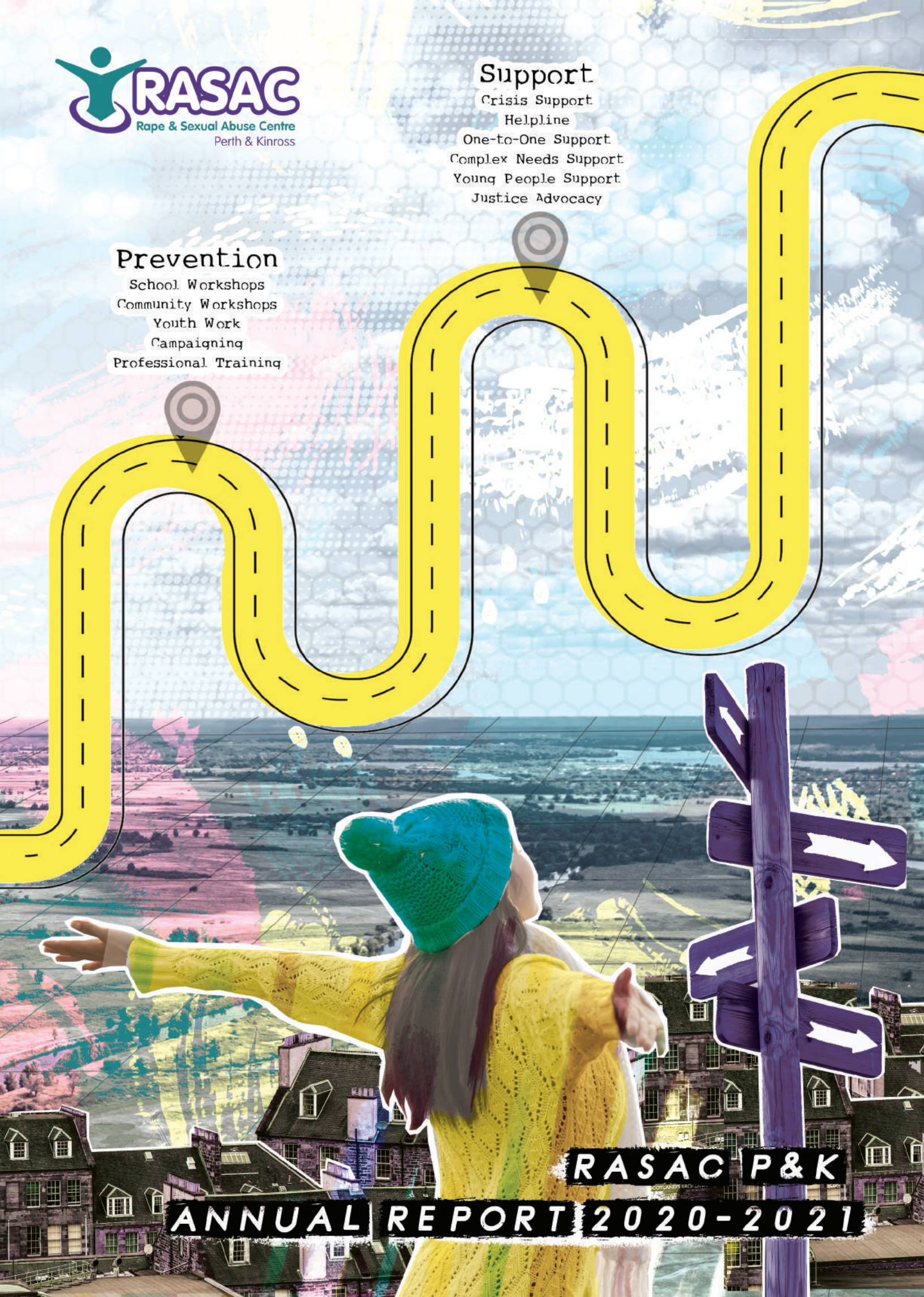


Support

Crisis Support
Helpline
One-to-One Support
Complex Needs Support
Young People Support
Justice Advocacy

Prevention

School Workshops
Community Workshops
Youth Work
Campaigning
Professional Training



OUR MISSION: Working Together to End Sexual Violence

Prevention...

To change societal attitudes and beliefs through awareness raising events, campaigns and education as well as working in collaboration with relevant agencies to eliminate gender based violence against women

Provision...

To continually grow and adapt our services in response to those who need us

Participation...

Overcoming all barriers to give survivors a voice through the promotion of service user involvement

Protection...

Creating a safe environment where women and young people can freely express themselves

We believe...

That all women, young people and children, regardless of ethnic background, culture or sexuality, should have access to non-judgemental, confidential support at any given time

We believe...

That no woman, young person or child regardless of behaviour or lifestyle is to blame for any form of rape, sexual abuse or sexual assault

We believe...

That it is everyone's responsibility to adopt zero tolerance to any form of rape, sexual abuse, and sexual assault of any woman, young person or child



Director's Report...

It has been a very different year for the people of our world with the emergence of the COVID-19 Pandemic, and so too for those in the front line of delivering services, including RASAC Perth & Kinross. Not only has it changed the way in which the organisation has had to deliver its services, but also it has heightened the risks and concerns for those who might usually access these services, and whose lives have been lived in greater isolation.

Closing the office in order to protect survivors, staff and volunteers has led to the development of home working, online delivery of all services and telephone support. RASAC P&K prioritised the confidentiality of survivors throughout, recognising that for survivors, and the staff team, service delivery would need to assess the safety, confidentiality and privacy of everyone. The team's response to the planning and implementation of these changes was swift, proficient and survivor-centred, and meant that service delivery did not cease at any point.

There has been an impact on referral rates to support services, with women and young people finding it difficult to access services until the 'lockdowns' had eased. Throughout the year, 145 new referrals were received (16% reduction compared to 2019/20). However, following the easing of restrictions, demand for services increased rapidly (20% increase compared to 2019/20).

Across the year, 490 online/video support sessions and 1618 hours of telephone support sessions taking place. The group programme was enhanced with the introduction of a variety of new groups for online delivery. Whilst referrals overall reduced, support hours delivered increased by 11%. In total, 315 women and young people have continued to receive support with a total of 1713 appointments being offered.

Prevention Services adapted training sessions alongside the programme's sexual violence prevention workshops for online delivery and have successfully delivered to a range of organisations and schools across the year. With schools either closed or maintaining strict limitations on access, inevitably the numbers of young people being offered and engaging in sessions is substantially reduced.

Despite this, 1666 young people have participated in 80 workshops within the last 12 months. The project has trained 482 workers, 186 of whom participated in our Trauma Informed Practice Training supported by Perth & Kinross Council.

Survivors accessing support and advocacy continue to evaluate very positively the support they receive, with detailed evidence in the report of the differences they report in their lives. Similarly, evaluations from training and prevention workshops highlight the learning for all participants, indicating improved awareness of sexual violence and increased knowledge about the support services available.

As we look ahead, the full impact of this last year is yet to be seen. However, the dedication and commitment of RASAC P&K's staff, volunteers and Board of Directors remains strong and we will continue our work to address sexual violence and meet the needs of survivors living in Perth & Kinross.

It is with great thanks to all our funders and supporters that we have been able to sustain the services so extensively this year. This support enables and enhances our ability to continue developing and delivering essential services across Perth & Kinross.



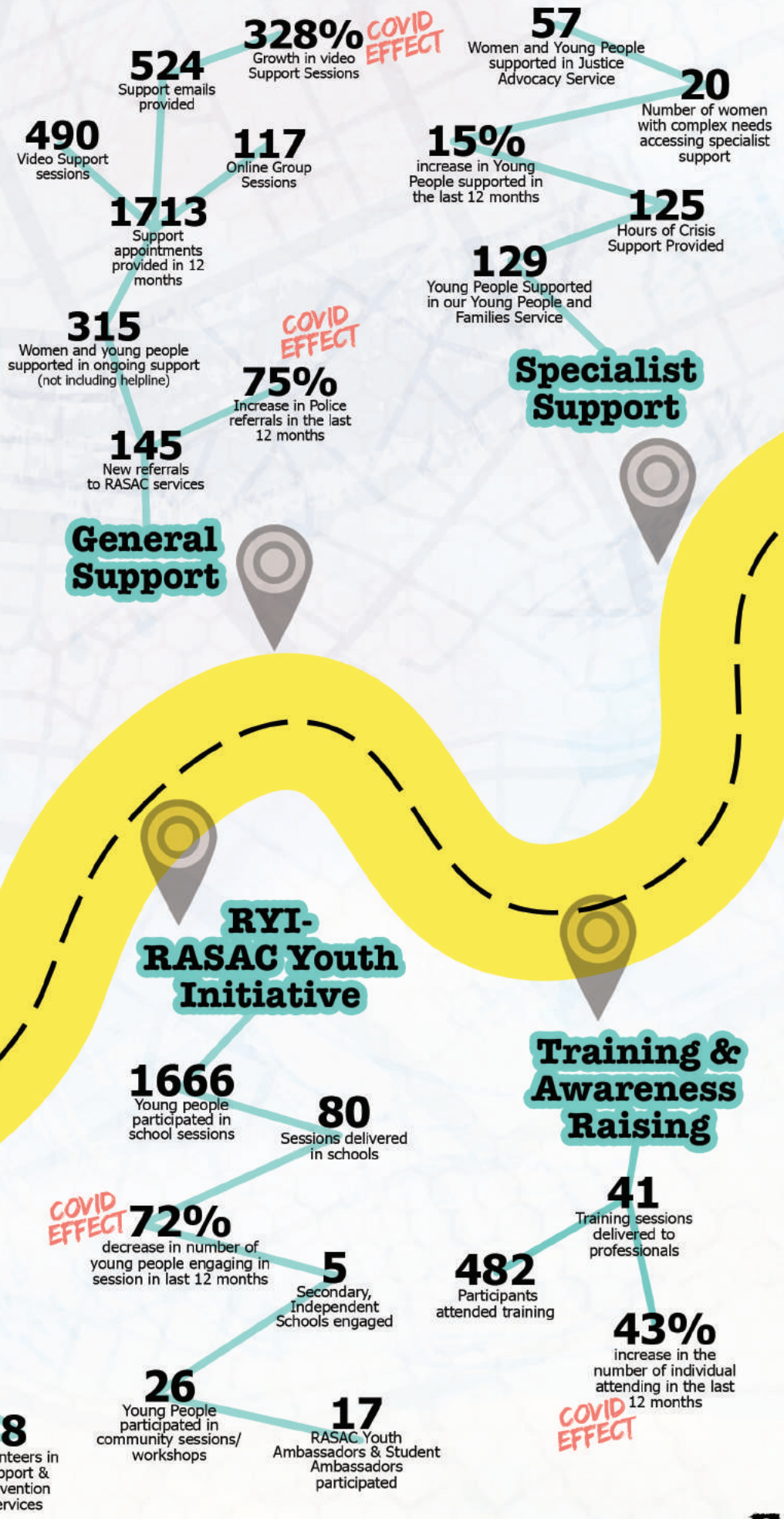
ANNUAL SNAPSHOT

The year of Covid 19...

It goes without saying that in March 2020 few of us anticipated what lay ahead. As the pandemic spread, the impact on society, service provision, communities, families and individuals was clear. For many of the women and young people we support, COVID 19 increased social isolation, financial hardships, distress and for some, the risk of sexual violence.

However, despite the challenges of social distancing and keeping the health and safety of our staff, volunteers and survivors at the forefront, we have continued to deliver our vital support services to survivors and professionals in Perth and Kinross.

In response to the Scottish Government COVID 19 Restrictions, we adapted our service provision whilst ensuring that RASAC P&K remained responsive to the needs of survivors and young people.



Covid 19
Edition

EFFECTS OF SEXUAL VIOLENCE

Every day I thought of ending it all...

The impact of sexual violence on survivors, their families and society as a whole cannot be underestimated. WHO (World Health Organisation) described the scale of violence against women as a "global health problem of epidemic proportions." and the UN has described the increase in violence against women during Covid 19 as a "Shadow Pandemic". This violence affects all aspects of society.

Within both public and private spaces, women and girls disproportionately experience gender based violence. Across the spectrum of sexual violence from street harassment and catcalling, to sexual harassment, assaults and rape, sexual violence is too often minimised within society. We work to shift this underlying acceptance of harmful attitudes toward women, girls and gender based violence. For this to happen, society needs to recognise gender inequality as a root cause and challenge behaviours and attitudes which minimise and perpetuate abuse.

"What happened to me, changed me. I am so angry that I am not the person I was. So angry that someone took that away from me, that I feel like I've failed when it wasn't my fault."

"This year has been tough. I struggled with self harm and dark thoughts, and all the people in my life suddenly disappeared during Lockdown. I have used the (RASACP&K) helpline but I feel guilty about it, as so many people are dying and losing loved ones and my problems look so small when compared."

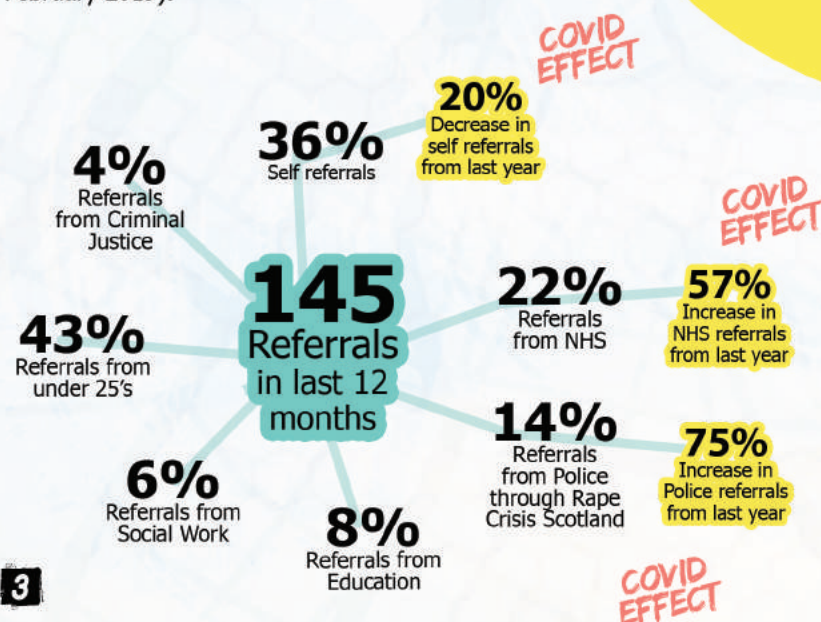
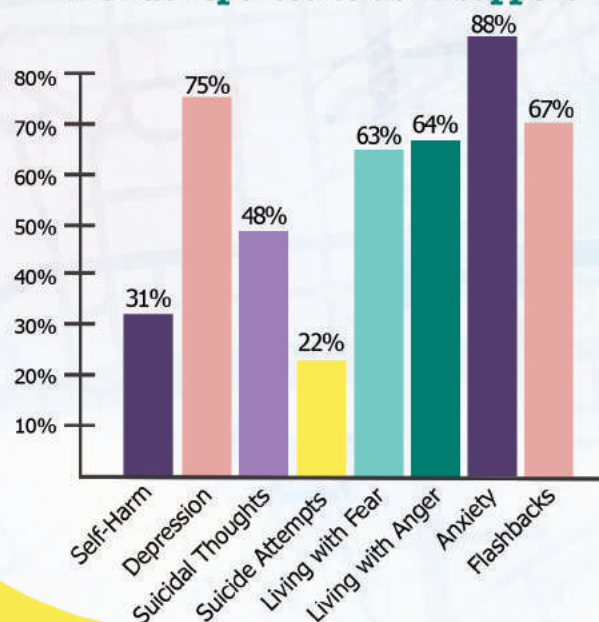
"The months after it happened I was a mess, all over the place. Everyday I thought of ending it all, that this would be the best way out. The nightmares were horrible, same thoughts everyday. I was so tired."

REFERRALS

Different patterns...

This year we have seen a 15% reduction in overall referrals, with a 20% reduction in self-referrals. During this unrepresented year many survivors have been unable to self refer for a number of reasons such as; life's pressures due to Lockdown, full time childcare and home schooling, no privacy, and living with the perpetrator. However we have seen a significant increase in referrals from the NHS and Police. In addition we have seen a steep jump in self referrals directly after the easing of both Lockdowns across summer 2020 and March 2021 (the highest number of referrals since February 2019).

Some of the effects survivors live with as reported to us in support



"I was really worried about calling and asking for help, but it was easy and I was clearly told what to expect and what my support would include. I had been thinking of talking to someone for a long time and finally made me the priority"

"I referred my partner to you because he just couldn't understand how I felt. He was trying but just couldn't make sense of what happened to me. He was angry, upset and confused and needed someone to explain things to him that I just couldn't"

GROWTH & MEETING THE NEED

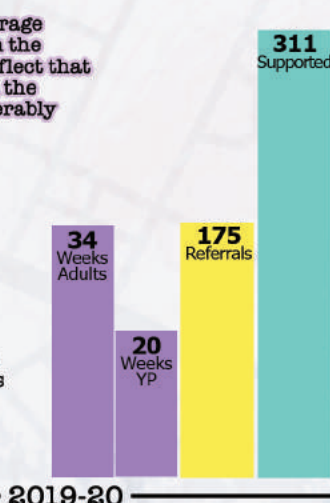
Waiting Lists
Average weeks survivors had to wait for support - Adult & YP - young people

Referrals Received each Year

Number of women and young people Supported each Year

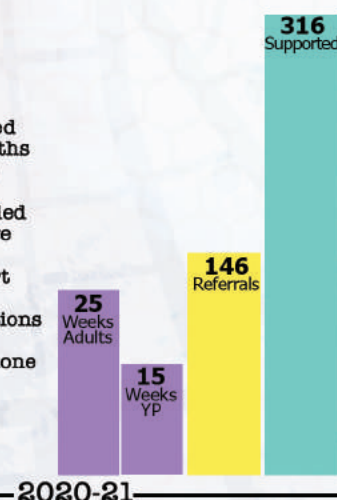
Please note that the average weeks survivors wait on the 'waiting list' does not reflect that some survivors were on the waiting list for a considerably longer time.

28 survivors waited between 9-12 months on the waiting list.



30 survivors waited between 9-13 months on the waiting list.

We have not included survivors who have chosen to wait for face to face support when social distancing restrictions are in place (and declined online/phone support in the meantime)



Building Capacity...

Since 2007 when we opened our doors for the first time, we have had a steady increase in referrals and survivors accessing services. Over the last few years our waiting lists have significantly grown, with survivors in 2019-20 having to wait up to 34 weeks for support (with one survivor having to wait 414 days before accessing support). We moved premises in 2018-19 to accommodate additional support rooms and additional staff to tackle the waiting lists and increasing demands.

Waiting lists...

The wait on a waiting list can be hugely problematic for survivors, not only due to the wait increasing the risk of harmful effects but some survivors 'shut down' as a coping strategy or find it too overwhelming to engage when support is finally offered. This is evidenced through our waiting list, as women who have been on the list for over 80 days are significantly more likely to report that they no longer want to engage with support when it is offered due to the wait having made them 'too anxious now', or that they can't talk about it now as they had to 'box it up', or that they felt 'abandoned' and no longer wanted to engage with us.

In February 2020 we made the difficult decision to reduce the number of sessions provided to survivors from 24 to 12. This was in response to growing waiting times and the all too often hard to read feedback we received from survivors on waiting lists. RASAC P&K aims to be a responsive organisation for survivors and we recognised our increasing challenge of being able to respond at point of need.

Did you know...

5 Years ago we supported 159 women and young people with the waiting list averaging 9 weeks

We have doubled the number of survivors we support in 5 years, from **159 to 316**

In the last **12 months** we have **reduced** the waiting list by **26%** for Adult Support and **25%** for Young People Support. We aim to reduce this further to under (80 days) or **10 weeks** in the future

In 2020-21 **27** survivors were unable or chose not to have video/phone support during covid social distancing restrictions and asked to be on the waiting list for the next available face to face support after restrictions have been lifted. On average they were on the waiting list for **36 weeks** with **12** still on the waiting list at the end of March 2021. One survivor has been on the waiting list for **421** days.

Survivors feedback on being on the RASAC P&K Waiting List

"Usually it takes a lot for people to walk in, they go when they finally feel ready and then to have to wait a further 5 months, it is just agony... It makes me feel like I don't deserve help."

"(being on the waiting list) has had a negative impact, I'm just trying to use coping strategies that are not helping, just distract...I need help now, sooner rather than later...I have thought about killing myself. It is horrifying"

COVID 19 Support...

Recognising the impact of COVID-19 on survivors, RASAC P&K are thankful to those funders who supported additional work to enhance the capacity of our organisation throughout this period. This has enabled us to recruit more support workers and enabled the provision of much needed IT to facilitate the delivery of support services. The difference this has made is significant with waiting lists reducing and our service provision being sustained throughout this period. RASAC P&K can clearly see the difference being made and are being pro-active in attempting to secure funding to continue this much needed work.

As we enter 2021-22, a planned, phased return for in person support is being made. Whilst it is anticipated that this provision will be limited for a number of months, due to the capacity of the Centre and adhering to all guidelines, the ability to provide these essential services once more is something RASAC P&K are committed to doing as safely as possible for all survivors, staff and volunteers.

SUPPORT SERVICES

We are still here...

As soon as the Scottish Government made the decision to implement a national Lockdown in March 2020, we ended all face to face contact to ensure the health and safety of survivors, staff and volunteers. However we immediately ensured that one to one support was still in place for all survivors who wanted or needed support over the last 12 months through video/phone/email support.

KEY SUPPORT NUMBERS

315
Women and young people supported in ongoing support (not including helpline)

129
young people supported

15%
increase in young people accessing support in the last 12 months

1713
support appointments offered

2301
Hours of support provided

524
Email support sessions provided

328%
increase in email support provided in the last 12 months
COVID EFFECT

1618
hours of Phone Support

788%
increase in hours of phone support provided in the last 12 months
COVID EFFECT

490
Video support sessions provided

Last year we only had 3 video support sessions
COVID EFFECT

JUSTICE ADVOCACY SERVICE

This year has seen access to justice delayed due to COVID 19, with many court procedures being postponed. This has been deeply frustrating and upsetting for many survivors who already have to wait many months or longer for cases to proceed. Our Justice Advocacy services include a range of options...

ISP- Information Sharing Protocol

Anonymous sharing of information with Police via Rape Crisis National

Report to Police

Support to report including Forensic evidence gathered if within 7 days of sexual assault.

Court Support

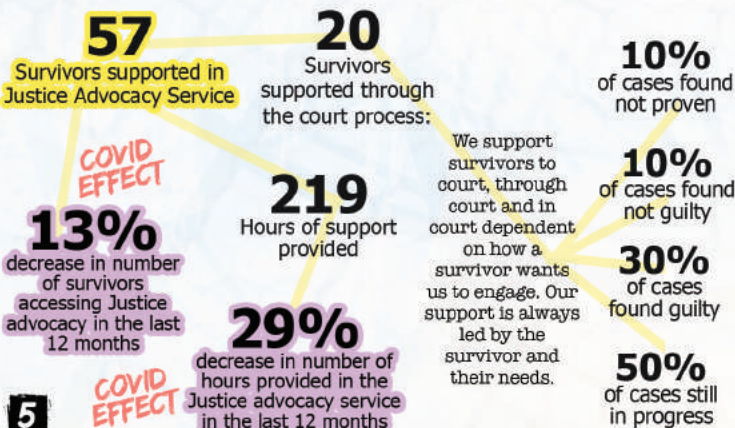
Already reported to Police and requires support to and/or in Court

SARN- Sexual Assault Referral Network

Forensics evidence is gathered without police reporting, enabling the survivor to report at a later date if they wish.

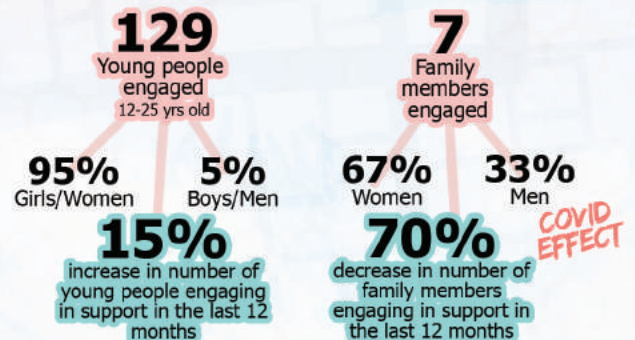
No Report to Police

Survivor decides not to report to Police with or without further engagement with RASAC P&K support services



SUPPORTING YOUNG PEOPLE & THEIR FAMILIES

Our young people and families service works with young people aged 12-25 and their families and friends...



Age of Young People who Engaged in the Young People's Service



We have also created the following resources for young people accessing services...



SUPPORT SERVICES

Recognising the needs...

Our Complex Needs Support recognises that many survivors we work with, due to the effects of sexual violence and complex trauma, have developed a range of harmful coping strategies which can lead to chaotic lives. This in turn means that our regular therapeutic support model doesn't necessarily meet their needs. This service offers the flexibility and knowledge required to support safety and stabilisation.

This year due to COVID 19 restrictions we couldn't engage in our usual settings such as OWLS and homeless shelters with the unfortunate consequence of reducing the number of women supported. In addition, a significant number of the women who engage with this service live with perpetrators and/or sexual exploiters, making it harder for survivors to safely engage during lockdown. However the women who engaged required significant higher numbers of support hours to work towards safety and stabilisation.

Identified complex needs include:

Substance misuse
Criminal convictions
Repeat offending
Homelessness
Involved in Commercial Sexual Exploitation (CSE)



This year we designed and produced a Commercial Sexual Exploitation Safety Planning Workbook for the survivors we work with who sell or exchange sexual activity. The front cover looks like a notebook to reduce the consequences of any sexual exploiters finding the safety planning information. A big thank you to **CLICK.scot** who supported us with the content.

CLICK

COVID EFFECT
20%
increase of hours provided to women using this service in the last 12 months

20
Women supported with identified complex needs

COVID EFFECT
17%
decrease in women engaging with this service in the last 12 months



COVID 19 restrictions and lockdowns created complex and unique challenges for women selling or exchanging sexual activity during this time. Our work within the Encompass Network enabled us to apply to the Scottish Governments Immediate Priorities Fund supporting women to access this funding when faced with a crisis as well as distributing necessities such as clothing and toiletries. We also provided feedback to the Scottish Government's Equally Safe Dept to voice our concerns around the complexities and increased vulnerabilities of those experiencing CSE during COVID. In addition we set up a working partnership with Citizens Advice Scotland (CAS) supporting EU women who are involved in CSE who may face barriers and difficulties in applying for pre/settled status before the 30th June 2021.

COMPLEX NEEDS SUPPORT

Finding Support Together...

Our Support Groups reduce social isolation, which has been particularly important this year, as well as builds confidence and positive coping strategies whilst waiting on the Waiting List. This year we have significantly increased our group opportunities due to identifying the effects of social isolation and worsening mental wellbeing for some survivors.

COVID EFFECT
100%
of our Group Support session were online in the last 12 months

COVID EFFECT
154%
increase in the number of group sessions in the last 12 months

28
Number of individual women who attended groups in 12 months

117
Group Sessions in 12 months

Groups Delivered:

- Creative Group
- Craft & Chat
- Conversation Cafe
- CALM Group
- Creative Writing
- Write to recovery
- Mindfulness

SURVIVOR GROUPS

THE DIFFERENCE SUPPORT MAKES

I found my life again...

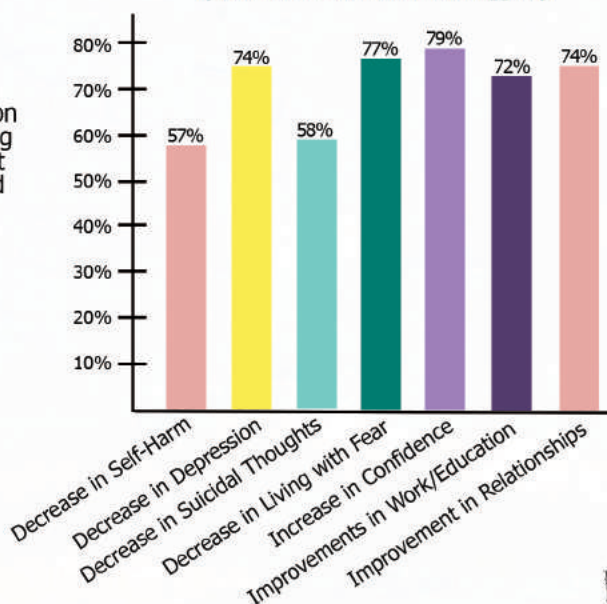
Due to Covid and the ongoing complication that restrictions/isolation has had on survivors, it's been a bit more challenging this year to collate information using our normal methods. However, the feedback we have received still shows that support makes a difference to survivors. It can change lives for the better and makes significant improvements to people's coping strategies, wellbeing, mental health, their relationships, their life outcomes and those of their families.

"I am so grateful for giving support a chance. It changed everything, I found my life again."

"It was difficult, it was exhausting...but I needed to figure it all out, right from the start to now, and now I see things differently and that is better"

"I feel like a weight has lifted, I see with new eyes, I hear with new ears, my relationships are more open and honest, and sometimes that is hard but it is better for my wellbeing and my future. I know who I am and who I want to be."

Percentage of survivors reporting improvements in the effects they live with (assessed while in one to one support)

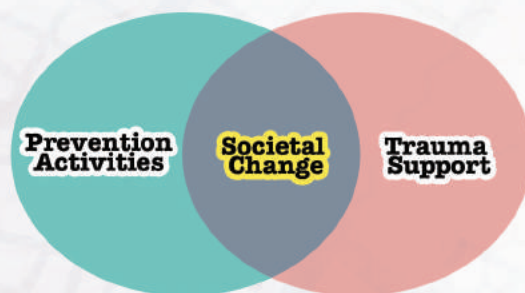


PREVENTION SERVICES

Being the change we want to see in the world....

Our prevention services deliver a range of activities including community events, workshops, training for professionals and our sexual violence prevention programme for young people in communities and schools. All of these activities aim to challenge societal attitude/myths toward sexual violence, ensure people know what their rights and responsibilities are and end victim blaming.

In 2010 we decided that if we were going to make societal changes in the prevalence of sexual violence, as well as ensure that all young people knew their rights and responsibilities we needed to directly engage with large numbers of young people, supporting them to be the world's change makers.



School pupil feedback of School Sessions

"If someone was to sexually abuse me, I should get help straight away. If my friend or family member gets abused, I should offer support and help them report it."
S1 pupil Gender Session

"If I hadn't known about RASAC through the workers coming in to give us sessions about sexual violence in schools and had known the staff I wouldn't have got support from RASAC which has really helped me"
S6 Female pupil

Did you know...

In response to COVID 19 restrictions we pre-recorded sessions on the themes of gender stereotypes and gender inequality, sexualisation, everyday sexism, sexting and consent for schools who found online delivery challenging.

"We are gutted that the situation has not changed to allow you and your team to come in and deliver in school as the pupils love your sessions."
Guidance Teacher who requested pre recorded session

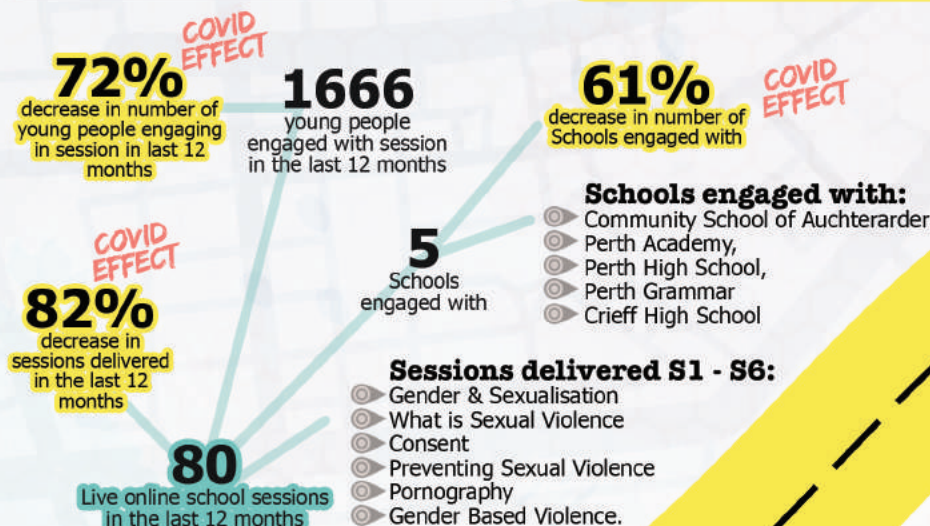
Evaluation Feedback...

95% of young people surveyed in a school after participating in a workshop in exploring the link between gender stereotypes and sexual violence stated that they understand how gender stereotypes put pressure on people

85% of young people surveyed indicated that they were aware of how the media can influence behaviours, thoughts and feelings about sex.

95% of young people indicated that they can identify different forms of sexual violence.

96% of young people were aware of where they can go for support if needed.



PERTH COLLEGE- UNIVERSITY OF HIGHLANDS & ISLANDS

SCHOOL PROGRAMME

Sessions Delivered:

Freshers Week - Sexual Violence Webinar

Get Your Stuff Together Event

Sexual Violence Webinar

"Thank you all for the meeting, this was really helpful and learned a lot. Thanks for the time and effort for hosting this meeting. I appreciate it :)"
(Male student PUHI)

Early Years, Zero Tolerance 'Play Safe' for childcare students

I will definitely look at how I address gender stereotypes both at work and with my family. I actually had a conversation the next morning with my boys about it all to see how they viewed gender stereotyping."

Implementation of the Equally Safe in Higher Education Initiative to 30 staff members.

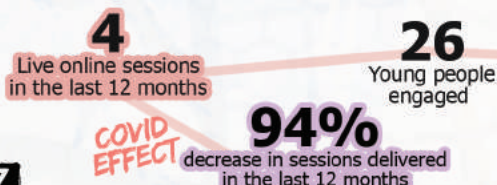
Very informative - some of the statistics were a shock, I do feel that I could now respond to a disclosure of GBV with more confidence now - Thank you."

YOUTH & COMMUNITY GROUPS

"Thank you for coming along to our online drop in, it was good for the YP to have an outside agency along and also for them to get information about how your service is operating during these strange times"
Youth Worker

Sessions delivered:

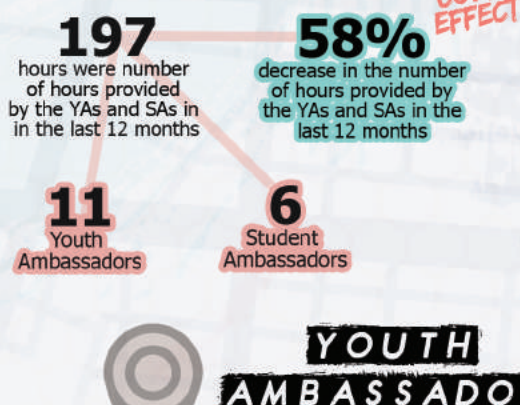
- Gender & Sexualisation
- What is Sexual Violence
- Consent
- Preventing Sexual Violence



PREVENTION SERVICES

Young People challenging sexual violence....

Our Youth Ambassadors (YA, 14-17yrs old) and Student Ambassadors (SA, 18+) are young people who want to make the world a better place, free of sexual violence. They undertake a range of training on sexual violence and how to challenge societal attitudes regarding victim blaming, causes of sexual violence, sexual violence myths as well as gaining an understanding of young peoples rights and responsibilities. They support RASAC P&K to deliver workshops to young people and communities as well as get involved in local national events, consultations and partnership work.



Activities participated in...

- Designed a pre-recorded presentation for the 'Young People Shaping Evaluation Conference' facilitated by the Big Lottery and Evaluation Support Scotland.
- 5 YAs attended the Evaluation Support Scotland Online Conference
- Updated RASAC Youth Initiative's Social Media training session for adults which was subsequently delivered to Foster Carers and staff at Balnacraig Residential School
- Worked with Perth Soroptimists to design a bookmark containing information about sexual violence for distribution to secondary school students -5000 copies ready to distribute
- 2 YAs were involved in the First Minister's National Advisory Council on Women and Girls (NACWG) Youth Circle project which explored gender equality and overlapping discriminations and intersectionality
- 1 YA participated in a Third Circle Period Dignity Forum facilitated by PKAVS where she presented information regarding the importance of free sanitary products being available for all girls and women including in Primary Schools.
- 8 YAs participated in a consultation session with a Scottish Member of the Youth Parliament about its next 5 year manifesto.
- 11 Youth Ambassadors participated in a workshop with Young Scot to review the existing materials in their recently developed 'That's Not OK' information hub on healthy relationships
- Provided feedback to RASAC P&K Staff on internal Support Resources such as Anxiety Management Workbook and our Myths and Facts flash cards to be used within support and in community groups.

TRAINING FOR PROFESSIONALS

Supporting Professionals to support survivors...

With most organisations affected by COVID 19 restrictions in place and organisations doing things a bit differently than normal we had a 50% increase in the number of requests for training throughout the year. Our training was entirely delivered online enabling professionals to gain knowledge and increase their skills all within the safety of their homes or appropriate office space.

Training sessions included:

- Trauma Informed Practice
- Trauma Informed Resourcing
- Child Sexual Exploitation
- Honour Based Violence
- Sexualisation
- Disclosure
- Rape and Justice System
- Suicide
- Self Harm

41 Training Sessions Delivered

482 individuals attended training in the last 12 months

12 organisations were trained in the last 12 months

Organisations included:

- Navigate Staff Team
- Perthshire Women's Aid
- PKAVS Young Carers
- Lead Scotland
- Breathe Aberfeldy
- Y Staff Team
- 3 Rape Crisis Centres
- Eastern Perthshire Youth Alliance

"Whilst the sessions were well planned, it was also flexible so that the workers could answer questions and give examples to help our understanding I think a follow up session later in the year would be good so that we can have further discussion. We also know that we can call for help whenever necessary, which is very reassuring."

"It was geared towards our situation and examples were in tune with what we can expect to deal with as youth workers."

43% increase in the number of individual attending in the last 12 months **COVID EFFECT**

"I was aware of Suicide but it was great to have a deep discussion about the topic, I have also gained a clear understanding of why self-harmers choose this as a coping mechanism."

"Thank you so much for delivering to us as a whole team. We feel very fortunate to have been able to get this block of training, organised so quickly and effectively."

"I think one of the most important things is the need to be comfortable with silence, to allow the young person time to think. Also, to realise my own limitations."

"It was great to refresh and remind myself about trauma and the impact this has on my client group, I am working with a few service users who have suffered from Trauma in their lives and the impact this is currently having is massive, it was really good to remind myself that actually sitting with someone and acknowledging this emotional pain while they go through the process is as useful as doing assessments and every other piece of paperwork which I need to produce."

"Alone we can do so little; together we can do so much." – Helen Keller...

We are in awe of the commitment the volunteers have demonstrated in supporting our survivors and prevention work during this period, with hours donated increasing by 24% in the last 12 months. The support volunteers have delivered remote online support during lockdown and then moved back into the office when we started to open up again and our regular Prevention Volunteer has also supported the online activities with schools and youth groups. We thank each and everyone of them for their time, skills and passion in supporting survivors and ending sexual violence. Thank you.

Volunteer and Training feedback

"I have found volunteering in the prevention team really enjoyable and worthwhile. My confidence has been built up and I enjoy working with the young people and discussing with them in groups issues around sexual violence."

"I really enjoyed the mix between all the informative slides and the breakout groups. It was a wonderful way of doing things in this online world we are living in. The information in the slides was so useful – I've gone back today to look at the slides/information and watch videos, look up points/bits and pieces I had jotted down from the training. Thank you"

Did you know...

Our support and prevention volunteers have to undergo 60 hours of training before induction

Our training and induction support is worth £800 per volunteer

It can take up to 6 months for our volunteers to complete their training and induction before they start volunteering

The donated volunteer hours have a financial value of over £15,000

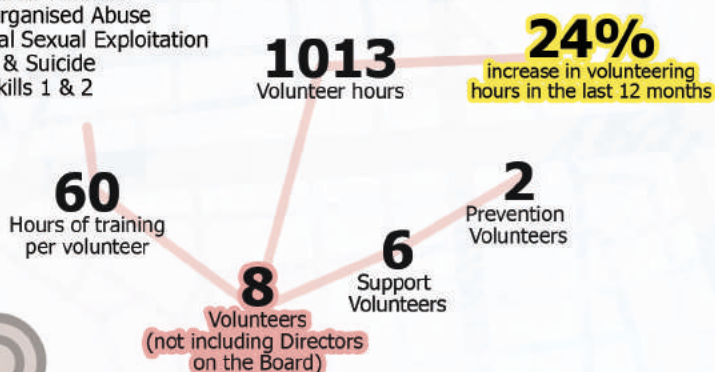
Our youngest volunteer is in her 20s and our oldest volunteer is in her 60s.

"My volunteering in the Prevention programme provided me with an interesting and varied volunteering opportunity that enabled me to develop new skills and knowledge which I will take with me for my future career."

"I am so happy that I chose RASAC P&K to volunteer with, I have learnt lots but most importantly I get to provide support for some amazing, inspiring women"

Volunteering Training Programme includes:

- Feminism, Equality & Gender Based Violence
- Rape and the Justice System
- Child Sexual Abuse & Exploitation
- Trauma Informed Practice
- Confidentiality and Boundaries
- Honour Based Violence
- Ritual & Organised Abuse
- Commercial Sexual Exploitation
- Self Harm & Suicide
- Support Skills 1 & 2



VOLUNTEERING

STRATEGIC & MULTI AGENCY WORK

Together we can be the change we want to see in the world....

If there was ever a time which highlighted the depth and value of multi-agency work, it has been the last 12 months. The continued commitment and creativity shown when circumstances beyond anyone's control meant that all sectors and the service providers and individuals within those sectors, adapted in a variety of ways to continue the delivery of essential services. For RASAC P&K, weekly COVID-19 meetings with key partners within the Violence Against Women Partnership meant that we were able to highlight emerging concerns, identify opportunities, and work together to support women and children affected by gender based violence. RASAC P&K also joined the Third Sector digital community offered an opportunity to share good practice across Scotland and learn from others who were developing tools and resources in response to COVID-19. Locally, the invitation to participate in a Children, Young People and Families Workshop in February 2021 enabled us to come together with Child Protection practitioners across Perth & Kinross to reflect on this past year and look to the future with the planned continued implementation of the Promise alongside other key priorities for the strategic Children's Services Plan.

Many of us in the sector have faced similar challenges and within Violence Against Women, services have pulled together to highlight the significant and discreet issues and risks facing women and children at this time. Much is unknown about the next few years to come but we can be sure that as a sector, and within the many cross-sector partnerships, that we will continue working together to better meet the needs of women and children affected by, and at risk of, gender based violence.

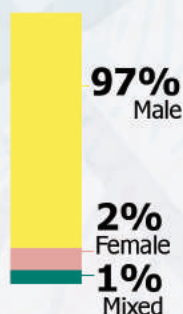
Some of the groups we have participated in include:

- Volunteer Managers Network
- Multi-Agency Prevention Network
- CPC Practice Improvement Working Group
- Tayside Suicide Prevention Network
- Third Sector Community Justice Forum
- Community Equalities Advisory Group
- P&K Corporate Parenting Sub Group
- Mental Health & Wellbeing Strategy Group
- National Children & Young People's Prevention Network
- Perth & Kinross Violence Against Women Partnership
- PK Third Sector Children, Young People and Families Group

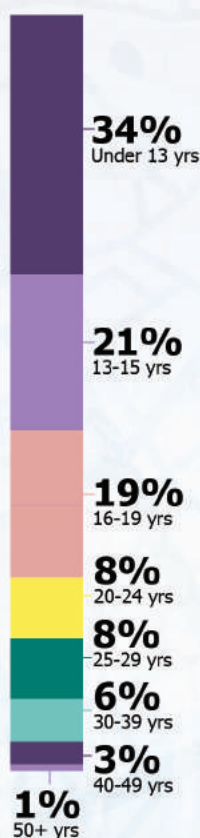
SURVIVOR STATISTICS

Every year we record statistics from the survivors we support. This information is completely anonymised and used by RASAC P&K and Rape Crisis Scotland to identify gaps in national and local rape crisis services, improve our practice, assess training needs for our staff and volunteers, and identify areas for us to address within society through our prevention and impact work. We thank all the survivors who share their information with us as we recognise that for many, this information is very personal and can be very difficult to share with us.

Gender of Perpetrator



Survivor at Start of Abuse

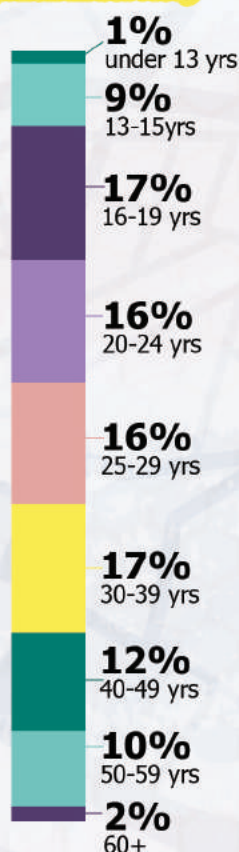


Did you know...

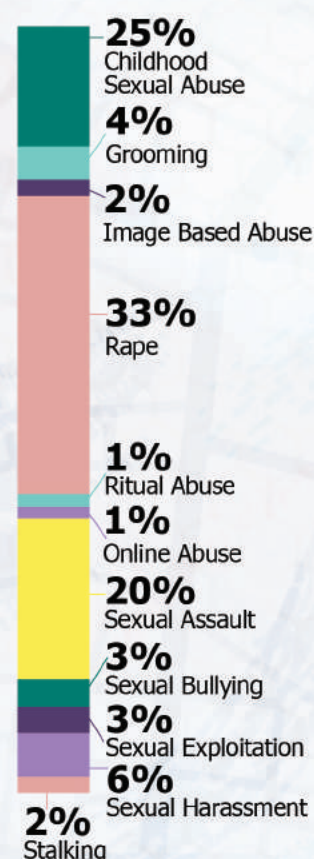
55% of the survivors we supported were under the age of 16 at the start of their abuse

82% were under the age of 25 at the start of their abuse

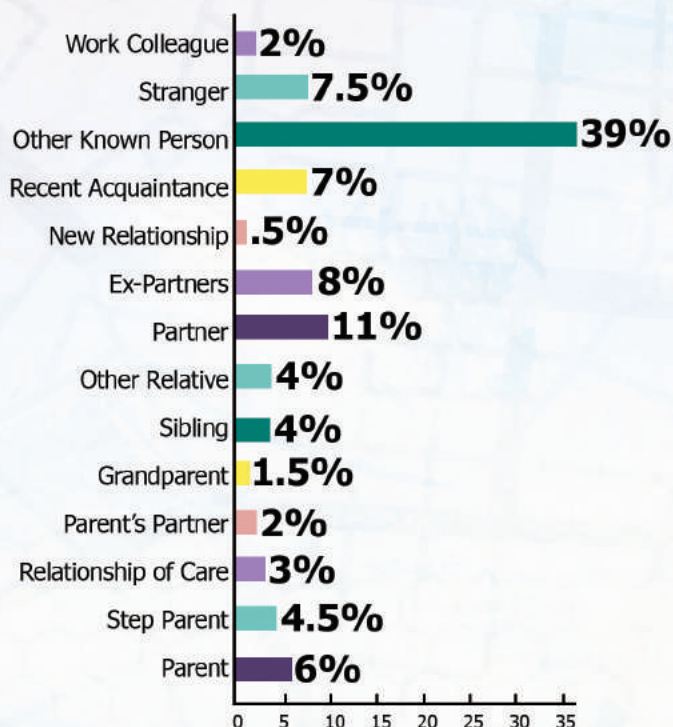
Survivors Age (when in service)



Nature of Abuse



Relationship of Abuser



Did you know...

25% of the survivors we supported were abused by a family member or someone who cared for them

20% were abused by someone they were in a relationship with (presently or in the past)

THANKS

We are also ever thankful to everyone who has supported our work, both continued and new. To everyone who kindly gifted us donations, individual fundraisers, Charitable Trusts and the Government, we could not do what we do without your support. We would also like to acknowledge the additional funding we were able to access throughout the pandemic enabling us to put into place all the structures required for socially distanced working, keeping survivors, staff and volunteers safe.

This year we want to especially thank all our staff and volunteer teams who quickly adapted to new ways of working during this strange time, enabling us to continue to provide life saving support for survivors in Perth and Kinross.

To the Women and Young People we work with, we extend the warmest of thanks to each and every survivor and family member who has contacted our service this last year. It is a privilege to meet you and walk beside you on this journey. You inspire us to do what we do. Thank you.

A special thank you to those who have kindly donated to our cause...

- Perthshire PAT Testing
- Spotless Oven Services
- Sorooptimists International Perth
- Rotary Club of Perth
- Must Eat
- Glaze & Save
- Jollyes Pet Store
- ASDA Perth
- Perthshire Welfare Society
- Perth Chinese Association
- Letham for All
- Radio Taxis
- Best One

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The Forthviot Trust



A Poem About Hope:

by a Survivor involved in the 16 Days of Action Group

Like a jigsaw scattered all over the floor, I can't make sense of the pieces.

The lights are off again and my eyes are full of tears - I have no idea what's happening here!

I have to hide, so that nobody can see I'm a mess,

I'm so ashamed and confused - I don't know why I'm back here, I thought I'd passed the test?

A piece of the jigsaw is missing and I can't get it back, you must of taken it with you the night of your attack.

But, how can I restore myself when you've taken part of me away, how can I fix myself? How will I ever be the same?

I'll never get back that part of me that you stole, and I have no idea how to fill the blank hole.

I need to get back the piece of me you stole, and switch on the light in me that you broke!

I will rise from this, stronger than you'll know!!

Cause I am a survivor, in more ways than anyone will ever know.

I'll fill the space with something new and there is nothing now that you can do!!!



The Rape and Sexual Abuse Centre (Perth & Kinross) is a;
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