



Our Mission: Working Together to End Sexual Violence

Established in 2007, we are committed to challenging gender-based violence as we recognise that sexual violence is both a cause and consequence of gender inequality in our society. To do this we **provide specialist support services** to women and young people who have experienced sexual violence at any time in their lives. In addition, it is absolutely necessary to **provide sexual violence prevention** education/training and campaigns to promote gender equality and challenge societal attitude toward sexual violence. We believe that we will never see a **difference in society** unless we do both.

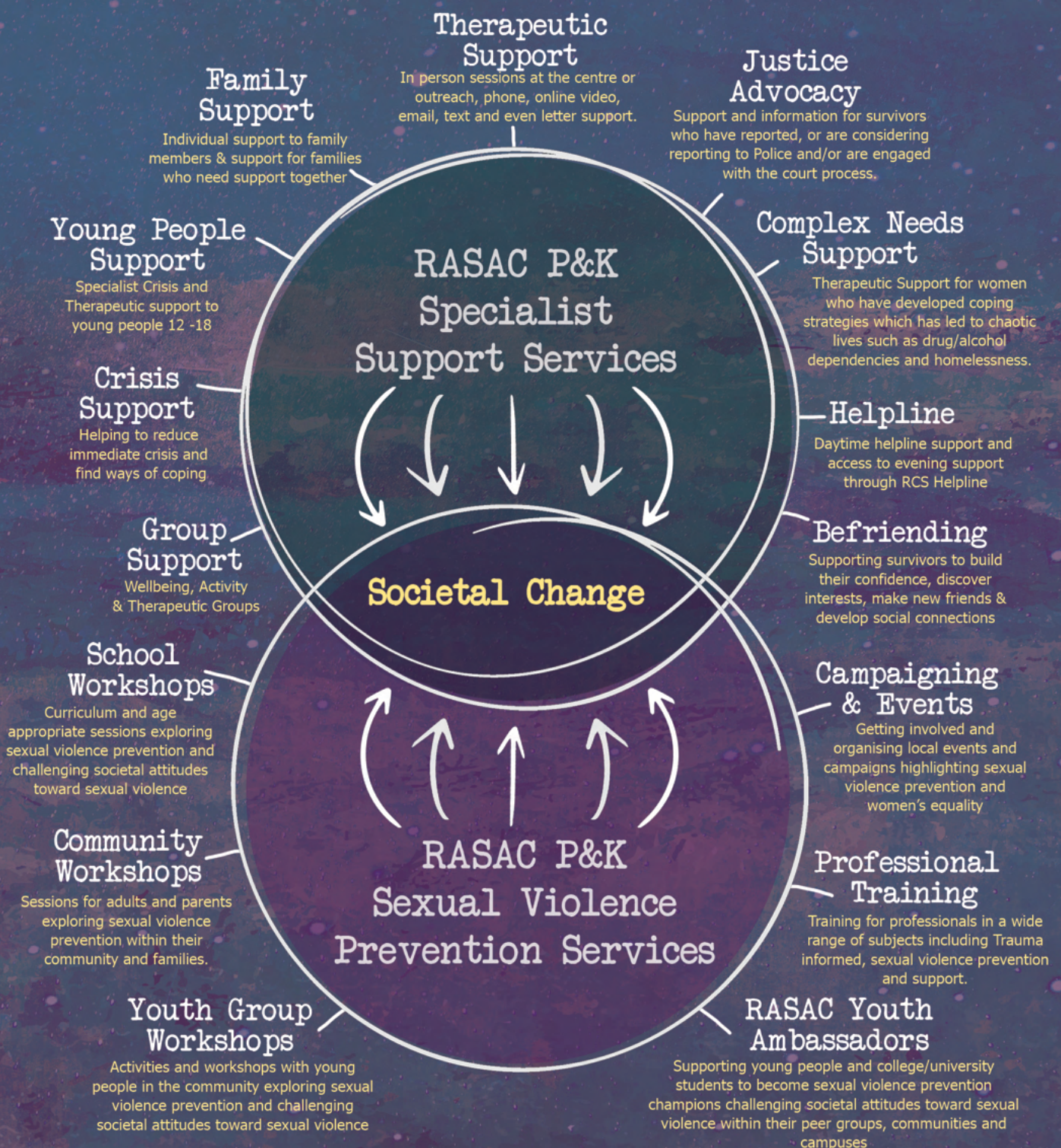
The year 2021 was a year of **collective conversations** and action against gender based violence; we have seen the aftermath of Sarah Everard, Sabina Nessa, Bibaa Henry and Nicole Smallman; the growth in testimonies through the 'Everyone's Invited' website is highlighting the very real extent of rape

culture across the UK; and although these conversations have been challenging and deeply moving we are forever hopeful that collectively we can work towards ending sexual violence. Our hopes for the future and our **organisational values guide our work and service provision:**

→ 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

Following on from 2020/21, when all of our services were delivered during a national Lockdown due to the COVID-19 pandemic, this last year has been one during which we have continually reviewed National Guidance and adapted our services. A phased return was implemented from May 2021, and from this time the service has welcomed a return to in-person support once more.

Remote support had not been suitable for everyone waiting on support and some survivors had remained on the waiting list until a return to in-person support was possible. Alongside this, the organisation experienced a significant increase in referrals across the summer period. Additional funding through COVID-19 recovery funds provided the opportunity to increase the staff team and respond to this increasing need for the service.

Throughout the year, 194 new referrals were received (34% increase compared to 2020/21). Self-referrals remain consistent with previous years, with 36% of survivors contacting the service directly. Referrals from external agencies and service providers have continued to be received, with an increase in referrals from education which have doubled from the previous year.

Whilst in-person support returned, for a significant proportion of the year most support continued to be delivered remotely. In total, with 307 online support sessions, 605 in-person sessions and 1510 hours of telephone support taking place. Across the year, 360 women and young people have continued to receive support, with a total of 2199 appointments offered. Groups have welcomed the opportunity to return to some in person activities, including the gardening and walking groups which have enabled survivors to connect with others and engage in wellbeing activities.

Prevention Services welcomed a return to schools and across the year over 4600 young people from 10 Perth & Kinross Secondary schools and specialist provisions participated in workshops. In total, 248 sexual violence prevention workshops took place discussing issues such as Gender, Social Media, Sexualisation and the Effects of Pornography, Child Sexual Exploitation, Consent, What is Sexual Violence and Preventing Sexual Violence. The delivery of external training has continued across the year, with 44 training sessions reaching 422 professionals working within Perth & Kinross.

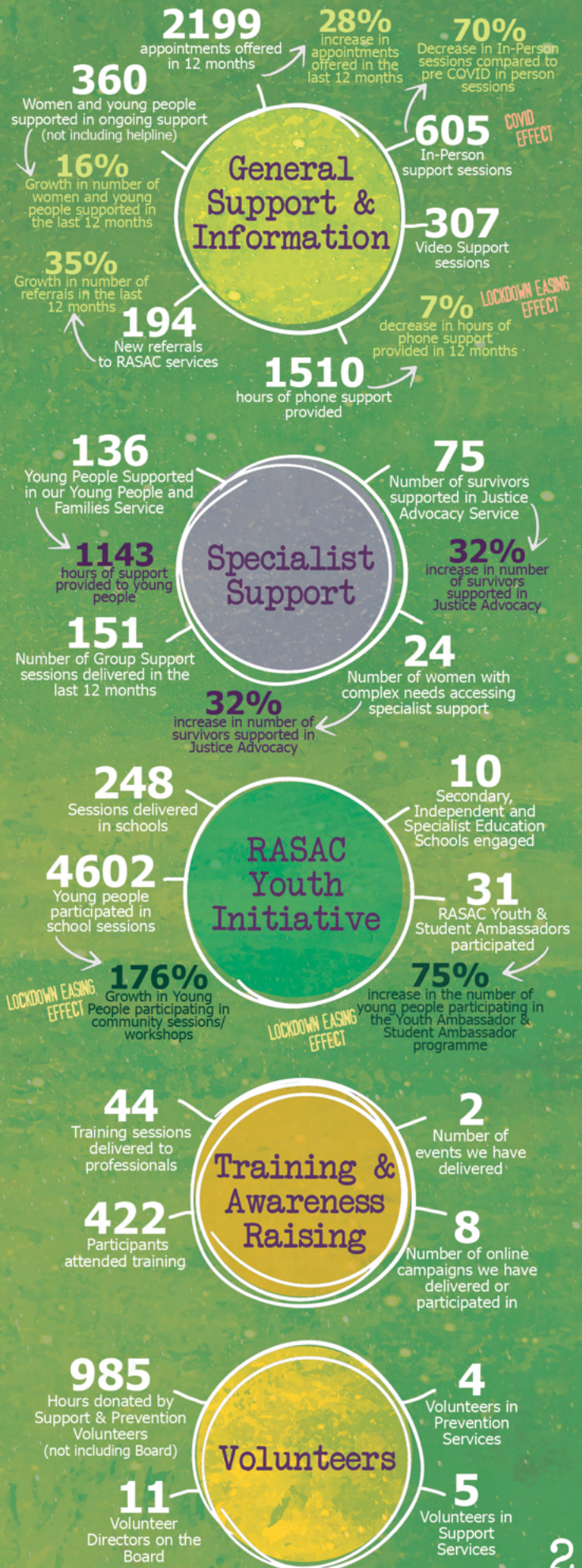
Youth Ambassadors continue to inspire us with their ideas, activism, and commitment to gender equality. RASAC P&K's Youth Ambassador Programme has worked with 27 Youth Ambassadors aged 14-18 and 3 Student Ambassadors (18+) across the year. Across the last 12 months, young people donated over 236 hours of their time to RASAC P&K. As with all our volunteers, they have been enthusiastic and dedicated, they never cease to inspire and energise all of us working with RASAC P&K.

Sustaining capacity will be a priority for the organisation over the next year to ensure that we maintain a position of being able to develop services. We continue to do what we can to manage waiting times but are all too aware that waiting lists continue. At March 2022, 53 adults and 27 young people were waiting on support.

As we enter this next year, the organisation will be focusing on Sustainability and Income Generation. From this we plan to develop a clear Fundraising Strategy to support us in the delivery of these essential services. Our Board members have remained actively involved throughout the year undertaking both business and development meetings regularly. We will be recruiting new Board members in the near future and welcome those interest from women committed to tackling sexual violence in Perth and Kinross.

Snapshot 2021-2022

What we have been up to.



Support Services The Effects of Sexual Violence

Although most of us know that sexual violence is harmful, many do not recognise the full extent of the physical, mental and financial impact for survivors, their families and society as a whole. One of the most reported experiences of survivors is the minimising of their experiences and the effects they live with.

In May 2019 the All-Party Parliamentary Group (APPG) on Adult Survivors of Childhood Sexual Abuse published a report that stated, "89% of survivors said their mental health was negatively affected, 72% said that it had damaged their career, and 46% said it had a detrimental effect on their financial situation because they often had to pay for therapeutic help they couldn't access otherwise"

Our Specialist sexual violence support is free to any woman or young person living in Perth and Kinross who have experienced any sexual violence at any time in their lives. Growth in demand for services following COVID-19 lockdowns have resulted in waiting times. However, we remain committed to managing these waiting times as best we can in order to provide access to free and timely support to alleviate the significant impact to survivors lives.

After it happened I could not stop thinking about it. I am so angry, so resentful. When I'm not angry, I'm sad, so sad. My sadness takes over, I cant do anything, go anywhere, be with anyone. I just want to feel like I felt before it happened. I was so strong, in control, happy and saw a future for myself.

It is still part of my everyday life. I think about it often, sometimes when I don't expect it. I don't trust easily and relationships with my family can be very hard and heartbreaking. At the most difficult times I thought about ending it all, though luckily I never did. I want to be free of it, find out what life can feel without this burden.

Every day I wanted to die. That is how bad it was, it was unbearable. I was so lost and without hope. All I had was fear and nightmares. I just wanted it to stop.



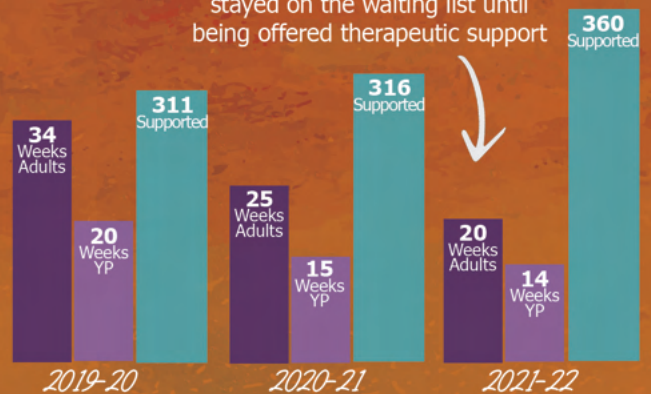
Did you Know...

It's estimated that up to 94% of survivors of rape or sexual assault develop symptoms of PTSD in the first two weeks after the event, leading to around 50% of victims suffering long-term symptoms.
<https://www.ptsduk.org/what-is-ptsd/causes-of-ptsd/sexual-violence/>

Referrals & Meeting the Need



41% decrease (in 2 years) in the amount of time adult women stayed on the waiting list until being offered therapeutic support



Number of weeks Adult women and Young People had to wait on the Waiting List (on average) & how many Women and Young People we worked with

What was challenging this year...

COVID EFFECT

After the easing of COVID restrictions we saw an immediate 35% increase in survivors being referred or self referring, putting pressure on our ability to keep waiting lists under 90 days. This year 1 survivor waited 421 days for the services she wanted and on average adult survivors waited 20 weeks, and young people waited 14 weeks before being offered Therapeutic support.

What went well this year...

Our increased staff team enabled us to lower waiting lists times to lower than last year and our highly trained volunteers continued to provide their skills and experience within our therapeutic support for women and young people.

Survivor Statistics...

We thank all 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. All survivor information and feedback is anonymised and is used to better understand survivor needs and improve service provision.

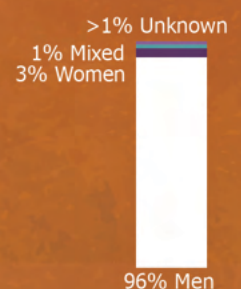


A Gendered Analysis...

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. 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 and non conforming men to manifest in society.

RASAC P&K Survivors' Perpetrator(s) Gender



Support Services - Key Support Numbers



360
Women and young people supported in ongoing support (not including helpline)

2199
Support, Information, Group and Advocacy appointments offered in 12 months

307
Video Support sessions

1510
hours of phone support provided

605
In-Person support sessions

16%
Growth in number of women and young people supported in the last 12 months

28%
increase in appointments offered in the last 12 months

7% LOCKDOWN EASING EFFECT
decrease in hours of phone support provided in 12 months

70% COVID EFFECT
decrease in In-Person sessions compared to pre COVID. Please Note: last year we only had a handful of In Person support due to Lockdown restrictions so we have seen a significant increase in the last 12 months

222
Women supported in the last 12 months

136
Young People under the age of 25 supported in the last 12 months



During Lockdown I started having my sessions online through video and at first I didn't think I'd like it but it has been great. So much so that now, even though I can see (my support worker) at the centre I have stuck with online. It is good having the choice as I know for some people they will like having support in person.

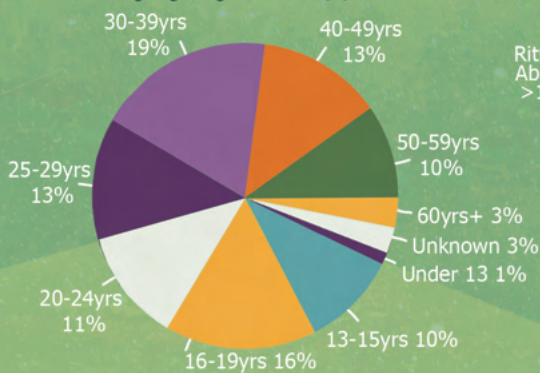
Although we have seen the easing of lockdown and some aspects of life coming back to relative normal, the longer term effects of lockdown have yet to be seen.

Many survivors report feeling isolated and no longer wanting, or feeling able to, engage with wider life, with many feeling more comfortable and safer at home. Also, some survivors may live with additional impacts of trauma such as depression and fear, further compounding the isolation. This is reflected in society at large, but survivors may live with additional impacts of trauma such as depression and fear, further compounding their isolation.

In addition we are acutely aware that during Lockdown some survivors were trapped living with perpetrators unable to find respite and/or able to leave.

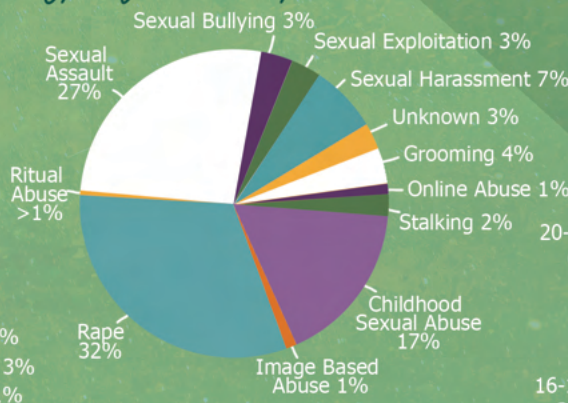
Survivor Statistics...

Survivors Age when Engaging in Support



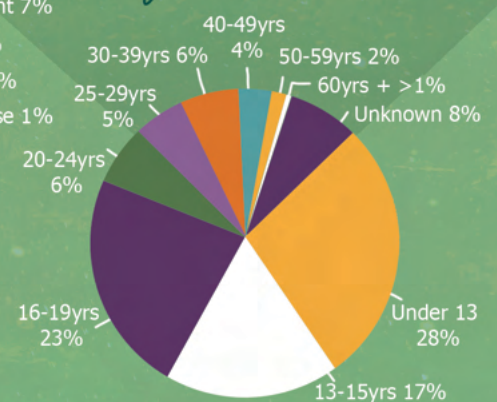
38% of all survivors in service were under the age of 25

Type of Abuse Experienced



Did you Know
That 6% of survivors experienced an attempt on their life while being abused

Survivors Age when first abused



75% of all survivors in service were under the age of 25 when they were first abused

Supporting Young People & Families



I couldn't speak to my Mum and Dad about how I was feeling about what happened. I didn't want them to be sad or upset, but I knew they needed to understand how I was doing and what I needed. They came (for support) and that really helped them and me. I don't feel so worried about talking about things.

My support worker helped me understand that what happened to me was wrong and that it was not my fault. I always thought it was my fault, and that felt horrible.





Justice Advocacy Support

After a sexual assault survivors can find it difficult to think about and/or process, what happened. Sometimes they are unsure what to do and may feel that they don't have any options or that they have too many. Justice Advocacy Support is a safe space for survivors to talk freely about choices without being judged or pressured into making any decisions and where they are in control of any decision made.



Once again due to Lockdowns access to justice has been delayed with many court procedures being postponed which is evident with 8 of our survivors still awaiting a court case. This has been deeply frustrating and upsetting for many survivors who already have to wait many months or longer for cases to proceed.

Justice Advocacy support includes a range of options...

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

Forensic Medical Examination Development

Across this year, RASAC P&K have worked closely with key partners (NHS Tayside, WRASAC Dundee & Angus, Rape Crisis Scotland, and Police Scotland) through the Sexual Offences Operational Delivery Group in preparation for the launch of the national SARCS service in April 2022.

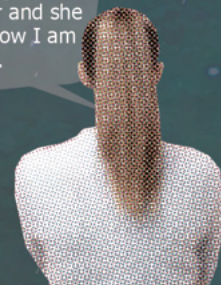
SARCS (Sexual Assault Response Coordination Service) will soon take over from Tayside's SARN service which has been in operation since 2012. With the implementation of the Forensic Medical Services (Victims of Sexual Offences) (Scotland) Act 2001, RASAC P&K consider the national roll-out of SARCS to be much welcomed progress in improving Scotland's response to sexual violence.

We would like to thank all the SARN partners for supporting the delivery of SARN over the last 10 years. We look forward to future work together as we continue working to improve services for survivors living in Perth & Kinross.

Complex Needs Support

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

(My support worker) has really been there for me. She tells me how it is, and I need that sometimes. I never think she looks down of me. I know if I ask her a question I'll get an honest answer and she cares about how I am doing.



Identified complex needs include:

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

24
Number of women supported in the last 12 months

380
Number of hours of support provided



20%
Increase in the last 12 months

A big thanks to all partners on the Encompass network and locally who support us in our work responding to the needs of survivors

Inclusive Support

We strive to be as accessible and inclusive as we can for all women and young people who have experienced any form of sexual violence. All of our staff and volunteers participate in a wide range of regular equalities training such as LGBT Inclusivity, Forced Marriage, Female Genital Mutilation, Working with Interpreters, Working with Autism, and much more.

So what does inclusive look like...

Helpline:

Anonymous support, Monday to Friday, 9am - 4:30pm on the RASAC Helpline and Evening support through Rape Crisis Scotland Helpline 365 evenings per year.

Outreach and Video Support:

Support provided in as many different ways as possible enabling survivors to engage regardless of location, ability to travel, and safety.

Accessible premises:

Our ground floor is fully accessible with support rooms, resources library, group room, garden and toilet accessible to all survivors.

Interpretation:

Language support is available in a wide range of languages

Accessible social media & resources:

We have improved our social media content to reflect a wider range of needs including image descriptors, accessible language and use of images that reflect a range of people from different identities, ethnicities and abilities. We also celebrate a range of international days such as; International Women's Day, Pride and LGBT Days of remembrance, Mental Health awareness and many more.



Tailored support in tune with survivor's needs:

Specialist services and support for young people, survivors with complex needs, survivors engaging with the justice system, supporters of survivors such as family, friends and professionals.

LGBT Ally

Working toward Silver LGBT Charter Mark Award; 'Tell us your pronoun (if you want)' Poster at our front door, getting involved in Pride celebration days and events.

Advocacy Support:

Supporting survivors' needs over and above therapeutic emotional support such as accessing food banks, home safety, and access to housing/benefits/ additional statutory support.



Survivor Groups

Our Support Groups reduce social isolation, builds confidence and positive coping strategies whilst waiting on the Waiting List. Due to the ongoing Covid Lockdowns we have identified the importance of social opportunities to combat the effects of social isolation and worsening mental wellbeing for some survivors. This year we have offered evening group sessions enabling more survivors to access groups. However, day time sessions continue to be the most popular option.

Groups Delivered this year:

- Activity Based Groups**
- Creative Craft Group
 - Craft & Chat
 - Write to Recovery
 - Walking Group
 - Gardening Group

- Wellbeing Groups**
- Positive Psychology
 - CALM Group
 - Mindfulness
 - Wellbeing Group



"The Groups are the only time I have for myself and it really helps me not feel so isolated and lonely"

The Difference Support Makes...

We have met hundreds of survivors in the last year. Their strength, resilience and desire to find hope and light after trauma and distress inspires us to do the work we do. We are deeply grateful that they allow us to walk beside them on their path of healing, especially as this path can be challenging.

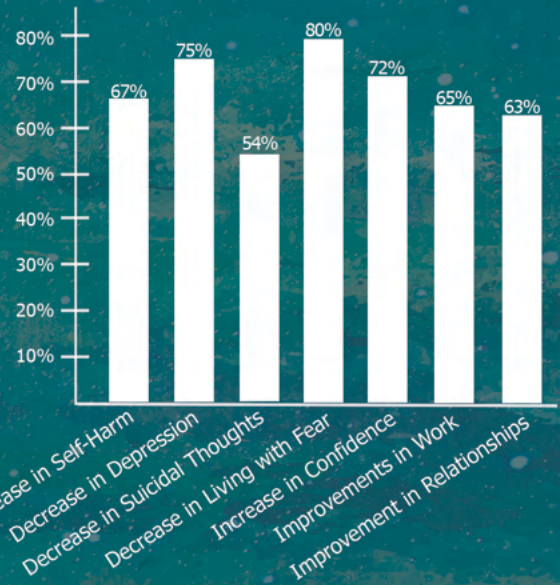
Feedback on the longer term impact of RASAC P&K Services...

"Five years ago I attended RASAC P&K for Therapeutic Support because of trauma following a sexual assault that also triggered childhood abuse memories. During this time, I was highly anxious, I struggled with everything in my life, and I often felt suicidal due to constant harassment from the perpetrator.

However, I received support that consisted of practical, talking and non-talking therapies such as EMDR, and the impact has been completely invaluable. I feel the support was non-judgemental, compassionate, and most importantly, at my own pace.

Reflecting on my journey, I think that this saved my life. I could attend court without being overly anxious, and now, further down the line, I still use skills learnt such as meditation, breathing and mindfulness to remain calm and focused. I no longer live in fear or blame myself. Thank you from the bottom of my heart you are all amazing humans, I am so grateful for that initial referral by Police Scotland after reporting".

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



I've not thought about ending my life for months. I see hope, I see a future, I see a time when not every part of my life is eaten up by what happened. I can take a deep breath and feel peace, or the start of peace. It (support) wasn't easy all the time but I needed to do it to get here.

I have found a way to talk but keep safe boundaries. I've mended some relationships that were important to me. I feel so much more confidence. I've been applying for jobs again and I look forward to my life being mine again and not all about being angry and in a dark place.

I really needed to speak to someone who didn't know me. My family around me was so panicked about what happened. I needed someone not to worry but believe that I could get through this and help me to do that. I feel stronger now.

A few weeks from starting support I started to sleep again. I hadn't slept well in months, I was so tired. It was hard to work through all my thoughts but it was so worth it. I am starting to feel like myself again.

In all my years I never told anyone. You were the first person I ever told. To hear you say 'it was not your fault' was like a huge weight lifted off my chest. I never realised I needed to hear someone say that. It changed everything. I started to heal after all these years.



Sexual Violence Prevention Services

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. Our prevention services compliment our support services but also acknowledge that we need both approaches to end sexual violence and the effects of sexual violence in society.



A joy to be back to In-Person workshops and events...

After many months of not being able to deliver our Prevention work and Events in person, it has been a joy and pleasure to work face to face with young people, adults in the community, professionals and the public. We have taken feedback from people attending our training sessions with some telling us that they find online training convenient and with this in mind, we will continue providing a proportion of our training in different formats.



School Programme

4602

Number of Young People who attended sessions in schools

248

Number of Sessions delivered to/in Schools

10

Number of Perth & Kinross Schools we worked with

In 2020-2021 we only delivered a fraction of the number of sessions we would normally run. This year we are almost back to normal hence the significant increase of sessions delivered.

COVID EFFECT

176%

Growth in young people engaging with school sessions in the last 12 months

Sessions include:

- Gender
- Online Sexual Violence
- Sexualisation
- The Effects of Pornography
- Sexualisation and Pornography
- Consent
- What is Sexual Violence
- Preventing Sexual Violence
- Impact of Sexual Violence/Support
- Gender Based Violence
- (54 were delivered online)

Schools include:

- Crieff High School
- Community School of Auchterarder
- Blairgowrie High School (Online)
- Perth High School
- Perth Grammar School
- Perth Academy
- Bertha Park High School
- Kinross High School
- Morrison's Academy
- Navigate (Specialist Educational Provision)

"When we see what's happening to girls when they go out... I am glad that we have workshops about consent where we can ask all the questions we want"

S3 male pupil
Impact of Sexual Violence

This session makes us realise that it is not our fault if we are cat-called or wolf whistled at in the streets. It is sexual violence, and we are not responsible for it".

Group of girls in S6
Gender Based Violence Session

"I liked how RASAC talked about diversity in female representation, and talked about how us as girls, we feel when we see skinny bodies everywhere every day that do not look like our bodies".

S2 female pupil
Sexualisation Session

Perth College & University of Highland & Islands

4

Sessions co-delivered with Student Liaison Officer from the college and a Detective Inspector from Tayside Rape Investigation Unit

3

Number of stalls held to raise awareness of mental health, student support and recruitment of RASAC P&K Student Ambassadors

60

Students attend workshops at Perth College UHI in the last 12 months



Youth in the Community

"When I was at school I wasn't able to stay in the lessons in PHSE... but today I was able to take part and I got so much from it"

COVID EFFECT

4 Sessions delivered to young people in the community

Sessions include:
The Effects of Pornography
Consent
Gender Based Violence

Youth & Student Ambassadors

Our Youth and Student Ambassadors are young people and college/university students who, with our support and training, become sexual violence prevention champions. They challenge societal attitudes towards sexual violence within their peer groups, communities and campuses and advocate for gender equality for all.



LOCKDOWN EASING EFFECT



"I cannot emphasise enough how incredible and life-changing this experience has been for me. RASAC has revolutionised the way I think about the world and how I can effectively make a difference. I have met some friends for life and made some awesome memories, like my first zoom meeting with the wider group and how instantly welcomed and valued I felt by everyone."
Youth Ambassador

"What first interested me about volunteering was the thought of getting to educate myself on something that I was interested in but not actively involved in. I wanted to know more about the topic so that I could help others in the future and this opportunity was the perfect chance. I've gained a lot of confidence from the workshops through discussing ideas with other people and expanding my knowledge on tricky topics such as the justice system. I'm really enthusiastic about raising awareness in communities about these problems"
Student Ambassador

- Consultations, Projects & Events include:**
- Meeting with RCS To learn about and feedback of the new Equally Safe at School Programme
 - Participated in 'Girls in the Pandemic' Research with Plan UK and Glasgow University
 - Attended walking tour of 'Naqabi Ninja' - Dundee
 - Delivered presentation at the 'Connecting Conversations' online event with LGBT Youth Scotland and Life Changes Trust
 - Delivered presentation at the RASAC P&K AGM
 - Created Reclaim the Night March banners with LGBT GLOW group
 - Marched at the Reclaim the Night March
 - Consultative on materials for young people on Gender Based Violence with Young Scot
 - Instagram takeover for Young Scot as part of their 'That's Not OK' Campaign
 - Supported stalls at Perth College UHI as part of 16 Days of Action

Training & Awareness Raising

Training includes:
Responding to Disclosure
Trauma Informed Practice
Commercial Sexual Exploitation
Online Sexual Violence
Professional Boundaries
Suicide and Self-harm
All but 1 session delivered Online

Participants include:
Perth council
Health in mind
Woman's Wellbeing Club
LEAD Scotland
Home Start
Perth Grammar School staff
Abernethy Primary School staff
3 Rape Crisis Centres

Relevant and informative.
Supportive session and recognised need to take time out/ step away.
Opportunities to discuss/ share were just right. Visuals were clear and easily understood. Links to excellent follow up materials, support networks. Thank you Commercial Sexual Exploitation Session

Really useful strategies and ideas for resources - worry bag/sensory box for using grounding techniques. The section on working with anxiety was of particular interest as I work with younger children and their families. The whole course has got my brain thinking about how I may approach situations differently.
Trauma Informed Practice Session



Events included:
People Trafficking – A Local Problem
Panel Discussion following screening of 'A Better Man' - Launch of 16 Days of Action
Talk delivered at Broke not Broken (online)
Delivered talk to Crieff Soroptimist International
Talks at 3 Highschools speaking to over 240 YP
16 days of Action Stall @ UHI

Events include:
Reclaim the Night March
IWD RASAC P&K Fundraising Night

Campaigns include:
International Women's Day (online)
16 Days of Action (online)
Cervical Cancer Awareness Week (online)
Sexual Abuse and Sexual Violence Awareness Week(online)
Winter Holiday Self Care (online)
Suicide Prevention Day (online)
Volunteer Week (online)



The Survivor's Voice

Although our Survivors statistics are used to improve our services and identify service development, they equally inform our understanding of sexual violence and the survivor's experience.

We use this understanding to inform others of survivors needs, in training, awareness raising campaigning and in the events we contribute to and deliver.

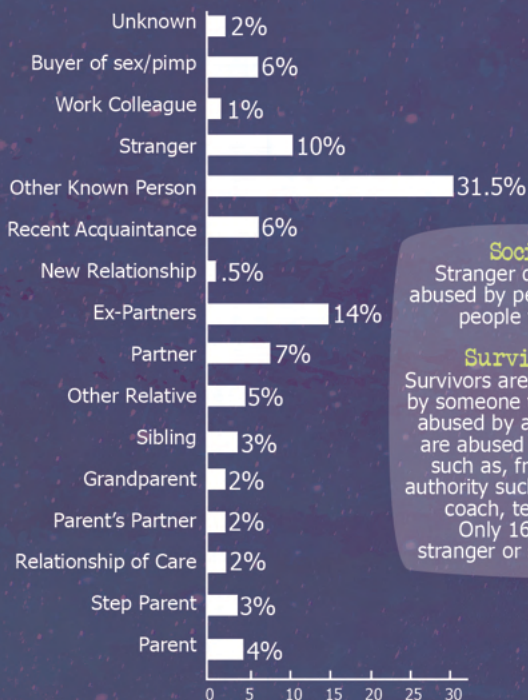
Our survivor's statistic show us year after year, that societal beliefs around sexual violence, and the realities for survivors are very different. We strive to educate the public, professional and even survivors or the realities, myths and causes of sexual violence.

In addition we strive to inform and engage survivors in 'survivor experience consultations' enabling their voices to directly contribute to internal, local and national policy and legislation development.

This year we supported/encouraged survivors to engage with and contributed to the Self-Referral Forensic Medical Services - Retention Period for Evidence Consultation, Nationality and Borders Bill National feedback through Rape Crisis Scotland, Internal RASAC P&K Survivors LGBT Consultation, Public RASAC P&K Consultation asking what make women and young people feel safe from GBV (in responses to murder of Sarah Everard and the event after). We thank all survivors who shared their views and contributed towards change, as we recognise that exploring these topics can be challenging.

Survivor Statistics... How survivor's voices challenge societal sexual violence beliefs

Relationship of Abuser



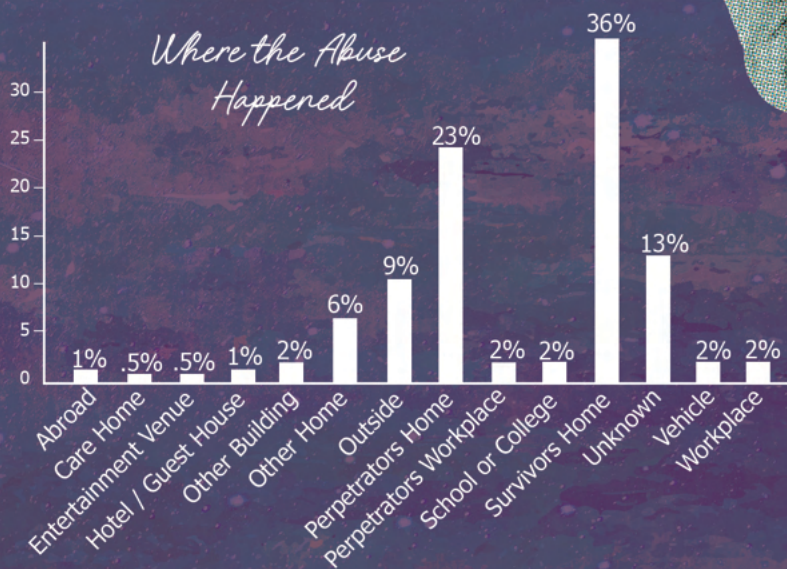
Societal Belief...
Stranger danger... Survivors are abused by people they don't know or people they have just met.

Survivor's Reality...
Survivors are most likely to be abused by someone they know well. 21% are abused by a family member, 31.5% are abused by other known person such as, friends/peers, person in authority such as youth worker, sports coach, teacher, church leader. Only 16% are abused by a stranger or someone they just met.

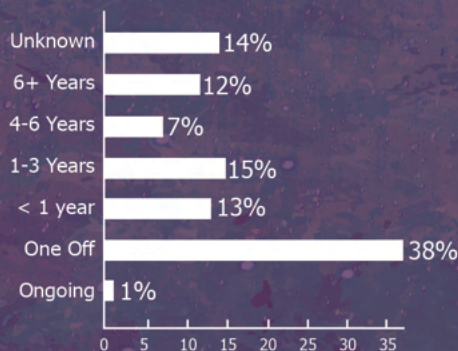
Societal Belief...
Survivors are most likely to be abused when walking alone in the dark, especially inner city alleyways and on dark roads.

Survivor's Reality...
Sadly, survivors are most likely to be abused in their own home or the home of someone they trust. 36% are abused in their own home. 23% in the home of the perpetrator. Only 9% are abused outside.

Where the Abuse Happened



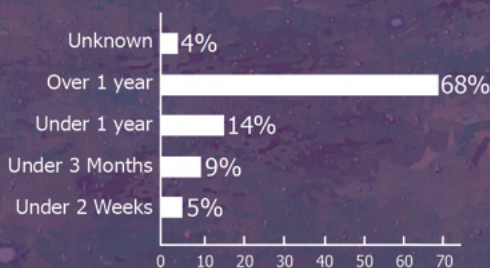
Duration of Abuse



Key Number

1% of the survivors we work with are still experiencing regular abuse

How Long Ago the Abuse Stopped



Key Number

18 Survivors we worked with, in the last 12 months, experienced abuse in the 2 weeks preceding support.

Did you Know

On average it takes survivors more than 1 Year to seek support from when the abuse stopped. For many survivors they cannot start the healing journey till they feel safer, needing time before they start processing.

Police Reporting





Strategic & Multi-Agency Work

Working together to make a difference

We are thankful for the continued partnership working across Perth & Kinross and welcome the opportunity to work alongside so many other professionals working to improve outcomes for those living in our communities.

This year, RASAC P&K Team members have worked in partnership with other Managers and Practitioners from across a range of agencies and services in a Tayside initiative, to support the development of the Child Protection Workforce across PKC. The purpose of the programme is to develop a Tayside child protection related work programme which meets the needs of multi-agency staff who work with children, young people and families across Tayside.

Examples of other involvement includes representation on Key Theme 1 of the Mental Health and Wellbeing Strategy Group (Good Mental Health for All – Prevention and Early Intervention), Child Protection Committee Practice Improvement Working Group and supporting Perth & Kinross Council with the implementation of the Safe & Together model

- Volunteer Managers Network
- Multi-Agency Prevention Network
- CPC Practice Improvement Working Group
- Third Sector Community Justice Forum
- Community Equalities Advisory Group
- Mental Health & Wellbeing Strategy Group
- Perth & Kinross Violence Against Women Partnership
- Encompass Network
- Development of Female Community Custody Unit in the Dundee Clinical and Health Care Sub Group
- Safe and Together Steering Group
- Sexual Offences Operational Delivery Group
- Tayside Child Protection Workforce Development Workstreams
- Third Sector Health and Social Care Forum



RASAC P&K Volunteers

985

Hours were donated to RASAC P&K in the last 12 months (not including the Board)

9

Volunteers supported our services in the last 12 months

60+

Number of training hours our volunteers receive for their induction, before they undertake any volunteering hours

4

Prevention Volunteers, supporting us within Schools, youth groups and at events

5

Support Volunteers supporting us in delivering Therapeutic Support

11

Directors on the Board, supporting RASAC P&K with governance and strategic development

Sessions include:

- Gender Based Violence & Feminism
- Rape & Justice System
- Childhood Sexual Abuse
- Ritual Abuse
- Commercial Sexual Abuse
- Suicide & Self Harm
- Honour Based Violence
- Confidentiality
- Support Skills

The induction training is thorough and robust. It isn't just about delivering information but a whole approach to this area, what we do (at RASACP&K) and how to look after ourselves whilst we do it. After the training I felt like I'd been through a internal war, but in a good way. I'd grown as a person and felt empowered. I had the knowledge to make a difference for those I'd be supporting in the future. I couldn't wait to get started. The induction process and peer mentoring is deep, meaningful and teaches you so much about the way you think and support. It gives you the chance to choose to incorporate your peers skills and techniques into your own practice. I think everyone should have to do this training. The world might be a better place!



A Big thank you to all of our amazing volunteers...

We could not do what we do without our volunteers. Our organisation's foundation is built upon the ethos of volunteering which is demonstrated with our birth, 15 years ago, as we started with a band of enthusiastic and passionate volunteers. Without them we would have never been able to support survivors. We thank each one of them, as well as this year's volunteers, for sharing their knowledge, skills, experience and time, supporting survivors, the teams and our organisation. Thank you.

Did you know...

A significant proportion of volunteers past and present end up successfully applying for RASAC P&K employed positions. This year 3 of our Support Volunteers have moved into employment with us.

We pay tribute to our mentor, our supporter, our friend...

It is with great sadness that we remember our longest standing Director, Alison Irvine who passed away in August 2022.

Alison's passion and commitment in promoting and advocating for the rights and safety of women and families was evident throughout much of her life. Dedicating her career to Social Work, Alison joined RASAC P&K Board of Directors following her retirement from Perth & Kinross Council.

Over the years, Alison supported the organisation in the roles of Chair, Vice Chair and Board Member. Many of our services delivered today owe much to her support, inspiration, and dedication to improve services for survivors living in Perth & Kinross. Her professionalism, warmth and wonderful sense of humour is something we will always remember with a smile and much gratitude.

On behalf of everyone at RASAC P&K, we pay tribute to our mentor, our supporter, our friend – we thank you and will continue living our values and ethos in memory of our wonderful colleague.



A Big Thanks to our Supporters

We are also ever thankful to everyone who has supported our work, both continued and new. To everyone who kindly gifted us donations, individual fund-raisers, 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.

A special thank you to those who have kindly donated to our cause, at our Fundraising Event, monthly donations, and to the many individuals who fund-raised through sponsored events, runs and even roller skating! Thank you to each and everyone of you.

MSCB Global Limited, Glaze and Save, Spotless Oven, Royal Bank of Scotland, MUST EAT - Perth, Soroptomists International of Perth, The Twa Tams, Highland Fling Bungee, Waterside Therapies, Coachhouse Spa Kinross, Inkredible Kreations, Glendoick Garden Centre, Strathearn Tea, Val McDermid, Direct Shine, The Gym Group, John Gillespie Hairdressing, Molke Rohan Perth, Greggs, Bayne's the Family Bakers, The Bean Shop, Cairn o Mohr, Precious Sparkle, Invercarse Hotel, Next, Perthshire PAT Services, The Wood Foundation, Whiskey Auctioneer Ltd, Pupils at the Grammar.

The Board of Directors

The Board of Directors would like to thank all the RASAC P&K Staff and Volunteers who work tirelessly to improve Support Services for survivors, Prevention Services for young people and end sexual violence.

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.



Directors who served within this year:

Alison Irvine	Sharon Cooper
Lori Hughes	Mairi MacLennan
Dinah Fok	Susan McInally
Shiona McArthur	Jennifer Menzies
Maxine Moy	Alison Morley
Fiona Thomson	

We need women like you...

RASAC P&K welcome applications from prospective Board Members on a rolling basis. As a Director, you will be required to contribute to the governance of the organisation including attendance at monthly board meetings and the AGM.

Leading the strategic direction of this dynamic organisation, a commitment to feminist governance, an understanding of gender based violence against women and a commitment to the values and ethos of RASAC P&K is essential.

RASAC P&K is keen to improve the diversity of our board and particularly welcome applications from black and minority ethnic women, LGBT women and women with disabilities. Please note, only women applicants will be considered (under Schedule 9 (Part 1) of the Equality Act 2010).

For further information or an informal discussion about this role, please contact the Centre Manager on 01738 626290



RASAC P&K
16 King St
Perth, PH2 8JA

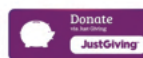
www.rasacpk.org.uk
www.facebook.com/rasacperth

Business Line: 01738 626290
RASAC P&K Helpline: 01738 630965
National Helpline: 08088 010302

Business Email: info@rasacpk.org.uk
Support Email: support@rasacpk.org.uk

The Rape and Sexual Abuse Centre (Perth & Kinross) is a;
Company Limited by Guarantee
(No SC389959) and a
Registered Scottish Charity
(No SCO37982)

To donate to RASAC P&K please go to
www.justgiving.com/rasac-pk/



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