



Newsletter ~ Winter 2011-12

Our latest thanks go out to:

- **Anonymous** Tormead Sch. donor £1000
- **Donors** of ink cartridges, mobiles etc for recycling, and gifts for events use.
- **Easyfundraising.co.uk** on-line buying
- **FoR (Friends of Rasasc)**
- **Charlotte, Georgia & Hannah** (Tormead School), for a brilliant YPI presentation
- **Gift Aid** donors, tax yr 2010-11, £2,727
- **Guildford School of Acting**, student cast & crew, for helping to raise £325
- **Home Office**, Rape Support, £11,250
- **Local firm**, for theatre tickets worth £240
- **Kimberley Evans** for Athens Classic Marathon run, raising over £1,000
- **Nicola Henderson**, climbing Kilimanjaro!
- **MissionFish** (e-bay for charity), £35
- **Recent donors** via MyCharityPage £620
- **South African Congregation** for £250
- **Surrey Police** for £125
- **Surrey Satellite Technology Ltd** for donating free use of meeting rooms.
- **RASASC Winter Fair** supporters and helpers, raising £1,882 on the day.
- With **apologies** to anyone we've left out! We are hugely grateful for all the help we receive.

MORE FURNITURE NEEDED!

Pine coloured bookcase, cupboard or wardrobe, 3ft (92cm) wide.
Small pine coloured desk or table.
Coat-&-hat stand.

~ Contact our office if you can assist in this ~



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From the editorial team (Sonja, Vivien and Peter) – Do send us any news, details of fundraising efforts, funny or interesting stories or facts, or details of events you've attended publicising RASASC. You can choose to be anonymous if you wish! 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, by providing confidential helplines and counselling.

RASASC DOES YOGA



Red Hot Yoga, Guildford's Yoga studio at 14/15 North Street, is supporting RASASC through its regular **Friday 4.30-5.45pm Karma Class** for 3 months throughout January-March. They hold many classes of different lengths to suit daily, but their once-a-week Karma Class is special – set up to help charities, attendees pay £6, of which £5 will go straight to RASASC (the studio retaining just £1 for admin). You can either pre-book or just turn up 25 minutes beforehand and they'll look after you from there. Visit <http://www.redhotyoga.co.uk/schedule> for more details, or to read about the benefits of yoga see <http://www.redhotyoga.co.uk/faqs>

FUNDRAISING BOOK EXCHANGE

We have recently set up a small fundraising book exchange in the office. Everyone is welcome to browse though our collection – just bring us any novel you've read and don't wish to keep, to add to our store, and take away a different book. We suggest a 50p donation for each book exchanged. Books in the collection will eventually be sold off at our Winter Fair and certain other events.

On a separate book note, we still have our "Lending Volunteer Library" of specialist counselling publications, rape and sexual abuse books (several being survivors' published memoirs) etc, for our volunteers to use and expand their understanding or assist their studies further. We always seek more donated books of this type for our Library, so if you have any we could use then do please bring them in or let our office know so that we can arrange to collect.

New Helpline Trainer – New Helpline Supervisor

We are delighted to welcome **Gosia Heeley** as our new Helpline Trainer to assist our Training Coordinator Di Joyner. Gosia has been a volunteer counsellor with RASASC since 2006. In the run-up to January's training course, office admin assistant **Lizzie** responded to 112 requests for application forms and role specifications, which resulted in 10 new females commencing Training.

We are also delighted to welcome **Kate Goldney** as a new Helpline Supervisor, joining Felicity, Martine and Sue. Kate has been on the Helpline since 2009. Our thanks go to **Barbara**, who has stepped down from this role after many years of supervising but still volunteers for RASASC as a Counsellor and Trustee.

RASASC AGM Tuesday 14 February 2012



At our Annual General Meeting this year there will be a presentation by **Susan Whitfield**, of Surrey PCT Community Health Harm Reduction Outreach Service, on the subject of "*Working with Female Sex-Workers in Surrey*". Also Guildford's **Yvonne Arnaud Theatre** has kindly donated two play tickets for us to raffle during the evening. Attendance is by invitation only, with limited seating, so contact the office if you haven't already been invited but would like to attend. The AGM will coincide with the publication of our next (18th) Annual Report, which will also be available through our website shortly afterwards.

Brave Kimberley triumphs through marathon and media...



Ex-volunteer **Kimberley Evans** ran in the 29th Annual Athens Classic Marathon to raise funds for RASASC on Sunday 13th November. This was on the original 1896 Olympic course, starting at the village of Marathon (site of a battle 2,501 years ago in 490 BC) and finishing at Athens' Olympic stadium. Kimberley completed the 26 mile course in an impressive **4hrs 45m** and raised over £1,000 for us – a fantastic achievement!



Stephanie, © 2011 news photographer

Kimberley suffered a brutal sexual attack while on holiday in Turkey in 2007, and her attacker (a British 'holidaymaker') was soon jailed for 10 years. But she recently waived her right to anonymity so as to help other survivors by speaking in the press about the attack and about her fundraising efforts. The story articles were carried in the *Surrey Advertiser* and the *Accrington Observer* (paper of her Lancashire town of origin) in mid-November. She has since been approached by many journalists offering her money to write a full story about the attack and the long and difficult road to recovery, but so far she has declined for various reasons, although she might campaign further one day. Meanwhile the news articles are online at:

Surrey Ad: http://www.getsurrey.co.uk/news/s/2103412_sex_assault_victim_beats_the_pain_in_marathon

Accrington Obs: http://menmedia.co.uk/accringtonobserver/news/s/1465531_sexual-assault-victim-speaks-out-over-attack

Update (February): After we prepared our piece above, Kimberley kindly sent us pictures from the marathon start and finish. They include her two close friends who flew to Greece with her and also ran the course. She also wrote the following special message of encouragement for all survivors:



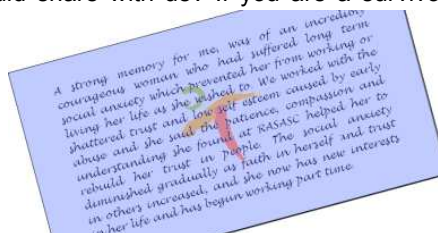
"I started running after I suffered a serious and extremely violent sexual assault in the summer of 2007. By making myself physically strong I hoped to overcome the feelings of vulnerability and weakness which dominated life in the wake of the attack. Time has helped me accept that I cannot change what happened and sometimes when I run I still feel as though I am trying to run away. People hear the word marathon and they envisage one long run but 26.2 miles is merely the end point; a finale after five months of endurance. The marathon was gruelling because it was the most physically demanding experience of my life but this was intensified by the emotional significance I had attached to the challenge. It was a chance for me to prove that despite the past, I AM in control of both mind and body, I AM a strong person and that IT IS possible to turn violence and fear into something positive. Running has given me so much and by raising money for RASASC I hope that my running will help other survivors of rape and sexual abuse."

Kimberley also asked us to pass on her gratitude to all who sponsored her – thanks which we are more than glad to echo!

RASASC's 20th anniversary year!

RASASC began in 1992 after staff at a Guildford GUM Clinic identified the need for a referral support centre for Surrey and surrounding areas. We've grown to achieve a remarkable amount since, and so we plan to celebrate our 20 years with a special event this summer – about which you'll hear more in coming months.

In association with this, we also aim to produce a **special booklet** about the thousands of survivors and their families and friends who have used our services, to give the public a better indication of the vital importance of our voluntary service and to inspire future survivors to come forward for help. **But we need your help and input for this.** Have you any experiences you could share with us? If you are a survivor whose life we've helped to turn around, or an ex-volunteer from the days when we didn't even have an office to operate from, PLEASE get in touch (either by name or anonymously). We want to compile as many memories as possible – your reminiscences, success stories, poems, self-help tips, drawings, anything you think we might be able to use. Also if anyone would like to help us put the booklet together and has any editorial or publishing expertise then do get in touch – the more help, the better!



We always value letters, postcards or Christmas cards from survivors with an update on their wellbeing, and we hope to include a selection of recent messages received in the book as well. We may not be able to use everything you send, but we'd still love to hear from you. Please send your memories and stories by e-mail to admin@rasasc-guildford.org or by post to our usual address. For simplicity we shall (unless you give us permission to use your name) publish all message extracts anonymously.

'Positive Pedal Power' Progress...



©2011 RASASC (Guildford)

Our 'Positive Pedal Power' scheme provides off-road cycling to help survivors of sexual violence regain their confidence outdoors. We organise regular sessions for women survivors to ride in safe, small groups around the Mole Valley near Leatherhead, mainly on bridle paths. It is free for those wishing to try it.

We launched the scheme in Sept 2011 with 'Awards For All' lottery funding, buying four special bikes and associated equipment. **Cathie Smith** (Chair of RASASC, pictured with the new bikes) describes it thus:

"Those who have suffered sexual violence have

confidence issues, and this is a scheme to help them by giving them a good starting point. This is really about trying to provide a safe environment and trying to get survivors outdoors, because people who have been abused often struggle with going outside. What we're really doing is aiming to empower them. There's often a lot of shame and guilt felt by those who've suffered, because they think it must have been their fault when of course it isn't their fault at all. They often suffer in silence without people realising the trauma they've experienced. Positive Pedal Power gives a comfortable, relaxing environment so they can gain back their confidence and their lives."

One survivor who joined the bike scheme immediately gave it strong praise. She said: *"This project has changed so much of my thinking. It's still a struggle sometimes but even if I feel dejected at the start I always feel exhilarated by the end. These rides are the focus I need and have helped me realise my potential, not just as a cyclist but also as a woman."* We hope more and more people will sign up to the scheme upon hearing of its therapeutic value.

Regular free cycling sessions

Open to women-only survivors of sexual violence
In small groups or on one-on-one basis
On weekends in the Mole Valley area

Immediate places available

If you are interested in taking part, e-mail our office
(please send with subject title 'PPP Scheme') or
telephone 01483-568000.

Are you aged 14-16?

Can you help us? We would like a 14–16 year old Surrey student, or group of students, to propose funding for RASASC. **MTG Youth for Charity** (sponsored by Mackrell Turner Garrett Solicitors) will donate £20,000 to charities based on the input of Surrey students. There are 5 awards available (for £10k, £5k, £3k and 2x£1k) and submissions from students need to be received this March. Students interested in proposing our charity can find out more at youthforcharity.blogspot.com/2012/01/help-charity-to-get-share-of-20-000.html

Month-by-month – our round-up of recent RASASC activities

month-by-month

Oct 2011

FAIRS FAIR! The start of the academic year is a key time for **College Health Fairs**, and would you believe we were invited to four in one week! Thank you so much to the wonderful volunteers who enabled us to do our bit at them all. On Tues 18 Oct we took our display stand to **Surrey University** Health Fair, and on the same day we also managed to do the **Merrist Wood College** Health and Wellbeing Fair. Then on Weds 19 we were at **Farnham College** and on Thurs 20 it was the turn of **Guildford College**.

We use promotional pens to engage with students initially – these have our contact details on, and are easier to hand out than a business card or leaflet which some find embarrassing to take. Plus the pens are useful, last longer and get passed around, so you never know where they are going to end up! It's VERY important to raise our profile amongst students, both for fundraising and helping survivors. We also gave out spikeys (plastic tops for capping drinks bottles on nights out), attack alarms, keyring torches and information leaflets, and the students took plenty of RASASC cards and pens too, so they will always know how to find us if we are needed.

Two special front row tickets were donated by a local firm for RASASC volunteers to see "We Will Rock You", the hit musical by Queen & Ben Elton, at London's Dominion Theatre in Tottenham Court Rd (value £120 each) for Thurs 6 Oct, received with great thanks! The lucky recipients (quickest to reply saying "Me! Me! It's a kind of magic!") had a fantastic evening, and we only wish we could thank the firm (who wish to remain anonymous) publicly...



month-by-month

Nov 2011

Guildford School of Acting's 3rd year students put on five performances of "Festen" at Surrey University from 16–19 November. It was a dramatic and thought-provoking play about a family gathering over Christmas, with underlying issues of incest and childhood rape. RASASC had helped the GSA students with advice during rehearsals after the play had been adapted into English by David Eldridge from a Danish original, and various RASASC volunteers attended each performance – including on one evening our Patron,



(l-to-r): RASASC volunteer Mary and patron Susan Penhaligan during the play interval.

actress **Susan Penhaligan**, who enjoyed an informal chat with the cast. After each curtain we gave out leaflets and spoke to some of the audience with the help of cast and crew, increasing awareness of RASASC and raising £325 towards funding our services.



© 2011 RASASC



© 2011 RASASC

Susan Penhaligan meeting the cast and then standing (right) for a full group photo.

On 29 November our recently formed **Schools Awareness Sub-Committee** met to view a video that has been developed by Cornwall RASASC for taking into schools and colleges. We are going to hold an open day in 2012 for head teachers of secondary schools and colleges in Surrey, to raise awareness of our services. We hope that this will lead to invitations for RASASC to attend the schools with our display boards or to give presentations.

month-by-month

Dec 2011

Youth and Philanthropy – In early December RASASC reached the finals of a Youth & Philanthropy Initiative Project at Guildford's **Tormead School for Girls**. Helped by our staff and volunteers, three senior girls (Hannah, Georgia and Charlotte) produced an excellent short Powerpoint presentation about RASASC and our work for survivors, which they gave with eight other group finalists at 6.30pm on Thurs 8 Dec. The publicity plus the increased awareness amongst the students, staff and parents is very valuable. They ended the evening as runners-up – a fantastic achievement despite missing the top prize of £3,000 for the winners' charity. And by good fortune someone was so impressed by the work of RASASC that, as a result of the presentation, we received an anonymous "consolation prize" donation of £1,000. We thank the girls for their commitment and passion, the school staff for organising, and the anonymous donor for such kind generosity.



There was organised chaos in the office during days leading up to the **RASASC WINTER GIFTS & TREATS FAIR** (as can be seen in the photos left and right!) with fetching, carrying, storing, creative wrapping, sign-making, baking, price-marking...but all for a good cause!

The Fair was held on Sat 10 Dec at Guildford's Guildhall and was a great success thanks to lots of visitors, generous donations and large numbers of volunteers who gave their time to help out (both beforehand and on the day). So a huge *Thank-You-SO-Much!!* to everyone involved.



Patron **Anne Milton** (Guildford's MP and our government's Public Health Minister), and **Cllr Terence Patrick**, Mayor of Guildford, both put in an appearance at the Fair, and we raised **over £1,800** – a terrific achievement. The Guildhall has already been booked again for **Sat 8 December 2012**, so please set the day aside in your diaries (and try to pencil in time to help in the weeks running up to it too...)! The Winter Fair really is great fun to visit.

Particular thanks to Sonja's mother, who again made and donated a fabulous cake to raffle – this year it was decorated on top by a "Father Christmas in bed with mince pies". This alone made over £100 in raffle sales. RASASC Vice-Chair Malcolm also deserves praise for organising the Guildhall entrance area very nicely to ensure a constant and steady flow of visitors to both downstairs and upstairs areas. All in all it was a great "team day" by all who took part.



RASASC volunteers at the cake-stand inside the Guildhall with (centre) Anne Milton MP.



RASASC's Sonja, Vivien, Malcolm and Cathie, with Guildford Mayor Terence Patrick and his wife.

**WHY NOT
GIVE YOUR
TAX REFUND
TO RASASC?**

This is called 'Self Assessment Giving' or 'SA Charity'. If you complete a Self Assessment tax return and are entitled to a tax refund, you can choose to have all or part of it sent directly to our charity. We're registered with HM Revenue & Customs (HMRC) to accept it – our unique reference code for this purpose is **UAA11NG**. It's a simple process – download form **SA 100 Charity** from the link below, complete it and send it back with your tax return. You can donate all or part of the repayment. If you don't know how much any refund might be, you can either tell HMRC to send the full amount, or tell them the maximum amount you wish to donate. And if you use Gift Aid too, it will increase the value of your gift by a further 25% at no extra cost to you. The form is available at:
<http://search2.hmrc.gov.uk/kb5/hmrc/forms/view.page?formid=3003&record=U3f41R1qFQE>

**Or GIVE YOUR
WINTER FUEL
ALLOWANCE!**

Our heating costs in the old 2011 offices were paid for by Guildford Council but now we have to find the money for gas and electricity ourselves, so any donations to help us cover these bills would be very welcome. If you don't need yours, please donate your **Winter Fuel Allowance** to RASASC.

Voluntary vacancies at RASASC

Counsellors No vacancies at present, but you may send CVs to our office and when a vacancy arises we may contact you.

Event helpers Always needed - please contact us.

Helpline volunteers Training course for next trainee intake starts Autumn 2012 (14 spaces available). Applications will be considered after Sept. 2012. For more details, e-mail admin@rasasc-guildford.org or download a Job Description and App.Form from www.rasasc-guildford.org/aboutus/hvtraining.html

Office vacancies **EBAY EXPERT VOLUNTEER** – Needed to help sell donated gifts on E-bay. A reliable, helpful, committed self-starter, with good experience of E-bay buying and selling. Able to start asap. and commit to 1-to-3 hours per week, flexible, in the office in Guildford for a year. Could sometimes work from home. Please send CV.

FACEBOOK / SOCIAL MEDIA VOLUNTEER – Needed starting asap. to help with our existing Facebook site, keeping it updated and looking good! A reliable, helpful, committed self-starter, with experience of Facebook and social media. Commitment to minimum 1 hour per week, flexible, in the office in Guildford for a year. Could sometimes work from home. Please send a CV.

LEGACY VOLUNTEER – Needed to help get a legacy scheme off the ground. Must be a reliable, helpful, committed self-starter, with good experience in this area of work. Starting asap. with commitment to minimum 4 hours per week, flexible, in the office in Guildford for a year. Could sometimes work from home. Please send a CV.

Placements No student / postgraduate counsellor placements are available.

Trustees No vacancies at present – apply at the end of 2012 if interested.

Please note: RASASC currently has no salaried vacancies.

Surrey SARC (Sexual Assault Referral Centre)



SARC open days are on the first Wednesday of every month. Tours free of charge (numbers limited) – just contact the centre to reserve your place. SARC Manager Nathalie Faint and Surrey Police SOTO officers will explain in details how the SARC functions, and it's very interesting to see how everything works. Free parking on site. Phone 0845 519 6168 or visit www.solacesarc.org.uk for contact details. Address: Solace Centre, Cobham Community Hospital, Portsmouth Rd, Cobham KT11 1HT. *Pictured (left): SARC counselling room.*

► **RASASC PROMOTIONAL & FUNDRAISING ITEMS** – Most display our contact details. Available from our office and also from our events display stands, or send your name, address and order (plus cheque payable to RASASC) to our PO Box address (as on p1).



Item	Details	@ Price	Postage
Rape alarms	Silver (has pullcord)	£ 3.00	£ 1.00
Mini torches	Red casing (LR44 battery included)	£ 3.00	£ 1.00
“Keyring” style trolley tokens	GBP coin size (logo on face, tel. on rev.)	£ 1.50	£ 0.50
Retractable ballpoint pens	Black ink, rubber grip. Case: red,blue, green,violet,orange	£ 1.00	£ 0.50
Recipe books	A5 spiral bound, 104pp, 140 recipes	£ 5.00	£ 1.00

Event dates for your diary



► **Weds 11 April – Witness Service Tour**

We have organised another Witness Service tour at Guildford Crown Court for RASASC volunteers wishing to visit the court, understand how proceedings work, and follow how the Witness Service assists survivors, vulnerable people and sexual assault witnesses. Volunteers interested in joining the tour should contact **Vivien** at the office for details.



► **Sun 22 April 2012 – Nicola runs for RASASC in London Marathon**

During 2012 **Nicola Henderson** (daughter of our patron Anne Milton MP) is attempting a **double fundraising** effort in aid of RASASC. In January she is trekking on **Mount Kilimanjaro** in Tanzania, hoping to reach the top of what is the largest dormant volcano in the world and the highest mountain in Africa – 5,895m (19,341ft) high. She’s a brave girl – its difficulties and dangers were outlined in our last newsletter.

And then in April she will run for RASASC in the **2012 London Marathon**. Through these combined efforts she hopes to raise over **£2,000** for us, so please tell all your friends to support her via online sponsorships and donations at www.mycharitypage.com/nicolahenderson

Kilimanjaro Update: Congratulations to Nicola, who sent us an e-mail on Mon 16 Jan:

"On Sunday at 9am I REACHED THE SUMMIT of Kilimanjaro! Definitely the hardest thing I've ever ever done in my life, and I expect harder than the marathon but we will see - altitude sickness hit me hard, but pushed through and the RASASC tee-shirt has now stood on the roof of Africa and the highest free standing mountain in the world!"

Her fantastic “cover picture” arrived a fortnight later, and Nicola returns to the UK in mid-February. A full interview article is likely to appear in the *Surrey Advertiser* soon afterwards. We’ll let you know as soon as we hear more.

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

Published by Rape & Sexual Abuse Support Centre (RASASC), Guildford.

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