

## THE VAGINA MONOLOGUES RASAC P&K FUNDRAISING NIGHT

We want to **thank everyone** who bought a ticket or donated a fantastic prize to our fundraising night! The Perth showing of the Vagina Monologues (performed by RASAC P&K and WRASAC Dundee Staff and Volunteers on the 9th March 2018) sold out! We had great feedback "Amazing, the best performance of the monologues I've seen" another woman stated "I think it's a show that every woman should see!"

The Vagina Monologues are based on real interviews conducted by Eve Ensler. You move from crying with laughter to sadness and pain. One person who attended said 'It had the right balance, you were laughing one moment then really moved at the next.'

Without the kind donations from many people and businesses we would not have been able to raise **£1271**. A Big thank you to everyone including; all the staff at The **Best Western Queens Hotel Perth** for rehearsal space and our performance venue; for the stage and the staff who came along to set it up and take it away to **Catalyst Event Production Services; Violence Against Women Partnership Perth & Kinross** and **The Community Safety Partnership** who have helped cover some of the costs of the event.



## EVENTS

### PERTH VOLUNTEER STREET MARKET

**Saturday 9th June 2018 – 10am – 3pm**

Stalls, music, information, street entertainment: come along join in the fun, meet local voluntary and community groups and find out information on how to get involved in volunteering in Perth & Kinross.



**PROCESSIONS:** A march celebrating 100 years of women having the vote. (EDINBURGH)

**Sunday 10th June 12:15-5pm+**

Would you like to mark 100 years of women's vote? Join the Edinburgh PROCESSIONS, a march through Edinburgh on the 10th June 2018 and be part of the living portrait of UK women in the 21st century. This event is in Edinburgh and is not a RASAC P&K event. If you are interested in meeting up with RASAC Staff and volunteers who are attending please contact RASAC P&K. For more information check out... [www.processions.co.uk](http://www.processions.co.uk)

EDINBURGH Middle Meadow Walk, The Meadows, EH3 8GE  
Queens Drive, Holyrood Park, EH8 8AZ . Route; 2.5 miles / 4 km. Meet up; 12:15 – 13: 30, March starts; approximately 14:00.



May 2018

# Newsletter

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

## BREAKING NEWS

**We are moving!**  
Not far, just next door!

Read more inside



## WHAT'S IN THIS ISSUE...

**1. RASAC Spotlight**  
-Justice Advocacy

**2. RASAC News**  
- Youth Achievement Awards  
- Youth Ambassadors in the Community  
- We are moving!  
- We need your help!  
- Vagina Monologues

**3. Self Help Section**  
Mindfulness

**4. Events**  
-Volunteer Street Market  
-Processions; March to celebrate 100 years of women having the vote

**5. Other News**  
-GDPR – Keeping your data safe  
-Volunteer Week

## Keeping Your Data Safe

GDPR – you'll no doubt have heard a lot about this recently and at RASAC P&K we've been working hard to review our procedures in relation to the General Data Protection Regulation. **How does this affect me?**

GDPR has been introduced to strengthen the data protection of your personal data. It aims to make it easier for you to find out what information is stored and how that information gets used. In order to make our processes clearer we've updated our General Privacy Statement on our website and are introducing updated information for anyone who accesses our service. We handle all personal data with the upmost sensitivity and will continue to do so. GDPR doesn't affect the service you receive from RASAC P&K but the changes we are making will make your rights clearer. Please be assured that as a confidential service we have always been extremely careful about how we process and store information. If anyone has any questions about GDPR please speak to a member of the team for further information.

## VOLUNTEERS' WEEK

**1-7 June 2018**

RASAC P&K want to thank all our volunteers for kindly donating their skills and time to RASAC P&K and the people we work with. Without you we could not do what we do...



**RASAC P&K**  
18 King Street, Perth PH2 8JA

Business Line: 01738 626290  
Helpline: 01738 630965

Email: [info@rasacpk.org.uk](mailto:info@rasacpk.org.uk)  
Website: [www.rasacpk.org.uk](http://www.rasacpk.org.uk)

Women working  
towards freedom from  
rape and sexual abuse

Charity Reg No; SC037982  
Reg Co No; SC389959



## RASAC Spotlight RASAC P&K JUSTICE ADVOCACY SERVICE



Our Justice Advocacy Service provides support to survivors who are considering or already engaging with reporting to Police or the court process. The service provides information, practical support and emotional support for survivors whilst they are on this journey. Support can be anything from providing information on options and contact details; to support whilst reporting to Police at our premises or at a police station; practical support with visits to court, Procurator Fiscal, giving evidence, personal safety; emotional support with dealing with verdicts and offender release. It is entirely tailored to each survivor and their needs and can be 1 session or many months of support as required.

The Justice Advocacy Service is making steady progress with the number of referrals increasing by 55% in the last year. We can never say with certainty all the factors that lead to a significant rise in referrals but we do know that the intense media coverage regarding sexual offences alongside the #Metoo movement has impacted. Women are having more confidence to speak out and tell their truths. In addition more organisations in Perth & Kinross have gained knowledge and understanding of our Justice Advocacy Service and how to refer survivors they work with.

We have also developed and strengthened our national relationship with Police Scotland and The Crown Office Procurator Fiscal Service by attending the Rape Crisis National Advocacy meetings in Glasgow. These meetings enable us to directly feed back to Police Scotland and The Crown Office Procurator Fiscal Services survivors' experiences of reporting to Police and the Courts. This has been vital in enabling the survivor's voice to directly improve the Survivors experience. One such development has been the introduction of Justice Advocacy Workers being able to accompany survivors into the Court when they give evidence.

On a national level, following recent research by Glasgow University looking at the National Justice Advocacy Project, the Scottish government have award a further £1.7million in extra funding to this successful project including additional Justice Advocacy Workers throughout Scotland.

We are immensely inspired by the women and young people who we work with within the Justice Advocacy Service. Their strength and determination is a testament to the human spirit and each survivor has shown enormous courage in what can be a long and difficult journey. It is a privilege to walk alongside each survivor.

"I feel stronger and ready for the next milestone of dealing with what's ahead – Justice Advocacy Survivor"



## NATIONAL YOUTH WORK AWARDS 2018

We were nominated for the 'Community Based Youth Work Award' alongside the Callander Youth Project Trust and Girl Guiding Scotland. We were nominated for our community work with the Youth Ambassadors who have been working hard to raise awareness, challenging the norms around sexual violence and gender inequality in the community and for 'putting young people at the heart of both local and national policy making.' Although this nomination was for the RYI team, We think this nomination really highlights the hard work and commitment of our Youth Ambassadors and the difference they are making in our community. Big Congratulations to the whole team and Youth Ambassadors!



KURBY (ONE OF THE YOUTH AMBASSADORS) AND ANGELA (RYI STAFF) AT THE AWARDS CEREMONY

## Youth Ambassadors in the Community

Part of our Youth Ambassadors role is to deliver Gender Inequality and Sexual Violence Prevention Workshops in the community to a range of groups and individuals. The messages they deliver can be more impactful coming directly from young people themselves. Recently they (supported by our RYI Prevention staff) delivered a workshop to Carse of Gowrie parents and carers at Inchtute Primary School focusing on Young People and Social Media.



The aim of the workshop was to give parents and carers information on how young people use social media; the positive and negative effects of social media; and to encourage parents and carers to get involved and take an interest in how their children and young people use the internet, and promote positive use.

Thank you for tonight. It was really useful and informative for parents, you pitched it perfectly" J Savage - Head Teacher

"This was really informative and the Youth Ambassadors were excellent"

"Very informative, especially the youth ambassadors – well done!"

"This was a very reassuring, informative and useful session, the Youth Ambassadors presented well!"

## We Need Your Help!

**Have you benefitted from RASAC P&K Support Services at any time in the past?**

**Would you like to support our funding application for increased Support Services at RASAC P&K?**

As part of a funding application the funder would like to hear survivor's views on RASAC P&K Support services. In particular, they are very keen to hear from survivors from minority and migrant communities, older women, LGBTI women and women with mental ill-health.

Your views would be recorded and you would have complete control over the recording. The recording would not be used for any other purpose than supporting evidence for our Support Services funding application. If you are interested to know more or would like to help us please call us and ask to speak to Rachel. Your support is very much appreciated and will make a difference for survivors living in Perth & Kinross.

They want to hear what you have to say...

## We are moving!!!!

We have been in our current premises for 6 years, and although we have found this to be a great location we have unfortunately out grown the building. But we are not moving far, we are moving next door! We are currently on 18 King Street and from the 2<sup>nd</sup> of July we will be moving to 16 King Street.

We will have an additional Support Room, a dedicated Group Room, a welcoming Waiting Area with Resource Library and a Training Room. This will greatly increase 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!

We are very excited and look forward to welcoming everyone to our Open Day later in the year.

From 18 to 16 King Street



**RASAC P&K CLOSED DURING MOVING WEEK!**  
**25<sup>TH</sup> JUNE - 29<sup>TH</sup> JUNE**

The Helpline will be up as soon as possible but will be checked for messages daily and someone will get back to you as soon as possible

## Self Help Section - Mindfulness

Mindfulness seems to be everywhere doesn't it? Most of us have probably heard the term as it continues to gain popularity in the west, but why is this? And what exactly is mindfulness? And how can it help us? Questions questions....

Mindfulness has continued to grow in popularity mainly because vast amounts of research carried out on the practice shows it is effective, the benefits are real! Put simply mindfulness is about experiencing the moment for what it is, with curiosity and without judgement. Learning to be more present in what is going on in the here and now, instead of living on auto pilot mode, which research shows we do around 47% of the time, has been shown to benefit us both psychologically and physically. Through mindfulness we can become more able to live in the present, rather than ruminating over the past or worrying about the future.



With some commitment and practice, mindfulness can help us to take more control over our thoughts and recognise how our thoughts can control our feelings and therefore our behaviour, helping us become less overwhelmed or reactive to what's going on around us.

At RASAC we will shortly be offering a mindfulness group to current users of our services, this will be a safe space to find out more about it, and practice some simple mindfulness exercises, and of course drink tea and have a chat. If this is something you would be interested in please let your worker know. If you would like more information about the group, you can also contact Michelle on 01738 626290. Hope to see you there!

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: [rasacpk@gmail.com](mailto:rasacpk@gmail.com)**