

RASASC

Rape & Sexual Abuse Support Centre



November 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

This year RASASC celebrates its 25th anniversary. We are pleased to announce that this will be celebrated on 5th December with a visit from HRH Countess of Wessex, GCVO, to our Guildford office, where the Countess will meet with staff, trustees, volunteers, funders and a survivor.

The visit is in recognition of the tireless support which is delivered to survivors of rape and sexual abuse and will also give RASASC the opportunity to inform the Countess about our growth since the charity was started, our future aspirations and the challenges we face.

On 13th October, all staff and volunteers were invited to join the Trustees in celebrating RASASC's 25 years. It was also an opportunity to say farewell to Cathie Smith.

Cathie joined RASASC as a Helpline Volunteer in 2006 and became Chair of Trustees from 2009 – 2014. Since 2010 Cathie has run the cycle scheme and is currently one of our two Helpline trainers. Cathie has made a significant contribution to RASASC's success and we could not let Cathie's departure go unnoticed. Cathie was presented with flowers and a gift from staff and volunteers and invited to cut the celebratory cake for RASASC's 25th anniversary. Cathie said, *"Thank you very much to everyone for their kind words, appreciation of my input and a really lovely speech by Rachel, reminding us of all that happened and RASASC's achievements"*.

Cathie will be leaving RASASC when the current helpline training programme finishes in December and we send our best wishes.

This month we also say farewell to Jacki Smith, one of our ISVAs. Jacki joined RASASC in 2014, having been with Surrey police officer for over 30. Jacki's knowledge of the criminal justice system has been invaluable to the ISVA team and she will be missed. Jacki has decided to return to the police, after being headhunted for an investigations trainer role. We wish Jacki every success in her new role.

We would like to extend a warm welcome to Rachel Duffy our new Community Engagement Officer. Rachel joined us on 16th October, and is a welcome addition to the office team.

Rachel's role is to work with key organisations within Surrey such as community groups, schools and colleges to raise awareness of the impact of rape and sexual abuse and the importance of the work RASASC delivers to survivors. Rachel is also the volunteer co-ordinator and is

proactively seeking new volunteers for RASASC and meeting with the volunteer centres across Surrey as part of our volunteer recruitment drive.

Finally, Season's Greetings to you all and best wishes for a Happy and Healthy New Year.

Lesley Devonport, Operations Manager

Vacancies

Young Person's Independent Sexual Violence Advisor (ISVA): Full time

We are pleased to announce that we have been successful in applying for three years funding from the BBC Children in Need to recruit a Young Person's ISVA.

ISVAs are survivor-focused advocates, who support survivors of recent and non-recent rape and sexual abuse to enable them to access the services they need in the aftermath of the abuse they have experienced. An ISVA provides individual support and this will vary from client to client. This post will support survivors of all ages but with a particular focus on supporting survivors aged 13 – 17 years.

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 £24,000 per annum.

Deadline for applications is **midday on 18th December 2017**.

Events and Fundraising

Rachel and Andrew's Wedding

One of our helpline volunteers, Rachel, recently got married. As a very unique and generous act Rachel and her husband to be, Andrew, asked that all the guests donate money to their chosen charities, instead of giving them presents.

RASASC was Rachel's chosen charity and with the help of Rachel and Andrew and their kind guests they raised over £1000 for the two selected charities.

We would like to thank them for all their support and congratulate them on their special day.

Bridge Masterclass 2017

On 6th November RASASC held its fourth Bridge Masterclass. The Masterclass was delivered by Andrew Robson, The Times' Bridge correspondent.

As with previous year's this has been a massive success with all tables booked. This year the event raised a staggering £4,200. A big thank you for all those involved in making this event the success it was, especially to our volunteers Helen, Michael, Lucy and Vivien for their invaluable help on the day and for all those attending to support us.

We are delighted that Andrew has kindly agreed to deliver a Masterclass on 1st November 2018, and a suitable venue is currently being sourced.

If you would like details about next year's masterclass or to book a table, please contact Rachel on rachel@rasasc-guildford.org

Music at The Deers Hut

The Deers Hut in Liphook hosted a charity night on 23rd November where The Flailing Pits an 80s rock band, kindly gave up their time and played live music.

There was a suggested donation of £5 on the door, thank you to Sally, Rachel and Gilly who braved the cold and poured the free wine.

The band had everyone jumping around the dancefloor to all the classics and the night was a huge success!

All the money raised was divided between RASASC and Cancer Research. Thanks to everyone's generosity RASASC raised over £500.

Also huge thanks go to Jason and Debbie for hosting the night and bringing everyone in the community together.

The Sky's the Limit



A group of five survivors, will be taking part in a charity skydive for RASASC. The group includes Jane and Katie and they have told us, *"that they wish to support RASASC and raise awareness of our services, so other survivors can benefit from the support we provide"*. A positive group whose motto is *'Learn from the past, live in the present'*.

The skydive will be held in March, date to be confirmed, and we wish them well. I admire their courage and determination for so many reasons not least as I fully believe that personally, planes are to fly in not to jump out of! Good luck girls.

To donate please visit <https://mydonate.bt.com/events/rasascskydive/452035> or send donations to: RASASC, PO Box 1009, Guildford, Surrey GU1 9EE. Please make cheques payable to RASASC, thank you.

Every donation will help us support survivors of rape and sexual abuse – please give what you can and help us spread the word by sharing the above link where possible.

Guildford Combined Christmas Fayre

On Sunday 19th November, RASASC attended the Combined Charity Christmas Fair at the Guildhall in Guildford. This was not only to get everyone in the festive mood but importantly we were there to raise awareness. We were highlighting the importance of our work and informing people about our support services.

We had a tombola on our stall with some fantastic prizes that had been kindly donated by local businesses in Surrey.

It was lovely to meet all those friendly faces who attended the fair and supported RASASC and other charities on the day.

Thank you to Di and Judith, two of our volunteers, who helped on the day. In total we raised £95.50 so thank you for your support, every contribution helps!



Starbucks Cheer For Good Campaign

On the 29th November until the 20th December Starbucks are running a Cheer For Good campaign across the UK. Starbucks branches all over are inviting local charities to come in store and raise awareness of the important work they do in the local community.

We were invited into the Guildford Starbucks in the White Lion Walk on 29th Nov to Cheer for RASASC. We had two volunteers helping us Cheer, Judith and Orsi, along with Lesley and Rachel. Our thanks go to Judith and Orsi for their support on the day!



Rachel and Orsi

For participating each charity is rewarded £500 but if we cheer the loudest we are in with a chance of Starbucks donating £2000 which can go to supporting survivors of rape and sexual abuse.

You can help us by visiting <https://neighbourly.com/CheerForGood> and Cheer for us by supporting our project 'Raising Awareness of RASASC'. You can also help on social media by cheering #HelpRASASC.

Every Cheer helps towards us getting valuable funding for our services and supporting survivors of rape and sexual abuse. #HelpRASASC. Thank you.

Kitchen Refurbishment

In our August issue of the newsletter we informed you of the generosity of Screwfix in providing funding to refurbish our small kitchen and cloakroom. The work has been completed and before and after photos of the kitchen are below. Our sincere thanks go to Screwfix.



Before



After

Welcome to the team

We are very pleased to welcome eight new volunteers to our helpline training programme: Jo, Katie, Linda, Natalie, Nicketa, Orsi, Sarah and Victoria. The helpline training programme started on 22 October and will be completed by the end of February 2018.

We wish you many happy and rewarding years with RASASC.

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.

CALL FOR HELPLINE VOLUNTEERS

We are looking for enthusiastic and dedicated volunteers to join our team of Helpline Volunteers. The Helpline is a listening and support service, open from 7:30pm - 9:30pm currently weekdays only.

We will be starting a new Helpline training programme in early 2018. If you can commit to one shift every two weeks we would love to hear from you.

If this sounds like an opportunity you would like to be involved in, then please email Rachel at rachel@rasasc-guildford.org for an application pack and further details of our training programme.

Volunteer Qualified Counsellors

We are currently recruiting for qualified counsellors to work on a voluntary basis with survivors of rape and sexual abuse in our Guildford hub.

This is an opportunity for counsellors to provide long-term therapy for up to two years. If you can spare three hours on either a Monday or Wednesday evening from 6pm – 9pm or Thursday evening from 7pm – 10pm then please get in touch.

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

We look forward to hearing from you.

FUNDRAISING GROUP



We are looking for enthusiastic and energetic volunteers to join our new Fundraising Events Group.

The fundraising group will organise events and activities across Surrey.

Fundraising activities will help spread the word about our work and raise much needed funds to continue to support the services we provide.

EVENTS ASSISTANT

The events assistant role is to assist with the running of our information stands at different events to raise awareness of RASASC and our support services.

The events assistants will keep an eye out for potential events RASASC could attend and notify the Community Engagement Officer, Rachel, of these.

They would cover the information stand at the events, taking the relevant leaflets, banners to the event and returning them to the office in Guildford.

Events will always have at least two volunteers covering the information stand so you will never be left on your own.

These are great opportunities for those who would like to help raise awareness of our work and get involved and engage with the local community.

If you are you are interested in these volunteering roles or would like more information please email our Community Engagement Officer, Rachel at rachel@rasasc-guildford.org.

