

RASASC

Rape & Sexual Abuse Support Centre



May 2017 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 (ISVA), family support, pre-trial support, survivor cycling, coffee mornings, presentations and awareness raising.

Welcome

April was a particularly busy month for the office as we completed our monitoring reports for our statutory funders. This exercise provides us with an opportunity to review the feedback forms we receive from clients once the support we have provided ends, to learn how we are meeting our clients' expectations and identify any areas of improvement.

The responses from our clients have substantiated the high level of support we offer and our clients responded as follows:

- 97% of our ISVA clients reported timely contact was made with the ISVA and the support offered was responsive to their needs
- 94% of our ISVA clients reported the ISVA gave them a good understanding of what the criminal justice process would involve to make informed choices
- 92% of our ISVA clients reported having support to access healthcare services (if required by our client)
- 88% of our Counselling clients reported that their mental and physical health had improved as a result of the support they received.

Although extremely satisfied with these outcomes we do not rest on our laurels and strive to continue to provide the highest level of support, across all the services we deliver, to our clients.

In June, we will be saying goodbye to Vivien our Volunteer Coordinator. Vivien joined us in June 2010 as a team administrator and moved on to her current role in January 2015. Vivien has been instrumental in the delivery of the annual Bridge Masterclass, an activity she has a passion for. On behalf of us all I'd like to thank Vivien for her support and to the contribution she has made to the success of RASASC and wish her well for the future.

Our Annual Meeting has been confirmed as 11th July, for more details please see page 2.

Lesley Devonport, Operations Manager

Running for RASASC



I am absolutely delighted to let you know that Grace Sobey who ran the London Marathon on 23rd April raised a total of £2,836 for RASASC.

Grace raised a personal amount of £1,423 and the company she works for match funded this.

Although experiencing a hip problem at 15km, Grace did not give up and hobbled to the finish line.

On behalf of RASASC I would like to thank Grace for her tremendous, albeit exhausting, effort and for selecting RASASC as her charity.

Well done Grace.

Annual Meeting 2017

We would be delighted if you were able to join us for our Annual Meeting on 11th July 2017.

This event is being held at Tycho House, Surrey Satellite Technology Ltd, 20 Stephenson Road, Guildford, GU2 7YE from 7pm to 9pm. Registration and refreshments are from 6:30pm.

It is a wonderful opportunity to come and reflect on and celebrate our achievements for 2016 and hear about our progress and plans for the services we offer.

We are pleased to announce that our guest speaker will be David Munro, Surrey Police Crime Commissioner (PCC). David's role as PCC is to be the voice of the people/ His role is to hold Surrey Police to account and help to tackle the crime issues that matter to you.

This year our annual meeting will have a different format than previous years. As our Governance arrangements are being reviewed we will not be re-electing our Board of Trustees at this meeting.

Refreshments and a light buffet will be provided.

For further information and to register please contact Liz at liz@rasasc-guildford.org by **Thursday 22nd June**.

I look forward to seeing many of you there.

Building on our success – new Confidence Group in Woking

Having identified a need for a service in the evening, that can support working clients as well as our other clients, I am pleased to announce that a new evening Confidence Group has started in Woking.

The programme started on 9th May with the maximum of eight clients and will run for 12 weeks.

Bridge Masterclass 2017

We still have a few tables available for our next Bridge Masterclass on Monday 6th November from 10:00 – 15:30 at Normandy Village Hall, Guildford.

The Bridge Masterclass is delivered by Andrew Robinson, The Times Bridge correspondence, who is considered by many to be the best bridge teacher in the world.

This is an extremely popular fundraising event and it is advisable to book early to avoid disappointment. To book a table please contact



Bridge Masterclass 2016 raised over £4,300 for RASASC

ISVA Success

Barbara Lewington is our newest member of the ISVA team, having joined RASASC in July 2016.

Bea, as Barbara is known, has been undertaking the ISVA Development Programme training with Lime Culture. This training equips new ISVAs with the knowledge and specialist skills required for their role.

In March 2017, Bea successfully completed her training and passed with flying colours having achieved 100% in all her modules. One of only a few ISVAs ever to achieve this accolade. Our congratulations are sent to Bea.

Tesco's Bags of Help

Bags of Help is Tesco's local community grant scheme where the money raised from the 5p bag charge is being used to fund thousands of local projects in communities right across the UK.

We are pleased to announce that RASASC has been selected for this scheme in three Guildford Stores for May and June. You do not need to buy a bag to get a token to vote for us.

The three stores are;

- Guildford, GU2 7UN
- Guildford Bridge Express, GU1 4RY
- Milford Express, GU8 5HJ

If you are shopping in these stores or passing by please pop in and help support our charity.

Thank you

Vacancies:

Community Engagement Officer – Full time

We have successfully applied for funding to create this new role of the Community Engagement Officer. The successful candidate will manage the recruitment, training, retention and support of volunteers who provide capacity support to RASASC and work with key organisations within Surrey such as community groups,

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.

schools and colleges to raise awareness of the impact and issues of rape and sexual abuse and the importance of work RASASC delivers to survivors.

If this sounds like an opportunity you would be interested in then we would love to hear from you. Please contact Liz on admin@rasasc-guildford.org to request an application pack with more details and an application form. Salary is £18,500 pa.

Deadline for applications is: **30th June 2017**

Voluntary Contribution to Health Services Award

I am thrilled to announce that our Helpline Volunteers Team has been nominated for and won the Runnymede & Spelthorne Borough Volunteer Recognition Awards for their Voluntary Contribution to Health Services.

This is an amazing acknowledgement of the contribution the Helpline Volunteers make to supporting our callers and to the success of RASASC.

An award ceremony is being held by the organisers on 30th May and two of our longest serving volunteers will be picking up the award on behalf of the team.

Our congratulations go to all the Helpline Volunteers on this very well deserved award.

You Could Really Help – Start Volunteering Today

“Your support can really make a difference to the lives of those affected by rape and sexual abuse”

Do you want to make a positive change in your community? Have you got time to spare? We have a range of volunteering roles to suit different skill sets, time commitment and interest.

Our volunteers are passionate about supporting survivors of rape and sexual abuse and we would love it if you would join us.

Our current volunteer opportunities

Volunteer Counsellors – Guildford and Leatherhead Hub

We are looking for qualified counsellors to work on a voluntary basis with survivors of rape and sexual abuse in either of our Guildford or Leatherhead Hubs. This is an opportunity for counsellors to provide long-term therapy for up to two years. If you can spare three hours per week on either a Monday, Tuesday, Wednesday or Thursday evening from 6pm-9pm then please get in touch.

We can provide FREE group supervision; six FREE trauma related workshops each year and paid travel expenses.

If you are interested in this opportunity please forward your CV to admin@rasasc-guildford.org



Trustee Recruitment

With a new three-year strategy in place, and a committed and talented team of Trustees, we are seeking additional Trustees with specific skills and experience to strengthen our Board. Our Trustees demonstrate a strong commitment to our charity sector and the work we do to support survivors of rape and sexual abuse.

We are particularly interested in hearing from you if you have experience in a Corporate environment, Fund-raising or legal expertise. These challenging but rewarding roles are unpaid, although expenses will be reimbursed.

For more information about the role 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:

Andy, Candice, Jo and Joey