

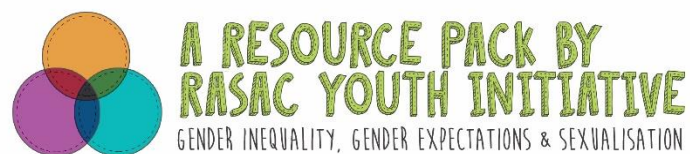
Volunteers Open Day

A big thank you to the RASAC Team and our volunteers for supporting our Volunteer Open Day which was on Tuesday the 24th November from 10am – 2pm!

It was really great to meet all the visitors to RASAC and hope to see them in the near future as Volunteers! If you are interested in Volunteering or finding out more give us a call and ask for Gwendoline.



Packs Finally Here! Yay!



After a delay in getting the resource packs produced they are finally here! We are so happy now that we can finally send them to all the people who have been patiently waiting for their arrival! They will be sent out this week to all who have given us their contact details and for those who are interested in finding out more give Catriona a call on 626290.

"Great Pack! Will be really useful with the young people we work with!"



November 2015

Newsletter

Working with women since 2007

What's in this Issue...

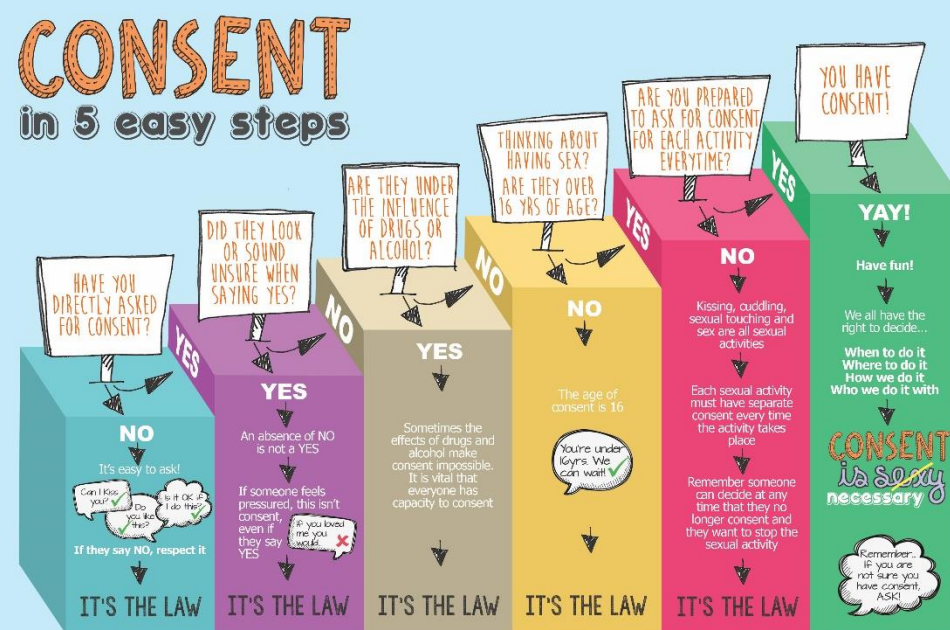
1. RASAC Spotlight Service User Feedback Advocacy Support
2. RASAC Youth Initiative Youth Ambassadors
3. Coming Events 16 Days of Action
4. Self Help Section Sleep
5. Volunteering Open Day
6. RASAC Resources RYI Resource Pack *finally here!* Consent Poster

Consent Poster - Consent in 5 easy Steps!

As part of the 16 Days of Action we are making our Consent Poster available to anyone working with young people in Perth and Kinross. The poster highlights the key steps in ensuring consent is reached by everyone involved in sexual activity.

Please give Gwendoline a call if you would like a copy of the poster sent to you for your work with young people.

And remember...
Consent is Necessary!



RASAC Spotlight Service User Feedback

We have run our first Service User Forum this month. We discussed a wide range of subjects and the feedback we received was very helpful. Many thanks to the service users who gave us feedback. We are still looking for more feedback so please give us a call, email or speak to a support worker about your feelings on any of the following.

- **Groups** – Unfortunately due to a lack of attendance we have had to sadly cancel some of our groups. We ask that if you are interested in groups to sign up and please attend regularly. Continued funding is reliant on engagement with groups.. We hope that in the near future we will be starting up some new groups so watch this space and let us know if you want to know more.
- **Befriending** – we are currently training Volunteer Befrienders who will be able to offer our Survivors social support, to rediscover interests, make new friends & social connections. If you are interested in having a Befriender at RASAC then let us know!
- **Having Voices Heard (anonymously)** – We know how hard it can be sometimes to have our voices heard. We are asking if survivors if would like us to provide feedback to organisations such social work, NHS, police, on how their interactions have been and how they feel about their experiences. This would be done anonymously and with consent from survivors
- **Drop In support Service** – we are looking at the possibility of a Drop In Service and are exploring the purpose of this service; such as somewhere to go when you are struggling; or for new women to access the service; or if you are on the waiting list and need immediate support. What do you think? Let us know!
- **Helpline** – We hope to clarify how the helpline works and what will happen when someone call us for support to ensure that anyone using it has a better understanding of the process. We will explore this in our next newsletter.

As an organisation we are always trying to improve our service and greatly value and appreciate your feedback, telling us what we are doing well and how we could do things even better. Thank you!

Advocacy Support Service

We are welcoming a new member of staff onto the team who will be providing a support and advocacy service to survivors of sexual violence engaging, or considering engaging, with the criminal justice system following an experience of sexual violence. They will also be providing emotional and practical support to survivors of sexual violence whose cases do not proceed to court, including access to follow on services. If you are interested in finding out more please call us or speak to a support worker.



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18 King Street, Perth PH2 8JA

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Helpline: 01738 630965

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

*Women working
together towards
freedom from rape
and sexual abuse*

Charity Reg No; SC037982
Reg Co No; SC389959



RASAC YOUTH AMBASSADORS

BEING THE CHANGE WE WANT TO SEE IN THE WORLD

Spirit of Youth Awards!

Congratulations to our RASAC Youth Ambassadors for winning a Spirit of Youth Award!!! We are so happy for our amazing 4 long standing RASAC Youth Ambassadors who attended the Award Ceremony at Perth Concert Hall on the 19th November. They had a fabulous night and are an inspiration to us all at RASAC!

The Award was to acknowledge the amazing work that the Youth Ambassadors undertake and their contribution as volunteers raising awareness of issues relating to sexual violence and sexism in their local community.



16 Days of Action

The Youth Ambassadors have taken part in the 16 Day of Action this year contributing to making changes in society to end violence against women and girls. They have been enthusiastically involved in many events and activities and especially look forward to the Reclaim the Night Walk in Dundee and The Ben Atherton Zeman visit.

If you are interested in joining the Youth Ambassadors or finding out more then give Catriona a call on 01738 626290.



Open to young people, male and female from 14 to 18 years of age.



What we are doing to speak out about violence against women and girls!

The Effects of Pornography on Young People and Society- Training

As Part of the 16 Days of Action we are delivering a pilot Training Session with our RASAC Youth Ambassadors looking at the 'Effect of Pornography on Young People and Society'. The young people attending will help us finalise the session with their feedback and from there we will make this session available to local youth groups in Perth and Kinross. If you are interested in finding out more give Catriona a call on 01738 626290

Reclaim the Night Walk 3rd December, 6pm, Dundee

Join Us!

Our Youth Ambassadors have made the Banner! Our Young people, staff and volunteers are ready to make themselves heard! Will you join us in reclaiming the night, to make it a space where all people including women and girls can walk freely and safely?

Scottish Parliament Event, Sexual Violence Prevention Work

A group of Youth Ambassadors are to attend a Scottish Parliamentary event exploring the work young people have been doing in the area of sexual violence prevention which is hosted by MSPs Malcolm Chisholm and Christina McKelvie, co-ordinators of the Cross Party Group to address Men's Violence against Women and Children. Keep your eyes on our Facebook page for updates and up and coming photos!

Hosting a Visit from Ben Atherton Zeman

We are hosting a visit from Ben Atherton - Zeman as part of the Rape Crisis Scotland touring visit. He is a campaigner on VAWG and sexual violence prevention issues and the chair of the National Organization for Men Against Sexism in the U.S. He's a supporter of Rape Crisis and White Ribbon and vocal about issues around men engaging in the VAW sector. We are very excited and look forward to his visit! Ben will be performing a short skit on sexual violence issues and then conducting a question and answer session with your Youth Ambassadors. We are very excited and look forward to his visit! Keep your eyes on our Facebook page for updates and up and coming photos!



Multi Agency Table Top Training Consent Channel 4 Drama

Consent brings viewers up as close as possible to how a real rape trial works, blending scripted drama with true-to-life courtroom procedures. The event will give participants an opportunity to watch the drama and discuss key issues with others in the training. Finally participants will decide if they think the court case outcome is guilty or not guilty.

10th December 9am – 3:30pm
@ Perth Prison
Booking essential
Call us on 01738 626290



Self Help Section - Sleep

There are lots of reasons that people find it difficult to sleep, and these can be related to how we are physically, mentally or the environment we are in. The amount of sleep we need can vary from person to person, with babies needing about 16 hours of sleep, and older adults only needing 4-6 hours. Generally adults feel they need between 7-10 hours sleep a night, and this can vary hugely between people, and can depend on what is going on in your life! If you are having trouble sleeping you can try to make changes in...

Environment

Check out the place you sleep. Is it a good environment to sleep in? Some things to consider are...

- Is the bedroom too light or too dark?
- Is it a good temperature to sleep in, or is it too hot/cold?
- How comfortable is your bed?
- Are there too many noises, such as a busy road, or snoring.

Behaviour

What are you doing before you sleep? It can help to begin winding ourselves down before going to bed, so when we get to bed we are already relaxed and sleep can come more easily. Some ways to help are...

- Relaxation techniques, what helps you relax, such as deep breathing, listening to music, light exercise through the day (such as yoga or taking a walk), taking a bath...whatever can begin to relax your body and mind.
- Get up and go to bed at the same time, this gets your body in a routine
- Don't use the bed during the day for watching television or going on the computer. If you save it for sleeping your body will associate your bed with sleep.
- Cut down caffeinated drinks in the evening, try different hot drinks
- If you can't sleep don't worry about it, try some of the relaxation techniques, read or listen to gentle music
- Avoid drinking alcohol, this makes you more likely to sleep light and wake up through the night
- Avoid light screens, such as tablets, computers or television before sleep.

Thinking

Worrying about sleep can keep us awake!

- Try not to focus on worrying thoughts, rather focus your attention on something else, such as listening to music or concentrating on your breathing. **For a fast and effective calming technique in a stressful situation, visualise the colour blue. Visualise breathing in that blue calm, and breathing out red tension.**
- Tell yourself that worrying won't help, and you're probably getting enough sleep.
- If you are worried about something accept there's nothing you can do now, try writing it down to deal with tomorrow

And remember for Support in Coping with Sleep problems you can contact:

RASAC P&K Helpline at 01738 630 965 -Mondays & Wednesdays 9:30 – 13:30, Tuesdays, Thursdays, & Fridays 12:30 – 16:30
Rape Crisis Scotland helpline between 18:00 and midnight at 08088 01 03 02

