



ANNUAL REPORT 2012/13

**WOMEN WORKING TOWARDS
FREEDOM FROM RAPE
& SEXUAL ABUSE**

A Progressive Year for RASAC P&K

Established in 2007, RASAC P&K offers free, confidential and non-directive support, information and advocacy to anyone who identifies as a woman aged 12+ and boys aged 12-18. To date we have received 400 referrals and over 3000 helpline calls from survivors and their supporters across Perth & Kinross. Through direct support, awareness raising and training, our commitment to tackling gender based violence and responding to the needs of survivors remains at the core of our service provision. Having started this year facing an end to our Government funding, we were relieved to be awarded a further 3 years. Increased stability of core services enabled us to reach a key milestone last July when we relocated to larger premises. The new Centre increases our capacity for the delivery of group work and support, both of which have been a welcomed development amongst survivors accessing our service.



The move was followed by a well-attended Open Day, giving others working across Perth & Kinross an insight in to what our service can offer survivors and their supporters. The day also generated further dialogue amongst a range of professionals and gave everyone in attendance the opportunity to explore how effective partnerships can support Scotland's commitment to tackling violence against women effectively at a local level.

Across the organisation, this year has proved to be one of increased provision alongside greater participation with the wider community. Our staffing increased to 10 paid workers, including 2 on a sessional basis. Additionally we have 7 volunteers who are involved in the delivery of our services.

RASAC P&K Services:



Free, confidential and non-directive support available face to face or via telephone, email / letter



Helpline service Monday to Friday, 9.30am – 4.30pm



RASAC Youth Initiative delivering prevention workshops to young people age 12-18



Outreach service



Groups for survivors accessing our Centre



Training and resources for external organisations



Resource library for survivors and their supporters

Efforts to secure future funding continue in order for us to maintain this diversity of services. In particular our Youth Initiative and Group Work enter a time of uncertainty with some funding streams coming to an end in 2014. The vital role that these services have in our work towards freedom from rape and sexual abuse has been well evidenced and we remain hopeful for the future. It is with great thanks to all the staff and volunteers at RASAC P&K for making our 6th year one which has been progressive throughout.

Our Values



We believe that any woman, young woman and child, regardless of ethnic background, culture or sexuality, should have access to non-judgemental, confidential support at any given time.



We believe that no woman, young woman or child regardless of behaviour, dress or lifestyle is to blame for any form of rape, sexual abuse or sexual assault.



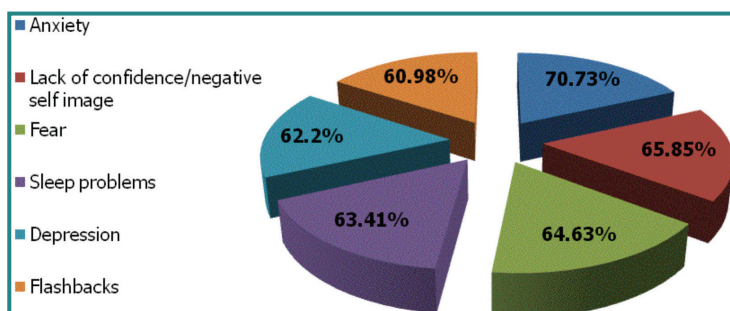
We believe that it is everyone's responsibility to adopt zero tolerance to any form of rape, sexual abuse and sexual assault of any woman, young woman or child.

Supporting Survivors

This year we received 76 new referrals for ongoing support (increase of 13 compared to 2011/2012). Thirty survivors made contact with us directly, and the remaining 46 were referred through a range of services including NHS general health, NHS mental health, education, homeless and social work. Additionally, Police Scotland now offers everyone reporting a crime of sexual violence a direct referral to Rape Crisis Scotland. Once contact has been made, Rape Crisis Scotland will offer survivors who identify as a woman in Perth & Kinross a referral to RASAC P&K. This gives women full information about the services available to them, at a time when they are ready to access it.

We also experienced an increase in the number of helpline calls throughout this year (869 compared to 669 throughout 2011-2012). The provision of a helpline that is available Monday to Friday from 9.30am – 4.30pm poses challenges with regards to capacity. However, we feel that the number of calls received evidences the need for this service and we strive to maintain these hours in order to meet the needs of survivors locally. Helpline is also provided from 6pm – midnight, 7 days a week, 365 days a year through the Rape Crisis Scotland National Helpline. The National Helpline will offer callers from Perth & Kinross a direct referral to our Centre.

Sexual violence can have devastating consequences. What these are will depend on the individual. The chart below highlights the most reported effects this year.



This year we provided 513 hours of face to face support.

Additionally, over 50% of survivors in contact with our service experienced suicidal thoughts and over 30% have attempted to end their life. These statistics are the reality of sexual violence and they are just a few of the effects that are reported to us. We offer a safe space for women and young people to talk about the effects that their experiences have had on them and explore coping strategies which can support their recovery from trauma.

"You are not wrong, you have a choice. It's okay to scream, some days will be bad, but you are safe and in control". (Survivor, 2012)

Sexual violence also has devastating consequences on our communities. We believe that it is both a cause and consequence of inequality. We are committed to challenging the societal attitudes and harmful gender stereotypes which perpetuate gender based violence and diminish responsibility from perpetrators. In doing so we believe that increased reporting will take place alongside an increase in conviction rates.

SARN: Sexual Assault Referral Network

RASAC P&K can directly support women within Perth & Kinross to access the Sexual Assault Referral Network (SARN). In the aftermath of a rape or sexual assault, women may not want to report to the Police, or they may feel undecided. During this time forensic evidence is lost. By referring women to SARN, a forensic medical examination can take place within up to 7 days. Evidence is then stored and can be accessed at a future date should a formal report be made to the Police. For further information about SARN please contact the Centre.

Focusing on Outreach and Inclusion









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

Scottish Government funding has given us scope to dedicate time and resources to Inclusion and the development of our Outreach services.

Outreach

Currently over 60% of survivors accessing our service live within rural communities. Although the majority have the ability to come into Perth for support, we have experienced a steady growth of outreach visits throughout this last year. Forty seven outreach support appointments took place which is a big increase for us as a service. This has been helped by the readiness of other organisations to offer safe and confidential spaces for people who cannot come to our Centre here in Perth. The need for an outreach service and the considerations that we've made are illustrated below:









Rural survivors can be affected in many ways:

-  Geographical isolation
-  Lack of awareness of services
-  Maintaining confidentiality
-  Less likely to disclose
-  Sense of hopelessness
-  Contact with the perpetrator
-  Close proximity of perpetrator
-  Personal safety/local police response

Service delivery issues to consider:

-  Lack of local rape & sexual abuse service provision in the area
-  Lack of other support services / safe spaces for support
-  Disability
-  Mental Health Issues
-  Lack of funds
-  Multi-ethnic/cultural sensitivity
-  Poor public transport/road links







Service delivery solutions:

-  Telephone support
-  Email Support
-  Bi-lingual staff
-  Regular contact hours
-  Public awareness raising
-  Multi-agency working
-  Personal support network
-  Raise awareness and encourage shared community responsibility

We are striving to make contact with as many agencies as possible to help us deliver our service within rural areas and welcome contact from any services that can provide a safe, confidential space. We can offer a drop-in service if you feel that this would be beneficial in your area, or we can come along to any women's or young people's groups to talk about our services and/or give informative presentations to workers. For further information, please email donna@rasacpk.org.uk or phone us on 01738 626290.

Inclusion

We have identified a three year plan for inclusion within RASAC P&K. Phase 1 took place this year and involved identifying gaps in our service provision as well as training needs across the organisation. Rape Crisis Scotland carried out their own accessibility study of all member centres and this supported us to identify and prioritise our next steps. Throughout this year:

-  All staff and volunteers undertook Cultural Diversity training through Dundee International Women's Centre.
-  Positive links were established with a number of organisations including MEAD, TARA, Karma Nirvana and ROSHNI.
-  Two staff members passed a 2 day Deaf / Deafblind Awareness Course provided by Deaf Links
-  Sign on Screen has been installed with support from Rape Crisis Scotland. This resource overcomes a significant barrier to accessing our service for survivors from the Deaf community.
-  Work continued on improving the accessibility of our information materials, including a revised website.
-  We attended the Kinross Women's Safety Day and had a great time meeting up with women's groups in Perth and Auchterarder.










September is officially the month of action to Raise Awareness about Childhood Sexual Abuse and this year we displayed an information board at AK Bell Library for the 30 days. Additionally we delivered two multi-agency training events on CSA / Responding to Disclosure which was attended by 20 professionals across Perth & Kinross.

One of the main barriers that we face as an organisation is language. We currently have no funding for translation services and need to be practical about producing translated materials without having the resources to offer support. We are always exploring ways of tackling this long standing issue as there are a diverse number of languages throughout Perth & Kinross. We currently have 1 bi-lingual volunteer who can support survivors from the Polish community.

RASAC P&K Groups

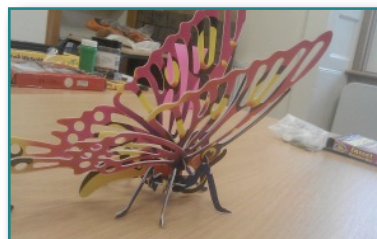
Creating a safe environment where women can freely express themselves.

Our move to bigger premises last July has given us the space to deliver group work in an environment which is safe and inclusive to survivors who access our service. Throughout 2012-2013 we have delivered a weekly arts and crafts class, a 6 week relaxation group and a 6 week self-esteem group within the Centre. Additionally, in partnership with a qualified trainer and Fairfield Community Centre, we organised an 8 week self defence programme which was open to all women in the community. Survivors have identified many benefits of these groups;

-  Releasing stress, more relaxed
-  Better sleep
-  Increased confidence within self and in relating to others
-  Less isolated
-  New friends / improved social skills
-  More fun / feeling happier
-  Higher self-esteem, feel better about themselves, discover positive things about themselves
-  Learning new skills resources for life
-  Accepting themselves

"I am now doing more things and joining other groups because these groups at RASAC have shown me that, even if I am scared at first, it can surprise me later on and learn very much, meet new people and develop as a person".

"I feel I can be myself and not worry about anything. It is safe, it is fun, it is interesting and every time is different".



Consultation with women continues and preparation has already taken place for the forthcoming year. Another 6 week self-esteem programme has been designed and plans are underway to start an 8 week sewing group.

RASAC Youth Initiative

Delivering Prevention Workshops to Young People aged 12-18



Formerly known as SYSTA, RASAC Youth Initiative is the new name for our Prevention Project engaging with young people across Perth & Kinross. In response to feedback received from young people, survivors and professionals, this change is a representation of both the project's development over the last year and RASAC's commitment to the provision of an inclusive service for all young people.

OUR WORKSHOPS	
S1 Sexual Bullying Sexual Abuse ThinkUKnow (1) Values and Beliefs	S2 Values and Beliefs Sexting ThinkUKnow (2)
S3 Partner Exploitation/Violence within Intimate Teenage Relationships (1) Commercial Sexualisation	S4 Partner Exploitation/Violence within Intimate Teenage Relationships (2) Media Boards
S5 Choices: Exploring Actions and Consequences Crossing the Line	S6 Trafficking Honour Based Violence (Being Developed)

It has been a productive year for RASAC Youth Initiative. The pilot of our prevention programme, TESSA, was completed at Blairgowrie High School throughout the spring term. Thirty two sessions were delivered to S1/S2 pupils exploring issues including sexual bullying, childhood sexual abuse and sexting. As a direct result of being involved in the workshops, 62% of young people agreed that male and female stereotypes influence the way people interact with each other and 58% felt that making comments about a person's appearance was not acceptable behaviour. Additionally, there was a 43.7% increase in

the number of pupils who recognised that abusers are always to blame and 69% of pupils said that TESSA helped them feel more able to recognise abuse and know where to access support. Evaluations also highlighted gaps in the young people's recognition and acceptance of each other's values and beliefs. In response to this an additional S1 workshop was developed, giving pupils the opportunity to explore these in a safe and supportive environment. Our work in schools continued throughout the Autumn and Winter terms, returning to Blairgowrie High School and delivering 6 workshops to 60 S1/S2 pupils at Pitlochry. Additionally we facilitated group work to some pupils from Perth Academy and Perth Grammar. We know that at least 10 young people have received ongoing support from RASAC following participation in our prevention workshops. This illustrates the vital role that prevention work can have in supporting young people affected by abuse to access services.

Another key element to RASAC Youth Initiative is our community engagement. We have established effective partnerships with a number of key stakeholders including, Perth and Kinross Youth Services, community link workers for Letham, Muirton and Pitlochry, and NHS Young People's Health Team. Prevention workshops have been delivered to community youth groups including Letham girls group, Young Carers and SCYD addressing issues such as sexualisation, the media, body image, sexting and online safety. Drop-ins have been established in @Scott Street and the Acoustic Café and these continue to generate healthy discussions about issues which can affect the lives of the young people, their peers and communities. We attended a number of awareness raising events including PKC Tents in the Park and Getting it Right, Perth College Fresher's Fair and Blairgowrie High School's 'What's out there for me' information day. We also hosted a successful awareness raising event delivering Rebecca Whishnant's "It's Easy out Here for a Pimp: How a Porn Culture Grooms Kids for Sexual Exploitation". We are thankful to Linda Thompson (Women's Support Project) and Chief Inspector Graham Goulden (Violence Reduction Unit) for their support with this event.

Overall, the project has worked with 4 schools and 5 community projects across 2012-2013, reaching 1189 young people and 277 parents and professionals. The project currently has 2 Young People's Prevention Workers in post and we are looking forward to a busy and productive 2013/14.

Volunteering with RASAC P&K

"Volunteers don't get paid, not because they're worthless, but because they're priceless".



Volunteers undertake a number of roles within RASAC P&K from the Management Committee who have Governance responsibilities, through to direct service delivery supporting survivors, attending awareness raising events and office administration. This year 13 volunteers were involved in our organisation following another successful annual recruitment. Women who volunteer for us come from a diverse range of backgrounds and bring with them a multitude of skills and experiences. In return we invest in our volunteers by offering ongoing training and support to allow for continual learning and development.

"I have been a volunteer at RASAC P&K for just over a year and found it to be a rewarding experience. Even though the services provided by RASAC are related to some of the most traumatic experiences in people's lives, I found it personally rewarding and enjoyable volunteering at the organisation. The comprehensive training sessions related to topics such as Rape, Childhood Sexual Abuse, Pornography, Prostitution, Self-Harm, and Suicide, and were not only educational, but it provided me with an opportunity to gain personal insights.

Firstly the training provided me with the necessary background to be an effective volunteer at RASAC. The training also presented an opportunity for personal growth. As someone with a background in psychology, I thought I had a non-judgemental approach to life and people. However, during training I found myself questioning some of my own ideas and perceptions, which resulted in a readjustment of certain personal beliefs. During the training sessions volunteers are exposed to the 'darker' side of life. For some this might be a shock, because the topics dealt with are never openly discussed in society. This reality check provided me with the opportunity to reassess my priorities and confirmed my belief that RASAC P&K was the kind of organisation that I wanted to volunteer with.











Since the completion of my training I have been helping out with administrative work, while still engaging in ongoing triad training and supervision. In recent months I have also been providing helpline support to women who have experienced rape and/or sexual abuse and found it to be both a challenging and rewarding experience. The friendliness from the staff and fellow volunteers makes volunteering at RASAC a pleasure. The staff are always friendly and appreciative of what the volunteers do. This combined with their willingness to answer any and all questions, makes volunteering at RASAC an enjoyable experience".

Everyone at RASAC would like to thank each and every one of our volunteers who dedicates their time and energy to enabling our organisation to meet the needs of survivors across Perth & Kinross. Throughout this year our volunteers (not including Management Committee members) have contributed 485 hours to the organisation. Thank you!

Partnership Working

Working in collaboration with relevant agencies to eliminate gender based violence against women.

We remain committed to partnership working across Perth & Kinross and are pleased to be working alongside the following groups;

-  Perth & Kinross Violence Against Women Partnership
-  Voluntary Sector Community Planning Network
-  Voluntary Sector Child Protection Network
-  Volunteers Managers Network
-  Sexualisation of Children and Young People's Group (PKC)
-  Community Equalities Advisory Committee
-  Perth & Kinross Sexual Health Strategy Group
-  Multi Agency Risk Assessment Conference (MARAC)
-  Tayside SARN pilot (Sexual Assault Referral Network)
-  National Childrens & Young People's Prevention Network (NCYTPN)

We believe that addressing Violence against Women requires a multi-agency approach. Working together promotes the role of prevention work, improved responses to disclosure, overcomes barriers for survivors and raises awareness about the impact of rape and sexual abuse on survivors and our communities. It is for these reasons that we continue to invest in collaborative working across Perth & Kinross throughout each of our projects. Our thanks go to all those who have worked alongside us over the last year.

Committed to Excellence

Work continued throughout this year towards completion of the Rape Crisis National Service Standards (RCNSS). The standards ensure consistency of best practice in rape crisis centres across England, Wales and Scotland. We remain committed to working through the RCNSS process which is due for completion towards the end of 2013.

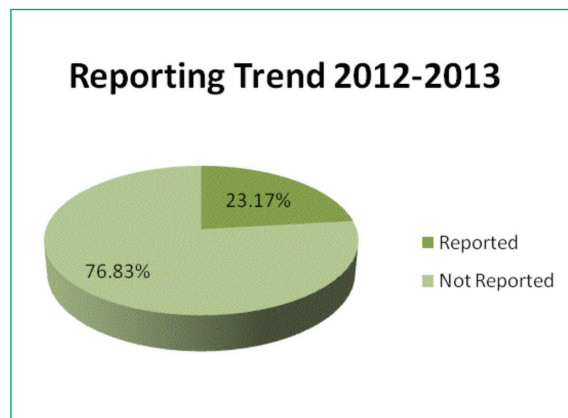
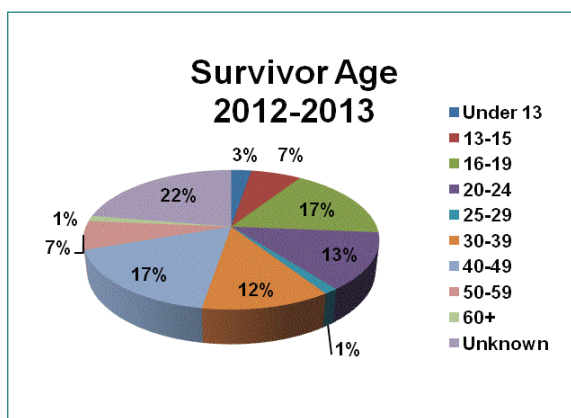
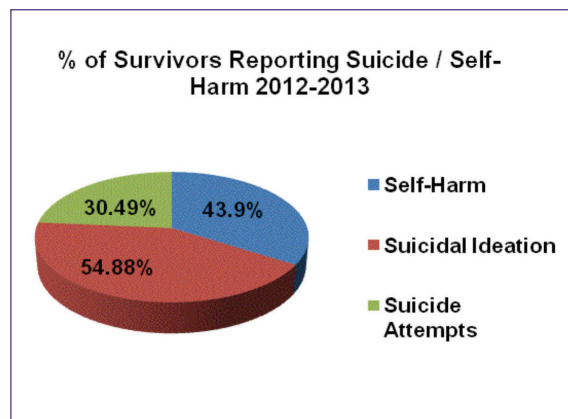
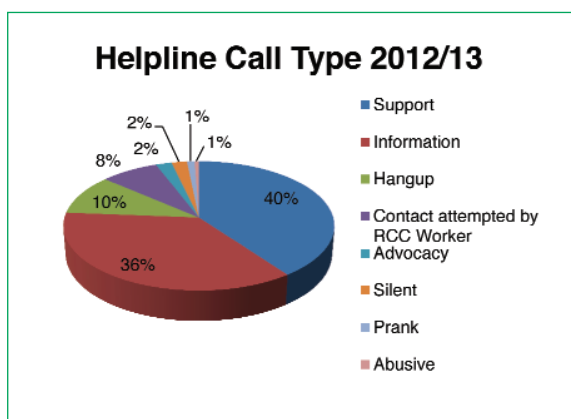
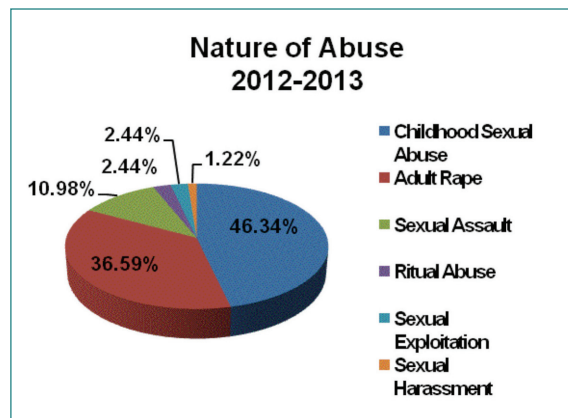
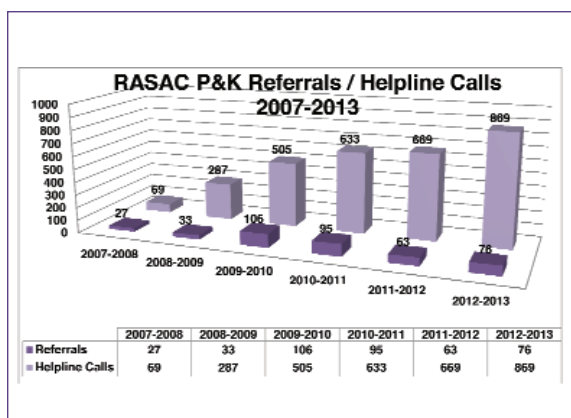
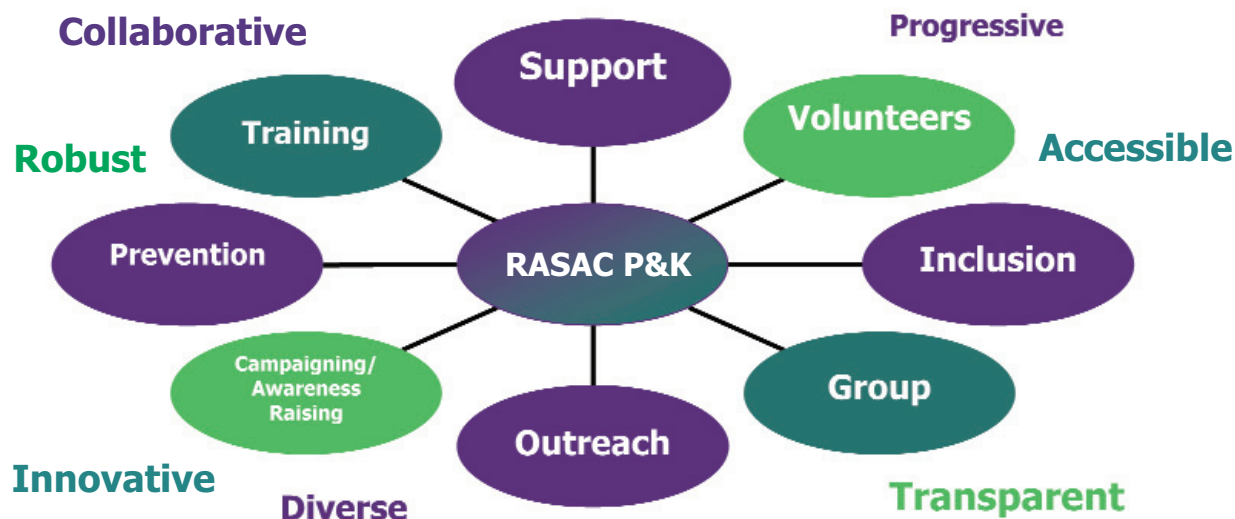


PQASSO Level 1 was also achieved this year, and we look forward to continuing with this following completion of the RCNSS.



It may have been bleak and chilly outside, but December proved to be a celebratory month for everyone at RASAC P&K when we were presented with the Volunteer Friendly Award. As well as recognising the extent to which we value our volunteers, above all we consider this award to be acknowledgment of the investment that volunteers have in RASAC P&K. Indeed without their hard work and dedication this award would not have been possible. Delighted with achieving one award, the news that we had accomplished the

LGBT Charter Mark was a second success to be celebrated. Our journey working towards the Charter Mark started in 2011 and was embraced by everyone within the organisation. The process involved looking at the accessibility of our services to everyone who identified as a woman. Everything from policies, procedures, through to the language used to inform women about our service was reviewed and updated as necessary. We would like to thank Amy Roche from LGBT Youth Scotland for all her support and enthusiasm throughout this year.



Fundraising and Donations

We were thrilled this year to be named as Perthshire Businesswomen's Network (PBN) charity of the year and would like to extend our thanks to everyone who is working hard to raise money for us. PBN have been selling Peel2Save cards and held a comedy fundraising night at Perth's Mercure Hotel starring the Figarogues. It was a hugely successful night – thank you for your support!

Many thanks also to



for their very kind donations this year.

Additionally we would like to thank
Bob Gillespie, Anton Edwards,
Kirsty McLellan, Stephen from PUSH,
Ruth Finlay, Amanda Johnstone, Susan Whiteford,
Helen O'Brien, Caroline Moore,
Christine Towned, Fiona Campbell,
Margaret Valentine, Lynsey Fuqua,
Mark at Barony & C.P. Publishers
and Nicola Thompson.

Also the management committee,
Kate Falconer (Chairperson),
Jennifer Gallacher (Treasurer),
Caroline Mackay (Secretary),
Victoria Grier (Member),
Gordon McKay (Hon. Member).

for all the time, skills, items and materials kindly donated throughout this year.

**Thank you also to every survivor who has contacted us over the last 6 years.
You are the voices behind our services and the strength and determination
you hold drives our commitment to working towards freedom from rape and
sexual abuse each and every day.**



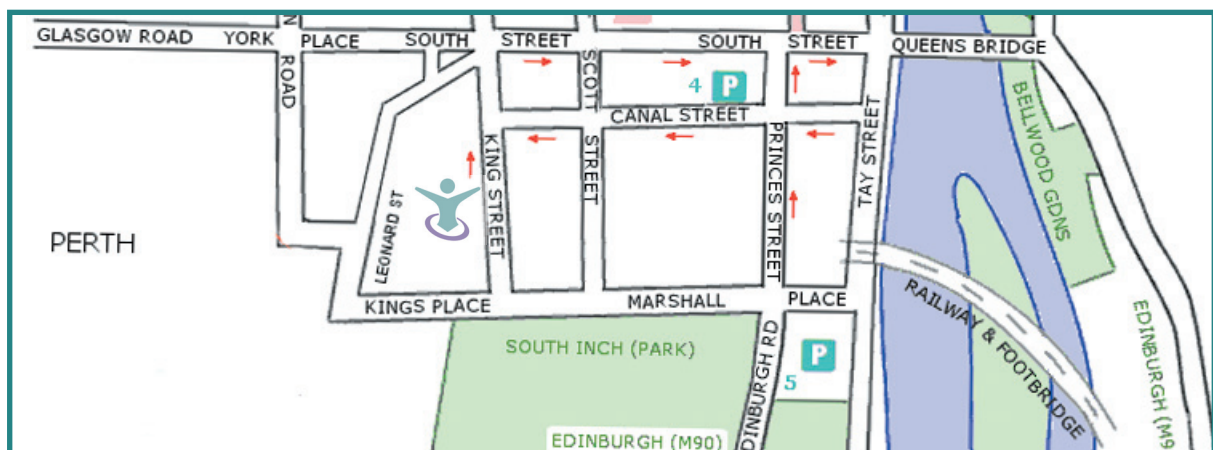


OUR NEW CENTRE IN PERTH (18 KING STREET)



"We all have a voice and we can use it here and be listened to".

HOW TO FIND US



**18 KING STREET
PERTH
PH2 8JA**

BUSINESS LINE: 01738 626290 HELPLINE: 01738 630965

EMAIL: info@rasacpk.org.uk

SUPPORT EMAIL: rasacpk@gmail.com

www.rasacpk.org.uk



<https://www.facebook.com/rasacperth>



The Forteviot Trust



Lloyds TSB
Foundations for Scotland

