

Tackling the RASAC P&K Waiting List...

RASAC has seen waiting times for ongoing therapeutic support for young people drop since welcoming on board two new part-time Children and Young people's support worker's Audrey and Lindsey. One post has been funded by Children in Need to work with young people 18 and under.

In addition we were also delighted towards the end of last year to be awarded funding from the Scottish Government to help tackle our growing waiting lists. Following our successful recruitment we welcomed our new staff member Andrea on board in the middle of March. Building our therapeutic support team will mean that we hope to reduce waiting times for support for adult survivors over the coming months.

Did you know...
While on the waiting list survivors can join our CALMS Group exploring mindfulness and resourcing techniques



Newsletter

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

May 2019

BREAKING NEWS

RASAC PK SUPPORT SERVICES EXPANDS

TACKLING THE RASAC WAITING LIST...

MORE ON the inside

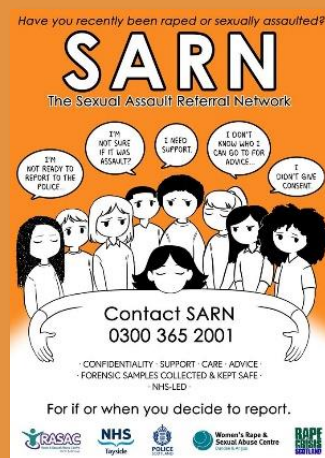


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SEXUAL ASSAULT REFERRAL NETWORK

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.



There is now a dedicated phone line until midnight supporting anyone who is interesting in finding out more or who would like to proceed with a referral into SARN. **0300 365 2001**

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.

"I don't know if I will ever be ready to report to the Police but it puts my mind at rest to know that if I do, the evidence gathered has been stored and can be given to the police"

RASAC GROUPS

CALM Group

We will be starting a new block of our CALM Group on **Tuesday 4th June at 3.30pm to 4.30pm for 4 weeks.**

The group will do a variety of activities which support wellbeing and improves feelings of calm and control. Activities include; visualisation, breathing, meditation techniques and a group health walk.



RASAC Spotlight - Resourcing

"I CAN'T TALK ABOUT WHAT HAPPENED" THAT'S OKAY...

Survivors often think that to deal with the difficult and complex feelings around what happened to them, they need to speak about what happened to them. For some people speaking about what happened can be liberating but for some people it can cause further trauma and can be overwhelming.

However we believe that you don't have to speak about what happened if it is too difficult. We can still support you to explore and understand the effects of what happened to you and learn different ways of coping with these effects.

Our support workers can use what we call 'resourcing'. This is a term that refers to techniques that you can learn to help you get grounded, that can help you feel calmer, relaxed and in control. The resourcing you learn can make a difference to how you cope with day to day life and when you are stressed/triggered. Not all survivors find all the resourcing techniques useful, however all survivors can build their own 'toolbox' of techniques which can make a difference in their life.

There are many different ways to do this and they include;

- Understanding how your brain works and how trauma can affect your brain and responses
- Breathing techniques
- Visualisations
- Physical grounding
- Soothing grounding
- Mental grounding



Finding out about how trauma affected my brain, how my responses were normal, that there was nothing wrong with me, that how I reacted was my brain protecting me, made a big difference in how I saw myself and the world. I found it easier to be kind to myself and to stop self-blaming and that has made life easier.



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Women working towards freedom from rape and sexual abuse

Charity Reg No; SC037982
Reg Co No; SC389959



RASAC OPEN-DAY

We had our official open day in February where we opened the doors to professionals in Perth and Kinross who came to visit our new premises and also find more about our services.

Over 40 professional visited and we had lots of positive feedback from a range of professionals from community groups, NHS, Education, and Social Work. Thanks to everyone who helped on the day and everyone who visited!



RASAC Youth Ambassadors Achievements

Being the Voice of Change!

Two Youth Ambassadors (Olivia & Duncan) have worked with Y Media to produce an audio recording of a consent scenario from the new Rape Crisis Scotland Sexual Violence Resource pack. It is intended that the audio recording will be used throughout the Rape Crisis Scotland prevention network in delivery of sexual violence prevention sessions in schools throughout Scotland. Well done Olivia and Duncan!

Youth Ambassadors Volunteering Saltire Awards

During this recent quarter the Youth Ambassadors have donated 134.5 hours of volunteering to RASAC P&K. Congratulations to our two Youth Ambassadors (Kurby and Jack) receiving a Saltire – 200hours Summit awards for their continued support and volunteering with RASAC!

“My experience as a YA has been brilliant, for so many reasons. I have made so many new friends, gained confidence, learned so much about sexual violence, been able to participate in a lot of community events attended the national youth work awards and had fun while doing it. I have achieved a 200 Saltire Award and I feel that I have become a better person being a Youth Ambassador.”

Young Scot Loneliness Project

The Youth Ambassadors have also developed a digital concept for Young Scot to help prevent loneliness in young people around Scotland. The Youth Ambassadors really enjoyed the project with one of the Youth Ambassadors commenting *“Being involved in the project has made me think about how loneliness can affect any young person and how it might make them more likely to use a lot of social media possibly making them a target for abuse.”*

Youth Philanthropy Initiative

YPI is an active citizenship programme which operates in P&K secondary schools which raises awareness amongst young people about philanthropy and their local community. This enables them to explore social issues and access funding to help tackle these issues through donations of money to local charities. A group of young people selected RASAC P&K as their charity and won the school team prize. As a result we are to receive a donation which we will use to support work with young people.

We would like to say a huge thank you to Keira and Lauren and their other team members for selecting us as their charity of choice and also representing us so well in their research work and presentations.



Getting involved with our Communities

Police Scotland Youth Volunteers - PSYVs

Following delivery of a 3 session sexual violence prevention programme focusing on consent, the different forms of sexual violence and the impact on survivors, we were nominated by the PSYVs to receive a Partnership Recognition Award from Police Scotland. We were invited to their Award ceremony in March 2019 and were very pleased to have our work recognised.



Perth College /University of the Highlands & Islands

Our RASAC Prevention Staff have been supporting one of the Perth College /University of the Highlands & Islands student volunteers to design posters to highlight issues relating to consent and the distribution of intimate images to raise awareness of sexual violence and the law to students on the campus. RASAC staff team members, volunteers and Youth Ambassadors have been involved in providing feedback on the posters designed.

It is intended that the posters will be used in the launch of the Equally Safe in Higher Education toolkit implementation throughout the campus and during fresher's week next academic session.

Self Help Section - Grounding

This is just one of the resourcing techniques that we use at RASAC P&K and is best practiced when you have a peaceful and quiet moment to yourself. Find a comfortable seat, this can be in a chair, on the floor or even some grass, close your eyes, only if it feels comfortable, notice your feet on the ground, if you have shoes on just notice where they touch your feet and how it feels, if you can gently wriggle your toes allow yourself to do so and then gently push your heels down into the floor if you are in a chair.

Become aware of the surface beneath you, supporting you, notice where your body is in contact with the surface you are sitting on, become aware of the sensations in your skin and muscles.

Whilst you are doing this you can start to focus on your breathing by practicing ratio-breathing, one of many breathing techniques which can help you to feel grounded. Breathing in through your nose to the count of 5 and breathing out of your mouth to the count of 7 or 9. Do what is comfortable here, don't strain yourself. Breathing techniques take practice and many people find it difficult to start with. This type of intentional breathing or conscious breathing is beneficial as it activates a part of our brain which relaxes and balances our emotions and our body.

Grounding techniques can help us stay rooted in the present moment, calming thoughts, feelings and reducing anxiety and overwhelming feelings of fear/panic. If you want to know more you can check out:

- <https://youuniquefoundation.org/4-grounding-techniques-for-depression-and-anxiety/>



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

