

Newsletter - April 2010

Our latest thanks go out to:

- **Everyone** who has:
 - Used the **easyfundraising.co.uk** portal for their internet shopping.
 - Used **ebay.co.uk** to sell items on RASASC's behalf.
 - Collected used ink cartridges and mobile phones (recycled for cash).
 - Donated vouchers/gifts for our fundraising events.
- **Allianz**, for use of meeting rooms.
- **All who were** involved with RASASC's annual December Winter Fair, £850.
- **Dawson Mason & Carr**, £50.
- **Gallaher Ltd**, Weybridge for printing our annual reports and stationery.
- **Godalming College Rag Week**, £500.
- **Guildford Drug & Alcohol Group**, £300.
- **Printing.com** (Weybridge) for £500 of graphics art design work.
- **Sainsburys (Guildford High St.)** for selecting RASASC as their Charity of the Year and supporting us with gift/vouchers and £500.
- **Surrey County Council**, £215.
- **Surrey Satellite Technology Ltd**, for use of their meeting rooms.
- **Waitrose (West Byfleet)**, £320.
- **Waitrose (Frimley)**, £309.
- Plus several **individuals**:
 - Natalii – Skydiving, raised £750.
 - Nottingham Half Marathon runner, raised £540.
 - Snowden Climber, raised £170.
 - Other anonymous donations.



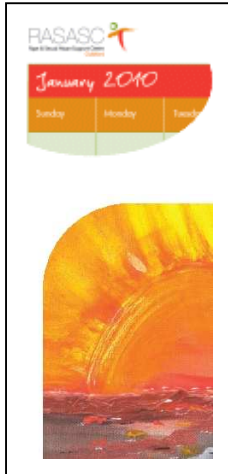
From the editorial team (Sonja and Peter) - Send us any news, details of fundraising efforts, funny or interesting stories or facts, or details of events you've attended publicising RASASC. Where appropriate we will always preserve the anonymity of contributors. E-mail, phone or post to:

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

Fundraising and donations: Please make all cheques payable to "RASASC"

Guildford's Rape & Sexual Abuse Support Centre (RASASC) supports men and women in Surrey and beyond, who have survived childhood or adult sexual abuse or rape, and provides confidential helplines and counselling.

Some of the recent things RASASC has been up to:



January 2010: Recovery from Christmas, New Year and then the snow. The trustees send a strong thank you to everyone who faced a challenge coming in through the snowy season but kept the service running.

RASASC continued to attend the following meetings to raise awareness of our charity and survivors' general needs:

- Guildford Drug and Alcohol Misuse Meetings
- Surrey Police, Investigation into Rape Procedures
- Guildford Mental Health Consortium

RASASC assisted **Surrey Police, SOTO Unit** (Sexual Offence Trained Officers) to develop a feedback questionnaire for survivors.

RASASC members were invited to continue their professional development by attending a workshop on **Movement Psychotherapy** by Amanda Slater.



February: Much of January and February was taken up with compiling the Annual Report, planning the AGM and the election and induction of new Trustees. We now have a strong committed group of **nine Trustees** to take RASASC forward through 2010, chaired for the second year by Cathie Smith. We thank **Haydn Morris** of **Surrey Drugs & Alcohol Advisory Service** (SADAS) for giving this year's AGM guest talk.

As a founder member of **The Survivors Trust** (TST), RASASC has now been elected onto the TST National Executive Committee. The TST is a national umbrella for 138 UK survivor organisations. It has considerable influence and pathways into Government, media and other organisations to benefit the survivor sector both voluntary and statutory.

RASASC volunteers held a display stand and made a presentation at the Women's Health Fair in conjunction with the **Woking Soroptimists**.

An excellent **Sexual Trauma Workshop** by Zoe Loderick further enhanced professional development of RASASC members.



March: Included a **Strategic Planning Day** for all Trustees and Staff, held at Allianz (Guildford) offices, where the growth, welfare, direction and future plans of RASASC were discussed.

Attendance at a Surrey Police **Rape Audit – 999 First Responses** meeting. RASASC representatives listened and read through real survivor 999 calls and their responses with various members of Surrey Police. The meeting was to assess what they do already and could they have 'done better'. Discussions about the content, manner and type of questions that the 999 operator has to ask so as to be able to dispatch police and or ambulance, and about police response times and follow up after 999 calls.

The **Witness Service** at Guildford Magistrates Court kindly showed new RASASC volunteers around the courts, and explained proceedings and how they assist vulnerable persons and sexual assault witnesses.

Glide! Walk! Cycle! Skydive!
Time to get active!

Skydiving for RASASC

Parachute jumps can be arranged anytime from various venues across the UK. If you and your friends are interested, please contact the RASASC office for details. It's really easy to arrange, you just have to be brave enough to do it. Everyone who has skydived has been overwhelmed by the experience. Supporter Natalii jumped "out of the blue" in March just wanting to do something for RASASC, and found it "totally thrilling" - and raised over £750.



Image © Surrey Hills Gliding Club

Fourth RASASC Gliding Day Monday 3rd May

On Bank Holiday Monday. Venue - Surrey Hills Gliding Club, Kenley Nr. Caterham CR8 5YG. Always a great experience, and here's your very own chance to try it – especially as this may be our final year of running the event. We have 40 flights at our disposal. Buy a **flight for £50** or **fly for free** by raising sponsorship of £50 and upwards. Our gliding pack is available online, or contact our office for more information, for paper sponsorship forms and to register yourself for a flight. There is also a **prize of a Trio of Red, White & Rosé Wines** for the largest amount of sponsorship raised.

Don't like heights? **Ground staff wanted!** Watch others glide as you check in the flyers. Or perhaps your expertise is in serving teas/coffees/cakes? We need more helpers (friends and family also welcome to come, picnic and sightsee). Please contact the office to offer assistance.



Image © Guildford Rotary Club

Guildford Sponsored Walk Sunday 9th May

Pleasant 10k (6 mile) walk organised by Guildford Rotary Club for walkers to raise funds for their own local charities. Takes 4hrs or less to complete, depending on whether you want to rush or not. Starts at **Shalford Park 9.45am**, follows the River Wey south, then across country on the Downs Link to Wonersh Common and Blackheath, up St Martha's Hill, and then along the Pilgrims Way on the North Downs back to the start. Free car parking, toilets and refreshments at Shalford Park. Sponsorship forms are stamped at 3 checkpoints en route (with more refreshments). Unsuitable for wheelchairs/baby buggies. Walkers with dogs welcome.

More information at www.guildfordrotary.co.uk, plus downloadable route map. Sponsorship forms available at www.guildfordrotary.co.uk/pages/Walk_Sponsor_Form.pdf. You can walk on your own, or with family and friends, or ring our office and put your name down for the **RASASC team/group** entering. **Join us** – it's a really great way to spend a Sunday morning in May outdoors. There is also a **prize of an Electric Foot Spa and bottle of bubble bath** for the largest amount of RASASC sponsorship raised.

RASASC Bike Ride - Sunday 27th June

Full details being finalised. Numbers may be limited, so **early expressions of interest** are needed. Preliminary details are: Start 10am from **Shalford Park**, circular route along Downs Link, ending back in Shalford Park. Approximately 37 miles. Register in advance with the office, £10 entry plus additional minimum sponsorship of £50 required. **Prize** for most funds raised will be a **luxury five star hotel break**.

RASASC Cookery Book in preparation (April–May)

If you aren't gliding, walking, cycling or skydiving then we need your favourite recipes, sandwich fillings and cooking tips to create our own fundraising cookery book. Terry and Jan are kindly collating all the information during April and possibly into May. Send recipes to the RASASC office (admin@rasasc-guildford.org) so that we can forward them on for you.

Other news of RASASC work:

Surrey Sexual Assault Referral Centre (Surrey SARC) – Still on target to go live at the end of December 2010 in Cobham. RASASC is actively involved in the SARC Steering Group and good progress is being made.

The Home Office has just confirmed that RASASC has achieved funding for an **Independent Sexual Violence Advisor** (ISVA). The person selected will be supporting survivors in many different ways, such as accompanying them in court and giving them advice. This is a much-needed addition to our services that will assist survivors in the earliest stages of recovering.

The Guildford Samaritans and RASASC have been making stronger links with each other. Survivors needing telephone support often phone both services.

HMP Send Women's Prison held a recent Crime Diversion Scheme Day for other professionals. The CDS program for girls of 14-17 years targets those who are thought to be at risk of either domestic violence or perhaps future imprisonment. They are invited to attend the prison, to experience the surroundings, meet the prisoners and take part in workshops aimed to make them more aware of the warning signs of potential domestic violence relationships and to teach them ways of ending such relationships before they become trapped. The presenters were all survivors of domestic violence; the majority were prisoners convicted of killing their partner in self-defence. According to recent statistics, 93% of inmates suffered previous domestic violence, and 87% suffered previous sexual abuse/rape.

Message to the new Helpline Volunteers from Claire & Di

We would like to say congratulations to all the new helpline volunteers. You have all been totally committed, passionate and hard working through the Core Training and with 'Training in Action'. We have enjoyed training you all and feel you will all be a huge asset to RASASC. May our paths cross frequently – With love, Claire and Di.

Listen to our Helpline Podcast



Visit www.rasasc-guildford.org to hear our first podcast, created with the help of Eagle Radio and Guildford College. Its subject is "The Helpline". More will be added soon on different aspects of our work. If you're interested to develop the next one, full training can be given on how to record and mix it - contact Sonja for details.



RASASC Recycling

Printer cartridges, toners, mobile phones, PDAs, MP3s



When you recycle for RASASC you are not just saving the planet – you are also helping our survivors. Over the past six months you have recycled just over 350 items and raised over £200 for us.

This will now pay for someone in need to receive 5-6 counselling sessions.

But we need you to recycle more. And it's quite easy to do - here's how:

1. Gather together all used/unwanted "recycle" items (printer cartridges, toners, mobile phones, PDAs, MP3s) for forwarding to RASASC.
2. Drop the items off at our office (or if an external supporter, ask any RASASC office volunteer you know to drop them off for you).
3. Alternatively, phone **The Recycling Factory** on 0800 091 0696 and quote our unique bar code (0805131431180). They will then send you a choice of:- some freepost envelopes, or a box of 135 envelopes if you are with a large organisation, or a small desktop collecting bin for your office, or a large recycling bin for your whole company if you wish.

Easy fundraising while buying online!



Here's how you can fundraise for Guildford RASASC very easily while shopping online at over 2,000 popular retailers, including: Argos, Next, M&S, John Lewis, Debenhams, HMV, Vodafone, Dell, The Body Shop, Play.com, Interflora, Comet...

There's no extra cost to you the buyer. All you have to do is visit the [Easyfundraising.org](http://www.easyfundraising.org) website first so as to log in (that's the important bit!) and then follow the retail hyperlinks from there. The retailer will automatically know you've come from Easyfundraising and will give to RASASC a cashback donation from the cost of each purchase you make.

- Go to <http://www.easyfundraising.org.uk/rasascguildford>
- If you've never done so before, click "Register as a User" and enter your name and e-mail address (so that they'll know you want your purchases to support our cause) - then you'll be ready and able to support us whenever you wish.
- Then click any of the links displayed, to visit your chosen retailer's website and make your purchase online there. Each link includes details of the retailer's %donation on offer.
- Return to Easyfundraising (you can log-in whenever you like) to choose another retailer or to track the progressive total of your fundraising.

Gifts & Vouchers Procurer Needed

Do you have the ability to ask managers of shops and firms to donate gifts or vouchers?
All you need is a cheerful personality and the ability to describe our very worthy cause!

RASASC Patron Sought

We need a well-known person to help raise awareness of our very valuable work - someone who isn't afraid to encourage people to seek help for sexual abuse that may have happened in childhood or later in life. It happens and the more we talk about it, the less likely it is to occur. Call the office and ask to speak to Sonja in confidence.

Legacy Planning

If you have decided to leave a legacy to RASASC, your solicitor will advise you about the wording to use in your will. However, here is some suggested wording: "*I give to RASASC (Rape & Sexual Abuse Support Centre) in Guildford, Registered Charity No.1059154 the sum of £ free of all taxes, for its charitable purposes, and I declare that the receipt of the charity's authorized officer will be sufficient discharge to my executors.*" We plan to produce a full guidance brochure on the subject in the near future.

Campaigners step up fight to stop NSPCC move

Leatherhead's **NSPCC After Sexual Abuse Project and Young Witness Project** might move to Croydon after April. RASASC has in the past referred a number of young people to their services, and feels the relocation would be a great loss for the whole of Surrey. A citizens' online petition against the move can be signed or viewed at www.gopetition.com/online/33974.html.

... and in wrapping up this spring newsletter...

I would like to express my thanks to all the face-to-face counsellors, who volunteer every week to see their clients come rain or shine, and also to all of the helpline volunteers who between them come in six nights a week to operate the helpline service. Plus my thanks to all the other helpers and staff behind the scenes.

The Trustees are aware that there has been a rise in the number of requests for face-to-face counselling and the waiting list has grown. Some of the survivors coming forward have had more traumatic experiences than are normally encountered and, in some cases, very distressing and life changing events. The Counselling Manager is endeavouring to recruit more counsellors to cope with this increase in demand. People's past problems may be surfacing because of the economic climate, stress, uncertainty and money worries, we do not know.

You are all very caring and highly professional volunteers. We owe you our thanks for doing such a brilliant, dedicated job.

Sonja, Management Co-Ordinator / Fundraiser

*Thank you all for your continued support for RASASC -
The help you give really does make a huge difference!*