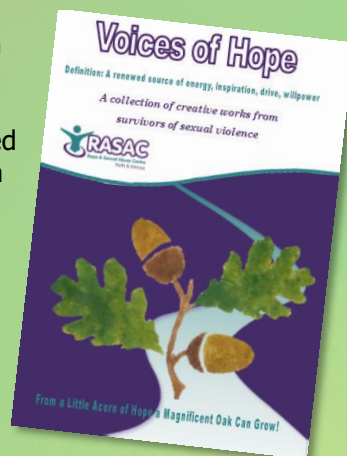


Voices of Hope

Following the success of our last publication we are starting to gather together pictures, poetry and writing for another booklet to highlight survivors' experiences, the challenges, the strength, the feelings and emotions that can be experienced as a result of rape, sexual abuse and ritual abuse.

We are keen to hear from our existing service users and equally keen to hear from anyone who has used the service at any point in the last 10 years. If you would like to submit a piece to be included then please either, pass it onto your support worker, email to rasacpk@gmail.com or send it in the post

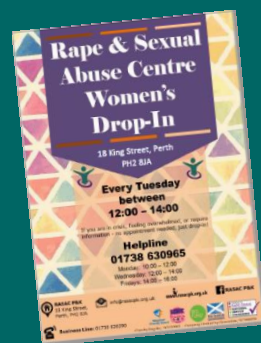


Please note that we will not use your name on the piece unless you give express permission for us to do so. If we are unsure then we will not put a name on the contribution. Please also note that we may not be able to include every contribution that we receive. All those who have submitted articles/pictures will receive a copy of the booklet when completed.

Deadline 31st July 2017!

A selfie with Scotland's first female First Minister

On the 22nd May our Youth Team, RYI, visited the Strathmore Centre for Youth Development (SCYD) and bumped into Nicola Sturgeon who very kindly posed for a selfie with our team!



DROP-IN SERVICE REVIEW

We currently offer a women's drop in service on a Tuesday between 12pm and 2pm at our premises 18 King Street.

The drop in service is for any women who have experienced rape or sexual abuse who; may be thinking about accessing or wanting to know more about our service; are struggling to cope or in crisis; are currently waiting for a support worker for ongoing support.

As the service has now been running since August 2016 we are wanting to review this to establish if we need to continue with this service or if we need to change or develop this service further.

As such it would be useful if you could take a couple of minutes to complete this short survey.

You can go online and find it here:
<https://www.surveymonkey.co.uk/r/VZ2T799>
Many thanks for your help.

SUPPORTING PROFESSIONALS

Survivors disclose to many different professionals. We are aware that sometimes professionals may need some advice, information or training to better support their clients. In addition, sometimes professionals need support themselves, especially if they regularly receive disclosures or deal with difficult cases. We are here to support survivors but also the professionals that support them.

For information, advice and training contact:
Business Line: 01738 626290

For emotional support contact:
Helpline: 01783 630965
Support Email: rasacpk@gmail.com



LISTEN, BELIEVE AND SUPPORT



RASAC P&K
18 King Street, Perth PH2 8JA

Business Line: 01738 626290
Helpline: 01738 630965

Email: info@rasacpk.org.uk
Website: www.rasacpk.org.uk

Women working towards freedom from rape and sexual abuse

Charity Reg No; SC037982
Reg Co No; SC389959



May 2017

Newsletter

Working with women and young people since 2007

BEFRIENDERS NEEDED

Volunteer with us!

Do you have a couple of hours a week to spare?
Do you want to make a difference?

All training provided

WHAT'S IN THIS ISSUE...

- RASAC Spotlight**
RASAC Groups
- RASAC Voice**
Duncan - A RASAC Youth Ambassador
- Speaking to Children**
What all children should know by the age of 5
- Up and coming**
Groups and forum
- Self Help Section**
Mindful Walking
- RASAC News**
*Voices of Hope
Drop In Service Review
Supporting Professionals*

Participant feedback
*"A Confidence boost,
great company
and fun!"*

RASAC Spotlight RASAC GROUPS

Participant feedback
"time out from stress"

Taking part in a group can help in many ways. Groups can give you the tools to support you through emotional difficulties, they can support you to feel you are not alone and give you the opportunity to learn new skills such as creative skills.

Over the last 6 months, we have offered a range of group activities from Health Walks to Laughter Therapy. We have also worked in partnership with Barnardos' Tayside Domestic Abuse Service and Women's Aid to offer an awareness raising session on One Billion Rising, a stop violence against women campaign.

Our Creative Group, which is well-established offers you the chance to try out new crafts, bring your own ideas or a place for you to sit in a friendly, informal setting with a hot drink. In June, we hope to organise a trip to a pottery painting studio which we are very excited about. We are open to new participants and very keen for your ideas for future creative group activities.



An example from our decoupage project

We work with individuals and families affected by sexual violence as well as family members, supporters, relatives and non-abusive partners. As part of our group programme, we offer specific group sessions for people who may not necessarily be survivors themselves, but who are supporting someone who is. If our Family and Friends Group is for you, contact us to make a self-referral.

Finally we are now part way through our first ever Young Survivors' Group, self-named, "The Movers". The group is a safe space where young people can explore some of their experiences in a supportive and non-judgemental environment. This group has been such a success that we have already opened referrals for our next intake! Please contact Ruth if you would like to know more or to book a place.

Young Survivors' Feedback
"A safe environment to talk about what you want!"
"It makes you feel more accepting about yourself"

RASAC YOUTH AMBASSADORS

BEING THE CHANGE WE WANT TO SEE IN THE WORLD

What I've learnt while being a RASAC Youth Ambassador

By Duncan

I want to work with people in the future and I was looking for some voluntary work to build up skills and experience for my CV and approached RASAC to see if they would take me on as a peer mentor.

I started with the programme in May 2015. Since becoming a Youth Ambassador I have accessed a number of high quality training opportunities exploring issues such as the harmful effects of pornography and LGBTI awareness.

I have had opportunities to co-deliver prevention workshops to other young people to raise their awareness of gender based violence and have helped run stalls and represent RASAC at community events.

In November 2016 we also hosted a performance from Ben Atherton-Zeeman, an American actor and campaigner, as part of the 16 days of activism events.

RASAC Prevention workers are now also delivering workshops in my school in our personal and social education time. The workshops have enhanced the information we obtain in our social education programme and have received really positive feedback from school students and the school staff.

Over the next year I will continue to participate in the Youth Ambassador programme with RASAC.

One of the most important things I have realised is that feminism isn't about making women better than men but about creating a world where everyone is equal. I have also become aware that gender based violence is an issue for everyone in society, and needs to be addressed by everyone not just women.

I feel that it is vital that young people are actively involved in RASAC to support the organization to champion equality and work towards eradication of sexual violence and making society a safer place for everyone.



What all children should know by 5yrs

Whilst looking for information available for survivors of child sexual abuse on parenting and some of the unique difficulties they can experience we came across a US website called The Mama Bear Effect.

We were please to come across an interesting page entitled; Parenting As An Abuse Survivor which has information about common triggers during pregnancy/childbirth. It also has some useful information on some of the issues you may face at different stages of your child's life.

We know that it is important for parents or carers to educate children about safety and it can sometimes feel difficult when we are speaking about body safety.

They have great free downloadable colouring and activity sheets you can complete with children which look at a range of important issues:



My body is mine I am the boss of my body! I don't have to be hugged kissed or touched by anyone if I'm not comfortable.

Private Parts are the parts of our bodies covered by a bathing suit and are kept out of view. We don't look, touch or play games with each other's private parts.

We use the proper names for our private parts they're not weird or funny – everyone has them!

No one should be asking me to keep a secret especially if it's about private parts.

My body safety circle I know five people I can talk to if I'm sad, scared, and especially if I need to talk about body safety! If someone breaks a body safety rule I need to tell until someone helps me. Even if I don't tell right away. I won't be in trouble – it's never too late to tell.

They make a good point on the first body safety rule as it is so common within families that we will insist and say things such as – don't be rude, give your granny/grandad/uncle/aunty a kiss/hug even when our children are clearly uncomfortable or not wanting to do this. By insisting are we giving our children the message that you should be polite/comply with what an adult wants?

To find out more check out <http://themamabeareffect.org/free-downloads.html>

CALM GROUP

NEW GROUP

Are you on the waiting list or just finished support?

Would you like to learn some techniques to manage difficult feelings?

Our new pre-support group is called CALM. This is for you if you are on the waiting list (or if you have finished one-to-one support) and would like to be introduced to trauma informed techniques such as guided meditation, visualisation and breath work. Starts 26th July 2017

If you would like to know more or would like to book a place give us a call! And remember our helpline is available if you need to talk. We are here to Listen, Believe and Support.

RASAC SERVICE USER FORUM

Our next Service User Forum is on **Thursday 24th August**
11am- 12:30

Your feedback is very important to us. Your comments, compliments and feedback about what we can do better directly affects our planning and delivery of services. We want to know what you think and any feedback is really appreciated. If you can't attend the Service User Forum check out our fantastic new boards which will be on display really soon at the centre. Here you can pick up a feedback card and drop it off in the box next time you are in.



Self Help Section

Mindful Walking

We've all heard about the benefits of mindfulness - including improved sleep, reduced stress, greater self-awareness and improved mental wellbeing to name just a few. Mindfulness involves us focusing our awareness on the here-and-now, while acknowledging and accepting our present moment thoughts and feelings without judgement.

There are a variety of ways to incorporate mindfulness into your life from breathing exercises to meditation. Mindful walking can be a fantastic way to bring together the health and wellbeing benefits of both mindfulness and gentle exercise. To walk mindfully:

- Before you start, think about your posture and just notice how your body is feeling in that moment.
- Balance your weight evenly on your feet, take a few deep breaths and notice the sensations of your feet making contact with the ground
- Begin walking and observe how it feels, such as the rhythm and speed at which you are moving.
- Notice your surroundings – the sights, sounds, smells. If you feel your attention start to drift, acknowledge whatever these thoughts or feelings are then gently bring your awareness back to the present moment.

For other simple ideas about how to fit mindfulness into your life, the following links have some great tips:

<http://www.heysigmund.com/different-ways-to-practice-mindfulness/>
<https://www.pocketmindfulness.com/6-mindfulness-exercises-you-can-try-today/>
<https://www.mindful.org/meditation/mindfulness-getting-started/>

