



April 2016 Newsletter

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

We provide a confidential helpline, counselling, self-support groups, Independent Sexual Violence Advisors, family support, pre-trial support, survivor cycling, coffee mornings, presentations and awareness raising.

All services are available by self-referral.

Welcome

Reading the anonymous feedback forms we receive from clients is both a privilege and a humbling experience for me. They are evidence that there is 'hope' in what may seem, at first, the darkest of circumstances and demonstrates what can be achieved by survivors as they travel along the road to recovery. With this in mind, it is with great delight that I am able to announce that we have received confirmation from the Office of the Police and Crime Commissioner of funding to open a new 'Hub', located in Leatherhead, to provide additional counselling sessions. We are all too aware that there are many more survivors across Surrey waiting for, or unable to reach, our counselling service in Guildford and with this extra capacity we hope to reduce current waiting times and reach as many more people as possible.

You will notice that we are currently advertising for several vacancies: volunteer counsellors and a coordinator for our new Hub, an ISVA and an Administrator to join the Guildford office. We look forward to welcoming new people to the team. Please do help us if you can by spreading the word about these opportunities, as well as our upcoming events such as the Bridge Masterclass.

I hope to see many of you at our Annual General Meeting on 14th June.

Barbara Stevenson, Head of Services

RASASC to open Counselling Hub in Leatherhead

Thanks to the hard work and dedication of our staff, volunteers and supporters, RASASC is helping more people than ever before. However, we are all too aware that there are thousands more people affected by rape and sexual abuse across Surrey who we are not able to reach. This is why we are very pleased to announce that we have successfully applied for funding from the Office of the Police & Crime Commissioner for Surrey to provide counselling in a new Hub in Leatherhead.

Following a recruitment and set up process taking place throughout Summer, we envisage seeing the first clients in November 2016. The Hub will be located at the Citizen's Advice offices in Leatherhead, and we will have the potential to expand the number of rooms – and the number of clients we can support – over time.

Our thanks to everyone who contributed towards the research into the prospect of the Hub. We look forward to the beginning of this new chapter for RASASC.

Over £1,100 raised by runners for RASASC!



On 13th March Amanda, Amy, Jessica, Rebecca and Sophie took part in the Surrey Half Marathon and with Gift Aid raised over £1,100 for RASASC.

Thank you so much to them for taking on the challenge, and to everyone who donated. A special mention as well for Jacki, for taking photos and providing a much needed brunch for the runners after the race!

All the money raised will go towards our survivor groups. Our Self-esteem and Confidence classes take place over a course of twelve weeks and have made a wonderful difference to the women who have attended. A twelve week course costs around £500 – showing just how far this total will go.

There's still time to donate if you haven't already had the chance. You can do so online at <https://mydonate.bt.com/events/halfmarathonrasasc>



Fundraising Afternoon Tea

A very special lady held an afternoon tea to celebrate her birthday and raised a fantastic £325 for RASASC in the process.

Thank you very much for all your hard work – it looks absolutely delicious!



RASASC Pub Quiz

Thank you to everyone who attended the RASASC Pub Quiz at The Keep in February – you helped us raise £270!

We hope a good time was had by all and hope to organize another Quiz in the near future.

Join us on a 10km Walk/Run at Shalford Park!

On 15th May 2016 there will be another Annual Charity 10km Walk/Run at Shalford Park organized by Guildford Rotary Club.

We will be entering a team for RASASC. The route is flat and well-marked – suitable for families and dogs, so please feel free to bring them too! It is free to take part, so all you will need to do is find sponsors and take part on the day.

Please contact Vivien on vivien@rasasc-guildford.org if you would like to participate and to receive a sponsorship form.

Vacancies

For application forms and JD's please contact barbara@rasasc-guildford.org

Volunteer Counsellors – Leatherhead

We are looking for qualified counsellors to work on a voluntary basis with survivors of rape and sexual abuse.

Evening counselling sessions available Tuesday evenings from 6pm plus another evening to be arranged (likely Wednesdays). The sessions will take place in our new Leatherhead Hub.

Supervision and CPD workshops are provided free to all volunteers and travel expenses will be paid.

Independent Sexual Violence Advisor

Do you have experience in supporting survivors of abuse? We are recruiting another ISVA to join our team.

ISVAs provide emotional and practical support to men, women and young people who have experienced sexual assault. The ISVA will be based at the RASASC offices in Guildford, but will be required to travel throughout Surrey. Applicants must have a clean driving licence and a car that can be utilized for work purposes. Travel expenses paid at 40p a mile.

28-35 hours per week (with occasional anti-social hours). Salary pro rata based on 35 hour week at £21,667 per annum.

Deadline for applications: May 9th 2016
Interview dates: 18th and 19th May 2016

Coordinator for Leatherhead Counselling Service based at CAB

For a self-employed person – up to 8 hours a week.
Payment at £15 per hour

- General administration of service
- Recruiting and inducting new counsellors
- Management of custodian service
- Liaise with clients and arrange appointments
- Collating and reporting data to Funding Manager
- Work with Head of Services to develop the service

Deadline for application: May 30th 2016
Commencement of service: Staged start July-September with hours increasing to 8 hrs per week

Office Administrator – 15hrs per week

Are you well organised and have office administration experience? Would you like to support our team of staff and volunteers who are dedicated to helping survivors of abuse? Do you have good communication skills and are proficient in Word/Excel/Outlook? If so, we would like to meet you.

Salary £7,410 pa based in the RASASC office in Guildford, close to public transport. Hours can be flexible.

Interview dates to be advised

Positive Pedal Power

Cycling along bridle paths and through the Surrey countryside for survivors of rape and sexual abuse

RASASC offers free and friendly off-road cycling for female survivors throughout weekends from March – October. The leader, Cathie, will take into account your fitness and ability (and of course the weather!) and will take you through beautiful countryside in the Mole Valley Area.

Cathie is a member of the national cyclists organisation CTC and a regular cyclist. She has supported many survivors as they improve their confidence, mood and fitness – with many surprising themselves with what they can achieve after a few short weeks.

All ability levels welcome. Sessions are available in small groups or on a one-to-one basis and we will provide all the equipment you need.
To find out more contact admin@rasasc-guildford.org

All sessions free
Short taster sessions
All fitness levels
Take it slowly sessions
One-to-one or in a small group (1-4)
One-off or regular sessions
Long or short sessions over beautiful countryside trails

Annual General Meeting 2016

The RASASC Annual General Meeting will take place on Tuesday 14th June from 7pm – 9pm.

The AGM is always a wonderful opportunity to find out more about RASASC's recent achievements and catch up with our Trustees, staff, volunteers and supporters.

We are delighted that Fay Maxted, Chief Executive of The Survivors Trust will be joining us and speaking at the event. The Survivors Trust is a UK-wide national umbrella agency for 141 specialist organisations for support. The Survivors Trust (TST) is a UK-wide national umbrella agency for 141 specialist organisations, including RASASC, for support for the impact of rape, sexual violence and childhood sexual abuse throughout the UK and Ireland.

For further information and to register, please contact Vivien at vivien@rasasc-guildford.org

Bridge Masterclass 2016

Book your table at our 2016 Bridge Masterclass with Andrew Robson

On 20th October 2016 the wonderful Andrew Robson (The Times Bridge Correspondent) is holding a Bridge Masterclass raising funds for RASASC.

"You do not have to be an expert, but experts may still learn something."

Venue: Normandy Village Hall near Guildford
Time: 10am – 3:30pm
£200 for a table of four, to include lunch and tuition.

Last year our Bridge Masterclass raised over £3,800, which is enough to cover the costs of four new volunteers to join our Helpline.

To book a table, or to receive a flyer for the event that you can share and help us advertise, please contact Vivien at vivien@rasasc-guildford.org



Combined Charities Fair

RASASC took part in the Combined Charities Fair on Saturday 16th April at The Guildhall in Guildford. We joined a wide range of local charities providing information on the support they offer and the volunteering opportunities available. A big 'thank you' to our events volunteers for making it possible for us to attend this and many other events.



New Helpline Volunteers begin their Training in Action

Since February, our new Helpline Volunteers have been participating in our latest Helpline Training Course. They are now beginning their Training in Action – we wish Chris, Emma, Lauren, Sajida, Sarah and Yazmin all the very best as they complete their training and hope they have many happy years volunteering with RASASC!