

ANNUAL REPORT

2006-2007



edinburgh women's rape
and sexual abuse centre
support, advice and advocacy for women and girls

Foreword Gillian Foy, Chair of Board of Directors

The past year has been a very busy one for EWRASAC. We have increased our provision of helpline, long-term and group support and developed a new range of information materials for women and girls who have experienced sexual violence. We have also responded to a significant increase in requests for training from agencies and organisations within the wider community, as well as strengthening the capacity of our volunteer support worker team through the recruitment and training of eight new volunteers.

Funding remains a constant challenge for EWRASAC. We are very pleased to have received the continued support of the City of Edinburgh Council, Scottish Executive, Lloyds TSB Foundation for Scotland and the Robertson Trust. In addition, we are delighted to report the expansion of our support service through grants awarded by the Big Lottery Fund and LankellyChase Foundation.

Much, therefore, has been achieved in the past year; however, there is much work still to be done. Statistics show that despite an increase in helpline provision, a third of callers to our helpline still encounter an engaged tone, while the demand for our long-term support service continues to increase. The coming year will see EWRASAC mark its 30th anniversary and a key priority for the organisation will be to continue to develop our support and information services to better meet the longer-term support needs of women survivors in Edinburgh and the Lothians. This work will be supported by our recent grant from the Big Lottery, enabling us to recruit a second full-time support worker.

As always, I would like to thank EWRASAC's paid staff and volunteers for their outstanding commitment to delivering high quality services for women and girls and their supporters. I would also like to pay tribute to the hard work and dedication of EWRASAC's dynamic and highly skilled Board of Directors.

On a final note, I would particularly like to acknowledge the women and girl survivors and their supporters who have used our service. Your strength and courage remains an inspiration to us all.

'Our vision is an end to all violence against women and a society in which women have equality, freedom and choice to lead the lives they want to lead.'

Edinburgh Women's Rape and Sexual Abuse Centre, Vision Statement

About EWRASAC

Established in 1978, Edinburgh Women's Rape and Sexual Abuse Centre (EWRASAC), previously known as Edinburgh Rape Crisis Centre, provides a unique support service for women, young women and girls aged 12 years and over, who have experienced any form of sexual violence at any times in their lives (including rape, sexual assault, childhood sexual abuse and ritual abuse).

EWRASAC also provides support, information and advice for the partners, families and friends of women and girls who have survived sexual violence and specialist training and consultancy for agencies and organisations that support and work with survivors.

We continue to be the only service of our kind in Central East and South East Scotland.

EWRASAC Team

Paid Staff Team

Caroline Burrell	Centre Coordinator
Anna Carr	Information Development Worker
Gregor Craig	Cleaner
Rebecca Heller	Support Worker (Job-Share)
Sarah MacDonald	Training Development Worker
Leigh Matthews	Administrator
Laura Mitchell	Support Worker (Job-Share)
Frances Scott-Brien	Support Service Coordinator

Accountancy

Nada Hudson	Accountant
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Volunteer Support Workers

Anne, Claire, Ellie, Georgia, Gillian, Gillian, Kirstie, Lindsay, Naomei, Rose, Susan, Susi and Suze

Volunteer Data Entry Worker

Helen

Board of Directors

Morag Borowski	Director
Sarah Gilzean	Director
Gill Cottrell	Director
Veronica Ferguson	Director
Gillian Foy	Chair/Director
Rose Turnbull	Director

Former staff members and volunteers

EWRASAC would also like to thank all former staff members and volunteers from 2006-7.

Support for women and girl survivors of sexual violence

- 1,586 telephone contacts were made by women and girl survivors in 2006-7
- 618 hours of helpline support were delivered; an increase of nearly 20% on 2005-6
- 235 face-to-face support sessions were offered to women
- 20 women were offered long term support
- 51 women were supported by e-mail
- 14 women accessed group support
- 37 women are currently waiting for long-term support
- All women waiting to access long-term support were offered a monthly follow up support call

Helpline support

During 2006-7, our helpline service was open for an average of 5 days per week for a minimum of 2 hours each day. On average 12 hours of phone support were delivered each week. To maximise availability and accessibility, a combination of morning, afternoon and evening helplines were provided. A total of 1,586 contacts were made by women and girl survivors with our helpline during this period.

Helpline cover during Christmas and New Year

EWRASAC's aim remains to provide a helpline service for each day of the year and we were particularly pleased this year to have been able to offer a comprehensive helpline service over the festive period. We provided 34 hours of helpline support over the Christmas and New Year holiday period, with at least one helpline being delivered on 11 out of 14 days.

Individual face-to-face support

We offered 235 face-to-face support sessions to women survivors in 2006-7. 124 were single session appointments and 111 were for women accessing long term support sessions. A total of 20 women were offered long-term support in this period. This represents a significant increase on the number of women offered long-term support in 2005-6. However, at the end of 2006-7, 37 women were still waiting to access long-term support. A key priority for EWRASAC in the coming year, then, is the need to increase our provision of long-term support to better meet the needs of women survivors accessing our service. To address this need, we have successfully fundraised during this period to create an additional full-time Support Worker post, with a specific remit to deliver long-term support.

Group support

EWRASAC's support groups are facilitated for women who have expressed a preference for working alongside other survivors rather than in a one to one support situation. Two ten-week support groups were facilitated in 2006-7 with 14 women accessing support.

Partnership working with Scot-pep

During 2006-2007, we met with Scot-Pep to explore the feasibility of a programme of partnership working. The aim of this joint work is to raise the profile and accessibility of EWRASAC's services to women working in prostitution and to support Scot-Pep in their work to counter increasing levels of violence perpetrated against street workers.

Some feedback from women who have accessed group support at EWRASAC

'I was able to speak, able to talk, able to help other women who are the strongest women I know, able to be heard, able to have support which gave me great comfort and strength.'

'This being my first attempt at dealing with my abuse, I felt quite strong within the group and the understanding from others was really helpful.'

'I have a better understanding of myself, I accept my feelings towards myself more- which weren't good. I have made good friends and I am glad to have been a part of the group.'

Volunteering with EWRASAC

Our volunteer support workers form an integral and highly valued part of our support team. All volunteer support workers complete a comprehensive, 60 hour training programme, following which they undertake an individually tailored induction. We also provide all volunteers with individual support and supervision, fortnightly peer support and ongoing training.

If you are interested in applying to become a volunteer support worker with EWRASAC or if you would like to support the work of EWRASAC by becoming a member, please contact us on 0131 557 6737 for an application form.

Training Development at EWRASAC

The training delivered by EWRASAC, both internally and externally, has developed significantly over the past year, and we have seen a considerable increase in training requests from external agencies and organisations in this time.

External Training

This year EWRASAC launched its multi-agency training programme, which comprises 3 training days, including Awareness Raising, Impact of Sexual Violence and Ritual Abuse. We hosted and delivered 4 multi-agency training events, each attended by an average of 11 participants from a total of 30 different agencies.

We also continued to receive a significant number of agency requests for tailored or specialised trainings. We worked with Lothian and Borders Police to develop a new training input into its Sexual Offences Training Course for officers investigating rape and sexual offences. We also continued to deliver specialist training to midwives in Edinburgh and the Lothians and were delighted to be commissioned by Lothian Violence Against Women Consortium to deliver specialist trainings on behalf of the Consortium. A total of 18 tailored or specialist trainings were delivered by EWRASAC on request to a total of 11 agencies.

Some of the agencies we delivered training to in 2006-7:

- Lothian and Borders Police
- Crown Office and Procurator Fiscal Service
- Lothian Violence Against Women Training Consortium
- Scottish Women's Aid
- NHS Lothian midwives
- Scottish Women's Aid Network

Internal training

Training of Volunteer Support Workers

EWRASAC continues to deliver high quality training to volunteer support workers, to ensure that they have the skills, confidence and competence to deliver support to women and girls who have survived sexual violence. 11 new volunteer support workers were trained in this period, with 8 volunteers completing the 60 hour training and progressing onto an individually tailored induction. Additional specialist external training for all volunteer support workers was commissioned by EWRASAC on Child Protection.

On-going internal training

During this period we developed a training needs questionnaire which we asked all EWRASAC team members to complete. Feedback from the questionnaires will inform the development of an internal training programme for existing staff members and volunteers. This training programme will deliver the additional knowledge and information required by support workers and EWRASAC's team to respond effectively to the diverse and complex needs of survivors and a changing legal landscape.

Information Services

Information distributed to agencies and organisations

In 2006-2007, 1,981 leaflets and information packs were requested by women survivors, partners, family members and friends and agencies.

Over the past year, we have continued to develop our information service for female survivors of sexual violence, their friends, family members and partners and the agencies that support them. We have extended our range of specialist information leaflets to include:

- Information booklet about rape and sexual assault, including recent rape and sexual assault
- Information leaflet for female survivors of childhood sexual abuse
- Information leaflet on flashbacks
- Information leaflet on self-harm
- Updated information leaflets on group and long-term support offered by EWRASAC
- Updated information booklet for women survivors on reporting to the police and legal proceedings

We produced fact sheets about rape and sexual assault for inclusion on partner websites. We also enhanced our webpage on Rape Crisis Scotland's website to include options to view and download all our information leaflets and materials (www.rapecrisisscotland.org.uk). Copies of our leaflets can also be requested by contacting us on 0131 557 6737.

Multi Agency Working

EWRSAC values the opportunity to work jointly with a wide range of organisations and services. This continues to be done via direct partnership working and also through representation at working groups, forums, seminars, workshops and conferences.

EWRSAC is regularly represented on the following groups:

- Edinburgh Violence Against Women Partnership
- North Edinburgh Violence Against Women Cluster Group
- Edinburgh Violence Against Women Practitioners Forum
- Scottish Parliament Cross Party Group on Men's Violence Against Women and Children
- Lothian Sexual Abuse Reference Group
- Lothian Violence Against Women Training Consortium
- Rape Crisis Scotland
- Edinburgh Volunteer Organisers Forum

Finances 2006-7

2006-7

Income 2006-7

	£
City of Edinburgh Council Corporate Services	3,000
City of Edinburgh Council Health and Social Care	39,661
Lloyds TSB	10,000
Scottish Executive Violence Against Women	12,873
The Roberston Trust	10,000
Scottish Executive Rape Crisis Specific Fund	50,000
Rape Crisis Scotland	1,000
Self-generated income	9,597
Donations	4,207
Investment income	3,069

Total income

143,407

Expenditure

	£
Salaries/ pensions	139,879
Service user/ support costs	12,485
Administration and management	10,939
Premises	41,732

Total expenditure

£205,035

Acknowledgements

EWRASAC would like to thank the many individuals and organisations who supported the organisation during the past year, some of whom include:

Ali Paterson; Andy Dundas; Anne Mitchell; Ashley Butler; Big Lottery Fund; City of Edinburgh Council Health and Social Care and Corporate Services; Colleen Pinkman; Creative Link; Crown Office and Procurator Fiscal Service; Dave Smith; Edinburgh Violence Against Women Partnership; Eileen Maitland; Gillespie MacAndrew; Gowrie Care; Graham Ewing; Gregor Clark and Co; Hazel Smith; Helen Morgan; Jean Cuthbert; Julie Scobbie; June Strachan; Katharine Jackson; LankellyChase Foundation; Lily Greenan; DCI Linda Little; Lloyds TSB Foundation for Scotland; Lothian Violence Against Women Training Consortium; Lothian and Borders Police; Marcus Hammond; MMS Secretarial Solutions; Nada Hudson; Nasra Bibi; Nel Whiting; NHS Lothian Midwives; Paul Cooper; Penumbra; Rape Crisis Scotland and its member centres; Robertson Trust; Rosemarie McNee; Roushan Martens; Sandie Kemp; Sandy Brindley; Scottish Government; Shona Barrie; Steve Kent; Scot-pep; Scottish Women's Aid; Scottish Women's Aid Network; Suzanne Muir; The Truth About Rape Campaign; Women's Support Project; Women Supporting Women.

Contacting EWRASAC

Support

Helpline: 0131 556 9437

Email: support@ewrasac.org.uk

Fax: 0131 558 1612

Letter: PO Box 120, Brunswick Road,
Edinburgh, EH7 5WX

Minicom: 0131 557 6757

Business and administration

Telephone: 0131 557 6737

Email: info@ewrasac.org.uk

Fax: 0131 558 1612

Post: PO Box 120, Brunswick Road



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Supported by
The National Lottery[®]
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