

LISTEN BELIEVE SUPPORT

Women working towards freedom from rape and sexual abuse

Our Mission:

"Women working towards freedom from rape and sexual abuse"

Established in 2007, the Rape and Sexual Abuse Centre, Perth and Kinross (RASAC P&K) aims to relieve the distress of women and young people affected by rape, sexual abuse or exploitation through the provision of emotional and practical support, information, and advocacy. Furthermore, our services reach out to supportive partners, families, friends who seek information or support around any issues relating to sexual violence. We are proactive in our activities to raise awareness and advance education amongst professionals, the general public, and young people. By focusing on the causes, nature, prevalence, and effects of abuse we seek to prevent sexual violence and challenge harmful societal attitudes that exist.

Our Vision:

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

SO WHAT DOES THAT LOOK LIKE IN PRACTICE? OUR STAFF AND VOLUNTEER TEAMS PROVIDE...

Support Services

WHO WE SUPPORT



- All survivors who identify as women
- Young People from 12-18yrs
- Families
- Family and Friends of Survivors
- Professionals supporting Survivors

CRISIS SUPPORT

- Helpline, Local and National
- One to One Support
- Weekly Drop in Service



THERAPEUTIC SUPPORT

- Face to Face Support
- Outreach Support
- Phone, Email Support



JUSTICE ADVOCACY

For anyone considering reporting, or who is already engaging with police or in the court process



SUPPORT GROUPS

- Wellbeing Groups
- Creative Groups



ADVOCACY

Tailored advocacy support for survivors to access support, organisations, health and welfare



BEFRIENDING

Reducing social isolation and the promotion of health and wellbeing



INFORMATION AND RESOURCE LIBRARY

For survivors and professionals



Prevention Services

WHO WE WORK WITH



- Secondary Schools
- Young People - aged 12+
- Parents and Carers
- Professionals and Volunteers
- Communities

SCHOOL ENGAGEMENT

Age appropriate workshops in a wide range of gender equality and sexual violence topics, complimenting Curriculum for Excellence



COMMUNITY ENGAGEMENT

Workshops and activities with Youth Groups and Parent/Carers Groups



PROFESSIONAL TRAINING

Training for professionals in a wide range of topics including sexual violence and trauma



COMMUNITY EVENTS

Attending and participating in Perth and Kinross community events and open days



RASAC YOUTH AMBASSADORS

RASAC Youth Initiative's Peer Mentors Youth Group for 14-18 yrs who learn about and actively challenge gender inequality, gender expectations and sexual violence



Director's Report

Established in 2007, the Rape and Sexual Abuse Centre, Perth and Kinross (RASAC P&K) aims to relieve the distress of women and and advance education amongst professionals, the general public, and young people. By focusing on the causes, nature, prevalence, and effects of abuse we seek to prevent sexual violence and challenge harmful societal attitudes that exist.

It is with great pleasure that I write my first Annual Report as Chair of RASAC P&K. It has been quite an incredible year for the organisation. As reported in previous years, RASAC P&K has experienced a further increase in demand (153% across the last 5 years). In response to this it was evident that the organisation needed to seek new premises and having looked for some time, we relocated in June. This gave us the perfect opportunity to consult with survivors in shaping the layout and design of the new premises. Feedback to date has been overwhelming and we feel incredibly relieved to be able to offer survivors a more accessible space within which they can access a range of our services.

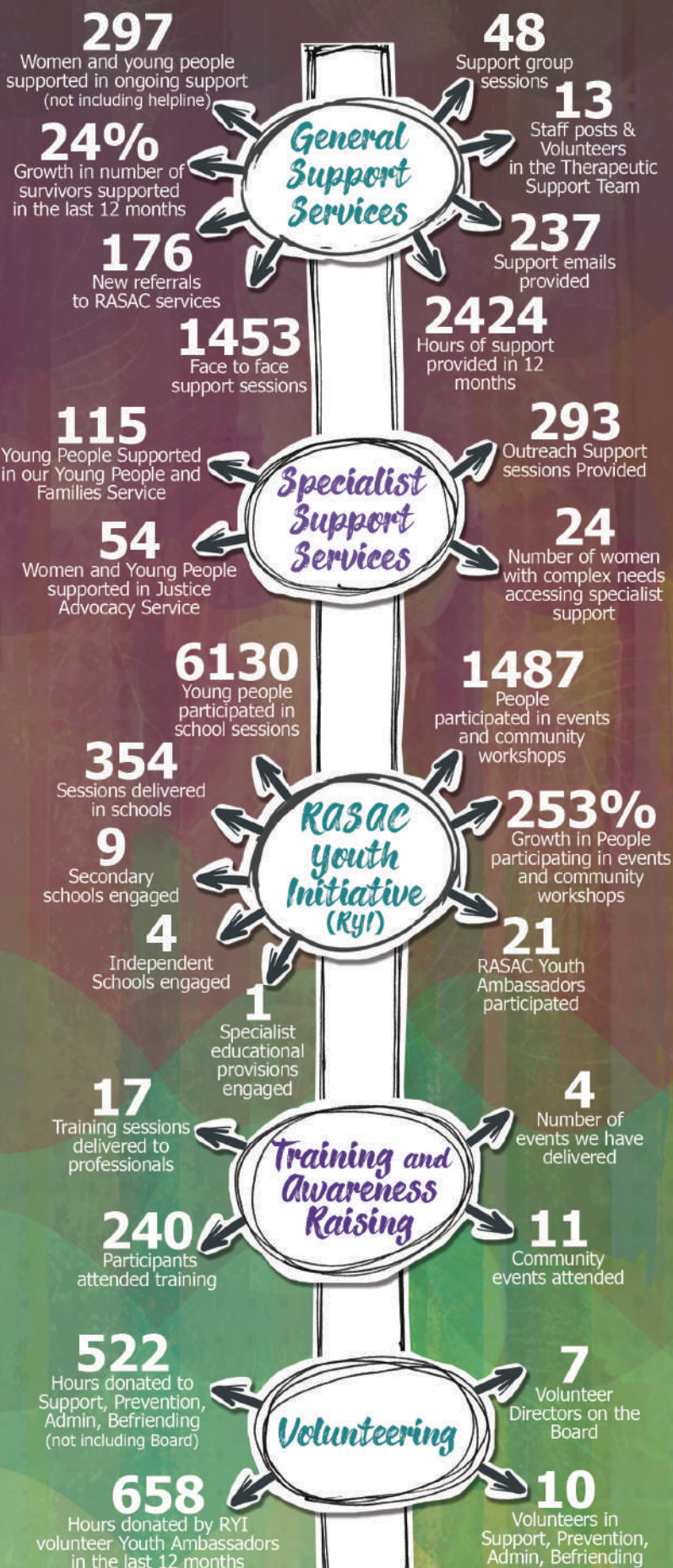
As noted above, we are seeing an unprecedented demand for support services with 176 new referrals across 18/19 and 297 people in service. The success of our young people and families project has enabled more support to be offered to family members and this year 25 family members accessed one to one support. However, we can never become complacent, continually trying to manage waiting times in order to be as responsive as possible. As we move in to uncertain times with a changing political landscape it is more important than ever that we continue to evidence how vital rape crisis services are for survivors, their supporters and our communities.

RASAC Youth Initiative has had yet another busy and productive year, engaging with 6000+ young people across Perth & Kinross and working alongside our dedicated RASAC Youth Ambassadors for another year. The commitment that our 18 Ambassadors have made in challenging sexual violence and promoting equality is nothing short of inspirational. Furthermore, our training has been well received with over 50 staff participating in our Trauma Informed Practice multi-agency training as well as a number of organisations reaching out for a range of training which promotes improved responses to survivors.

Partnership working remains central to much of our work and continued participation in a range of strategic and multi-agency groups has strengthened service provision and influenced change. Significant developments this year included the extension of SARN (Sexual Assault Referral Network) and the opening of a dedicated forensic suite out with Bell Street Police Station. We valued this collaborative work and feedback to date has reinforced the importance of an appropriate setting when providing much needed trauma informed responses.

On behalf of the Board of Directors, we hope you find this year's report informative. As we enter 2019/20, we will continue to develop and deliver services in response to the needs identified by survivors and we very much look forward to continuing this vital work.

Annual Snapshot WHAT WE HAVE BEEN UP TO



RASAC P&K Support Services

We have had another very busy year with an increasingly lengthy waiting list which greatly impacts survivors who are waiting up to 6 months for support. This growth in the waiting list is in conjunction with us increasing our service provision by 24% in the last 12 months.

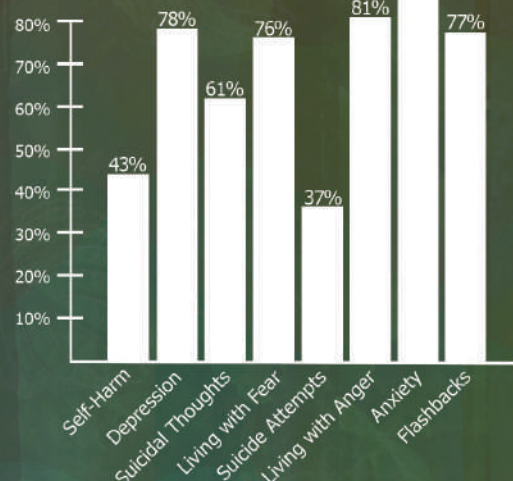
To alleviate the impact of survivors waiting we continue to offer Crisis Support by providing 3 crisis support sessions, Helpline support 5 days per week and a weekly Drop In service for survivors before they commence Therapeutic Support.

Survivors report a range of effects which impact their mental health as well as their social, educational and employment inclusion, highlighting the importance of our specialist Therapeutic and Justice Advocacy support in Perth and Kinross.

Below you will see our key support services numbers and activities throughout the year as well as how we aim to be inclusive of survivor's and professionals needs.

THE IMPACT OF SEXUAL VIOLENCE CANNOT BE UNDERESTIMATED. ONE OF THE BIGGEST CHALLENGES THAT WE HAVE AS AN ORGANISATION, (WHICH IS ALL TOO OFTEN FELT BY SURVIVORS) IS THAT MANY PEOPLE MINIMISE OR SIMPLY DO NOT REALISE HOW HARMFUL AND DEVASTATING THE SHORT AND LONG-TERM CONSEQUENCES OF SEXUAL VIOLENCE CAN BE TO INDIVIDUALS, FAMILIES AND SOCIETY AS A WHOLE.

SOME OF THE EFFECTS SURVIVORS LIVE WITH AS REPORTED TO US IN SUPPORT



297

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

↓
24%
GROWTH IN THE NUMBER OF WOMEN AND YOUNG PEOPLE SUPPORTED IN ONGOING SUPPORT IN THE LAST 12 MONTHS

1453

Face to face support sessions offered

↓
INCLUDING: ADVOCACY, APPOINTMENT AT THE CENTRE, DROP IN, & OUTREACH

Crisis Support, Therapeutic Support and Advocacy

293

Outreach support sessions provided

↓
OUR P&K OUTREACH SUPPORT SESSION INCLUDED LOCATIONS SUCH AS: ABERFELDY, PITLOCHRY, GRIEFF, KINROSS

2424

Hours of support provided

↓
INCLUDES SUPPORTING SURVIVORS WITH ADVOCACY, THERAPEUTIC SUPPORT, PROVIDING INFORMATION AND ALSO 90MIN OF PRANK/INAPPROPRIATE CALLS

237

Email support provided

240

Hours of support based calls including Helpline

13

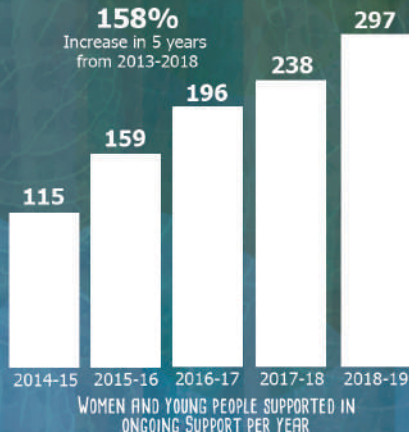
Staff posts & Volunteers in the Support Team in 12 months

Increasing Capacity to Meet the Demand

As well as increasing our ability to provide support through the expansion of our new premises we have recruited 3 new Therapeutic Support Workers and a part-time Team Leader to tackle the large waiting list we have had over the last couple of years.

At a time when waiting list and referrals are increasing year on year, we were delighted to hear that the Scottish Government has increased funding to Rape Crisis Centres throughout Scotland enabling RASAC P&K to start tackling our waiting list.

YEAR ON YEAR WE HAVE INCREASED THE NUMBER OF WOMEN AND YOUNG PEOPLE WE HAVE WORKED WITH DUE TO THE DEMAND FOR OUR SUPPORT SERVICES. HOWEVER IT IS A CHALLENGE TO KEEP UP WITH THE INCREASING DEMAND WITH THE LIMITED RESOURCES WE HAVE IN PLACE.



Referrals to RASAC Services



How we work towards Inclusion

New Accessible Premises - Our new premises are accessible throughout the ground floor with a newly fitted accessible toilet ensuring all survivors can access support, group activities, and the resource library and waiting room.

Service Delivery - Provide regular; non appointment based drop in, provide helpline, provide evening and day time appointments, support is provided through; face to face, email, phone, video, letter and outreach.

Distributing Information on RASAC Services - Annual Report, Quarterly Newsletters, Impact Reports, Facebook and Social Media, Leaflets, Banners, Pens, Postcards and Business Cards

RASAC Multi Agency Visits x 7 – 19 individuals attended and visited the centre from a range of organisations

RASAC Support Services

Complex Needs Support

We continue to work with women with additional complex needs who find it hard to engage by offering specialist tailored service provision that fully acknowledges the challenges and additional barriers to support such as; repeat offending, criminal convictions, substance misuse, homelessness and being involved in commercial sexual exploitation.

24
Women with identified complex needs supported

We have continued our successful partnership with the One Stop Women's Learning Service (OWLS), a Criminal Justice project for women involved in repeat offending, with RASAC having a weekly drop in session at their premises. It took us many months to build up a trusting relationship with the women with referrals now increasing each year. Once again a group of women from OWLS participated in our yearly 'Reclaim the Night' March having been inspired by last year's march around Perth as part of the 16 day of action to end VAW.

We have also developed projects with St Catherines Square (accommodation for individuals with complex needs and homelessness) and with Churches Action for the Homeless which we will be delivering in the next year.

We continue our partnership work with Encompass sharing and developing good practice in preventing commercial sexual exploitation, as well as supporting women involved in selling or exchanging sexual activity in Perth and Kinross.



Survivor Groups

WORKING WITH SURVIVORS IN GROUPS

Our groups are an important part of our Support Services, providing a space for women and young people to build skills, confidence, make new friends and/or get out of the house to have fun & relax.

As usual, it has been another busy year for RASAC Groups, we have delivered wellbeing and creative groups with an almost 50% increase in attendance in the Creative Group.

48
Group sessions

34
Women participated in group sessions

Groups Delivered

Creative Group
'CALM Group'
'Project Forte' - Fencing Group
Conversation Cafe (Quarterly)
Christmas Party (One off)
Wellbeing Day (One Off)



Justice Advocacy Service

WORKING WITH SURVIVORS WHO ARE CONSIDERING REPORTING OR WHO ARE ALREADY ENGAGING WITH POLICE AND/OR THE JUSTICE PROCESS



KEY JUSTICE ADVOCACY NUMBERS

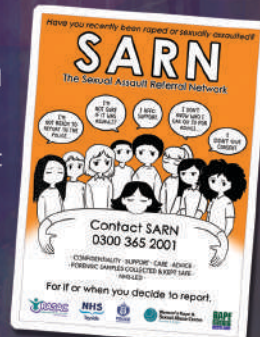


We supported a number of survivors who are not represented in these figures to court. These survivors chose not to have a RASAC worker with them on the day but received pre-trial support to understand the process.

SEXUAL ASSAULT REFERRAL NETWORK - SARN

One of our key Justice Advocacy developments this year is the extension of the SARN facilities. SARN helps facilitate access to a forensic medical examination without having to report to the Police and can take place up to 7 days after a sexual assault has taken place; the evidence that is gathered is then stored anonymously and can be accessed at a future date if the survivor feels that they are ready to report.

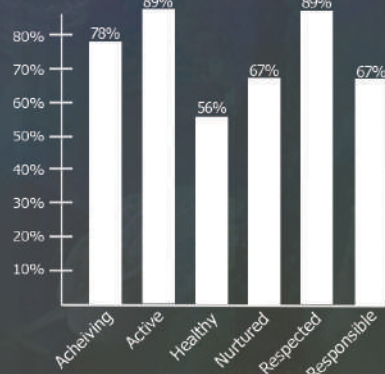
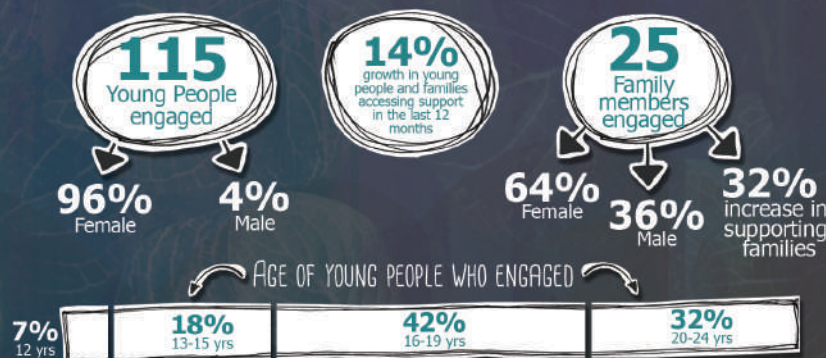
We worked in partnership with NHS Tayside, WRASAC Dundee & Angus, and Police Scotland and have now identified and set up a purpose designed Forensic Examination Facility in Dundee at an NHS site, serving the whole of Tayside. With the facilities providing a welcoming and safe environment and the government focusing on training female forensic examiners in Scotland, survivors will have more choices and feel more supported during what is a difficult experience.



Young People and Families Service

WORKING WITH YOUNG SURVIVORS AND THEIR FAMILIES

Percentage of young survivors reporting improvements in...
(Snap shot evaluation of 29 young people)



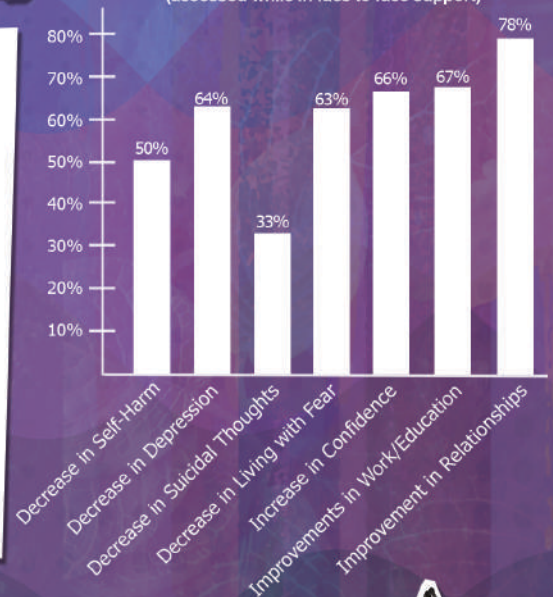
RASAC Support Services

THE DIFFERENCE SUPPORT CAN MAKE

The difference that support can make is evidenced in the graph to the right and the messages of hope we receive from the survivors using our services as seen below. We have met hundreds of survivors over the years and each of them inspire us with their determination to move through their trauma and pain. We use a number of tools to measure where survivors are in their healing journey which enables us to see how effective our services are as well as evaluating the techniques we use in our therapeutic support. As a reflective organisation we continually assess and develop our services according to needs identified within support.

This year we finalised the review of our evaluation tool 'The Wheel' which identifies the effects of sexual violence in survivors lives, and the improvements in these effects during and at the end of support. The review enabled us to improve on the Wheel's effectiveness, reflecting the lived in experience of survivors. This has enabled us to better understand survivor's needs and better report to our partners and funders.

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



What Survivors tell us about Support...

"It was weird when I first started coming because I was worried that I wouldn't be believed and its weird speaking to someone about it but in the end I was OK and feel better for coming."

"How easy it was right from the start. Exhausting, emotional and at times stressful but wonderful at the same time."

"The visualisation techniques have helped me as I've managed to recognise what feelings others are transferring on to me and can make a conscious decision not to let their negative emotions effect me".

"I wasn't judged and felt as comfortable as if I were talking to a friend. Very quickly I felt more positive."

Thank you for listening to me and bearing witness to my tears and pain. You have been invaluable in helping me to come to terms with my life events."

"I am a totally different person to the one I was one year ago."

"The support has always been about me and never pushed upon me."

"My support worker helped me through every little thing I felt and showed me some great coping techniques that I can use, and have used."

"I took away what you said about being a friend to myself and that has really helped"

"I feel less stupid about being heartbroken after this session".

"support worker has helped me get in touch with feelings I didn't know I had, and helped me cope. The advocacy worker was also brilliant! I wouldn't have gotten through the trial without her."

Increasing our Accessibility and Capacity to Support...

Through our increasing waiting list and our limited accessibility it was identified that our premises of 6 years were no longer suitable for our service users needs. After an extensive and ongoing search we identified and moved into the premises next door!



Our new premises were fully refurbished based on staff and service users needs and feedback around what made a safe, welcoming and comfortable space. We now have an additional Support Room (3 in total), a dedicated Group Room, a welcoming Waiting Area with Resource Library and a Training Room. This has greatly increased our capacity to deliver our support and prevention services as well as give the staff and volunteer team a bit more room to grow into!



Survivor Feedback on new premises

"I was consulted about colours, furniture and pictures and lighting for the new centre."

"The move has made the improvement of a waiting room which was badly needed."

Prevention Services - RASAC Youth Initiative

Over the past year RYI has maintained and extended our networking and partnership work enabling us to develop new connections and collaborative opportunities. We are pleased that we have extended our sexual violence prevention provision in 3 schools with delivery to additional year groups. We have also been able to support school and youth prevention projects such as Mentors in Violence Prevention training as well as delivery of workshops to Police Scotland Youth Volunteers. We have strengthened our links with Perth College/UHI through delivery of prevention workshops and awareness raising activities as well as supporting them with the delivery of the Equally Safe Higher Education toolkit on the campus. In addition we continue to maintain and develop our Youth Ambassador programme supporting young people to engage with local and national consultation and events throughout Scotland as well as continue their delivery of prevention workshops. On a note of celebration we were awarded Police Scotland Youth Volunteers Perth's partnership recognition award and a group of young people from Perth Grammar school won £3000 Youth Philanthropy monies for us which is enabling us to further support young survivors and prevention work. We look forward to continuing our work in the next year believing that we and the young people we work with need to be the change in the world that we want to see.



Perth Grammar School
Perth Academy
Perth High School
Pitlochry High School

Blairgowrie High School
Crieff High School
Kinross High School
Breadalbane Academy

SCHOOLS ENGAGED...

Glenalmond College
Kilgraston Girls' School
Strathallan School

Morrison's Academy
Community School of Auchterarder
Navigate Educational Outreach Facility

School Sessions Provided...

354
Sessions delivered

14
Schools engaged
9 secondary schools
1 specialist provision
4 independent schools

6130
Young people participated

The workshops have been designed to complement the Scottish Government's Curriculum for Excellence and can be incorporated within the PSE timetable complementing the Sexual Health and Relationships curriculum.

SESSIONS DELIVERED IN SCHOOLS 18-19...

- Gender Stereotyping
- Sexualisation in the Media
- What is Sexual Violence
- Preventing Sexual Violence
- Social Media
- Child Sexual Exploitation
- Consent
- Impact of Sexual Violence
- Harmful Effects of Pornography

KNOWLEDGE AND UNDERSTANDING AFTER PARTICIPATION...

95%

of young people indicated they have an improved understanding of sexual violence and the impact it has on individuals and society

85%

of young people could recognise the impact of sexualisation on individuals and society as well as behaviours derived from stereotypes

94%

of young people have reported they are better able to recognise and assess risk enabling them to make informed choices

"After this excellent session a group of young people stayed behind to talk to RASAC Staff"
Teacher

"Sessions are extremely well done, professional and pitched at the right level and interesting"
Teacher

"The school sessions helped me through a hard time when I was being groomed"
S4 Pupil

"I've learnt that we should confront sexist and homophobic jokes and not encourage them by laughing"
S3 Pupil

"I've learnt actually how the porn industry treat women and how degrading it is... porn has a lot more to it, such as addiction and abuse... it's not real life"
S5 Pupil

Community Engagement

COMMUNITY & YOUTH GROUPS WORKSHOPS & SCHOOL EVENTS (NOT SCHOOL SESSIONS)

This has been an exceptionally busy year engaging with community groups, youth groups and school events. We want to thank everyone who invited us to deliver sessions and get involved with partnership work throughout the year.

209
Number of Young People engaging in sessions/ workshops

83
Number of Adults engaging in community sessions/ workshops

101

Number of Senior Pupils engaged with RYI workshops as part of their MVP Training (Mentors in Violence Prevention) in 3 High Schools

150
Number of People engaging with us at community events

926

Approx number of Young People attended the NHS Tayside Drama Tour where we sat on the expert panel at 9 High Schools in P&K (S3 pupils)

18
Number of Young People attending LGBTI Groups we engaged with in 3 High Schools in P&K

GROUPS ENGAGING WITH SESSION/WORKSHOPS...

- Logos Crieff (youth)
- Police Scotland Youth Volunteer
- Fun Young Individuals
- ARK Housing - Young Women
- Carers Groups x 2
- Baptist Church Youth Group
- Girl Guides Group
- Zero Tolerance (parents/carers)
- Balnacraig School (staff)
- Ochil Tower School (staff)
- Blairgowrie Learning Festival
- PKC Foster Carers
- Speakeasy (parents/carers)
- Early Years Childhood Centre (staff)
- New Horizons Multi Cultural Women's Group
- P7 Parents from a Perthshire Primary School
- UHI/Perth College - 'Moving On' Students
- MVP - Senior pupils in 3 High Schools

"Really good, very interesting and informative. It has made me think about my own social media use and how it is impacting on my children."

"The session made me think about how I am as a mother and if I treat my boy and girl differently"
Participants in Adult Community Group

"RASAC always delivers good quality and thoughtful training sessions. The activities in this session can be adapted by staff members to help young people to develop their understanding"
Balnacraig Principal Teacher

"I can see much more clearly how gender inequality based on stereotypes can lead to physical and sexual violence"
Participant in Adult Community Group



Prevention Services YOUTH AND STUDENT AMBASSADORS

9 Youth Ambassadors
have received Saltire
Awards for a total of

900
hours voluntary work

658

Number of hours of volunteering by
Youth Ambassadors to RYI delivering
and supporting workshops and
events

10
Number of
awareness raising
activities
participated in

21
Youth & Student
Ambassadors

4
Number of
National/Local
Consultations
participated in

15
RYI Youth
Ambassadors
(14-18 yrs)

6
Student Youth
Ambassadors
(18+ yrs)

17
Number of
community
initiatives
engaged with

"I can see how the RYI
workers wanted us to get
involved in helping them to
develop this session. It is
really important that
teenagers do not get their
messages about sex and
relationships from porn which
is harmful and degrading
Youth Ambassador

It is nerve
wracking doing
the presentations
but you get
such a sense of
achievement. I
can't believe I
have done all
these things
Youth Ambassador

"I have made new
friends, gained
confidence, learned
so much about
sexual violence,
participated in loads
of community
events...I feel I
have become a
better person
Youth Ambassador

"This is a great project for
us to be involved in. Working
on the script made me
realise how many different
forms of sexual violence
exist and how they can badly
affect young people. It is
good to get our message
out to other young people
Youth Ambassador

The RASAC Youth and Student Ambassadors are a group of young people aged 14yrs to 18+yrs who actively challenge gender inequality and gender expectations in society leading to the reduction and eradication of sexual violence. Through the RASAC Youth Initiative all the Youth and Student Ambassadors receive comprehensive training and support to understand sexual violence and skills in delivering workshops to other young people and adults, in youth groups, community groups and college/university.

THE YOUTH AND STUDENT AMBASSADORS HAVE SUPPORTED RYI TO DEVELOP AND CO-DELIVER A NUMBER OF WORKSHOPS/PROJECTS THROUGHOUT THE YEAR;

- Produced a video for P&K Child Protection Committee's Annual Development Day focusing of GIRFEC.
- Involved in planning and delivering RASAC's AGM
- Designed and created 'Reclaim the Night' March banners and attended March
- Co-delivered 'Keeping a Young Person Safe' social media training to parents from 2 primary schools
- Manned a stall at P&K Councils yearly GIRFEC Event, PKAVS Volunteer Fayre, WOW Festival
- Participated in Rape Crisis Scotland's Year of Young People event highlighting their involvement in awareness raising and campaigning
- Developed and Delivered a 'Girl's Empowerment' session for Rainbow Guides
- Involved with developing a video on 'what is sexual violence?' with Y Media and an audio recording for a scenario in the National Rape Crisis Scotland Violence Prevention Pack to be used Scotland wide which will be completed next year.

THE YOUTH AND STUDENT AMBASSADORS HAVE PARTICIPATED IN NATIONAL AND LOCAL CONSULTATIONS

- P&K Child Sexual Exploitation Working Group Feedback on Leaflets and P&K CSE Young People's Directory
- Young Scot Strategic Planning
- Young Scot 'Loneliness Project'
- Young People Brexit - feedback to Scottish Ministers on the implications of Brexit for Young People.
- First Minister Next Generation Question Time (Sep 18)

Awareness Raising and Training

SUPPORTING OTHERS TO BETTER UNDERSTAND THE IMPACT OF SEXUAL VIOLENCE...

Trauma Informed Practice

In 2018 we were commissioned by P&K Child Protection Committee and the Adult Protection Committee to develop a printed/digital resource on Trauma Informed Practice for front-line workers in P&K. The booklet supports the RASAC Trauma Informed Practice Training delivered throughout 2017-2018 for workers in P&K. A big Thank you to the P&KVAWP for printing 1000 copies!



Most trauma resources are very much academic and are a long read. However this booklet is accessible and easy to pick up and use. It shows the understanding and passion you have for working with trauma survivors. I see colleagues and teachers benefiting from this resource throughout Perth and Kinross.
Educational Psychologist



Resilience Screening and Talk As part of Suicide Prevention Week we supported the screening of 'Resilience - The Biology of Stress and Science of Hope' in P&K with 3 events and over 160 people participating

Vagina Monologues - in partnership with WRASAC Dundee & Angus we once again delivered the hard hitting & hilarious drama as part of the WOW Festival

Reclaim the Night - as part of the 16 Days of Action we once again, in partnership with OWLS, Police, PACT and the P&K VAWP delivered a successful march around Perth.

RASAC P&K Open Day - once we were all settled into our new premises we opened our doors to local professionals and community groups/volunteers to visit.

4

Events
We have delivered



12

Community Events
We have participated in



23

Training Sessions
We have delivered
(to professionals & RASAC Team)



- Perth College Fresher's Fair
- DiverseCITay Event - Parade & stall
- Charity Fayres at 2 high schools
- Perth College Consent Event
- Volunteer Street Market (supported by Youth Ambassadors)
- Thursday in Black Event - (Panel discussion)
- Blairgowrie Library Exhibition
- NHS Drama Tour
- Suffrage 100 Years March
- GIRFEC Cinema Event (supported by Youth Ambassadors)
- Women of the World (WOW) Festival x 2 events (supported by Youth Ambassadors)

Sessions we have delivered to 240 People...

- Disclosure
- Trauma Informed Practice
- Gender Based Violence
- Rape & the Justice System
- Childhood Sexual Abuse
- Child Sexual Exploitation
- Suicide & Self Harm
- Organised & Ritual Abuse
- Honour Based Violence

Learning was clear, precise and gave me a good understanding and knowledge of trauma, hugely improved my understanding of the needs of staff and vicarious trauma
Professional attending Trauma Training



Volunteering at RASAC



Our volunteers are a vital part of our service delivery. Without their kind donation of time, skills, enthusiasm and passion we would not be able to deliver the level of work that we do. They each bring with them a wealth of knowledge, experience and fresh ideas, adding to the buzz and energy in the organisation. Our volunteers not only volunteer in their chosen roles but also provide support at community events, celebrations and in publicity. We do not have the words to truly express our thanks to each of our volunteers. **Thank You!**

All our Volunteers and Staff undertake 60hrs of Rape Crisis Training and 40hrs of induction before working with Survivors or Young People

"The training was a huge learning curve on both a personal and professional level which stimulated discussion with my family and friends. I was greatly comforted by realising that I was not alone in my lack of knowledge in a range of subjects, the whole group being trained gained understanding. Though some of the training days were gruelling and the learning difficult on an emotional level there was always a sense of togetherness and fun in the room, as a participant I felt well supported".

Strategic & Multi-Agency Work TOGETHER WE CAN BE THE CHANGE WE WANT TO SEE

Across this year we have remained committed to partnership working and embraced the many opportunities which this brings to addressing Violence Against Women locally. Being part of a wide range of multi-agency and strategic groups significantly enhances the work we do with our participation giving us the opportunity to advocate for survivors and inform local strategy and community planning. We are privileged to work alongside many other dedicated professionals who share their good practice and who work with us to improve the identification of, and responses to, sexual violence. As always, such partnership work informs our day to day services, links in to our Strategic Plan and drives forward the support of survivors and their families living in P&K.

The Perth & Kinross Violence Against Women Partnership has continued to be an enormous support to RASAC P&K and our work addressing sexual violence. Through the Partnership we have worked collaboratively to plan and deliver another hugely successful 16 Days of Action to End Violence Against Women, taking the lead on the organising of Redclaim the Night, supported by many other dedicated organisations and services. Furthermore, we contributed to the submission of the Scottish Government's Consultations on the FGM Bill and the Clinical Pathways and Guidance for Healthcare Professionals Working to Support Adults who Present Having Experienced Rape or Sexual Assault in Scotland.

In addition we continue to be part of the Perth & Kinross Child Sexual Exploitation Working Group protectively working across localities. The Young People's CSE Advisory Group has gone from strength to strength, consulting with staff on publications and designing a CSE P&K secondary schools. Working with students from Perth College, the group came together with RASAC Youth Ambassadors to produce a CSE campaign and associated materials. Seeing so many young people working together in activism is incredible and we are proud to be able to be part of that with them.

Working closely with Police Scotland, NHS Tayside, WRASAC Dundee & Angus and Rape Crisis Scotland, we have increased the operating hours of SARN (the Sexual Assault Referral Network) as highlighted in our Justice Advocacy Service report on pg 4.

We are thankful to have been invited to join the Corporate Parenting Sub Group. This is a new area of work for us at RASAC P&K and has supported us in thinking more creatively about how we can best support survivors who have experienced care. This is something we hope to build upon over the next year. Furthermore, through our participation in the Third Sector Community Justice Forum we have accepted an invite to present at the Community Justice Partnership. We are committed to raising awareness, and strengthening understanding, about survivors experiences within the Justice System and welcome any opportunity to work with those at the forefront of strategic planning around this.

Most organisations recognise the need to work together to achieve common goals but only a few are able to demonstrate this in practice. RASAC Perth and Kinross is a pleasure to work with, full of ideas and innovation, full of committed staff and volunteers and delivering a service that is practical, compassionate and fully in step with others in Perth and Kinross seeking the best outcomes for survivors of gender based violence.

**John Evans - Violence Against Women Partnership Coordinator,
Perth and Kinross Council**

SOME OF THE GROUPS WE HAVE PARTICIPATED IN INCLUDE:

- P&K Violence Against Women Partnership
- Volunteer Managers Network
- Multi-Agency Prevention Network
- Child Protection Committee Practice Sub Group
- Voluntary Sector Child Protection Forum
- Suicide Prevention Group
- Commercial Sexual Exploitation Multi-Agency Group
- South / North Perth Partnerships
- Community Justice Third Sector Forum
- Community Equalities Advisory Group
- Child Sexual Exploitation Prevention Sub Group
- Child Sexual Exploitation Recovery Group
- P&K Corporate Parenting Sub Group
- Children, Young People and Families Third Sector Strategic Forum
- Third Sector Child Protection Forum
- National Children and Young People's Prevention Network

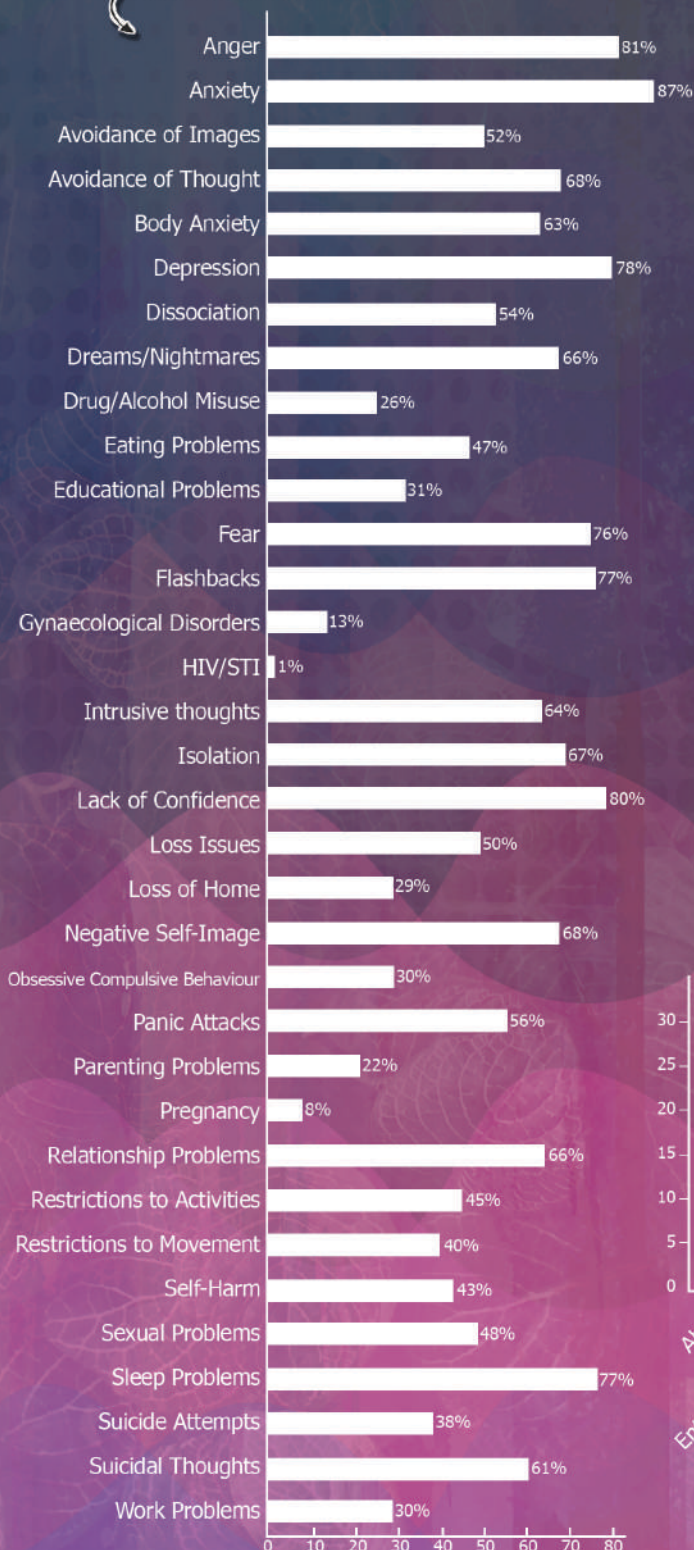
RASAC is an organisation that not just delivers great services to people in need, but also makes invaluable contributions to raise the profile of the third sector and its services at a strategic level.

**Hong Zhang - Development Officer,
Third Sector Interface.**

RASAC P&K Statistics...

Every year we record statistics from the survivors we support. This information is vital for us to identify gaps in our services and in provision outwith our remit, as well as 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 talk about.

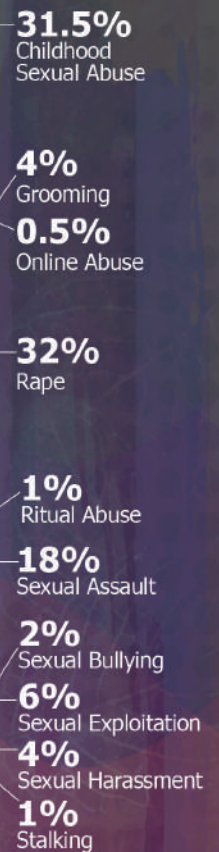
THE EFFECTS OF ABUSE



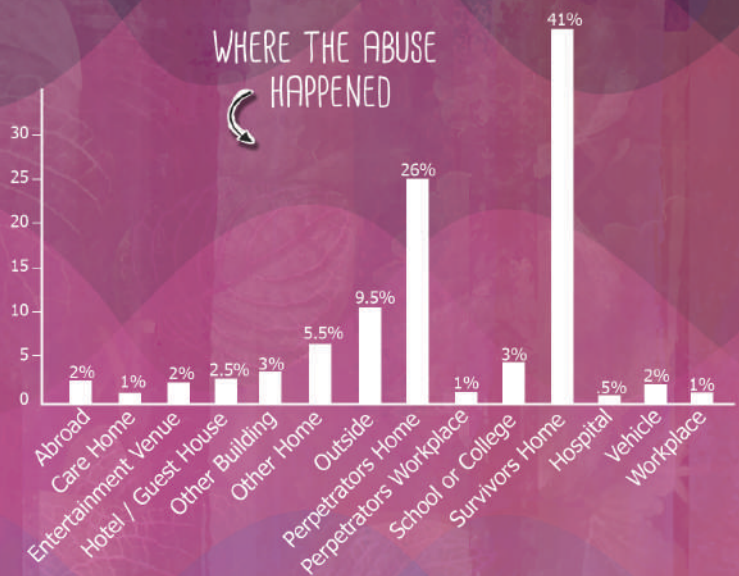
SURVIVORS AGE (WHEN IN SERVICE)



NATURE OF ABUSE



WHERE THE ABUSE HAPPENED



SURVIVORS AGE AT START OF ABUSE



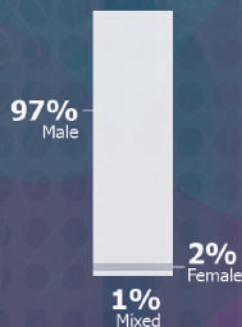
REPORTING TO POLICE

Of the 227 survivors who have informed us if they have reported to the Police or not,
110 reported



8% reported to the Police while in service at RASAC in 2018-2019

GENDER OF PERPETRATOR



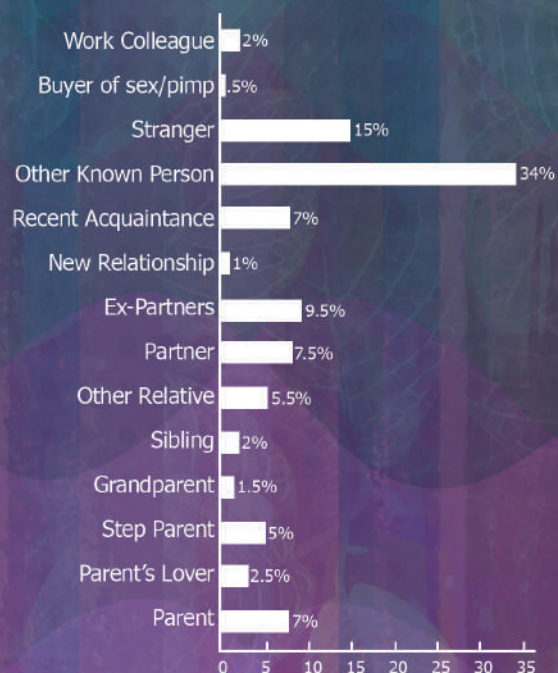
GENDERED ANALYSIS OF SEXUAL VIOLENCE

The majority of victims and survivors of sexual violence in Scotland are women and children and the majority of their perpetrators are male. This is reflected in our statistics above. We describe this as gender based violence.

We believe that gender based violence is a direct result of gender inequality. The expected gender roles and behaviours assigned to men and women, boys and girls, are shaped and reinforced by society, defining appropriate behaviour for women and men often creating inequalities. These inequalities ultimately enable violence against women and children to manifest in society.

To combat gender based violence we must work towards changing societies attitudes towards gender for the benefit of men, women and children. This approach is known as a 'gendered analysis' and can be found at the core of all Rape Crisis centres in Scotland as well as the Scottish Governments Violence Against Women strategy 'Equally Safe'.

RELATIONSHIP OF ABUSER



The message that society tells us is 'stranger danger' and although we recognise that sexual violence is perpetrated by strangers (15% this year) the statistics above clearly show that unfortunately you are most likely to experience sexual violence perpetrated by someone you know well. Our largest category is 'Other Known Person' this includes, youth workers, sports coaches and peers/friends.

We have had a significant growth in the number of survivors identifying perpetrators as 'strangers' in the last 12 months. Last year they represented 8% of all survivors, this year, it almost doubles to 15%. Anecdotal evidence suggest there may be a link to this increase with dating websites/apps.

RASAC Team...

The Board of Directors would like to thank all staff and volunteers for their continued hard work and dedication. You make a real difference every day and we are incredibly thankful for your commitment to preventing and responding to sexual violence.

RASAC Board of Directors...

Michelle O'Neill - Chairperson
Alison Irvine - Vice Chairperson
Fiona Thomson - Treasurer
Maxine Moy - Secretary
Kerry Wilkie
Dinah Fok
Shiona McArthur

RASAC Staff...

BUSINESS TEAM

Jen Stewart - Centre Manager
Angela Burns - Admin Worker
Gwendoline Telford - Marketing & Impact / Training Worker

SUPPORT SERVICES TEAM

Rachel Coleman - Support Services Team Leader
Dona Smith - Support Services Team Leader
Audrey Walker-Kerr - Young People's Therapeutic Support Worker
Andrea Emery - Therapeutic Support Worker
Becci Bauer - Therapeutic Support & Group Worker
Carolyn Doran - Support & Advocacy Worker
Charlene Jones - Young People & Families Therapeutic Support Worker
Lindsey Shepherd - Young People's Therapeutic Support Worker
Michelle Holden - Therapeutic Support /CSE Development Worker

YOUTH INITIATIVE TEAM

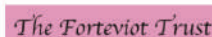
Catriona Scott - Youth Initiative Team Leader
Angela Sinclair - Sexual Violence Prevention Worker
Kat Harvey - Sexual Violence Prevention Worker

RASAC Volunteers

A BIG THANK YOU to all our volunteers who support RASAC P&K by donating their time, skills and passion in our business team, support team and prevention team. You know who you are and we are forever grateful for your energy and the contributions that you make. Without you we simply couldn't deliver the range of services that we do. Thank you.

Thanks...

We are also ever thankful to everyone who has supported our work, both continued and new. From donations, individual fundraisers, Charitable Trusts and Government, we could not do what we do without your support. Thank you.



DONATIONS AND INDIVIDUAL FUNDERS

HSBC
MacNabs
Perth Baptist Church
Asda Perth
Spotless Oven Cleaners
The Wood Foundation & Perth Grammar School (YPI Scotland Grant)
Kilgraston School
Rotary Club of Perth
Perth Soroptimist International
Craig N Hair
GS Brown Construction Ltd
ASDA Perth
And the many other individual fundraisers and gifters who support us throughout the year.

YOUTH AMBASSADORS

Everyone at RASAC P&K would like to thank all of the Youth Ambassadors who have volunteered with us over the last year. You are quite simply... inspirational. Your energy and commitment to raising awareness about equality and challenging violence against women and girls is outstanding. You are the change makers of tomorrow and we are exceptionally proud to work alongside you in all you do.

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.



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To donate to RASAC P&K please go to
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