

RASASC

Rape & Sexual Abuse Support Centre



November 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

In the last issue of the newsletter, Barbara Stevenson, RASASC's Head of Service announced that she was retiring in October. On behalf of all the staff, volunteers and Trustees I would like to thank Barbara for her tireless support and to the valuable contribution she has made to the success of RASASC. Barbara will be missed and for me personally there are some big shoes to fill. We all extend our best wishes to Barbara as she starts a new chapter in her life.

A quick introduction from me. I joined RASASC on the 26th September as the new Operations Manager. My background is mainly in the public sector with previous roles as a Commissioner, Policy and Strategy, Communications Manager and as the Home Office South East regional lead for Domestic and Sexual Abuse. My experiences include working closely with the Voluntary Sector.

I have found my first two months to be extremely interesting and rewarding, undertaking a comprehensive induction programme, learning the breadth of the work RASASC does and getting to meet as many staff, volunteers and partners as possible. I'm looking forward to making a positive contribution to RASASC over the coming years and making sure the service and support we offer continues to make a difference to survivors.

We are delighted to announce the arrival of our new Fund Raiser, Caroline Holton. Caroline joined RASASC on 16th November replacing Rebecca French. Caroline is a professional fund raiser and brings a wealth of experience working in the Voluntary Sector. We are all excited that Caroline has joined us and wish her a warm welcome to the team.

From all at RASASC we wish you a healthy, happy and safe Christmas.

Lesley Devonport, Operations Manager

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 26th February 2017, 10am-4pm
Thursday 2nd March 2017, 7pm-9.30pm
Sunday 5th March 2017, 10am-4pm
Thursday 9th March 2017, 7pm-9.30pm
Thursday 16th March 2017, 7pm-9.30pm
Thursday 23rd March 2017, 7pm-9.30pm
Thursday 30th March 2017, 7pm-9.30pm
Thursday 6th April 2017, 7pm-9.30pm
Thursday 20th April 2017, 7pm-9.30pm
Sunday 23 April 2017, 10am-4pm

Interviews will take place on 5th, 12th and 19th February.

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

For an information pack or if you have any questions please contact Vivien on vivien@rasasc-guildford.org or 01483 568000.

We look forward to receiving your applications

Running for RASASC

Some exciting news - we have received confirmation that we have a place in next year's London Marathon. We have also been approached by Grace Sobey who has volunteered to run on behalf of RASASC.

Grace is already hard at work training for next year.

We wish Grace all the very best and will keep you updated with her progress.

To sponsor Grace, please visit:

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

Good luck Grace 😊

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 caroline@rasasc-guildford.org for help setting up an online fundraising page, or to submit your story for our newsletter.

Chief Constable's Commendation

In the August newsletter we mentioned Sally, one of our ISVAs, being awarded a Chief Constable's Commendation in recognition of outstanding victim care.

Sally attended the Commendation Ceremony on Thursday 29th September at the Refectory, Guildford Cathedral. Sally is shown in the photo below, on the right, together with Detective Sergeant Wright, receiving their commendations from Deputy Chief Constable Gavin Stephens. Sally commented "It is an honour on behalf of the ISVA service and RASASC to receive this commendation. It is recognition of the specialist support we provide to survivors and the difference we make to their lives".



Congratulations



October marked Felicity Williams, our Counselling Co-coordinator, 20th year with RASASC. Felicity has had many roles within RASASC, starting her time with us as a volunteer on RASASC's helpline. During the time Felicity has worked with us, she has made a significant contribution to RASASC's success and particularly to the growth and success of our counselling service. We thank Felicity for your enduring loyalty, diligence and smile.

Felicity was presented with a few gifts from the Trustees and staff.

Leatherhead Hub - Opening 29 November

We are fast approaching the opening of our new Counselling Hub at Leatherhead. The date has been set for 29 November. Four counsellors, Briony, Deepa, Susie and Trish, have now been recruited for Tuesday evenings and they are currently completing their induction. We would like to wish them a warm welcome.

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

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 Wednesday 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 admin@rasasc-guildford.org

Welcome to the team

We were very pleased to welcome four new helpline volunteers; Andreea, Rebecca, Sarah and Vicki. They are all nearing the completion of their training.

We wish you many happy and rewarding years with RASASC.

An amazing event – Bridge Masterclass 2016



On 20th November RASASC held its third Bridge Masterclass. We are very pleased to announce that this was a great success with the event being sold out and raising over £4,300 for RASASC.

A big thank you for all those involved in making this event the success it was, especially to our volunteers Helen, Michael, Silvia and Katrina for their invaluable help on the day and for all those attending to support us.

The Masterclass was delivered by Andrew Robson, The Times bridge correspondence, who is considered by many to be the best Bridge teacher in the world. We are delighted that Andrew has kindly agreed to run similar events for RASASC in 2017 and 2018. So many thanks to Andrew for

your continued support, we do appreciate it.

The attendees had a fantastic time and due to its success 10 tables have already been booked for next year.

If you would like details about next year's Bridge Masterclass or to book a table, please contact Vivien on vivien@rasasc-guildford.org.

Community Matters

We were very pleased to be one of the local charities selected by Waitrose, Guildford as one of the three local good causes for their Community Matters scheme.

In November, Lesley Devonport, RASASC's Operations Manager had the privilege of receiving a cheque from Waitrose for £376. Our sincere thanks go to Waitrose and all their customers who placed a green token in support of us.

ISVA Training

Over the past few months our ISVA service has continued to deliver training and workshops, raising awareness of our service with a range of organisations including Surrey Police, Citizens Advice Bureau, Prison Service, Anglican church and other professionals. Feedback from those who have attended these events have been excellent with high praise of RASASC and the service and support we provide.

If your organisation would like RASASC to deliver a presentation please contact Lesley at lesley@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:

Sue, Lauren and Karen