

RASAC Consultations

It's been a busy couple of months feeding in to various consultations that are currently underway. Since October we've responded to:

NHS Redesign consultation - This was a comprehensive inquiry into the mental health provision across Tayside. Our staff members contributed to the consultation and many survivors shared their experiences through our conversation café and in discussion with support workers. Thank you to all of you and to everyone else reading this who commented via other forums. It's vital that the voices of those with lived experience are heard and you all made sure that happened. More information about the report can be accessed here: <https://independentinquiry.org/>

Clinical Pathways Consultation - a Scottish Government consultation seeking to improve the pathways available in the aftermath of rape and sexual assault. The pathway seeks to support healthcare professionals in responding from a person-centred, trauma informed approach and we are thankful to everyone who contributed.

Thank you to all the survivors who contributed to these important consultations. Your views and feedback will make a difference



VAGINA MONOLOGUES

The RASAC team were thrilled to be invited by the WOW Festival to take to the stage once more and perform The Vagina Monologues!

It was a huge privilege to be part of such an amazing, vibrant festival. With thanks to everyone who came along to this free event we raised a fantastic £330 for RASAC P&K and WRASAC Dundee & Angus.

Delivering 3 performances this year has been an absolute joy for the team who all dedicated their own time to learning lines and attending rehearsals. "We had a fantastic time pulling together these productions. Everyone's huge dedication and commitment to our Centres and to raising awareness of sexual violence was at the heart of this. Thank you to everyone who came along, supported us, cried with us and laughed with us. Our audience made this the performance it was".



Jan 2019

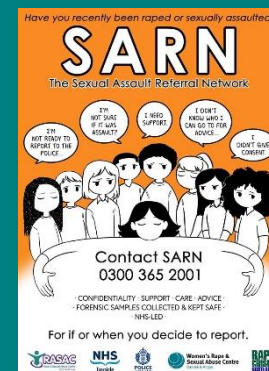
Newsletter

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

BREAKING NEWS

SARN
Service
Expanded

More on
the inside



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RASAC P&K HELPLINE HOURS CHANGING

Our Helpline hours have change from the beginning of January. If you would like to speak to us; give us a call, leave your contact number and a message and we will call you back as soon as possible. We do not store your contact details past calling you back. You do not have to leave your real name if you do not want to. We are here to Listen, Believe and Support.

If you do not want to leave your contact details you can call the National Helpline every evening from 6pm on 08088 01 03 02.



RASAC DROP IN

Women's Drop In

Every Tuesday
12noon – 2pm

No appointment necessary
@ RASAC P&K

RASAC Spotlight YOUNG PEOPLE'S SUPPORT SERVICE



Our Young People and Families Therapeutic Support Service has grown from strength to strength over the last 12 months with the addition of 2 new staff, making our team providing support grow to four staff. The service works with those identifying as females under the age of 25, males under the age of 18 and/or their families.

With last year's statistics showing 36% of our referrals coming from under 25's, with 109 young people engaging with support and our waiting list getting longer, increasing the team has been crucial in keeping up with the demand. Over 70% of our young people are under the age of 19 and come to our service with a range of needs and our services puts the survivor and their needs at the centre.

We recognize that our significant increase in referrals from young people over the last few years is influenced by the fantastic Prevention Work we deliver in High-Schools all over Perth and Kinross, as well as the media coverage of high profile sexual abuse cases and the #MeToo movement. We know that with 80% of all our survivors, adult and young people, reporting abuse starting before they were 25, it is vital that we provide support when it is needed. We look forward to being able to provide support to young people with a shorter waiting time on the waiting list.

We provide One to One Support for Young People, which we can offer here at the centre or out in schools and colleges within Perth and Kinross. We are also about to set up a group for young survivors and this will run from the centre.

Parents, partners and friends can also struggle when a loved one is affected by sexual violence and our service is here to provide support for them as well. The better equipped a survivor's support circle is the better they can support the survivor.

We are always keen to get feedback from survivors and their families and if you feel you can tell us how we could better support you we are here to listen and with your feedback, improve our services. To find out more about this service or to let us know what you think contact Dona @ RASAC P&K.



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Women working
towards freedom from
rape and sexual abuse

Charity Reg No; SC037982
Reg Co No; SC389959

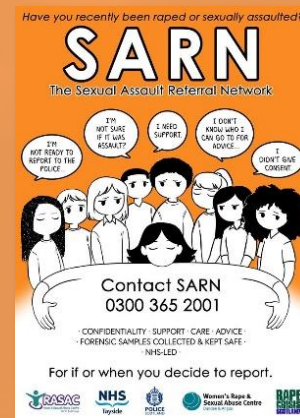


SARN- SEXUAL ASSAULT REFERRAL NETWORK

Tayside first launched the Sexual Assault Referral Network in 2012. This partnership, between NHS, Police Scotland, WRASAC Dundee & Angus and ourselves, enables anyone 16+ who has been raped or sexually assaulted within the last 7 days to have forensics taken and stored anonymously. This means that if someone is undecided about reporting to the Police, forensics can still be stored for up to 8 years in the event that they decide to proceed with the reporting process.

Last month we were pleased to announce an extension to SARN services. There is now a dedicated phone line up until midnight. All calls will be responded to by a Rape Crisis Worker who is able to liaise directly with the NHS. Additional practical and emotional support is also available after this time if that is what someone wants. We recognise how difficult it can be to make the decision whether or not to report in the immediate aftermath of an assault. This partnership allows people to make that decision in their own time, whilst not losing any of the potentially vital evidence.

0300 365 2001



Christmas Party and Wellbeing day

Our 2018 **Survivors Christmas Party** was held on 21st December, filled with games such as pin the carrot on the snowman, Christmas themed quizzes, and Christmas bingo. We also had lots of yummy food, and soft drinks. All in all, our survivors and their children enjoyed a touch of Christmas before Santa had even arrived.

THANK YOU

A big THANK YOU to everyone at **McNabs** who pulled together to collect donations for the RASAC P&K Christmas Party and our Well-being Day. Also big 'Thank You' to Donna and her amazing team at the **Perth branch of HSBC** who kindly donated presents for our Christmas party, they also made a donation which has gone towards the party, in addition the Soroptimist also kindly donated gifts, making Christmas at RASAC more special. Many thanks!

On the 21st January, commonly known as "Blue Monday" we held our second **Survivors Wellbeing Day** to combat "the most depressing day of the year". With beauty treatments such as Reflexology and Indian Head Massages, Therapet appointments with a gorgeous black lab called Sasha, creative activities, and workshops in Laughter Therapy, Mindfulness and Meditation, and Trauma/Tension Release Exercises. Our survivors had an enjoyable relaxing day which definitely beat the winter blues and lifted everyone's spirits.



Youth Ambassadors First Minister's Question Time

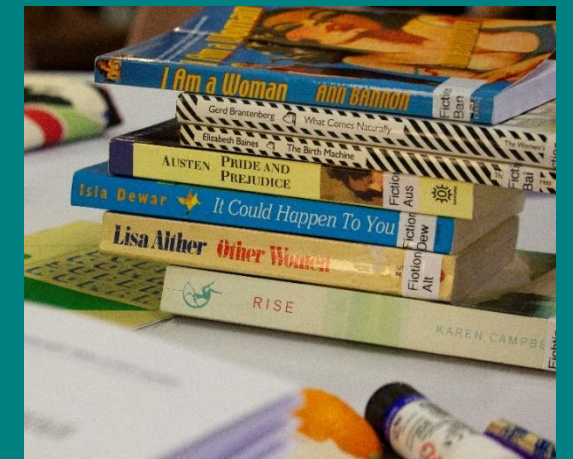
The Youth Ambassadors submitted a question regarding waiting times young survivors experience owing to limited resources to access support from RASAC P&K to the First Minister's Next Generation Question Time event which was held in September 2018. The Youth Ambassador experience of their involvement in this initiative is encapsulated in the words of one of the Youth Ambassadors - *'We felt that it was important that we took the opportunity to raise the question of how long young people have to wait to get support at RASAC as funding is always a problem... We were pleased...that we got a written response from Nicola Sturgeon.'*

In the First Minister's response she indicated that *'We are aware that some rape crisis centres have been considering closing waiting lists or reducing services. We know that this has a real impact on vulnerable people who deserve to be able to access the support they need. This is why on 4 September I announced £2 million of additional funding over three years to speed up access to those affected by rape or sexual assault. This includes £1.5 million for rape crisis centres, with that funding starting from October 2018 so it can start to make a difference immediately.'*

Activism and our RASAC Youth Ambassadors

The Youth Ambassadors attended a Rape Crisis Scotland event at Glasgow Women's Library as part of the Year Of Young People in November 2018. The event was to showcase the work of Rape Crisis Scotland Youth Volunteers from all over Scotland.

Our Youth Ambassadors delivered a small presentation about their favourite part of activism as RASAC Youth Ambassadors and participated in activism based activities throughout the day such as "Zine" making and spine poetry. (It's a kind of poetry that you don't really write from scratch – instead, you "find" it by arranging book titles to make a poem. This type of poem can be serious or funny, just like in regular poetry.)



Self Help Section - Your Inner Child

Inside of every one of us, often hidden in our unconscious mind, is our inner child. For many of us our inner child holds wounds, that as adults, we try to forget in order to avoid pain. Ignoring our inner child can often lead to adults lacking an understanding of some of their behaviours as they are unaware of the influences the inner child has over their adult life.

Reconnecting with your inner child can be a powerful way of changing negative self – talk, challenging harsh judgements you may hold about yourself and learning how to give yourself compassion by telling your inner child some of the things you maybe didn't hear as a child.

A helpful way of doing this is by finding a picture of yourself as a child and remembering what it was like to be this age. What are some of the things this child experienced? How did these experiences make this child feel? As an example, many children who were abused, shamed or abandoned assume that this was their fault. Can you look at the picture of the child you are holding and tell them they deserved those experiences; or can you challenge these thoughts and tell this child that they in fact did not deserve that abuse; that what happened was not their fault and they deserve love, safety and to be listened to.

You can now be the adult in that child's life and help change the way they think and feel about themselves. This on-going process of re-parenting your inner child will result in a positive shift in the way you think and feel about yourself as an adult as you will begin to heal some of your internal wounds.

For further information on this self-help tip you can read *Recovery of Your Inner Child* by Lucia Capacchione or *The Inner Child Workbook* by Catherine L. Taylor.

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

Helpline: 01783 630965

Support Email: support@rasacpk.org.uk

