



2013 - 2014 ANNUAL REPORT

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

Registered Scottish Charity SC037982
Registered Company Ltd By Guarantee No SC389959

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RASAC P&K

Women working towards freedom from rape and sexual abuse

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 3500 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.

RASAC P&K Services:

- 🦋 **Free, confidential and non-directive support available face to face or via telephone, email / letter**
- 🦋 **Helpline service Monday to Friday (24 hour answering machine available)**
- 🦋 **Daily evening helpline 6pm – midnight through the Rape Crisis Scotland Helpline**
- 🦋 **RASAC Youth Initiative delivering prevention workshops to young people age 12-18**
- 🦋 **Outreach service**
- 🦋 **Groups**
- 🦋 **Training and resources for external organisations**
- 🦋 **Resource library for survivors and their supporters**

Building on the previous year's developments, we are pleased that our Outreach provision and Groups are now an established and fundamental element of the service we provide to survivors across Perth & Kinross. Additionally, we are progressing with our work in Inclusion, focusing on Commercial Sexual Exploitation and translation services. The 2012-2015 funding from the Scottish Government's Rape Crisis Specific and Violence Against Women Funds as well as support from the Henry Smith Charity have contributed to the core costs which have enabled all of this to happen. Our Support/Group worker has been able to more than double the number of groups on offer to survivors and we are thankful to the Robertson's Trust, Lloyds, Choose Life and the Forteviot Trust for their continued support. With continued support from the Gannochy Trust and Perth & Kinross Council, RASAC Youth Initiative has increased their presence in schools and community groups. With demands on the project growing, we were thrilled to receive funding from the Scottish

Government/BIG Third Sector Early Intervention Fund which enabled the recruitment of a third worker. A contribution from Voluntary Action Fund enabled us to recruit a Volunteer Coordinator for the first time, something which has truly enhanced our volunteer recruitment and training programme. As we enter our final year of core funding we do face challenges in maintaining this level of service provision. However, we strive to remain hopeful that the inspirational work that has taken place will be able to continue and that services for survivors will be sustained.



Awareness Raising and Partnership Working

Working together to address gender based violence

RASAC P&K recognise that sexual violence has devastating consequences within communities and we remain 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. We are thankful to everyone who we work in partnership with to improve service provision and responses to survivors across Perth & Kinross.

Across 2013-2014 we were thrilled to be part of;



It has been a busy year with events, all of which have been successful in raising awareness about sexual violence and the services we provide. Throughout the year events included Tents in the Park, Volunteer Street Market, Kinross Women's Safety Day, Perth & Kinross Building Safer Communities Event, Voluntary Sector Wellbeing Festival, Perth College Fresher's Fair and Health Promotion Day. A particular highlight for us was during this year's 16 Days of Action, for which we hosted an event entitled One Lonely Word. This was a partnership event with the Perth & Kinross Violence Against Women Partnership, Community Safety, Tayside Rape Investigation Team and playwright Naomi Breeze. Naomi's emotive performance depicting one woman's experience of rape and its impact was a powerful way for us to raise awareness and talk about local service provision and the law.

Our annual multi-agency training programme was a success, training 50+ workers over 7 sessions addressing; Dealing with Disclosure; Rape and Sexual Assault; Sexual Violence: Challenging the Myths (x 2), Suicide and Self-Harm, the Role of Prevention and Childhood Sexual Abuse. We are incredibly thankful to Community Safety for their support with this training programme. The training resulted in an 80% increase in the number of workers who felt more confident in responding to disclosure.

"Despite being a difficult subject to discuss, it was a very good course that ran at a pace not dictated by time constraints making it easier to absorb, thank you".

We continue to work collaboratively within the Perth & Kinross Violence Against Women Partnership, enabling us to consistently build upon the profile of RASAC P&K and work towards the strategic aims of the local and national violence against women framework. We were enthusiastic about taking on the lead role within the Services Working Group and we are keen to further develop this group and continue improving responses to gender based violence in partnership with key agencies and providers throughout the forthcoming year.

Did you know we have a resource library? Please contact the Centre should you wish to enquire about accessing any of our materials.

We deliver training which can be tailored for your workplace. Please contact the Centre for further information.



Supporting Survivors

“You guys have been great and I wouldn't feel so good without your help, support and encouragement so thank you”

Throughout the last year, 107 survivors received ongoing support. Of the new referrals that we received, 48 were self-referrals and the remaining 30 were referred through a range of services including police, NHS general health, NHS mental health, education, homeless services and social work. The direct police referrals have generated 8% of our new referrals. This is when Police Scotland offers anyone reporting a sexual offence a direct referral to Rape Crisis Scotland. They provide initial support and information following on from which a referral can be made to RASAC P&K. Should anyone not want immediate support, they have the full contact information which can be used in the future.

78 New Referrals

646 Calls

506 Face to Face
Appointments

The number of helpline calls throughout this year remained high, 646 calls in total; thus far we have managed to keep the availability Monday to Friday from 9.30am – 4.30pm. This is a vital element of our core service provision but we do face staffing challenges. We try to address this through volunteer recruitment and training but we will be reviewing these times over the next year. We remain committed to providing a helpline service Monday - Friday throughout the year.

Sexual violence can have devastating long and short term consequences (see page 11). We offer a non-directive 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 recovery from trauma. We strive to ensure that survivors have access to appropriate, meaningful and supportive self-help materials and resources in order to aid their healing journey, reframe their experience and understand the dynamics of abuse.



SARN: Sexual Assault Referral Network

RASAC P&K can directly support survivors within Perth & Kinross to access the Sexual Assault Referral Network (SARN). In the aftermath of a rape or sexual assault, survivors may not want to report to the Police, or they may feel undecided. During this time forensic evidence is lost. Through 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 strive towards expanding and delivering a fully inclusive and supportive service within Perth & Kinross

Outreach

Women and young people contacting us are offered a range of services in order to offer optimal choice to meet individual needs. These options include our outreach service. This enables anyone unable to access the Centre face to face support in an alternative setting. Despite the majority of people having the ability to come in to Perth for support, we continue to experience an increase in requests for outreach visits. Fifty-one outreach support appointments took place throughout 2013-2014, which is a slight increase from last year. As we have a waiting list in place we ensure that survivors are reminded of the helpline service and we also offer email contact whilst waiting for an allocated support worker.

50% of survivors in contact with us throughout 2013/14 live within rural communities.



We do appreciate the support of other organisations to offer safe and confidential spaces for people who cannot come to our Centre here in Perth; these spaces are invaluable for all those seeking support. These spaces can provide not only accessibility but also anonymity within rural areas. The latter being the most important consideration for some due to many personal reasons.

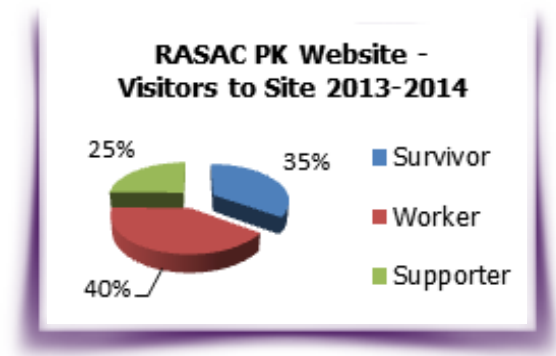
If you work in a rural setting and feel that your organisation or service could offer occasional space for face to face support, please

**contact Donna at donna@rasacpk.org.uk
or telephone us on 0173 862 6290**



Inclusion

Building on the foundations of our year 1 inclusion action plan, we have made significant developments in working towards our aim of increasing awareness about RASAC P&K services to as many women and young people as possible. We have strived to update and widely promote RASAC P&K services, distributing our materials and promoting our website.



We continue to explore support for non-English speaking survivors across Perth & Kinross. We have liaised with the Violence Against Women Partnership and agencies such as Perthshire Women's Aid to explore options and in working together aim to keep translation high on the agenda for the forthcoming year. We have translated 1 Polish leaflet available to survivors and our future plans involve the increased circulation of this throughout Perth & Kinross.

We value working in partnership to overcome such barriers and have enjoyed working alongside MEAD (Minority Ethnic Access Development Project) in reaching women amongst the migrant worker community.

A key priority within our work is to improve the support available to women and young people who have experienced commercial sexual exploitation (CSE), including trafficking, prostitution and pornography. As with all forms of genderbased violence, recognising the prevalence and context of these issues is challenging due to their much hidden nature. We have therefore liaised with appropriate specialist agencies such as Dundee's ViceVersaProject, Women'sSupportProject and Police Scotland in order to increase our understanding about the prevalence and context within Perth & Kinross. Our future plans include designing up to date and supportive literature for women involved in prostitution and we will ensure this is circulated across appropriate settings, including healthcare and Police.

“I am blooming”



There is hope in the
midst of
hopelessness,

there is joy
following sadness,

and there is life
even after death.

Bloom where you are
planted.

And even if all you
have is what others
have tossed aside....

Take pride in what
you have, and where
you are.

Photo+quote from a survivor
from the Rape and Sexual
Abuse Centre Perth & Kinross

***It is important to love
and accept oneself; and
grow even in adversity***

RASAC P&K Groups

“This is where I can feel that no one wants anything from me and I even get to make something for myself”

RASAC P&K 2013-2014 Group Programmes

Stress Relief and
Relaxation

Arts and Crafts

Self Esteem

Social

Sewing
Workshops

It has been another successful year for our group work with a minimum of 2 groups taking place every week over the last twelve months. Following on from last year's developments our focus has been to further enhance the programme in order to create increased opportunities and maximise participation. Through consultation with survivors new groups were then planned, developed and delivered throughout the year.



Our weekly Art and Craft Group continues to be well attended, offering survivors the opportunity to meet new people, strengthen social networks and access peer support. Within this group we do a variety of individual and group craft projects. As well as doing a lot of painting and drawing, the group create projects which have a strong emphasis on recycling. This group is great fun and we even had one entry in to this year's VAF Artwork Competition!

The fortnightly stress relief and relaxation group has proved to be incredibly valuable for survivors. The group participate in different meditations, imagery techniques and activities that help you to relax and focus on something relaxing and peaceful and gentle. For example, taking time to explore inner creativity, through activities such as doodling or colouring mandalas.



The newest addition of the year is the fortnightly social group. This group evolved through consultation with survivors, who asked for a space to meet with each other to socialise; to talk about a variety of fun and interesting day to day topics, watch movies and relax. Basically, a very enjoyable group to have a cup of tea or coffee and just be! Sometimes the group talk about the books they are reading, or share cooking tips and learn other skills through the use of the Internet. The social group has enabled us to improve and extend our service-user involvement as it opens up a forum to consult on service development, planning and policy. This has been invaluable in evaluating our service provision as well as promoting dialogue around national strategy, such as the draft consultation paper for the Equally Safe Violence Against Women Strategy.



There are so many new groups coming soon, there are plans developed for a crocheting and knitting group, a photography group, a mindfulness group and many more! If you are a survivor living in Perth & Kinross and you would like further information about any of groups please contact Sandra on 01738 626290 or at sandra@rasacpk.org.uk.



*“I am so grateful for the people
I have met thanks to these groups,
they are my friends, and it is great.”*

*“It is great to come and
socialise with others, it takes your
mind away from things.”*

*“I am gaining so much confidence in myself because I realised that when
I think I cannot do a project, I just have to continue trying and
I end up proving myself wrong, yes I can do it!”*

“The groups make me feel I can recover.”



RASAC Youth Initiative

Prevention Workshops for Young People age 12-18

Supported by PKC and the Gannochy Trust, RASAC Youth Initiative (RYI) delivers a range of age appropriate prevention workshops to young people age 12-18 within both community and educational settings. Our workshops aim to raise awareness about sexual violence and sexual exploitation and we strive to both reduce the likelihood of young people being affected by harmful situations, and support young people experiencing harm to access appropriate support. The programme currently informs young people about; Values and Beliefs, Sexual Bullying, Sexual Abuse, CEOP Internet Safety, Sexting, Partner Exploitation/Violence within Intimate Teenage Relationships (x2), Commercial Sexualisation, Media Boards, Choices, Exploring Actions and Consequences, Consent and Trafficking. The workshops are designed to be emotionally engaging, challenging and impactful in terms of delivering key messages to young people and building their resilience to the things that can so often affect their everyday lives, the lives of their peers, families and communities.

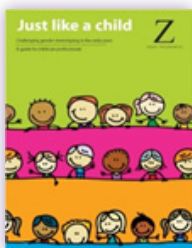
It has been another busy year for RYI, with increased involvement in schools and within the community. We were thrilled to be supported by the BIG / Scottish Government's Third Sector Early Intervention Fund in being able to recruit a third prevention worker to support us in meeting the demand within the project. Across this year we have reached over 1100 pupils and delivered a total of 77 workshops in secondary schools, 2 in primary school and 5 in the community. We would like to thank the following schools for their support throughout the year; Crieff High School, Perth Grammar School, Blairgowrie High School, Pitlochry High School and Goodlyburn Primary School.

“The pupils enjoyed the sessions and looked forward to them. I feel the sessions were delivered clearly and pupils know where they can get help. I have also learned a lot. It is a difficult and important subject that I am not trained in – thank you for delivering these sessions”



One particular highlight this year was attending the Scottish Women's Convention's, 'A False Sense of Perfection', accompanied by young people from the Acoustic Café. This was a fantastic day out, and everyone left feeling truly inspired by what they heard.

- ✧ Acoustic Café
- ✧ Letham Girls Group
- ✧ Letham Take a Break young
- ✧ @ Scott Street
- ✧ Young Carers
- ✧ Perth College Student Union drop-ins
- ✧ LINC Clinic at Drumhar Sexual Health Drop-In
- ✧ Development and delivery of information and training to professionals including Rape Crisis Scotland's national prevention training and RASAC's multi-agency training programme.
- ✧ S3 Drama Tours
- ✧ Getting it Right Event
- ✧ Cool2Talk steering group



In Partnership with the Wendy House Nursery, we delivered the Zero Tolerance 'Just Like a Child' resource to early years practitioners, promoting gender equality and tackling discrimination. This led to engagement with parents of pre-school children who participated in 2 focus groups exploring gender stereotypes and the impact of these on an individual and societal level. This exciting opportunity gave us the opportunity to raise awareness about the role of prevention and engage directly with an increased number of parents.

In recognition of the varied and effective prevention work that is happening locally we have initiated a local forum, bringing together other young people's services to discuss and share resources and information. Representatives currently attend from a range of services including Perth College, the Web Project, Drug and Alcohol Team and Perthshire Women's Aid. It is hoped that this group will facilitate improved partnership working and we welcome interest from anyone who would like to join. For further information please contact the Centre.

RASAC P&K Volunteers

“Supporting RASAC P&K Services Throughout the Year”

Volunteering is the commitment of time and energy for the benefit of society whilst gaining experience and skills. It is undertaken freely and by choice, without concern for financial gain. To some people volunteering is seen as an act of kindness, to others it is a means of achieving a personal goal or contributing to a cause. For some people volunteering is a valuable way of gaining new skills and improving job prospects.

Our volunteers are crucial to our organisation. We would not be able to support the number of women we do without the dedicated support from our team of volunteers. With support from Voluntary Action Fund and the Henry Smith Charity we were able to recruit a Volunteer Coordinator. This is the first time we have been in a position to dedicate a post to our volunteer programme and it is intrinsic to the day to day delivery of services within our organisation. The volunteer recruitment, training and induction processes have been further developed, enhancing the experiences of volunteers who are so dedicated to the work undertaken by RASAC. We have delivered 2 training programmes, leading to the successful recruitment of Prevention, Helpline and Admin volunteers.

Our volunteers support all of our different areas of work including;

- 🦋 **Prevention Team, supporting staff to deliver workshops and activities to young people and community groups**
- 🦋 **Support Team, supporting survivors through the helpline, face to face and on outreach**
- 🦋 **Business Team, Supporting management, staff and volunteers through administration and finance**
- 🦋 **Board of Directors, providing governance for RASAC P&K and guidance for staff**

All our volunteers have undertaken 60 hours of training and 40 hours of induction to ensure that they have the skills and confidence to support survivors and work with young people and the community. The training covered a range of topics including; Gender based Violence, Childhood Sexual Abuse, Rape and Sexual Assault, Confidentiality, Support Skills, Self Harm and Suicide, Prostitution and Pornography, Ritual and Organised Abuse, Equality and Diversity, LGBT, Honour Based Violence, The Media and Sexualisation of Children, Domestic Abuse and Online Safety.



Volunteer Report - Fiona



“

I volunteer because volunteering means a lot to me as I have previously received support in this way and I am forever grateful that someone gave up their time to help me. I also see volunteering as a repayment towards the knowledge and support I have gained through my life.

Also from a personal point of view, I am committed to working toward ending violence against children. I used to donate money to a well-known children's charity as felt it was my way of preventing

terrible things happening to children but then I found RASAC! I realised that with the training and support provided at RASAC I could personally contribute toward this very important cause by joining the Prevention Team and working in schools and in youth groups. I have benefited hugely from the RASAC training programme. I now have a wealth of knowledge and confidence that I acquired and I am able to use this in my volunteering, various workplaces and on a personal level. It is knowledge for life.

The training programme was challenging as well. Personally I found the training on organised/ ritual abuse difficult and almost hard to listen to. I was supported through this by staff who listened and that helped enormously to process this information. I felt I could continue training and reach my goal of becoming an active volunteer! I would encourage anyone to volunteer as the satisfaction of donating your time to a cause you believe in and knowing you can contribute to change is immensely rewarding”.

For further information about our volunteer programme, please contact Gwendoline at gwendoline@rasacpk.org.uk or telephone 01738 626290.

The End of an Era – The Beginning of a Wonderful Retirement *Farewell Maggie*

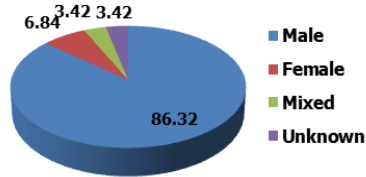


Following years of dedication and hard work, RASAC's long standing Manager has retired. Maggie McVean has been the backbone to the organisation since its establishment in 2006. Starting off in an attic, accompanied by a finance worker and a team of dedicated volunteers, Maggie's vision of having a responsive and proactive organisation for women and girls experiencing rape and sexual abuse was born.

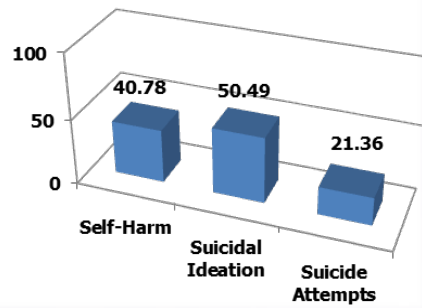
Her consistent inspiration and dedication to raising awareness about the prevalence and impact of sexual violence has significantly improved service provision and has established positive partnerships with others working to address violence against women. Over time her vision became a reality and now 2 relocations later Maggie moves on, leaving behind her a team of 8 workers, 10 volunteers and an organisation that is delivering both prevention and support services for survivors across Perth & Kinross. She will be incredibly missed by the whole team, as by everyone who has had the pleasure of working with her over the years, and we wish her all the best for a happy (and peaceful) retirement!

Charts

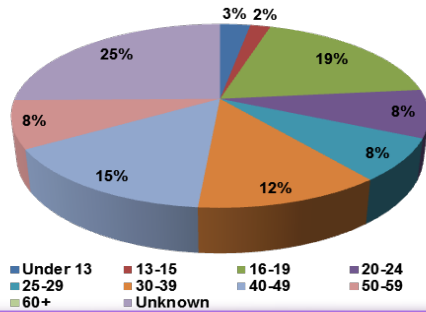
**Perpetrator Gender (%)
2013-2014**



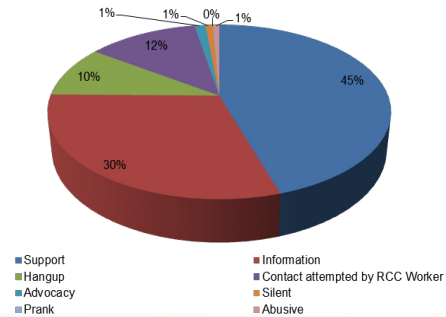
**% of Survivors Reporting
Suicide / Self-Harm 2013-2014**



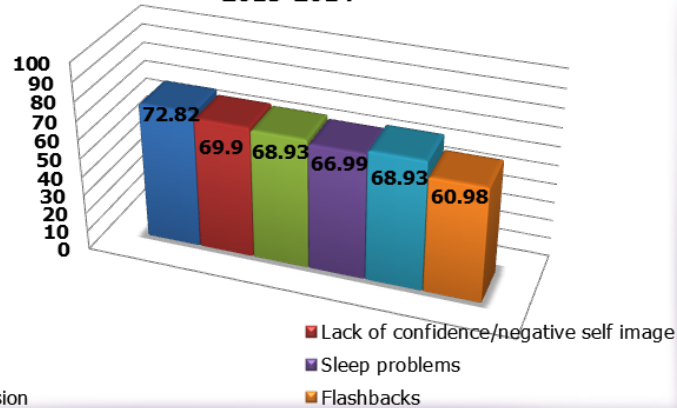
**Survivor Age
2013-2014**



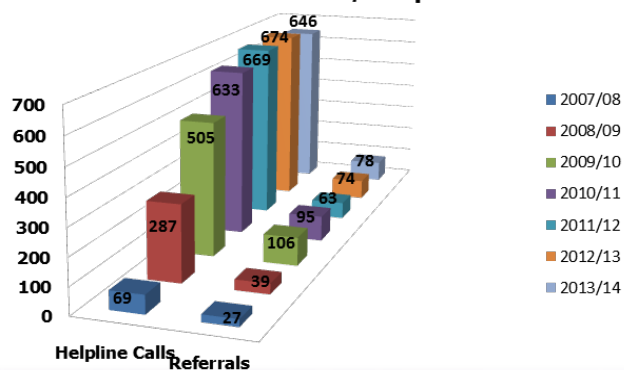
**Helpline Call Type
2013-2014**



**Effects of Abuse - %
2013-2014**



RASAC P&K Numbers of Referrals / Helpline Calls



Financial Summary 2013-2014

	Opening balance £	Incoming resources £	Outgoing resources £	Transfers £	Closing balance £
Unrestricted funds:					
General fund	28,588	637	-	1,257	30,482
Restricted funds:					
Rape Crisis Specific	-	50,000	(50,000)	-	-
Choose Life	-	8,159	(8,159)	-	-
PKC Young People - residential	-	2,000	-	-	2,000
Lloyds TSB	4,000	-	(4,000)	-	-
Forteviot Charitable Trust	5,471	5,000	(6,358)	-	4,113
The Henry Smith Charity	-	30,000	(15,259)	(1,257)	13,484
PKC Young People and Women's Support	15,300	25,000	(21,375)	-	12,925
PKC Community Safety	2,650	-	(2,427)	-	223
Gannochy Trust	-	24,300	(24,300)	-	-
Violence Against Women	-	68,021	(68,021)	-	-
Robertson Trust	655	15,000	(10,655)	-	5,000
Voluntary Action Fund	-	10,000	(7,395)	-	2,605
Big Lottery	-	34,613	(29,613)	-	5,000
The Crerar Hotels Trust	-	3,089	(3,089)	-	-
Other restricted donations	-	955	(154)	-	801
	56,664	276,774	(256,805)	-	76,633



Acknowledgements

Everyone at RASAC P&K wish to extend their thanks to the many people who have supported us throughout the year. We do not have the space to include everyone but you know who you are and your donations, contributions and valuable partnership working enable us to continue delivering a service to survivors across Perth & Kinross.



Nicola Nathan at Nathan Fundraising Consultancy, Ian Harkin at Arklu Ltd, Perth & Kinross Council, Perth & Kinross Violence Against Women Partnership, Police Scotland (Tayside Division), Tayside Rape Investigation Team, Perthshire Women's Aid, Perth College, Anton Edwards, Mark at Barony & C.P. Publishers, Tetley Tea, Danscot Print Ltd, Neil Smart of the Path Web Design, P&K Community Safety Partnership, Ad Lib Theatre Arts, PKAVS, Skills Development Scotland, AK Bell Library, Naomi Breeze, Evaluation Scotland, Rape Crisis Scotland, North Inch Community Campus, Cool2Talk, Perthshire Business Women's Network, The Wendy House Nursery, MEAD, Barnardos, Young People's Health Team and the Acoustic Café, Danscot Print Ltd A special thank you to our 2013 Cycletta Fundraiser Lyndsey Sharp, who's dedication, and training raised funds for RASAC P&K. Thank You!

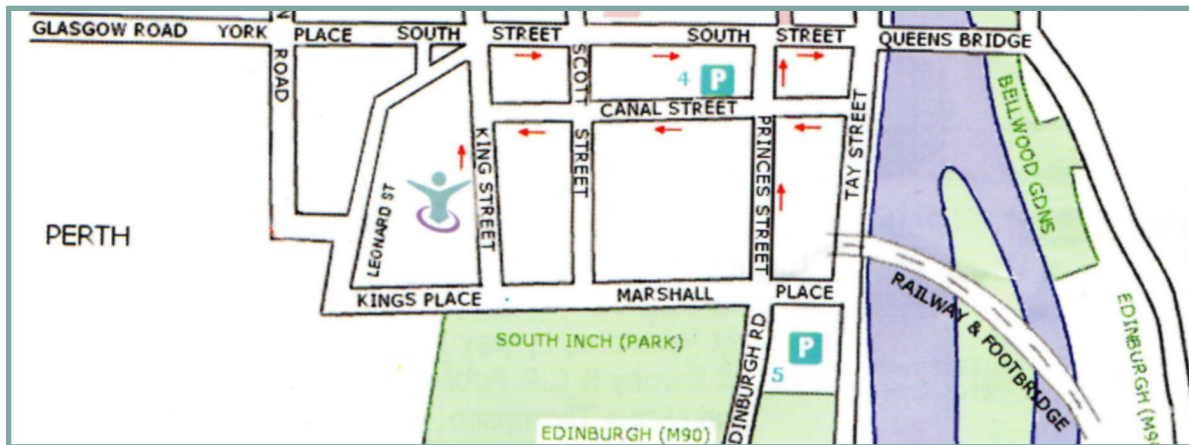
We would like to extend special thanks to our dedicated volunteers who support RASAC P&K throughout the year. Your time and contributions are very much appreciated.

Also, a special thank you to our Board of Directors:

**Caroline Mackay
Katherine Burrows
Elizabeth McLellan**

“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 626 290

HELPLINE 01738 630 965

EMAIL: info@rasacpk.org.uk

SUPPORT EMAIL: rasacpk@gmail.com

www.rasacpk.org.uk

chooselife
The national strategy and action plan
to prevent suicide in Scotland

The Forteviot Trust

THE ROBERTSON TRUST


The Scottish Government


The Gannochy Trust


BIG LOTTERY FUND


Perth and Kinross Community Planning Partnership


Lloyds TSB Foundation for Scotland


The Henry Smith Charity
founded in 1628


Voluntary Action Fund
More than just money


CRERAR



PERTH & KINROSS COUNCIL


LGBT CHARTER


Volunteer Friendly Award


ADHERING TO RAPE CRISIS NATIONAL SERVICE STANDARDS


SOS SIGN ON SCREEN

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