

VOLUNTEERING

At RASAC we rely on our skilled and passionate volunteers to deliver services, events and make organisational decisions. We have volunteers in our Prevention School programmes, our Support Services, helping with administration, events and on the Board of Directors.

All our volunteers undergo our Staff/Volunteer Training Programme consisting of up to 10 full day training sessions and induction before any volunteering starts. All training and support is provided and no previous experience is needed. If you want to make a difference, then this might be the place for you to volunteer!

We are currently looking to recruit volunteers in all areas and are particularly looking for volunteers with a second language. Call Samaira at RASAC if you are interested in knowing more or would like an application pack emailed to you.

BE THE CHANGE YOU WANT
TO SEE IN THE WORLD!

Supporting Professionals Working with Survivors

We recognise that when working with survivors you may feel that you need more knowledge/understanding of sexual violence and the impact of sexual violence on survivors.

We deliver a range of training sessions for professionals in Perth and Kinross as well as Tayside. Sessions can include:

- Disclosure
- Impact of Sexual Violence on Young People & Adults
- Child Sexual Exploitation
- Trauma Informed Practice

We have delivered training to Social Work, NHS, Police, Youth Workers/Community Workers, Educational Staff, Foster Carers, Housing staff, Criminal Justice staff.

Our training can be tailor made for your needs and can be 2 hours or as long as 2 days training. Contact Samaira at RASAC for more information on our training and other support for professionals.

WOW Festival Women of the World

RASAC P&K workers accompanied by 2 of our Youth Ambassadors held an information stall at the Women of the World festival at Perth Theatre on the 5th of October 2019.

The festival had a programme of short films, talks, exhibitions and discussions and an opportunity to take stock of gender equality nationally and globally. We thank our wonderful Youth Ambassadors who as usual helped out on the day and spoke to members of the public about our services and youth engagement.



YOUTH AMBASSADORS GAIN THEIR SALTIRE AWARDS

In June 2019 two of RASAC's Youth Ambassadors Kurby and Jack achieved 200 hours volunteering Summit Scottish Government Saltire awards. They attended an awards ceremony at PKAVS to receive their awards.

Well done to both of them and a Big Thank You for all their hard work and hours donated to RASAC P&K



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Women working
towards freedom from
rape and sexual abuse

Charity Reg No; SC037982
Reg Co No; SC389959



October 2019

Newsletter

Women working towards freedom from rape & sexual abuse

MEET FINN

Finn is our visiting rabbit who comes to RASAC 3 days per week for cuddles and attention.

If you would like to meet Finn when you come for support let your Support Worker know.



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RASAC Spotlight NEW RASAC GARDEN

After months of planning we have finally completed our garden!

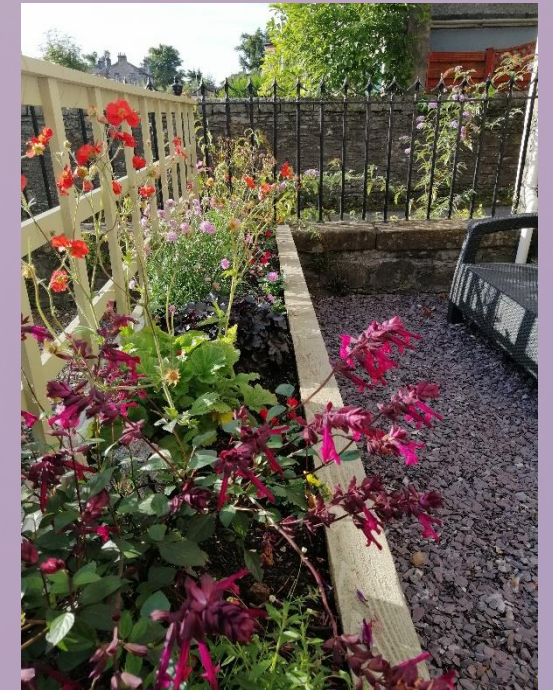
We look forward to seeing it flower and bloom throughout the year and bring a peaceful space at the front of our centre. Survivors have started to use it before or after support and the feedback is very positive. We hope to set up a gardening group for survivors and RASAC Volunteers in the spring, so let us know if you might be interested – no previous experience of gardening is required.

We will also be painting beautiful rocks with positive messages for decorating the garden so if you have any positive messages that have inspired you or helped you at a difficult time let us know so we can share these in the garden. If you have any rocks you would like to donate or would like to join the creative group to paint some up let your support worker know, or one of the support team.

Our garden is called Maggie's Garden honouring our first RASAC Manager Maggie McVean, who set up the centre with a group of dedicated volunteers over 10 years ago. We thank all these amazing women as without them we would not have the service we have now or the lovely garden!

If you have any ideas of how we can better the space or make the centre more welcoming please let us know.

GROW THROUGH WHAT YOU GO THROUGH



RASAC VOICE

STUDENT AMBASSADOR

"My relation with RASAC started in 2014 at a training session on Sexual Violence. The break down showing the levels of sexual violence, a little banter leading to harassment was eye opening. I left my contact details at the end of the session and a few months later I attended the first Student Ambassador meeting. The aim was to create awareness among the college campus. This is where I used my graphic design skills to draft poster concepts based on sharing explicit images and consenting. After months of refining the content through focus groups, myself and the Student Ambassadors presented our posters in the Women's Library to our fellow Rape Crisis Scotland Young Leaders. Through the process a connection was established with Perth College UHI, there are future plans for workshops to be lead by the Student Ambassadors educating their student peers."

PARENT OF A YOUTH AMBASSADOR

"My daughter joined as a Youth Ambassador recently, she has had so many opportunities and picked up new skills in her volunteering role. She normally is a quiet girl and keeps her opinions to herself, however after joining RASAC I have seen a massive change in her, she is very proactive and talking about important topics that should matter in Society. She has been coming home enthusiastically and speaking about her day at RASAC, her visit to Aviemore also was very positive, she spoke about campaigning for the Scottish Government (tackling sexual harassment facing young people in schools) and the importance of raising awareness about how to keep yourself safe. Over all I am very pleased and grateful that she is getting an opportunity to volunteer with an organisation who runs a fantastic programme for Youth Ambassadors."

RASAC YOUTH AMBASSADORS

BEING THE CHANGE WE WANT TO SEE IN THE WORLD

RASAC FILM NIGHTS

We held our first ever RASAC Film Night and it was an evening of fun, laughter and Popcorn/Pic 'n' Mix.

One of our survivors told us...

"The Movie Night in RASAC was so much fun, with great company. I giggled so hard throughout the night, like a nice girly night should be. The film was great and the atmosphere was just right, not to mention the yummy treats."



If you are interested in joining us on the next film night give Michelle a call or let your support worker know.

Coming Event RECLAIM THE NIGHT

5th December 2019

Everyone welcome – bring you friends, family and Partners (even your dogs)

Refreshments & Entertainments – 5:30pm

March leaves 6pm

Civic Hall, 2 High Street Perth

Reclaim our right to walk the street at night and end violence against women and children



Childcare @ RASAC

We are very pleased to announce that we now have access to a play development worker provided by Perth City Council for any survivors who are struggling to access the service because of a lack of child care. The play development worker is a fully qualified childcare professional and is able to work with Children from Birth-5 years. She provides a wide range of activities and materials to keep your child/children occupied and well looked after whilst you are free to engage in your support without any distractions or concerns about your child. The child/children will be looked after on the premises in the group room at the far end of the building and survivors would be free to check on their child/children anytime they would like to do so. This is a service that can also be offered for initial appointments or anytime survivors need to access the service but are having difficulties finding child care. If this is a service that you would like to use please let your support worker know.

Hands & Hearts of Courage Project

We are keen to put together a banner that has been made up of individual pieces. Each piece will contain the image of a hand or heart that will have been designed by a survivor. As we get more pieces these will be joined together to make a banner to showcase the courage and determination of all survivors.



We would hope to potentially have an exhibition or take the banner with us on Marches or to events. We would really appreciate it if you could help us make a banner for this year's Reclaim the Night March which will be taking place in Perth on Thursday 5th December during the 16 Days of Action to End Violence Against Women and Children.

Do you want to get involved?

There are a number of ways of getting involved – you can get a piece of white fabric approximately 32cm x 32cm (13x13 Inches) – make sure that there is a border of 2.5cm (1 inch) all the way around to enable us to stitch the panels together. Then draw round your hand; it can be whichever hand you like and whatever way you want, it can be your whole hand or part of your hand.

Alternatively draw or design a heart; it can be one large heart or as many smaller ones as you like. Then using whatever artistic means that you like; pens, fabric paints, fabric crayons, applique, glue, glitter, writing emotions; writing quotes; poetry, embroidery, scribbling; decorate the hand and/or background. Any way you want to express yourself.

We would ask that you do not include people's full names on any of the items as we would not be able to display them. Additionally do not put your name on the square we would not be able to use it without your written consent. Anyone using RASAC Support Services can pick up a fabric square from RASAC. When you have finished then return to RASAC REMEMBER TO LEAVE A 2.5cm BORDER so we can stitch it up!

SELF HELP SECTION Creative Recovery...

Being creative can help us in many ways. We don't have to be good at drawing or painting to benefit from using creative materials. In our journey to recovery art and being creative can help us in two ways- It can help us express feelings and emotions It can distract us from difficult feelings and emotions

Art can also be a way of being mindful. It can ground us in the here and now.

- Being creative can be as simple as doodling on a scrap of paper!
- Or you could make something like a self-care box. (see below)
- Colouring in books are a good way of taking your mind off things.
- Writing is another creative way of expressing ourselves. It can be stories or poems. All you need is a pen and imagination. If you are stuck for inspiration look out of a window and write a story about the first thing you see, or try a poem.

SELF-CARE BOX

Affirmation and inspiration are the keys to the self-care box. It can be comforting to have something small, tangible, and beautiful in times of trouble. The box can be used as a resource and its ongoing creation can be therapeutic.

Here's how to make a self-care box:

- Using a cardboard box and other art materials, decorate the box while keeping in mind that this will be the home for trinkets and small items of importance;
- Decorate or line the box with positive affirmations. These can be self-generated, or found online. These can also be simply folded and put into the box to be read when needed;
- Use the box for items that provide comfort, like worry stones, pictures of friends or family, clips of quotes or poetry, pressed flowers, or treasured jewellery or mementos. You might even leave some movie vouchers or massage gift cards in the box that can be used when you feel drained and in need of self-care



Anyone can be creative- give it a go!

Remember we have a Creative Group at the centre every Friday 11am – 1pm. All survivors welcome, you can join anytime.