

Rape and Abuse Support



**supporting women in the
North East**

**Annual Report
2005-2006**

Rape and Abuse have been providing a free and confidential service for female survivors of rape, sexual assault and child sexual abuse since 1993. We provide both crisis support and longer term emotional and practical support.

We aim to raise awareness of the issues surrounding sexual violence and its effects on female survivors.

**We listen to and support women
of every age,
race,
sexual orientation,
religious and
cultural background**

Staff 2005-2006

Support Workers

**Cassandra
Frances
Jan
Paula
Susan**

**Cilla
Hilary
Lynne
Phillipa
Wendy**

Trainee Support Workers

**Angela
Fejer
Kate
Maxine
Samantha
Shirley
Susmitha**

**Brenda
Jen
Manorama
Moyra
Sarah
Susan**

Staff

**Sonia Ross
Bridget Stone
Susan Sharp
Angela Campbell**

**Training & Education Worker
Development Worker
Administration Worker
Support Worker (January- March 2006)**

Our Aims

- **To provide** free and confidential support and information to women and girls in the North East of Scotland who have experienced sexual violence
- **To provide** support and information to family, friends and professionals who support survivors.
- **To train** unpaid staff able to meet the needs of the women who contact us by the provision of health and legal information, emotional and practical support.
- **To campaign** to raise awareness of the effects of gender-based violence.
- **To provide** training to external agencies on issues relating to sexual violence.
- **To work** in partnership with other agencies to improve the quality, quantity and variety of support available to women and to increase accessibility of our services for women who come from traditionally 'hard to reach' groups.
- **To monitor** and evaluate our services.
- **To raise** such monies through grant applications and fund-raising activities to enable the above aims to be fulfilled



RAS Support Services

In 2005/6 we increased our helpline opening hours from 4 hours to 34 hours a week.

Helpline 01224 620772

Monday & Thursday 7- 9pm

And Monday to Friday 10am – 4pm*

In the year from April 2005 to March 2006 we received 1201 calls to the helpline for support and information. During this period we worked with 107 new clients: 73% were Aberdeen City residents and 27% of whom were from Aberdeenshire.

Support sessions

We provide one to one support sessions and phone support sessions to survivors.

In the year from April 2005– March 2006 we delivered 389 support sessions.

Other Support Services

We continue to support survivors by letter and email.

We provide practical support by accompanying clients to the police, court and assisting with other needs that they may have.

We also provide support and information to family and friends and other professionals.

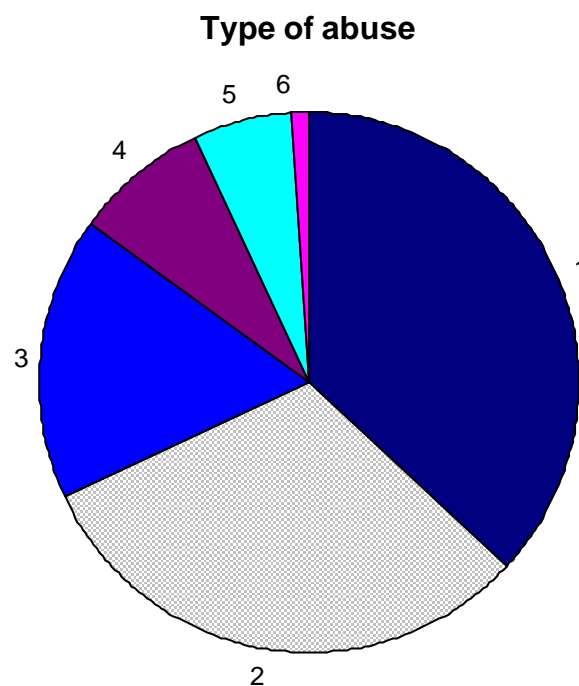
We treat all clients with respect and listen to them; believe and support them in making decisions in their lives.

*An answer machine is available out with these hours and at busy times and we will discreetly return your call.

We respect the courage and strength it takes for survivors to speak out, whether talking about a recent assault or events that happened a long time ago, for example in childhood.

Who do we support?

We support women, young women and girls who are survivors of rape and sexual abuse:



1. 37% Adult survivor of child sexual abuse
2. 31% Recent adult rape
3. 17% Past adult rape
4. 8% Adult survivor child sexual abuse & adult rape
5. 6% Adult survivor child sexual abuse & domestic abuse
6. 1% Under 16 rape

INNOCENCE LOST

I should have been so safe with you
Instead you broke my trust
You stole away my innocence
To satisfy your lust

I was all of 10 years old
But my body you did use
WHY DID YOU HAVE TO DO IT?
I didn't ask to be abused

I was of no importance
You didn't give a shit
You only cared about yourself
And getting away with it

I hope it all was worth it
Your evil, sordid game
You left me with a legacy
Of fear and hurt and shame

It's nearly 30 years now
But I have made a choice
I'm talking about what you did to me
For I've now found my voice

Progress from April 2005 to March 2006

Development of Support Services

- We have changed the name of our organisation so it is now a positive statement of our services.
- We have maintained our increased helpline opening times of 34 hours a week
- We found suitable affordable new premises in the city centre and moved in October without having a break in services.
- We have a new phone session support service for survivors in rural areas.
- We have promoted our new dedicated email support service for survivors as an alternate way to contact us.
- We have developed new information sheets for service users and agency workers.
- We have produced new leaflets on self harm, drug assisted rape and on volunteering with us.
- We have reviewed our provision of support and supervision to our staff and set up a new system of internal and external supervision.
- Further development of our library of resources.

Publicity and Promotion

- We have produced and distributed new Centre leaflets and helpline cards
- We have launched our new website www.rapeabusesupport.org.uk
- We have raised our profile and awareness of our services in Aberdeen and Aberdeenshire by sending packs of our helpline posters and cards to all voluntary sector agencies, Community Centres, Libraries and Medical Practices.
- We organised a bus advertising campaign to run in Aberdeen and Aberdeenshire in October and November 2005 and May and June 2006.
- We had a display in Aberdeen Royal Infirmary Community corner over Christmas and New Year.
- We monitor how service users find out about our services and are piloting alternative promotional ideas e.g. we distributed pens with our helpline details on them to students at the University and colleges Fresher Fayres.

On-going Training

- Legal issues around rape and sexual assault
- Grampian Racial Equality Council have delivered Diversity training to all staff
- Our Training & Education Worker has delivered training sessions to all staff in Group communications and support systems.
- Harm in Prostitution from the Womens Support Project.
- Teambuilding

Staff members have also received training in:

- Health & Safety
- Scottish media training
- Brief Psychotherapy strategies
- Lobbying MSP's
- 'A stronger voice' training from Inverness WEA.
- Training from GUM sexual health clinic
- Communication tactics with deaf people
- Suicide awareness with the Counselling forum
- Assist (applied suicide intervention training)
- SCVO Monitoring & evaluation
- First Aid
- Sage Accounts & payroll
- IT

Awareness Raising by RAS

We have developed a new training package in self harm and have provided training to raise awareness of gender based violence to a variety of groups and agencies including:

- Stopover
- Amethyst at Albyn House
- Local Amnesty International Group
- Seaton Youth project
- Aberdeen University gendering violence course

Rape and Abuse Support is a member of the Scottish Rape Crisis Network and we have participated in the Review of Rape Crisis provision in Scotland.

We have reviewed our system of governance and in March 2006 we became a **Company Limited by Guarantee** with a Board of Directors.

Multi - Agency Working

Rape and Abuse Support works within a number of multi-agency initiatives to raise awareness of gender based violence and to promote multi-agency responses:

- Aberdeen Domestic Abuse Partnership
- Aberdeenshire Domestic Abuse Multi-Agency partnership
- SARC multi-agency initiative
- Sex Industry Forum
- Ethnic Minority Forum
- Aberdeen Womens Alliance
- Multi-agency planning group for the 16 days of Action for International Day Against Violence Against Women.

We also have links with Phace Scotland (service for male survivors of sexual assault).

We are developing partnership working with Aberdeen Drugs Action, Aberdeen Cyrenians and the Domestic Abuse Project.

Participation in Events:

- Aberdeen Volunteer Fiesta
- Multi-Ethnic Aberdeen, Mind Your Language Debate.
- Volunteering & The Ethnic Community seminar
- Equality Network Conference
- Gay Pride in Aberdeen.
- City Assembly Debate
- 16days of Action Against Violence Against Women.

For the 16 Days of Action Against Violence Against Women we had a stall in Trinity Shopping Centre using large versions of the Truth about Rape's campaign postcards.



New Services for 2006/2007

Drop-in

Women using our services have asked for a safe space to come together to meet with other survivors to exchange experiences and support each other. Therefore in 2006 we plan to provide a drop-in every Friday morning in the Centre.

Group work

Personal Safety & Self Defence

From January we will also be offering sessions in personal development, personal safety and self defence.

Surgery at the G.U.M. Clinic

Our Support staff are now available for appointments every Monday afternoon at the clinic.

Local Support Services

We are now able to provide a local support service in Fraserburgh, Peterhead, Inverurie and Stonehaven.

We would like to thank Victim Support and the Family Centre in Fraserburgh for letting us use their rooms.

Website

This year we launched our new website

www.rapeabusesupport.org.uk

It contains lots of information on sexual violence and healing and provides an additional gateway to our support services.



Volunteers

We value the contribution that volunteers give in relation to the support work and their commitment to the management of the organisation.

Our volunteers come from all walks of life and we actively recruit from the communities we seek to serve. We recognise the skills that women have developed through their life experiences and are always looking for new volunteers who are willing to learn new skills, are reliable and show commitment to the ethos of the organisation.

New Volunteer training

Our current volunteer training programme started in November 2005 with 16 women beginning the course. 13 of these women have completed their initial training and have progressed to become trainee support workers. Initial training is 40 hours over 13 sessions and covers a range of issues relating to the work of the organisation including telephone support, child sexual abuse, rape trauma syndrome, self harm and legal issues.

We are recruiting now for new volunteers to begin their training in September 2006.

We were saddened this year by the death of one of our volunteers. **Elizabeth Friend** was a valued member of the team and is greatly missed by us all.

In October 2005 we moved to bigger, more suitable premises at 46 A Union Street, Aberdeen.



We now have two support rooms, space to accommodate group work, an office, kitchen, bathroom and a resource library.

Violence Against Women Service Development Fund VAWSDF

In 2004 we received monies from the VAWSDF to employ a support worker to improve the quality, variety and accessibility of our support services for female survivors. To continue this post we applied for funds from the Scottish Executive Violence Against Women Fund.

Violence Against Women Funding 2006/8

In March 2006 we learned that our bid to this fund has been successful.

Rape And Abuse Support will continue working with the groups we have previously identified as hard to reach* to break down barriers for women accessing our services.

In addition this funding will be used to employ a Support worker to deliver Outreach services of awareness-raising, support & information and Group work with women who wouldn't normally access our services.

The focus of this work in 2006-2008 will be with three groups of women who are traditionally hard to reach

- 1. Women in Prostitution.**
- 2. Women who have experienced Domestic Abuse.**
- 3. Homeless women.**

We will be consulting with agencies who are already working in other areas with the groups of women we are trying to reach to determine the best approaches and to develop partnership working. In particular Drugs Action, Aberdeen Cyrenians and the Domestic Abuse Project.

Income and Expenditure Account

For the year ending 31st March 2006

Income

Scottish Executive Rape Crisis Specific Fund	£95,000
Scottish Executive VAWSDF	£38,797
Aberdeen City Council	£3,000
Aberdeenshire Council	£3,000
Donations	£371
Interest received	£2,278
Total	£142,446

Expenditure

Rent and insurance	£7,650
Salary costs	£88,047
Heat and light	£662
Office equipment/moving costs	£6,239
Telephone	£1,065
Postage, stationery, printing & advertising	£14,938
Training	£6,321
Travelling expenses	£2,422
Childcare	£495
Repairs & renewals	£6,499
General expenses/sundry	£1,506
Formation costs of Co Ltd Guarantee	£155
Accountancy, Legal & professional fees	£1,165
Supervision	£961
Total	£138,213

Our thanks goes to everyone who has supported us in the last year.

Rape and Abuse Support
46A Union Street, Aberdeen. AB10 1BD
www.rapeabusesupport.org.uk
01224 639347

Helpline 01224 620772



member of the

Scottish Rape
Crisis Network

Scottish Charity SC 019087