



June 2009 Newsletter

Our latest thanks go out to:

Steel Charitable Trust (for £1,000)

Eagle Radio Trust (£500)

Guildford Police (£410)

Guildford Lions (£250)

GlaxoSmithKline (£200)

Donors of mobile phones (recycled for £60)

Safer Guildford Partnership (for donating a large box of personal alarms)

Gallaher Ltd (stationery items and furniture)



RASASC volunteers visited Surrey Police's drugs bus during Woking's recent taxi-awareness evening - report on page 6 -



Snowdon Climb - Woking Roteract



We're grateful for the active support of Woking Roteract Club, who have adopted RASASC as their **Charity of the Year** for 2009. The club gives 18-30 year olds the opportunity to meet new friends and make a difference in their community, and offers members a wide range of activities enabling them to try something new whilst having a great time with friends. In April they held a car boot sale raising £170 for RASASC, and at the time of our going to print they were about to traverse the peak of Mount Snowdon by foot (7th June) to raise further funds for us. We don't yet know how they fared, but all will be revealed in our next issue. Meanwhile you can still sponsor their climb retrospectively at www.mycharitypage.com/WokingRotaract until **21st June**.

From the editorial team (Sonja and Peter) - Send us any news, details of fundraising efforts, funny or interesting stories or facts, or details of events you've attended publicising RASASC. Where appropriate we will always preserve the anonymity of contributors. E-mail, phone or post to:

RASASC Newsletter, PO Box 1009, Guildford, Surrey GU1 9EE

Fundraising and donations: Please make all cheques payable to RASASC

Did you know??

The RASASC helpline takes 2,500 calls per year.

The line is open on 305 evenings of the year.
That's every day except for Bank Holidays (8) and Saturdays (52).

Nightly for two hours, two volunteers listen to separate calls.
Annually this equates to 1,220 hours, or 72,000 minutes.
And 72,000 minutes divided by 2,500 callers
means an average call time of 28 minutes.
That's a lot of listening !!

But we're there for every caller – and that's what really counts.

FUNDRAISING – RECENT EVENTS



Above left: RASASC Trustee Malcolm (organiser of our annual Charity Gliding Day) discussing flying conditions with Trevor of South London Gliding Centre in 2008. No windsock needed to judge speed and direction if you've got a beard!

Great Glidings

The 2009 May Bank Holiday (5th May) was another brilliant day for our charity gliding. More than 35 sponsored flights took off and about 100 people came to watch and picnic. A marvellous time was had by all, with clear sunshine in the morning - not so good in the afternoon with increasing cloud cover, but the wind conditions stayed fine for the gliders.

We thank our hardworking team of helpers on the day (Malcolm, Gill, Louise, Simon, Terry, Jan and Indira). Our thanks also go to **GlaxoSmithKline in Weybridge** who donated £200 towards the running of the event. And special thanks go to all the people who raised extra sponsorship for RASASC - especially Marina, Malcolm, Annelise, Liz, Andrew and Christina. All in all, this year's event (our third such outing) has raised nearly £2,000 for us.



Peter's Walk for RASASC

One of our dedicated volunteers took part in the Sponsored Walk organised by Guildford Rotary Club on May 11th. The 10km route began and ended in Shalford Park, passing through Wonersh, Blackheath, St Martha's Hill and The Chantries. The event is organised annually and anyone can take part to raise money for the charity of their choice. Peter (*pictured left*) was one of over 250 people who took part, passing through three checkpoints

along the route where participants could revive themselves with orange squash or water provided by helpful marshalls. Peter took just 2 hours 10 minutes (!) to complete the course and raised over £130 - not bad considering he only decided to do it a week before the event. Other RASASC volunteers are now considering the walk for next year – perhaps as a team, with a half-hour stopover on top of St Martha’s if we can carry or deliver a small picnic up there! We’ll give you the 2010 date as soon as it’s known.

Peter had never been on a sponsored walk before, and so we asked for any thoughts on the experience for other would-be fundraisers. He kindly sent these words and pictures:



Fantastic day! I’m so glad I did it! Like most people I usually just walk from the computer to the kettle and back nowadays, and otherwise forever jump in my car. But while collecting details of the upcoming walk for the last newsletter, I suddenly thought – *“I should do this myself - I’ve been wanting to visit St Martha’s and The Chantries for donkey’s years...”* So I told friends I was thinking of it, and several offered to sponsor me.



It made me realise I had to decide *“I WILL do it”*, so that I wouldn’t eventually find a lazy excuse not to. And upon my decision it suddenly became easy to ask everyone I knew, *“I’m doing a charity walk – would you like to sponsor me?”* I downloaded a sponsorship form from the Walk’s website and attached a route map and a print of RASASC’s homepage so as to help explain and attract greater interest in what’s otherwise a bit of a “taboo” subject to raise, and then just asked around.



I thought about walk-training, but I’m always running up and down stairs at work and home so I limited my preparations to shopping for a pair of walking socks and cutting my toenails! Then off I went to Shalford Park on the day, signed in, and five minutes later a tannoy voice said, *“Good morning – Let’s begin”*



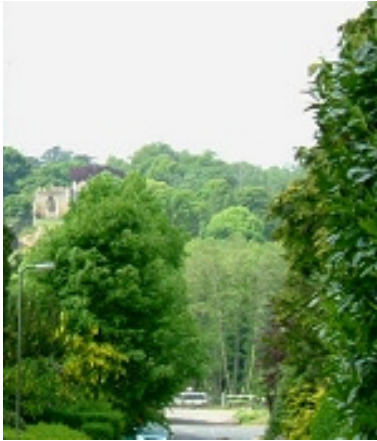
People, lots of people, young, old, some with dogs, twenty runners, some groups with team placards or charity t-shirts... we all began to flow across the park. Most were walking at a leisurely pace but my own is quite fast, so I moved to catch up with the front walkers in order to avoid a “queue” for any narrow path near the river. Within half a mile I found myself in a comfortable stride with just a couple of people ahead, a couple more in the distance behind me and otherwise just sunshine, scenery and signs, arrows pinned to posts at left and right forks, first on pavements, then on track pathways... Soon came open field country, and then woods with bluebell banks, then a sandy heath upwards to skirt a pine hilltop, then more woods, leafy footpaths... some with cyclists and strollers coming the other way, along with occasional pairs of horseriders hoofing slowly. It was a great Sunday morning to be outdoors.



Approaching the Albury Road crossing I finally saw St Martha’s perched on the ridge of the Downs ahead, and halted to take out my camera. *“Oh don’t stop, you’re our pacemaker!”* said two female walkers as they shot past (third picture, left). They’d been talking just 30 feet behind me for some time, and they’d been having the same pacing effect on me! *“I’m amazed you can walk so fast and still talk at the same time - how can you manage to do both?”* I asked when I caught up at the roadside, waiting to cross. *“We were equally amazed you could*



walk so fast while smoking cigarettes!!" they replied, laughing. We finished the route together. I'd discovered it was easier to roll ciggies uphill and puff them downhill than to do the reverse, and rolled another as we were starting the walk's final incline – the punishing rise to St Martha's. I soon abandoned all thought of ever smoking it! We began slowing up, up, yard by yard, growing winded and weak at the knees. Suddenly a professional hiker shot by in shorts, his hairy legs pounding away like pistons in short easy strides, disappearing in no time at all. Somehow we made it to the top ourselves, after a third checkpoint set perfectly just below the crest for extra liquids.



From thence it was downhill all the way, westward through The Chantries – not open downland as I'd expected, but cool woods with more bluebells dotted everywhere. The girls discussed one or two forks off the signposted route, saying "Oh that must be where we went wrong last time..." When I asked, "Then is this your second or third year of the Walk?" I was astonished to discover it was simply their first officially - they'd done a "practice" walk of the whole route a week before to find out if they were fit enough, and had covered far more than 10km in their rehearsal as it preceded the marking of the correct paths. My own efforts started to seem puny by comparison! I decided to add myself to their sponsorship form (for Dr Barnardo's) in pure admiration of their extra spirit and determination.

Finally we saw the welcoming sight of the ruins of St Catherine's ahead over the River Wey (final picture, above). It echoed the final change underfoot as the Pilgrim's Way disappeared into town tarmac. Re-entering Shalford Park we strode proudly back into the check-in tent for a last stamp on our forms. Without intending, we'd jointly become the third finishers. Geoffrey Chaucer must have been smiling down at us. Then I drove home and collapsed back onto the sofa! Would I do it again? You bet, but slowly next time – there's so much good scenery to enjoy out there... Yes, a sponsored walk's definitely a great way to get out and have some fun!

*** Nine TST films now available ***

The Survivors Trust has produced a series of short films called "Behind Closed Doors" to raise public awareness of rape, sexual abuse and sexual violence, and to publicise the help for survivors that agencies like ours provide. The films are now available through their website, and you can view them by clicking here or by pasting the link below into your browser:

<http://www.thesurvivorstrust.org/info/behind-closed-doors.aspx>



*** RASASC Banner Advert! ***

We seek a generous person or company to sponsor a portable roller banner for £175. The banner rolls up into a carrying case and will display RASASC information at events. The sponsor's name or logo will be included for at least three years (and possibly forever, dependent on durability!) If interested, please contact Sonja to discuss.

What we've been up to over the past few months:



Street Angels

In April, Malcolm (RASASC Vice Chairman) gave a talk to Guildford Street Angels about rape and sexual abuse issues and outlined the services RASASC offers to survivors. The Street Angels are a voluntary group of uniformed "good samaritans" organised by Guildford Town Centre Chaplaincy, who venture out onto the town centre streets on Friday evenings from 8pm through to about 4am to help anyone in distress.

Their help can be anything from assisting people to find transport, calling ambulances, talking to street groups, and even handing out flip-flops and foil blankets (usually for young ladies whose feet are sore from high heels and who are not wearing adequate clothing for the night time temperatures). They provide a calming presence and increase the feeling of safety within the town, and by defusing several kinds of problem that would otherwise require a police attendance, they enable the police to concentrate on more serious events. For more details of the Chaplaincy's work visit their website at <http://www.gtcc.org.uk>

Home Office Talk to the Police About Rape



Surrey Police's special conference was attended by RASASC Trustee Cathie Smith (above), who became our new Chairman in January 2009.

RASASC Chairwoman Cathie Smith was invited to attend a special conference on 6th May for police officers at Surrey Police Headquarters in Mount Browne, Guildford. The theme of the talks was "*Rape – So You Think You Know*" and included speaker Dave Gee, a Home Office advisor to ACPO (Association of Chief Police Officers) who gave a talk on improving procedures for handling 999 rape calls. He stressed the importance of the contents of the initial call received - how it is crucial to record all of the information in full. Without this step, some vital extra clues might not be passed on to the officers sent in response or the inspector taking the case forward.

In an initial 999 call the person often adds something of vital importance not repeated in later calls or contact (or not said again in the same detail) because, having said it earlier, the caller thinks the detail is already noted. Therefore failure to record the initial call in full can lead to information being lost. Dave Gee's talk focused on the need to make sure the police officers handling the initial call and response are suitably equipped and provided with all of the necessary information. In

some areas police officers have handheld PDAs (personal digital assistants, also known as palmtop computers) where whole messages can be entered and therefore transmitted in full. Newer PDAs also have colour screens and audio capabilities. But although new technology helps, the keystone is still full capture of initial 999 information.

Among other speakers, Zoe Lodrick gave a talk on the mental impact of violent sexual abuse. Zoe, who recently worked with Portsmouth Area Rape Crisis Service, has done extensive victim research and seeks to make those in the judicial system understand why

most people are unable to run away or fight. Describing how the mind reacts to danger, she spoke of how the brain communicates and governs the body's response, causing most people to "freeze" or "flop" when threatened or attacked. She also described the behaviour of victims who try to befriend their attacker - how the brain adopts this strategy subconsciously as a best means of keeping itself alive. Zoe also covered why people don't remember afterwards what happened in an attack, as brain functions impose a memory shut-down to protect and aid the mind's slow healing process.

SOTO – Sexual Offence Trained Officers



In April, two female officers from Surrey Police's dedicated SOTO team visited our helpline volunteers to give an interesting talk on how their department operates.

The team was specially set up in 2007 to support all Surrey rape victims and ensure that victims of serious sex crimes (both men and women) receive a fair, professional and supportive service from Surrey Police in accordance with their individual needs. It has seven police staff and four police officers who work under the active direction of Detective Sergeant Alison West, and is managed by Detective Inspector Mark Chapman.



The SOTO team is ultimately led by Detective Chief Superintendent Kevin Deanus, the Surrey DCS tasked with responsibility for Force Crime and Criminal Justice. Two others handle Police Standards and Special Ops.

It's important that RASASC volunteers understand how other support agencies work, so that if asked by survivors they can give accurate and helpful information. To further our awareness, the SOTO team is now organising a guided visit to their Surrey 'rape suites' for our volunteers.



Sex Abuse Taxi-Aware Evening in Woking

In late April, RASASC took part in an evening of awareness headed by Surrey Police in the streets, pubs and clubs of Woking town centre. Police in Woking have been seeing an increase in young women out late at night, often under the influence of alcohol, getting into unlicensed taxis and then reporting sexual abuse from the drivers of these cars. Officers wanted to raise the message of always putting a reputable taxi number into your mobile phone before an evening out and stress the importance of only ever getting into a taxi ordered from an established and licensed hire company.

Also taking part throughout the evening were the police's campaign Drug Bus, drugs and alcohol outreach workers, Surrey Fire and Rescue service, borough council representatives and others. RASASC joined the event to inform people of our organisation and publicise how one in four may need our services during their lifetime, and to emphasise that people "out on the town" can and should have a good time but must have regard for their personal safety at all times.

RASASC Workshops

RASASC volunteers have enjoyed more learning recently at special workshops and training sessions related to rape and sexual abuse. In April they had a day on Male Rape with expert Ian Cole and over the next few months there will be training on Stress and Relaxation, Self Harm and Self Injury, Transference and Counter Transference.



Volunteers Week

The first week of June is always the national Volunteers Week, a time when many voluntary services make extra efforts throughout the UK to attract more people into trying some form of volunteer work. On 2nd June RASASC took part for the first time and had a display stall at a public focus event inside Guildford's Guildhall. A number of people made enquiries and took our leaflets, and we thank Sonja and Indira for enabling our successful participation.

Guildford Borough Council's Housing Section



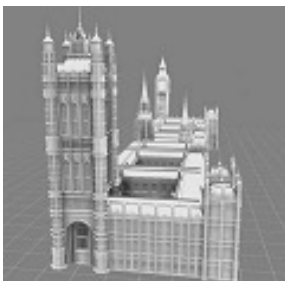
SAFER GUILDFORD
a partnership approach

RASASC works with the **Safer Guildford Partnership** to address local as well as regional issues (for more details visit the SGP's website at www.saferguildford.org.uk), and through this route we have now established links with the Housing Section of Guildford Borough Council. Sonja recently gave an invited talk there about our services and the vast client range that we support.



The council's Housing Section deals with a very wide selection of people, many of whom are in distress, some suffering from domestic violence and some thought to be survivors of rape and sexual abuse. They felt they needed to know more so that they could recognise survivors and signpost them to our services if appropriate. RASASC was pleased to be of help, as our charitable aims include promoting more awareness of the problems of sexual abuse.

Guildford Homechoice is the Borough Council's new way of allocating council and partner housing association properties for rent and shared ownership properties for sale. Details are on the GBC subsidiary website at guildfordhomechoice.org.uk



"Model Parliament" – used in history to describe the 1295 assembly of Edward I, but never used since !!

Gift Aid – let us claim £££ from the government !

If you're a UK tax payer, any donation you make to RASASC is also eligible for Gift Aid. Check out how much the Gift Aid would be - go to www.itforcharities.co.uk/gaidcalc/hightax.htm, enter a donation amount and you'll see how much extra we could claim from the Inland Revenue. It'll cost you nothing – it's money you've already paid in tax. And we don't want your tax going towards any MP's expenses instead, do we?!!

We'll never need your tax details - all we need is your permission to claim your Gift Aid. Ask us to send you a Gift Aid form, and then just complete and return it to our office for use with any recent or future donations. It couldn't be simpler - and it would help us greatly!

Volunteers Needed

**Contact Sonja (on 01483-452900 or admin@rasasc-guildford.org)
for an informal discussion in confidence about any of the following:**

Trustees

Would you like to become a Trustee? Can you spare time for 11 evening meetings a year plus a couple of hours for small tasks between each meeting? We require people with experience in one or more of these areas: finance, law, counselling, helpline, HR, PR, media, advertising, fundraising, general business. A trusteeship is an excellent way of gaining extra skills in other areas, adding to your CV, making friends and feeling that you're doing something really worthwhile. Have you ever considered it, or been a Trustee elsewhere? If you want to discuss RASASC Trusteeship, phone Sonja for an informal chat.

HR Volunteer

We seek an experienced human resources volunteer to help with policy documents over the next few months. If you have a few hours to spare, please get in touch.

Computer Expert

An altruistic computer expert is urgently required, for a one-off job to network an additional personal computer into our existing wireless office broadband and printer system!

PR Volunteer

We need a volunteer with public relations experience to respond to local media articles and build existing press/radio relationships, working 1-to-4 hrs per wk. on a regular basis.

Collecting Box Agents

Volunteer agents are needed, to be responsible for placing and removing RASASC collection boxes in their local community. Agents will be given specific locations close to their postcodes, and will have the opportunity to develop community relationships.

Gift Chasers

Do you like walking and talking to new people? We need a few helpers to visit local shops and establishments so as to ask if they will donate a gift or vouchers for our next fundraising event – we seek large items for a raffle and smaller items for a tombola.

Well Known Patron

Are you well known to the public? If so, might you support us - do you admire our organisational aims and the work we do? Or do you know someone that's benefited from our counselling services, or would have benefited if they'd known about us? Can you help raise awareness by lending your name to our charity? One in four people are survivors; we need to assure them that they needn't be ashamed or scared to talk to us about it. If you're well known, could you help us to get our message across? Call Sonja in confidence.

Always wanted

Mobile phones (working or broken, but NOT chargers, manuals or boxes)

Used printer cartridges (inkjet or laser)

Used postage stamps

Unwanted gifts/vouchers for raffles/tombolas

Unused A4 white paper

Secondhand counselling books

Latest new ways to help our fundraising

Win a Fiat 500 !!
Buy a RASASC £2 draw ticket to win a brand new car



The FSI (Foundation for Social Improvement)

has organised a Car Draw to help improve the funding of small charities.

Ticket sales have just begun (6th June onwards). You can enter the draw online at

<http://www.everyclick.com/using-everyclick/charity-car-draw>

Click on "Select a Charity to Support", then under "R" find "Rape & Sexual Abuse Support Centre (Guildford)" - click on our name and then purchase. We'll receive £1.90 for every £2 ticket bought.

Tickets can also be bought via the RASASC office by cash or cheque.

But hurry - the draw closes on **21st August** (draw takes place at the FSI on 1st October 2009).



Not convinced about buying a ticket yet? "...just another car draw...?"

Think again! The FSI is a registered charity whose sole aim is to help keep small charities open (i.e. charities with a raised income of less than £1.5 million p.a.). In the UK, 81% of the £45.9 billion of charitable income goes to 3% of the largest charities, while over 166,000 small charities (who make up 94%) face a daily struggle to keep their services going. That's why the FSI has set up this special draw, exclusively to support the small charities like ours.

Remember – we'll receive £1.90 for every RASASC £2 ticket bought

Get your friends to buy tickets too!

And if you win the car – it's worth £9,700 on the road!

Other Fundraising Events Coming Up:

Bike for RASASC – 3rd Oct – full details at www.just-bike.co.uk/charity-bike-ride/theEvent.asp

50km or 100km over varied **Wessex/Ridgeway** terrain.

Starting at **Coate Water Country Park**, Swindon, Wiltshire.

100km will take the average person 8-12 hours, so it's not for the faint hearted !!

A registration fee applies (£55 for 50km, £65 for 100km) but this includes planning, safety, medical, pickups, mechanics, all drinks, breakfast, lunch, all snacks, hot food at finish, toilets on route, directions signposted, map, booklet and of course a T-Shirt!! The "JustBike" website has full details. Set up an online sponsorships page at www.mycharitypage.com to help get your wheels in motion!