

# RASAC YOUTH VOICE

"Hi – my name is Jack, and I'm one of RASAC's Youth Ambassadors who spoke at the 10th Birthday Celebration on Thursday the 26th of October at the Civic Centre.

The Youth Ambassadors are a group of 22 young people who are peer mentors, educating others about gender equality, sexual violence, LGBTI issues and child sexual exploitation. Overall, I feel that the celebration truly served to raise RASAC's profile within the community through the public exhibition.

When I, personally, first saw it, I was completely blown away; the amount of work that had gone into it was immense – I loved the art style of the posters, the representations of figures using the glass bowls and marbles made them highly accessible and intriguing and the Youth Ambassador timeline positively surprised me; after all, it had gone from a tiny display on the wall of a Portacabin to a lit-up physical representation of all that we have achieved over the years!

As a gesture of goodwill, the Youth Ambassadors also received black jumpers with reasons why we signed up to RASAC's peer mentoring program on the back; these were of a very high quality and I found it extremely comfortable and a good way to promote RASAC if I were to wear it in public (which at some point, I intend to do!).



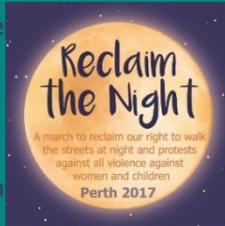
All in all, I found the 10th Birthday Celebration to be a beneficial experience to me as a person, and instrumental in promoting RASAC within Perth and Kinross."



## RASAC Speaks Out, 16 Days of Action 2017

### RECLAIM THE NIGHT MARCH 7th December 2017 from 5pm

A march to reclaim our right to walk the streets at night and to protest at all forms of violence against women and children. Everyone is invited to join in the march! We would love to see you all there. Bring along your family, friends, colleagues, and partners. March leaves Perth Civic Hall, 2 High Street, Perth @ 6pm. Refreshments & entertainment will be available from 5pm @ Perth Civic Hall, all welcome!



### SCREENING & MULTI AGENCY NETWORKING LUNCH 6th December 12pm - 2pm

Screening Resilience: 'The Biology of Stress & The Science of Hope' at a Multi-agency Networking lunch on Wednesday 6th December 2017 between 12pm and 2pm at Perth and Kinross Association of Voluntary Service, The Gateway, North Methven Street, Perth, PH1 5PP. Places are limited and will be allocated on a first come first booked basis. Telephone Rachel or Angela on 01738 626290 ext 1 or ext 4. There will be sandwiches and refreshments available. Although the event is free of charge we would ask participants to consider making a donation to cover the cost of lunch. This event has been supported by the Perth & Kinross Violence Against Women Partnership.



## CHRISTMAS OPENINGS

RASAC P&K will be closed on Monday 25<sup>th</sup> December till Monday 8<sup>th</sup> January. The Helpline will be closed but the answering machine will be checked on 27, 28, 29 of December and the 3, 4, 5 January and someone will get back to you as soon as possible.

Alternatively you may call the National Rape Crisis Helpline on **08088010302**, Open every evening 6pm –midnight.

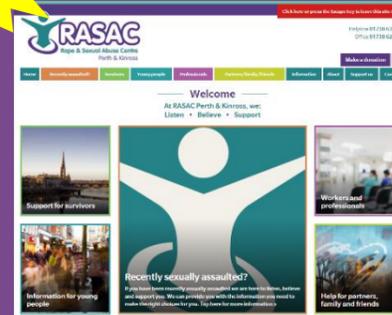


Nov 2017

# Newsletter

10 years of working with women and young people in Perth & Kinross

## NEW RASAC WEBSITE Check it Out!



## WHAT'S IN THIS ISSUE...

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## RASAC Spotlight

### RASAC P&K 10<sup>TH</sup> BIRTHDAY CELEBRATION!

There's so much been happening over the last few weeks that we've certainly got lots to share with you! We have just celebrated our 10th year of working in Perth & Kinross. To mark the occasion we hosted two exhibitions at PKC's Civic Hall from 23rd to 27th October. It was a remarkable week and we thank everyone who took the time to visit us and speak to the team.

RASAC's own exhibition represented the journey of the organisation's work over the last decade whilst highlighting key developments within the wider violence against women agenda. Funded by the Big Lottery's Awards for All, the exhibition represented the voices of survivors, workers, volunteers and key partners who have supported the development of services since 2007. It was an opportunity for people to increase their knowledge and awareness of sexual violence and consider the ways in which this impacts upon survivors, families and communities on a local and national level. It was a real celebration of the strength that we are so privileged to see in survivors each and every day.

Alongside RASAC's exhibition, we were thrilled to share the space with the Encompass Network's 'Inside Outside' exhibition. It was an incredibly emotive and powerful representation of the experiences of women affected by commercial sexual exploitation and it was the perfect opportunity to bring this to Perth for the first time. A huge thank you to Linda Thompson from the Women's Support Project and to all survivors whose voices shaped this week-long event.

An evening event took place where we welcomed a number of speakers whose contributions were highly valued – their voices representing much of what has taken place in recent years. It has been a time of reflection as well as celebration and we now look to shaping the next 10 years of services for survivors in Perth & Kinross.



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Women working  
towards freedom from  
rape and sexual abuse

Charity Reg No; SC037982  
Reg Co No; SC389959



## The 'Inside Outside' Exhibition

During our 10th year birthday event we were very fortunate to bring the Inside Outside exhibition to Perth. The Inside Outside exhibition is a joint project between the Encompass Network and the Women's Support Project. At RASAC P&K we are very proud to be members of the Encompass Network, a network of Scottish organisations who advocate on behalf of and support people who are at risk of/currently involved in or have exited Commercial Sexual Exploitation (CSE). Our views on the selling or exchange of sexual activity are very much in line with the Encompass Network whereby it is a function of gender inequality and also a form of gender based violence, and as such, is harmful to those involved, and the wider community. RASAC also fully support the decriminalisation of those selling/exchanging sexual acts and consider the provision of trauma informed emotional and practical support to be fundamental, whether it be to reduce harm whilst involved or for those planning to exit or in the process of exiting.

Taking the above into consideration Inside Outside was such an important exhibition to bring to Perth to highlight the fact CSE exists in Perth and Kinross (mainly in the form of off-street prostitution) as it does in every city across Scotland and further afield. But more importantly this exhibition gives a voice to the women who have been, or are currently involved in CSE, the women who are rarely heard in the debate about their lives. The voices heard in the media on the issue of prostitution are often the same voices, and frequently centre on the opinion that prostitution is a free choice made by those selling or exchanging sex. However the voices that go unheard are the majority, the majority who are forced into prostitution through addiction, homelessness, mental health issues, previous abuse and trafficking as well as many other issues that result from inequality and disadvantage.

Inside Outside is a multimedia exhibition containing podcast, films, photography and artwork created by women with lived involvement within the sex industry and illustrates their experience within it. The theme of the feedback on the exhibition was that it really made people think about the experiences of those involved and the harm it causes, it also brought home to many that this is not just a big city issue that happens 'somewhere else', but women, men and young people are being bought and sold behind closed doors in our own city right now, often due to the lack of alternative opportunities and choices available to them.

We would like to say a big thank you to the Encompass Network and Linda Thompson from the Women's Support Project for supporting us to show this important and relevant exhibition.

If you would like to read more about Inside Outside please visit:  
<https://insideoutsidescotland.wordpress.com/>  
<https://www.facebook.com/insideoutsidescotland/>



## RASAC P&K 10th Anniversary Artwork

For our 10th Birthday Exhibition and Event we created a piece of celebratory artwork in collaboration with survivors, their friends and family members, friends of RASAC, past and present volunteers and staff. Following a consultation with survivors, volunteers and the wider public through our Facebook page, the theme of the artwork was decided and from there we distributed dozens of little canvases and waited to see the results.

It was important to us that cultivating this art project would involve mirroring the values we endeavour to foster in the support we provide to our survivors. Through this project we encouraged collaboration, individuality, and creative free-reign to hand the control back to those who have had their control taken away from them. We have loved seeing everyone's efforts and creativity, and we were very proud to display the artwork at our 10th Birthday Exhibition. Each of the canvases has been created by some of the many people who have been part of our journey over the past decade. They will be displayed in the entrance to our centre, as a reminder of the importance of our work and of the strength, courage and determination within every survivor of sexual violence.

**To everyone who contributed, and to all survivors, we thank you.**



## Self Help Section - Self Harm

Self-harm can be difficult to talk about but is commonly used as a way to help you cope. It can sometimes feel like no one understands why you self-harm and you may not always understand it yourself. Self-harm is something that you can recover from and although it can be a long and difficult process, we believe that with the right support, it is possible.

If you are feeling like you are not yet ready to talk to someone about your self-harm then below are examples of things that you can try when you feel like you aren't coping and need something to help you get through the intense moment when you are feeling the urge to harm.



### If you self-harm to:

**Release Pain** – Try placing an ice cube from the freezer on to the area of the body that you normally harm or hold it in the crook of your arm or leg. Wear an elastic band or bobble on your wrist that you can ping. Tense your muscles as hard as you can for ten seconds then let them relax for ten seconds and keep repeating the process until the urge passes.

**Release anger** – Stack your pillows on top of each other and punch them or punch your mattress. Scream into your pillows. Smash eggs or watermelons (in a suitable area that can be cleaned easily).

**Release Sadness** – Wrap a blanket around you. Listen to soothing music. Spend time with an animal. Allow yourself to cry.

**Dissociation** – Using ice cubes or pinging a bobble on your wrist can be helpful for this too along with having a cold shower if you can.

**Try to delay the self-harm.** Can you wait five minutes then see how you feel? Sit on your hands? Use pen to draw on the area that you normally harm? Try to wait for the urge to pass.

You can find more information on self-harm at:  
[www.selfharm.co.uk](http://www.selfharm.co.uk)  
[www.selfinjurysupport.org.uk](http://www.selfinjurysupport.org.uk)  
Alternatively you can talk to your GP

If you are a survivor or have a loved one who is a survivor and you would like support with self-harm you can contact us on...

**Helpline: 01783 630965**  
**Support Email: [rasacpk@gmail.com](mailto:rasacpk@gmail.com)**

## OUR LONGEST SERVING VOLUNTEER - ALICIA

Over the last 10 years RASAC P&K has had the support of many volunteers on our Board, in Therapeutic Support and in Prevention workshops in Schools and in youth/community settings. Without their dedicated support, skills and kind donation of time and expertise we would not be where we are today. During our 10<sup>th</sup> Birthday Exhibition we celebrated our volunteer contributions and on the Celebration Evening we presented an award to our longest serving volunteer. Alicia has been with us for 8 years, she has provided therapeutic support, helpline support and prevention support in schools and in community settings. She is passionate about supporting survivors of sexual violence and prevention programmes, enthusiastic about volunteering and has a kind and gentle personality. **Thank you Alicia!**

