

# Rape and Sexual Abuse Centre PERTH & KINROSS



Women working towards freedom  
from rape and sexual abuse.

## Annual Report 2011-2012

Support for women, young women and girls  
who have been raped or sexually abused at  
any time in their lives.

Registered company ltd by guarantee no SC389959  
RASAC P&K is funded by the Scottish Government

## **RASAC P&K is committed to challenging gender-based violence**

Gender-based violence is any act of violence ‘that is directed against a woman because she is a woman or that affects women disproportionately’ (UN Secretary General Report (2006)). RASAC P&K recognise that Sexual Violence is both a cause and consequence of gender inequality in our society. We aim to challenge society’s tolerance of sexual violence against women and provide services run by women for women. RASAC P&K offers women a safe women only space in which to receive support. We acknowledge survivors as the experts on what support they need and provide a range of methods of support which are aimed at empowering women to make their own choices and gain back control in their lives.

## **OUR MISSION STATEMENT**

### **“Women Working Towards Freedom from Rape and Sexual Abuse”**

RASAC P&K was established in March 2007 with funding from the Scottish Government. We have since changed our title to RASAC P&K. Our purpose is to provide support, information and advocacy for women and girls aged 12 years and over who have experienced rape or sexual violence at any time in their lives.

We currently have 4 paid staff members and 6 volunteers who provide regular support and assistance in running the Centre.

## **OUR SERVICES INCLUDE:**

- **Direct support to sexual violence survivors on a 1:1 basis and in groups, face-to-face and remotely using the phone and email.**
- **Support to family members and friends following disclosure by a survivor.**
- **A Young people’s service ‘SYSTA’ for 12 to 18 year olds.**
- **Training and resources for other organisations to enable them to provide a consistent response to survivors.**

As we enter into our 5th year, we also come to the end of our Government core funding, on which the survival of the Centre depends. Efforts to secure continued funding for the coming years are on-going and the future is uncertain. However, we remain positive that the numbers of incoming referrals and helpline calls leading to support for women and girls, alongside our achievements over the last 5 years will be acknowledged as evidence of the need for our service.

The organisation is now a Limited Company with a strong governance structure and robust evaluation system. We have reached our goals of 2011-2012 and in the coming year we aim to build on our achievements of the past 5 years and continue to develop our service based on the evidence of need.

*Maggie McVean*

**Development Manager**

## **PROVISION**

### **To continually grow and adapt our services in response to those who need us.**

Last year we focussed on gathering evidence of need, particularly amongst young people but also with women and girls in rural Perthshire.

We have continued to consult with young people across the year to research and gather information about how young people are affected by sexual violence and sexualisation in the media. The information gathered has been instrumental in highlighting the need for our young people’s support service ‘SYSTA’ (Supporting young survivors – Tackling abuse).

To explore the issues that young people face in our sexualised society we developed a pilot programme funded by the Equally Well fund which was delivered to SCYD rural youth groups. These groups provided further evidence of how young people are affected by the sexualisation of our society. The groups produced their own media boards to show how young men and women are portrayed in the media and how sexualisation of our society has become the norm. They explored the negative impact this has on young people’s lives, self-worth and expectations of each

other. One young person stated - *"I think these sessions would be particularly helpful to young people who are, or have been, affected directly or indirectly by domestic abuse, sexual abuse and rape. I feel the sessions would also be beneficial to young girls who have a poor attitude to sex, sexuality and gender"*.

Following the success and the positive evaluation of the pilot we entered into a Service level agreement with Perth & Kinross Council to take this essential work forward and into schools across Perth & Kinross.

## PREVENTION

### **To change societal attitudes and beliefs through awareness raising events, campaigns and education. - Working in collaboration with relevant agencies to eliminate gender based violence against women.**

We have incorporated a young people's prevention programme into our SYSTA service. The 'TESSA' programme which originated in Argyll & Bute Rape Crisis Centre has been adapted and further developed by RASAC P&K for delivery in schools and youth groups across Perth & Kinross. The programme provides age appropriate workshops from S1 to S6 designed to tackle issues around sexualisation through the media, gender, sexual bullying, sexual abuse, relationship abuse, rape and consent, trafficking and the links to violence against women. The purchase of the base pack was funded by the Equally Well Fund and the pilot was run in Blairgowrie High School where we have delivered 4 workshops on Rape/Consent and Choice to the 6th year group. The 6th year workshops were well received by all pupils and feedback was extremely positive. 36 pupils received these workshops. Additionally, positive feedback was received from teachers who recognised the benefit of exploring such a sensitive issue through a specialist agency who could engage with the pupils and generate good discussion. We are scheduled to deliver to S2 in May 2012 and further discussions are to be held on how we can integrate the programme into the curriculum for next term. We aim to apply to various funders for income to continue this work across Perth & Kinross in the future.

With the proposed use of TESSA, consideration was made to the possibility of young men disclosing abuse. This led to the decision that support would be offered to any young man aged 12 to 18yrs who might disclose abuse as a result of their participation in the programme. In order to remove barriers and to enable young men to feel they could approach RASAC P&K workers for help, it was further decided to change the name of the organisation, removing the 'Women's' from our title. The change was approved in February 2012 and the organisation is now known as RASAC P&K.

The need for awareness within our communities and agencies who may be involved in supporting survivors of rape and sexual abuse remains high on our agenda. Across 2011 we were active in providing awareness sessions to a number of agencies.

Our Multi-agency training this year 'Rape & Sexual Abuse – Responding to Disclosure' took place in Tayside Police Headquarters. Attendance this year was lower due to the inclement weather and we hope to repeat the training early next year. Those who attended told us that the training was very valuable, increased their knowledge of the issues for survivors and gave them more confidence in how to respond appropriately to disclosure.

As part of the 16 Days of Action Against Violence Against Women we attended the launch of the 16 Days in the Concert Hall. Our contributions to the 16 days were also greatly hampered by the severe weather this year. We provided a workshop to a multi-agency group "It's Easy Out Here for a Pimp: How a Porn Culture Grooms Kids for Sexual Exploitation" a slideshow written and produced by Dr. Rebecca Whisnant for Stop Porn Culture.

In partnership with the VAWP, Perth Safer City Management, and several pubs and clubs in Perth we campaigned against drink spiking and reinforced the messages of the 'No Consent is RAPE' campaign.

Other events attended were the Health & Well Being day held at the Glenearn Campus ; Perth College Fresher's Fair; International Women's Day.

All of which were great ways of working alongside partner agencies to raise awareness, challenge societal attitudes, and network with other services and the public.

## PROTECTION

Creating a safe environment where women can freely express themselves.

Development of creating a safe place where all women can freely express themselves is within our plans for inclusion which we aim to focus on in the coming year, funding permitting.

Our research into the needs of women and girls in outlying areas has reinforced how the rural nature of Perth & Kinross poses additional difficulties for survivors, not least that people's actions are more visible within small communities. This has an impact on women's ability to access support services regarding sexual violence particularly with regard to safety and confidentiality. Other issues for women in rural areas which may prevent

them from accessing support can be lack of transport, access to telephones and lack of income to fund visits to the Centre. Given the wide geographical area, the female population numbers and the research evidence, one of our aims for the coming year is to provide an outreach service other than email and telephone support. For women in Rural Perthshire we have developed an action plan to create an outreach service for women and girls who are unable to access the Centre in Perth. This will be another focus of our fund raising activities of the future.

We have also been working towards ways of becoming more visible to non-english speaking women by networking with relevant agencies and highlighting the issue of access to trained interpreters with the VAWP.

At our development day in November we heard from Amy Roche of LGBT about the need for support and difficulties experienced by transsexual women who have experienced sexual violence. We subsequently attended training on how we could adapt our service, policies and procedures to include transsexual survivors. We have made a commitment to fill this gap and have begun to work towards achieving the LGBT Trans Inclusion Charter Mark.

## **PARTICIPATION**

### **Overcoming all barriers to give survivors a voice through the promotion of service user involvement**

Women who have experienced sexual violence are the experts in what helps them in their journey to recovery. It is crucial that our services and response to survivors of sexual violence takes account of what survivors need and find helpful in their recovery. We strive towards developing ways to gather both qualitative and quantitative information from service users' aimed at gathering evidence of how our support makes a difference. This year, to assist with this process we have integrated the Rape Crisis Scotland evaluation toolkit into our work.

Our group sessions this year have been successful in bringing women together to build social networks, offer them opportunities to try different activities and to pass on their views of how our support is useful. In the year to come, we plan to have a dedicated worker to develop our group work further in order to encourage service user involvement. It is vital that partner agencies accessed by women are providing consistent and effective responses to their experiences. As well as seeking their views on our service, we also hope to enable women to comment on their experience of response from other key agencies when seeking support. This will give women an opportunity to have their views fed in to the VAWP and other forums and to contribute to the planning of services.

## **SERVICE STANDARDS**

Perth VAP have been assessing our work towards completing the PQASSO quality service standards.

We have also been working on achieving the Voluntary Friendly Award.

Rape Crisis Scotland have introduced National Service Standards which we are committed to completing over the coming year.

## **PARTNERSHIP WORKING**

Our continued participation in the VAW partnership and the three sub-groups ensures that rape and sexual abuse is included in the strategic plans within Perth & Kinross Council and that the aims of the Scottish Government Strategic Framework are acknowledged.

- **Membership of the Perth & Kinross Violence Against Women Partnership (VAWP).**
- **Membership of the Strategy, Service Delivery and Training & Publicity sub groups of the VAWP**
- **Membership of the Voluntary Sector Child Protection Network.**
- **Membership of the Voluntary Sector Community Planning Network.**
- **Membership of the Volunteer Management Network.**
- **Membership of the MARAC (Multi Agency Risk Assessment Conference) steering and operational groups for Perth & Kinross.**
- **Membership of the Tayside SARN (Sexual Assault Referral Network) pilot initiative.**

“ I still feel guilty after enjoying myself, but at least now I'm enjoying myself. ”

## FUNDRAISING FOR RASAC P&K

Local man Lawrie Stewart presented a cheque for £555 to the Centre. Inspired by the 'The White Ribbon Campaign' which is the UK branch of the global campaign to ensure men take more responsibility for reducing the level of violence against women, Lawrie decided that he would run the Perth 10k on Sunday 28th August to raise funds for the Centre. A BIG THANKS to Lawrie.



### AWARENESS RAISING

The Perth & Kinross Street Pastors who often come across young people in their work who may disclose incidents of sexual violence

Tayside National Health workers who now make initial enquiry into whether abuse has been a factor in their patients' lives;

Perth & Kinross Adult Health Team who may have to deal with disclosure of sexual violence from their service users

Churches Action for the Homeless workers where homelessness can be a result of experiences of sexual abuse

The Perth Young Carers workers who may hear from young people who are isolated and have experienced abuse.

## MANAGEMENT COMMITTEE MEMBERS

*Kate Falconer* Chairperson

*Jennifer Gallacher* Treasurer

*Caroline Mackay* Secretary

*Victoria Grier*

*Lidia Dye*

*Gordon McKay*



## 5 YEARS OF RASAC P&K

### 2006

RCS analysis of need for rape crisis centres across Scotland. Perth highlighted as in need and awarded funding from the Scottish Government Rape Crisis Specific Fund for 18 months to develop a Rape & Sexual Abuse Centre for Perth & Kinross in December 2006.

### 2007-2008

Additional funding awarded from Nationwide for supervision of volunteer support workers  
1 P/T Development Worker 1 part-time admin worker  
Recruitment and training of 5 volunteers  
Recruitment of Management Committee  
Registration as Charity RASAC P&K  
Centre - One room in attic conversion  
Referrals 27 - Helpline Calls 69

### 2008-2009

3 year funding RSCF  
1 year Funding from Survivor Scotland Fund to recruit P/T support worker and Finance/Admin worker  
Increase in Staff to 3 - 1 P/T Development Manager; 1 P/T Support Worker; 1 P/T Admin & Finance Worker & 5 Volunteers  
Move to ground floor centre with office, support room and helpline room  
Recruitment & training of 8 volunteers  
New Referrals 33 - Helpline Calls 287

### 2009-2010

Survivor Scotland Fund ended – loss of Admin Post  
Funding from Lloyds TSB; Choose Life & P&K Com Safety Partnership for P/T support worker and development of suicide/self-harm training. Funding from Women's Fund for Scotland for Vol Supervision & training costs  
Staff 3 - 1 P/T Development Manager; 1 P/T Support Worker; 1 P/T Admin & Finance Worker & 5 Volunteers  
Development and delivery of Suicide and Self-Harm awareness training  
2 Staff babies born  
New Referrals 106 - Helpline calls 505

### 2010-2011

Last year of 3 year funding from RSCF  
2 year funding from the Henry Smith Trust; for additional P/T support worker.  
3 year pledge from Forteviot Trust towards support work. and Women's Fund for group and personal safety resources.  
Staff 3 - 1 P/T Development Manager; 2 P/T Support Workers & 6 Volunteers  
Development of email/outreach support and group support  
Development of Young People's service SYSTA  
New Referrals 95 - Helpline Calls 633

### 2011-2012

**Begun process of completing**  
**PQASSO Quality Service Standards**  
**RCS National Service Standards**  
**Volunteer Friendly Award**  
**LGBT Trans Inclusion Charter Mark**

### 2011-2012

Registered as Company Limited by Guarantee  
Changed Title to RASAC P&K  
1 year funding RSCF for core service  
Equally Well funding for pilot sexualisation in the media programme  
Equally Well funding for TESSA pack  
Staff 3 - 1 P/T Development Manager; 2 P/T Support Workers & 6 Volunteers  
Service Level Agreement and P&K funding for Support and prevention work with young people  
Development of TESSA for local use  
Pilot TESSA Blairgowrie High School  
New Referrals 63 - Helpline Calls 669

## Rape and Sexual Abuse Centre Perth & Kinross

**HELPLINE - 01738 630965**

**DAILY MON-FRI 9.30am to 4.30pm**

**EVENINGS TUESDAY & SUNDAY 7pm to 9pm**

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The Henry Smith  
Charity  
founded in 1628

