



25 NOVEMBER – 10 DECEMBER

RASAC IS SPEAKING OUT!

16 DAYS
OF
ACTION

ABOUT ENDING VIOLENCE AGAINST WOMEN



RASAC P&K...

are planning a participatory photo project which will be launched during the 16 Days of Activism. The project will support women to reflect on, share, and highlight issues related to their personal experiences of sexual violence and childhood sexual abuse.

The project aims to provide a platform for women who have experienced violence and whose voice is rarely heard, to anonymously and creatively share their experience, while also challenging stereotypes related to violence against women.

It you or anyone you know would like to take part in this unique project get in touch with RASAC P&K for details.

SAVE THESE DATES!

The Violence against Women Partnership for Perth and Kinross are arranging several events for the 16 Days of Activism.

25 November – Conference

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1 December – Networking Lunch at RASAC P&K

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8 December – Reclaim the Night

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6 December – Networking Lunch Perthshire Women's Aid

RECLAIM THE NIGHT

A march to reclaim our right to walk the streets at night and to protest against all forms of sexual violence.

Everyone is invited to join in the march, including: people of all ethnic backgrounds, of all religions or none, people of any age or gender, disabled and non-disabled, people from all gender identities and sexualities, refugees and asylum-seekers and any other person you can think of! We would love to see you all there. Bring along your family, friends, colleagues, and partners.

Saturday 3 December 2016

Further information to follow

You are warmly invited to...

RASAC P&K'S Networking Lunch

Hosted at the Rape & Sexual Abuse Centre in Perth

1 December 2016

between

12:00 – 14:00

This is an excellent opportunity to establish and strengthen working relationships between various organisations. Come along and meet the RASAC P&K team and find out what we do.

Women working together towards freedom from rape and sexual abuse

RASAC P&K

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Reg Co No; SC389959



August 2016

Newsletter

Working with women since 2007

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16 Days of Action



RASAC SPEAKS OUT!
16 DAYS OF ACTION
ENDING VIOLENCE AGAINST WOMEN

RASAC is preparing for the 16 Days of Action

Look inside to find out more about what we are planning and how you can contribute!

RASAC Spotlight – Youth Initiative

RYI Youth Ambassador Programme

Throughout the last few months RYI has continued to develop its Youth Ambassador programme, a peer mentoring and campaigning programme for young people. In May 2016 a group of Youth Ambassadors participated in a LGBTI training opportunity with RASAC staff team, board members and adult volunteers. On 2 August 2016, 8 new Youth Ambassadors completed an induction programme at RASAC P&K. Comments received from the young people with regard to the training were very positive:

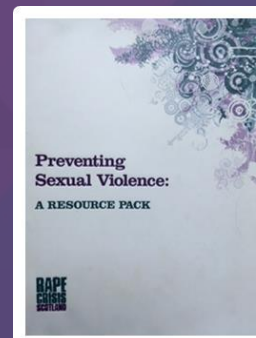
"the training made me aware of the massive need for feminism and gender equality in society"

and

"at the induction programme we met new people and had a discussion of really important issues in a positive atmosphere."



Rape Crisis Scotland: National Sexual Violence Prevention Resource Pack



Over the last few months RYI workshops in specialist educational facilities and community groups have been moving into using the Rape Crisis Scotland National Sexual Violence Resource Pack, a pack which was devised and recently updated to support and develop the educational and awareness raising programmes delivered to young people by Rape Crisis Centres throughout Scotland. The original Rape Crisis resource pack and prevention programme was externally evaluated in 2015. The evaluators commented that the programme had a strong impact as demonstrated by the effective way in which young people's knowledge and attitudes were changed. From August 2016 RYI will be using the National Sexual Violence Prevention Resource pack in its workshops in schools and community groups.



RASAC
Perth & Kinross

**new
services!**

**WOMEN
FAMILIES
AGENCIES
YOUNG PEOPLE**



RASAC P&K'S NEW DROP-IN SERVICE

After extended consultation with service users and stakeholders we are excited to announce the launch of a new drop-in service for female survivors.

Those who currently access RASAC's services, on the waiting list, or not yet engaged can use the drop-in during times of crisis, when they feel overwhelmed, or need information - no appointment needed, you can just drop-in!

RASAC P&K Support Services continue to strive to meet the needs of Survivors of Sexual Violence in new and innovative ways. We are in the process of setting up a Befriending Service to provide social support to survivors.

RASAC P&K'S BEFRIENDING SERVICE!

The Befriender will aim to build up the survivors' confidence by encouraging them to get out and about, rediscover interests, make new friends and social connections. Activities may involve going for a cup of tea and cake, joining the gym, or going for walks or day trip. Activities are decided by the befriender and survivor together. All volunteering expenses are paid.



Service User Forum



Drop-In Service

Although very enthusiastic and positive about the services available at RASAC P&K, service users questioned RASAC's strategy for promoting existing and new services. They highlighted that some people might not be technologically savvy and as such promotion on social media would not reach everyone. They made several suggestions about promoting RASAC's services including contacting the practice managers of surgeries as well as distribution of promotional material in libraries and ladies public toilets. The service users also questioned the existing relationship and referral routes between RASAC and other organisations such as Woman's Aid. In light of this RASAC will remain committed to the promotion of services including the distribution of information packs and establishing working relationships with general practitioners in Perth and Kinross.

Support and Activity Based Groups

Service users were consulted about the need for a pure support group for adult survivors. They recognised the benefit of sharing their stories with others, hearing the stories of others, and gaining support from others. They stated that survivor's might find it challenging to attend such a group due to the difficulty surrounding disclosure. They did however add that they might find it easier if they have already met some of their fellow service users in other groups (e.g. Christmas party, service user forum) before attending the support group.

Other Matters

Other matters raised during the meeting were the new helpline hours, initial appointments, crisis appointments, a new Justice System resource developed by RASAC, survivor's experience booklet (Voices Of Hope), and other new developments at RASAC.

Young Person and Families Worker

My name is Chris Gray and I am delighted to be able to introduce myself to you all as the new Young Person and Families Worker. I came into post at the end of June this year, so I'm still finding my feet but trying to meet with as many of you as possible to make connections within our community. I have a background in Psychology, Youth and Social Work, training and therapeutic work, having previously worked with Rape Crisis Scotland, the NHS, and within Children and Families' teams for Local Authorities. I am responsible for developing services which specifically target young people and their families, whilst providing direct support work to young people who have experienced any form of sexual violence. This is the first time that RASAC



P&K has had a dedicated support project for young people and I'm really keen to embed this service within wider support networks for families and young people, so if you have any thoughts or ideas, I would be happy to meet for a chat! The official launch of the project is due to take place at our AGM, taking place on 25 October 2016. You can also reach me via our usual contact details provided in this newsletter. I really look forward to working with you and helping to work towards ending sexual violence.

RASAC P&K's Support and Advocacy Service



Reporting an incident of sexual violence and navigating the justice system can be difficult and daunting for survivors. The advocacy support worker provides practical and emotional support to women and young people who are engaging or planning to engage with the criminal justice system.

For more information contact Carolyn Doran via the contact details provided in this newsletter.

Self Help Section

Technology and Your Mental Health

Do you feel stuck or stressed, have problems sleeping, or have thoughts about ending your life?

If you are struggling please call our helpline and speak to a support worker who will provide empathetic support without any judgement. As an organisation we recognise that survivors of rape and sexual abuse have a variety of mental health needs. Help might not always be available or you might not feel able or ready to speak to the staff at RASAC P&K. The following are some applications you might find helpful or enjoy using on your own or with friends and family.

The aim of these applications is not to 'cure what ails you' but instead teach new skills that might be of benefit to you.



Suicide? Help!

This is an information app for people who are thinking about suicide or are worried about someone else. As well as providing detailed information about suicide, such as how to get help and what signs to look for in others, this app also helps with the development of a safety plan. The app also provides details of services that can offer support particularly in the UK and Tayside.

Ginsberg Activity & Mood Diary

Developed in partnership with NHS psychologists and psychiatrists, the Ginsberg App is an Activity and Mood Diary where you can track and understand your emotional and physical wellbeing helping you make positive changes to your life. You can build up a picture of your life over time and get powerful insights into recurring patterns.

Stop Breathe Think

This user friendly app makes you pause and evaluate how you are doing mentally, physically, and emotionally. It provides you with various meditations for mindfulness and compassion that you can choose from. This tool is aimed at people of all ages and backgrounds.

Unstuck

Unstuck is an in-the-moment digital coach that's ready any time you're feeling a bit stuck. The app helps you see and solve situations with fresh perspective through provocative questions, targeted tips, and action-oriented tools. It's an approach that works for all kinds of issues, large or small and perhaps best of all, it's free! Definitely worth downloading since you never know when it might be of use.

If you have any questions or need support you can contact RASAC P&K through the contact details provided in this newsletter.

MINDFULNESS GROUP

Relax while learning new skills and teaching your mind and body to live in the now

Fridays

13:30 - 14:30

**Every Friday for 7 Weeks Starting
on the 9th of September to the 21th
of October**

