



LISTEN
BELIEVE
SUPPORT

RASAC P&K - Working Together to End Sexual Violence

RASAC P&K Newsletter

Welcome to our new RASAC P&K Newsletter format!

Right now we are living in different and difficult times. It has never been more important for all of us to get the support we need when things feel overwhelming. **We are still here**, providing support, but we are doing things a little bit differently.

In this Newsletter we will be looking at:

- What **services we are providing** survivors in Perth and Kinross...
- What our **Youth Ambassadors** have been doing...
- How to get involved in the yearly **16 days of Action to End Violence Against Women and Girls...**
- Get involved in **RASAC Groups...**
- How you can **support RASAC** when you are doing your Christmas shopping this year...
- Finally... **your voice matters**. Find out how you can make a difference and improve our services by giving us feedback.

What Support Services are we delivering...



All our lives changed at the end of March when our National Lockdown started. However we have continued to provide support throughout these challenging times. Our Support Team have continued providing one to one support with all sessions being either on the **phone, through email/text or through the video chat app Zoom.**

We want to thank all the survivors in service. Everyone has been understanding about our need to adapt services in line with Government Guidance. We are monitoring the situation carefully, and we hope and look forward to a future where we will be able to provide face to face support in the same space once again.

- **Referrals:** We are open for new referrals for therapeutic support although, due to demand we do have a waiting list at present.
- **Helpline - 01738 630965:** 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.
- 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.**
- We also continue to provide our weekly **Support Groups** (via Zoom) continue reading this Newsletter to find out more.
- **SARN:** The decision to report to the Police immediately after a rape/sexual assault may feel overwhelming. RASAC P&K can directly support survivors aged 16+ within Perth and Kinross to access the Sexual Assault Referral Network (SARN). **SARN helps facilitate access to a forensic medical examination** without having to report to the Police. This can take place up to 7 days after an assault has taken place. The evidence that is gathered is then stored anonymously and can be accessed at a future date if a decision to report is made. **Monday to Friday 9am to 4.30pm on 0300 365 2001** Outside of office hours you can contact the dedicated phone line 6pm - 12 midnight - 0300 365 2001

We want to **thank all survivors who have been so understanding** and supportive of our changes of services to ensure that we all stay healthy during support. We have had a number of survivors feel uncomfortable asking for support during this very challenging time for the NHS and other services. However **everyone deserves to be heard and supported and you are just as important as anyone else.**

If you need a listening ear, information or support please call us. **We are here to Listen, Believe and Support.**

We offer free and confidential support to anyone who identifies as a woman age 12+ years and boys 12-18 years who has experienced sexual violence at any time in their lives.

RASAC P&K Youth Ambassadors and RYI



The Youth Ambassadors have completed a project with the Perth Soroptimists designing a bookmark **supporting young people to understand what sexual violence is**. These bookmarks will be distributed to S2 pupils in schools around Perth and Kinross. If you come across one please give us some feedback.

They will also be participating in Evaluation Support Scotland's online learning event on 'Young People Leading on Evaluation' in November 2020, **ensuring that young people's voices are heard** within RASAC Support Services.

RYI (RASAC Youth Initiative) are **now delivering sexual violence prevention workshops** (virtual sessions) to schools and youth/ community groups. If you are a group/organisation who would like to know more about our workshops or would like to book a session please contact Catriona on catriona@rasacpk.org.uk.

Get Involved!



This year's **16 Days of Action to End Violence Against Women and Girls** will certainly look a bit different this year. We are not able to take part in our usual awareness raising activities but we'll definitely be

maximising our presence online! We are hoping to **promote voices of survivors across the 16 days and would welcome any pieces of art, poetry or perhaps a blog you would like to share.**

We are hosting a **group for survivors to come together and share ideas** starting Monday 2nd November at 10am via Zoom. The group will run the following 3 Mondays and you are welcome to attend one or all of them. If you would like to join the group, or would prefer to send your contributions directly please email Ruth.Mellor@rasacpk.org.uk. All contributions will be anonymised unless you wish to add your name. We look forward to hearing from you! Thank you.

Join us on our Zoom Groups



All Groups being held on ZOOM. All Groups apart from Arts and Crafts lasting for 4 weeks.

Arts and Crafts Group

- Every Friday 11am-12.00
- No experience necessary join us for some creative fun making things from the things you might have laying around you at home.

Calm Group

- Starting Wednesday 4th November 11am-12.00
- Evening Group starts Monday 2nd November 7pm-8pm
- Learn some techniques to deal with life's stressors and take back control of your emotions.

Mindfulness group

- Begins Thursday 5th November 10am-11am
- Evening Group starts Wednesday 4th 7pm-8pm
- Train yourself to live in the now and relax with these new skills to free your mind.

Positive Psychology

- From Friday 6th November 12.30-1.30pm
- Learn how to feel good about yourself through setting goals and taking part in positive activities.

Conversation Café

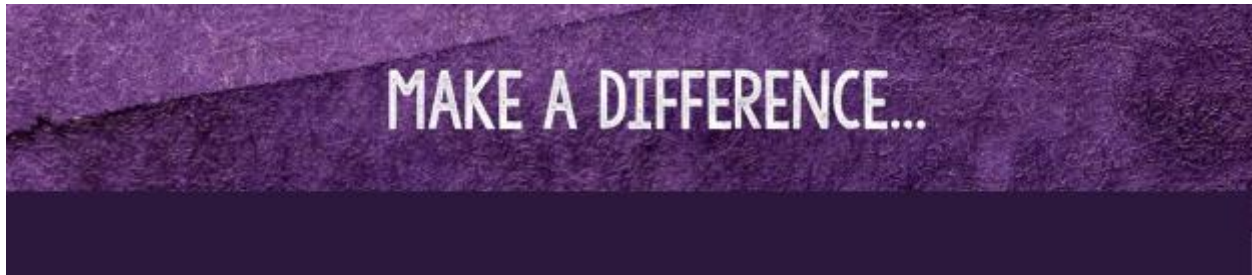
- Thursday 29th October 1pm – 2pm.
- Join us for a chat to share your experience of our new way of doing groups online. Do you have any ideas of new groups that you would like us to do? We always appreciate your feedback.

16 days of Activism to End Violence against Women and Girls

- Monday 2nd November 10am-11am
- A group to bring together some ideas for the upcoming event in November to share your ideas and thoughts through artwork, poetry, blogs or creative writing all things shared will be anonymous.

To find out more about our groups, or to book, please contact us or speak to a Support Worker. We hope to see you there. Business line 01738 626290, Helpline 01738 630965, Email Ruth.Mellor@rasacpk.org.uk

Supporting and Fundraising for RASAC P&K



For anyone who would like to donate to our services, or who is planning to shop online over this festive period, here are some of the ways you can support our work.

- You can find our Just Giving page here: [Just Giving](#)
- If you shop online you can use their charity function which send us a small percentage of anything you spend on [Amazon](#)

Please feel free to share our fundraising information with others and do not hesitate to contact us should you have any questions.

Another way of helping us is following our social media, allowing others to find out about our services and where they might get support.

- Twitter (@rasacpk),
- Instagram (rasac_pk)

- Facebook (@rasacperth)

Consultations and Feedback - Your Voice Matters



Sexual Offences Operational Delivery Group

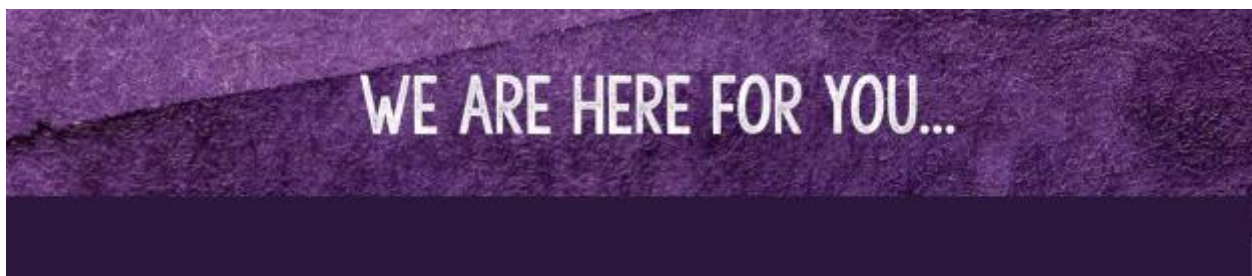
In 2017, **Healthcare Improvement Scotland published new standards for forensic medical examinations**, outlining standards for best practice to ensure that anyone who has experienced rape, sexual assault or child sexual abuse, can receive the same high level of person centered care. RASAC P&K work closely with other key partners on the Tayside Sexual Offences Operational Delivery Group to review the implementation of these, share good practice and identify areas for improvement.

Survivors experiences and views are vital in shaping this and if you would like to share your experience or put forward any comments for the group to consider please let us know. **This can be done anonymously**. You can speak to your support worker or email us at support@rasacpk.org.uk and someone will get back to you.

RASAC P&K Feedback

Your voice is always important to us. We develop our services based on survivor needs and feedback. What you think about our services and your support with us is vital in ensuring we are getting it right. **Whether you have had a very positive experience or wanted something different from us, or perhaps have an idea, we welcome your feedback.** You can provide feedback directly to your support worker, or email your feedback to Jen@rasacpk.org.uk.

Contact Us



Business Line:

- **01738 626290**
- To speak to a member of the team, for referral forms, booking prevention workshops, training or volunteering.

Helpline:

- **01738 630965**
- 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.

National Helpline:

- **08088 01 03 02**, daily from 6pm – 12 midnight.
- Should you wish to speak with someone outwith our opening hours, the Rape Crisis Scotland helpline offers free and confidential initial and crisis support and information by phone or email. The Rape Crisis Scotland helpline supports women, men and transgender survivors as well as their family, friends and workers. The helpline has a minicom service for Deaf or hard of hearing people. They can also arrange for language interpreters if your first language is not English.

SARN (Sexual Assault Referrall Network)

- **Monday to Friday 9am to 4.30pm on 0300 365 2001** Outside of office hours you can contact the dedicated phone line 6pm - 12 midnight - 0300 365 2001
- **SARN helps facilitate access to a forensic medical examination** without having to report to the Police. This can take place up to 7 days after an assault has taken place. The evidence that is gathered is then stored anonymously and can be accessed at a future date if a decision to report is made.

Email us

- Business address: info@rasacpk.org.uk
- Support address: Support@rasacpk.org.uk

Address:

16 King Street, Perth, PH2 8JA