!

Email [maria@rasasc-guildford.org](mailto:maria@rasasc-guildford.org) or telephone 07721 200059

## Bridge Masterclass with Andrew Robson

Monday 9 November 2015 at Guildford Golf Club. £200 per table.

Booking is now open for the Bridge Masterclass with Andrew Robson, *The Times* bridge correspondent.

Last year's event was a great success, with 32 tables attending. Not only did participants benefit from a great day of bridge, but a fantastic **£4545.50** was raised for RASASC.

There is no need to be an expert, but experts may still learn something! For further information please phone 01483 568000 or [email Vivien](#).



## Vacancies

**Trustees to join the Management Committee** of RASASC (Rape and Sexual Abuse Support Centre) Guildford.

**Term:** Minimum of one year from election

RASASC is a 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 and self-help groups. 9 staff and 70 volunteers. Based in Guildford, serving Surrey and beyond.

We are seeking new, enthusiastic and committed trustees. We would be particularly interested in hearing from you if you have the knowledge and skills to become our Treasurer or if you have expertise in any of: HR, Finance, governance of clinical services in counselling/helpline based organisations and if you have aspirations to become Vice Chair or Chair in the future.

If you have time and energy to spare, are a good communicator, and enthusiastic about working with an organisation supporting people affected by rape and sexual abuse, we are interested in hearing from you.

These challenging but rewarding roles are unpaid, although expenses will be reimbursed.

## Clinical Supervisors

**Guildford, Surrey, RASASC: Clinical Supervisor – self employed £40 per hour**

We are looking for a person who is experienced in working with survivors of rape/sexual abuse: both in face to face work and through a telephone Helpline service to give clinical supervision to our four Helpline Supervisors

RASASC provides a Helpline service for survivors every weekday evening except Sundays. Our 30 Helpline volunteers receive monthly group supervision by four Helpline Supervisors who are experienced counsellors. The Clinical Supervisor would provide two hours evening supervision to the four supervisors once every 18 weeks.

To apply or find out further information, please email [barbara@rasasc-guildford.org](mailto:barbara@rasasc-guildford.org) or call 01483 568000

## Would you like to help make a difference?

Our Helpline answers hundreds of calls each month, offering survivors and those close to them a caring and supportive ear. If you are a good listener, non-judgmental, and can spare three evenings a month, this could be the ideal opportunity for you to learn new skills, experience self development and make new friends. Most importantly, you'll be making a big difference to people in the local community and beyond.

Recruitment for our next Helpline training course has now ended, but if you would be interested in receiving information about future courses, please [email Vivien](#) or phone 01483 568000.

## RASASC Team Event



With over 70 volunteers offering their time and expertise to support survivors, RASASC Trustees hosted a Team Event Day on 31 January 2015 at Hartsfield Manor, Surrey, to thank everyone involved in RASASC's services.

The day opened with a presentation by Dino Nocivelli, a solicitor in the Child Abuse Department of Bolt Burdon Kemp, specializing in claims for child abuse survivors against organisations and individuals in positions of authority.

Barbara Stevenson, RASASC Head of Services, followed with an overview of the recent growth in RASASC's services, and explained how RASASC is now helping more people than ever before.

RASASC's volunteers play an integral role in the delivery of RASASC's services – without them RASASC would simply not be able to offer the range and depth of support it does. The Team Event provided an opportunity to say 'thank you' to all volunteers, and those who have been with RASASC for ten years or more were presented with a Certificate of Thanks.

The day was not all about presentations however, as Wendy Coope, a BACP senior accr. counsellor and supervisor leading a series of team building exercises. Participants were then up on the dance floor for some country dancing, courtesy of the Jigalots.



Many thanks to all who attended!

## Raising Awareness at Mental Health Event

RASASC Guildford staff and volunteers regularly attend events around Surrey, promoting awareness of RASASC services and the issues surrounding rape and sexual abuse.

RASASC participated in an exhibition at the **Mental Health Event** at Camberley Theatre on 27 January 2015. This public meeting was run by NHS Surrey Heath Clinical Commissioning Group, and focused on mental health and planning health care services for 2015/2016. Please [click here](#) for further information.



## RASASC nominated charity for 'The Vagina Monologues' production

The Haslemere Thespians have nominated RASASC to receive proceeds from their upcoming production of 'The Vagina Monologues'.

Based on author Eve Ensler's 'Vagina Interviews' conducted with women from all around the world, this hilariously witty and moving collection of tales gives a voice to a chorus of lusty, outrageous, poignant, brave and thoroughly human stories.

Directed by Kim Seymour, the production dates are:  
 Thursday 30<sup>th</sup> April  
 Friday 1<sup>st</sup> May  
 Saturday 2<sup>nd</sup> May

The venue is Haslemere Hall, Surrey.

For more information and to book, please see [www.haslemerehall.co.uk](http://www.haslemerehall.co.uk)

RASASC will also have a stand at the event to speak with participants about the services we provide. If any volunteers are interested in joining us on the stand, please [contact Vivien](#).

## RASASC promoted on Eagle Radio



You may have heard our recent radio promo on Eagle Radio 96.4FM, promoting our Helpline and Counselling volunteer opportunities. This was thanks to Steve Ramsay and his team at [Radio Experts](#), who generously produced the advert for us free of charge, as well as donated airtime. Thanks also to RASASC Trustee Jo Woodley for coordinating the project.

This was a fantastic opportunity to promote awareness of RASASC's services and recruit new volunteers.

## In loving memory of Susie King

As most of you may know, Susie King passed away peacefully on October 19<sup>th</sup> 2014 aged 73. She will be greatly missed.

Susie completed her RASASC training and joined the helpline in June 2011. She was a huge asset to us and brought with her the benefit of a wealth of experience. She had worked previously in Edinburgh as a counsellor and also for the Royal Hospital for Sick Children as a senior social worker specialising in Child Protection and Child Sexual Abuse.

Susie was accepting and non-judgmental, and a supportive and encouraging group member in supervision. Susie loved life and embraced it to the full. Her laughter and sparkle will stay with many of us.

