



## August 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

As many of you are already aware, I will be retiring, and sadly leaving RASASC, in October. Although it is a little while before I go, this will be my last Newsletter while in post and I wanted to take this opportunity to say that it has been a pleasure and a privilege to work with so many wonderful, talented people throughout my time here. Since I joined nearly three years ago, we have been working hard to ensure RASASC has the strongest foundations possible to sustain and build on the services it provides. I'm particularly excited at the prospect of our new counselling Hub in Leatherhead opening its doors in the autumn. We hope the Hub will help clients access support more quickly, as well as provide services in other parts of Surrey.

We also say goodbye this autumn to Rebecca, our Communications and Funding Manager, (and Helpline volunteer) who joined us in January 2015. Rebecca is moving to Glasgow – and on behalf of all of us I'd like to thank her for her support. Rebecca is one of those people who is always willing to help with any problem. Her expertise and professionalism has made a significant difference in helping us comply with our funders' requirements. All the best Rebecca! RASASC will be advertising for a fundraising position in the near future so please watch this space if you have expertise in this area.

Lesley Devonport will be the new Operations Manager for RASASC and is starting the last week in September. Lesley will be working full time, which is indicative of how busy we have become as an organisation and how much we have expanded. Lesley brings experience in both the voluntary and public sector with her and is really looking forward to meeting up with staff and volunteers.

So – lots of changes and some exciting times ahead. Some of the warmest and most wonderful of memories that I take with me will be working with the people in the staff office (a truly lovely bunch) and of course, the privilege of meeting our wonderful counsellors and working on the Helpline, from which I have learnt a great deal (keep up the good work!). I've also felt both grateful and humbled by the very many anonymous client feedback forms that I have read – testimonies of how our services have made such a difference to men and women's lives. With some, that support has been literally lifesaving! I look forward to hearing of RASASC's continued success in the years ahead ☺

*Barbara Stevenson, Head of Services*

**Applications open for our next Helpline Training Course**

Read on to find out more...!

## Upcoming Helpline Training Course

If you're looking to learn new skills, be part of a wonderfully supportive team and make a real difference in people's lives, then joining RASASC as a Helpline volunteer could be for you!

Our Helpline Volunteers come from all different backgrounds – you don't need previous experience in this field as we will provide full training and ongoing supervision.



Check out our [Helpline podcast](#) to find out more about what our Helpline offers and the importance of our wonderful volunteers!

## Helpline Training Dates

Sunday 9th October 2016, 10am-4pm  
Thursday 13th October 2016, 7pm-9.30pm  
Sunday 16th October 2016, 10am-4pm  
Thursday 20th October 2016, 7pm-9.30pm  
Thursday 27th October 2016, 7pm-9.30pm  
Thursday 3rd November 2016, 7pm-9.30pm  
Thursday 10th November 2016, 7pm-9.30pm  
Thursday 17th November 2016, 7pm-9.30pm  
Thursday 24th November 2016, 7pm-9.30pm  
Sunday 27th November 2016, 10am-4pm

Interviews will take place on 11<sup>th</sup>, 18<sup>th</sup> and 25<sup>th</sup> September

If you can commit to five duties every three months, plus attend monthly supervision, we'd love to hear from you!

**Further information about the course, a role description and how to apply can be found at [www.rasasc.org/volunteer-vacancies](http://www.rasasc.org/volunteer-vacancies)**

You can also contact Vivien on [vivien@rasasc-guildford.org](mailto:vivien@rasasc-guildford.org) or 01483 568000 with any questions.

We look forward to receiving your applications!

## Running for RASASC

Helen, one of our Helpline Supervisors is already hard at work training for a half marathon that she will be running on behalf of RASASC. We wish her all the very best!

To sponsor Helen and help make those 13.1 miles seem just a little easier, please visit:

<https://mydonate.bt.com/fundraisers/hdhalfmarathonhell>

Good luck Helen!

### Would you like to fundraise for RASASC?

If you have an idea for an event or challenge to raise valuable funds for RASASC, we'd love to hear from you!

Please contact [rebecca@rasasc-guildford.org](mailto:rebecca@rasasc-guildford.org) for help setting up an online fundraising page, or to submit your story for our newsletter.



## Chief Constable's Commendation

**We are thrilled to announce that Sally, one of our ISVAs, has been awarded a Chief Constable's Commendation in recognition of outstanding victim care.**

Our Independent Sexual Violence Advisors provide practical and emotional support to their clients and despite caseloads well above maximum recommended levels, they continue to provide an outstanding service. Although we know from client feedback what a difference the ISVAs make to the lives of survivors, it is wonderful for Sally to receive this recognition of her efforts. This Award is also of course a wonderful reflection of the value of the service provided by the ISVA team, and indeed RASASC, as a whole.

Sally will be receiving her Commendation at a ceremony on Thursday 29<sup>th</sup> September 2016.

## Haslemere Thespians fundraise for RASASC

Haslemere thespians, who raised a fantastic sum for RASASC last year with their sell-out performances of The Vagina Monologues, returned to the stage for one night only at the Lion Green Fringe Festival.

The performance raised a further £318 for RASASC – thank you to you all!



From left to right: Vicki Gavin, Michaela Clement-Hayes, Linnet Bird, Chloe Johnson-Jones, Leeann McKensie, Jude Perrett, Kim Seymour and Sally Waghorn. (Not in shot but also in cast were Fran Greenwood, Debbie Impiazzi and Jinny Gunston).

## National Citizen Service – powered by The Challenge

RASASC welcomed a team participating in the National Citizen Service (NCS) programme. NCS is a government-funded initiative that supports community engagement, social action and social mixing among young people.

A dozen students aged 15-17 years came to the RASASC offices to find out more about the work that we do and the issues affecting survivors. The team went on to undertake a fundraising challenge, raising £243.29, and a campaign day with other teams, raising awareness for local charities in central Guildford.



Thank you to all the team and best of luck with the rest of your programme.

## Annual General Meeting 2016

The RASASC Annual General Meeting took place on Tuesday 14<sup>th</sup> June from 7pm – 9pm.

The RASASC Annual General Meeting took place on Tuesday 7<sup>th</sup> June. We were very pleased to welcome around 50 staff, volunteers, supporters and other stakeholders to the meeting. Our thanks again to Fay Maxted, CEO of The Survivors Trust, who was our guest speaker and spoke about her involvement in numerous national enquiries and her thoughts on the future for support organisations such as RASASC. It was a fascinating presentation and we hope everyone took a lot from it, as well as from the networking (and nibbles!) that took place afterwards.

To see a copy of RASASC's latest Annual Report, please visit: <http://www.rasasc.org/about-us/annual-reports-podcasts/>

## Volunteer Vacancies

### Volunteer Counsellors – Leatherhead Hub

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. Supervision and CPD workshops are provided free to all volunteers and travel expenses will be paid. Please request an application form from [barbara@rasasc-guildford.org](mailto:barbara@rasasc-guildford.org)

## Welcome to the team

We were very pleased to welcome two new members of staff to RASASC at the beginning of July. Liz has joined us as Team Administrator and Bea has become the fifth member of our ISVA team.

We also welcome Chris, Sarah, Emma and Lauren to the Helpline, and Jo to our counselling team – we hope you'll all have many wonderful years with RASASC.

## Leatherhead Hub Update

### Preparations for the opening of our new counselling Hub in Leatherhead are well underway

We were very pleased to receive confirmation of funding from the Office of the Police & Crime Commissioner for Surrey for the set up and two years' running of a new counselling Hub. This will open in the Leatherhead Citizens Advice offices in October, with counselling recruitment and supervision already well under way by then.

We welcome Sandra, already a familiar face to some as one of our counselling supervisors, as the Coordinator for the Hub. With the waiting list for counselling at Guildford now reaching seven months we look forward to the Hub improving access to counselling with RASASC.

To access counselling at RASASC, which is a self-referral service, please call Felicity on 07757 009840.

## Bridge Masterclass 2016

### Our 2016 Bridge Masterclass with Andrew Robson is now fully booked!

However, it is still possible to place your name on the waiting list, and already book a table at next year's event. For further information please contact Vivien at [vivien@rasasc-guildford.org](mailto:vivien@rasasc-guildford.org).

### Thank you...

Although we hope all our volunteers will stay with us forever, we do understand that this is not always possible! A very big thank you to those we've said goodbye to in recent months:

Emily, Chloe, Sophie, Hayley, Terry, June, Fiona, Kate, Jennifer and Malcolm.