

ANNUAL REPORT

2007-2008



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

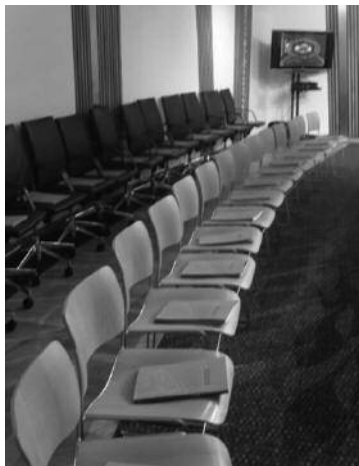
Foreword Gillian Foy, Chair of Board of Directors

2008 saw EWRASAC celebrate 30 years of providing rape crisis services for women and girls in Edinburgh. We marked this anniversary with a celebratory evening at the Scottish Parliament on 27 November 2008, attended by over 80 guests. Speakers included women survivors, Stewart Maxwell MSP, Minister for Communities and Sport, Marlyn Glenn MSP, Aileen Christianson, a founding member of Edinburgh Rape Crisis Centre, Sandy Brindley from Rape Crisis Scotland, and representatives from EWRASAC. A focal point of the evening was our *Wall of Healing*, which featured artwork and literature from survivors who have used our support service, outlining their own experiences and messages of support and hope for other survivors, as well as historical archive material from the last 30 years of EWRASAC. It was a wonderful evening and ended with not one, but two delicious birthday cakes made by one of our volunteers, Gillian McTavish.

The past 30 years have seen many changes for EWRASAC. Formerly known as Edinburgh Rape Crisis Centre, we originally opened on 1 July 1978 and were run by a collective of dedicated women who managed the service entirely on an unpaid basis. The Centre's first paid worker was appointed in 1992. In 2001 the name was changed to Edinburgh Women's Rape and Sexual Abuse Centre (EWRASAC) and in 2005 EWRASAC changed from being a collective to a management structure, with a Centre Coordinator and Board of Directors.



Over the past few years, we have expanded our paid staff team to 9 staff posts and in 2007-8 were delighted to appoint 3 new staff posts: a second full-time Support Worker, Assistant Centre Coordinator and Outreach Development Worker. We were also very pleased to launch a new support service for women survivors in East Lothian – the East Lothian Sexual Abuse Service – and in addition have begun to develop a crisis and advocacy support service for women and girls in Edinburgh who have recently been raped and/or assaulted. We are also very proud to have extended all our services to be fully inclusive of transgender survivors.



Much, therefore, has been achieved in the past 30 years; however, there is much work still to be done. Rape, sexual assault and childhood sexual abuse remain a serious and significant social problem. The current conviction rate in Scotland for rape has fallen to 2.9%, one of the lowest conviction rates in Western Europe. Research conducted by Amnesty International in 2005 demonstrates that nearly a third of the general public still believe women are either partially or fully to blame for an attack if they have been drinking alcohol, wearing 'revealing' clothing or behaving 'flirtatiously'. Recent research additionally shows that 7 out of 10 women giving evidence in rape trials in Scotland will be asked about their sexual history or character.

Funding also remains a constant challenge for EWRASAC. We are however delighted over the past year to have received the continued support of the City of Edinburgh Council, Scottish Government, Lloyds TSB Foundation for Scotland and The Robertson Trust, and to have received new funding awards from the Scottish Government's

Sexual Abuse Service Development Fund, Big Lottery Fund and Scottish Community Foundation's Women's Fund for Scotland.

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 like particularly like to acknowledge the women survivors and their supporters who have used our service. Your strength and courage remain 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 and advocacy service for women, girls and transgender people 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 survivors of sexual violence and specialist training and consultancy for agencies and organisations which support and work with survivors.

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

EWRASAC Team

Paid Staff Team

Caroline Burrell	Centre Coordinator
Anne Byrne	East Lothian Sexual Abuse Service Outreach Development Worker (joined August 2008)
Anna Carr	Information Development Worker
Gregor Craig	Cleaner
Donna Fitzpatrick	Assistant Centre Coordinator (joined June 2008)
Rebecca Heller	Support Worker (Job-Share)
Caroline Hunter	Training Development Worker (joined July 2008)
Lindsay Irvine	Support Worker (joined March 2008)
Sarah MacDonald	Training Development Worker (left May 2008)
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

Anna, Claire, Deisy, Ellie (left 2008), Georgia, Gillian, Gillian (left 2008), Kirstie, Lara, Laura, Lindsay, Lorna, Mary, Melissa, Miku, Naomei, Rose, Rosie, Roushan, Shanana, Susan (left 2008), Susi, Suze (left 2008), Yvonne.

Volunteer Data Entry Worker

Helen (left 2008)

Board of Directors

Morag Borowski	Director
Gill Cottrell	Director (stepped down April 2008)
Veronica Ferguson	Director
Gillian Foy	Chair/Director
Sarah Gilzean	Director
Ali Paterson	Director (joined April 2008)
Rose Turnbull	Director

Support for women and girl survivors of sexual violence

"I speak not only for myself but for a group of brave women who have shared the stories of their abused past with me...I realized I was not alone.

I feel better about myself now. I was not to blame for what happened to me. The counselling I have received has helped me to become more confident, someone with dignity, better self esteem, a better mother and wife. Almost a whole person, not the shell that I was for many years."

Karen

Helpline support

EWRASAC's telephone helpline continues to remain a key access point to the service for women and girls who have been raped, sexually assaulted and/or sexually abused in childhood. Calls to the helpline are also made from the partners, family members and friends of survivors and by agencies, to find out more about the impact and effects of sexual violence and how they can best support survivors who have disclosed to them.

EWRASAC is pleased to report that in 2007-8, 776 hours of telephone helpline support were provided. On average 15 hours of telephone support were delivered each week, across an average of six days per week, including one weekend day, for a minimum of two hours each day. Calls to our helpline during this period from survivors, their supporters and agencies totalled 2,982.

EWRASAC was also delighted to welcome the launch of Rape Crisis Scotland's National Rape Crisis Helpline in October 2007. This national helpline is open from 6pm to 12pm every night of the week across the year and is a vital avenue of support for survivors of sexual violence across Scotland.

Face to face support

We offered 441 face-to-face support sessions to women survivors in 2006-7. 156 were single session appointments and 285 were for women accessing long term support, representing over a 100% increase on the 111 long-term sessions offered in 2006-7. In 2007-8, 53 women were offered long-term support, again more than a 100% increase on the 20 women offered long-term in 2006-7. We also extended long-term support from 12 weekly sessions to include an additional 9 fortnightly or monthly sessions during this period.

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.



Sandy



Paula

Partnership working with Scot-pep

EWRASAC was privileged in 2007-8 to work jointly with Scot-pep to raise awareness of our support services for women survivors working in prostitution, and to contribute to Scot-pep's work to counter increasing levels of violence perpetrated against women in prostitution. This work involved a core team of EWRASAC support workers accompanying Scot-pep workers each month on an evening outreach shift.

Complementary therapies

We were also delighted during this period to launch a free complementary therapies service for women survivors, who can access a range of therapies, including Indian head massage, Bach Flower remedies, Reiki, Emotional Freedom Technique and massage.

Crisis and advocacy support

In addition, in 2008 EWRASAC began developing a new crisis response and advocacy support service for women in Edinburgh who have been recently raped and/or sexual assaulted. This service aims to offer immediate support following an assault, including support to access medical care and STI screening, report to the police, if the woman wishes to report, safety-planning and liaison with key legal and support agencies.

East Lothian Sexual Abuse Service

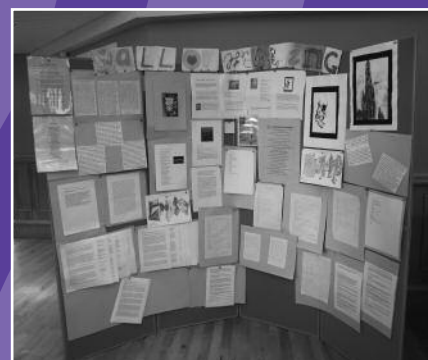
EWRASAC is very proud to have launched its first community outreach service in East Lothian in 2008, the East Lothian Sexual Abuse Service. This is currently based one day per week in Musselburgh and one day in Haddington. The service is staffed by an Outreach Development Worker and managed by EWRASAC.

"You took my childhood away from me. You sexually abused me for 7 years. I grew up trusting no-one, blaming myself for what you did to me. The pain inside me has been hell! And for years I hid this terrible pain inside me, you mucked my head into the way I am even now. At times I tried to kill myself but that didn't work, only to wake up to torture, locked up again, will it ever end? But this won't go on forever ...I still have nightmares, lock myself away and get so down... but let me tell you something, I will be free!... I have a lot of friends now in my life who do love and care for me so all I am saying is time will heal me, and I say I will be free! I won't be that little girl anymore! NO WAY! NOT EVER

Anon

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

External Training

The demand for EWRASAC's training continued to be significant in 2007-8. During this period we delivered a total of 20 training events, comprising 14 training sessions to a broad range of external agencies and 6 multi-agency sessions hosted by EWRASAC. A good number of training events were generated via direct agency requests based on word-of-mouth recommendation. This has led to EWRASAC being requested to deliver training events in Glasgow, the Borders and Inverness.

In 2007-8, we:

- Delivered 2 training events for Scottish Women's Aid national training programme
- Delivered 4 training inputs for Lothian and Borders Police into the force's specialist Sexual Offences Training Course

- Delivered a 2-day training course for midwives at Edinburgh New Royal Infirmary
- Were commissioned by Lothian Violence Against Women Training Consortium to deliver 4 specialist multi-agency training events to agencies in West and East Lothian
- Delivered a workshop at the Scottish Prison Service's National Facilitators Conference to support the inclusion of victim empathy into rehabilitative work with sex offenders.

Internal training

During this period, we also supported 8 trainee volunteer support workers to successfully complete their induction into support work, increasing our team of volunteer support workers from 6 at March 2007 to 14 volunteers at March 2008.

During 2007-8, the following internal skills-development trainings were offered to the EWRASAC support worker team:

- Supporting black and minority ethnic women who have experienced/ are experiencing male violence
- Using creative therapies to support girls and young women aged 12 to 16
- Supporting deaf women and women with hearing impairments through using a Minicom and Typetalk services.

"In the past I have had to put up with being in care, being abused, having a kid, being raped, homeless, losing my family, losing my son all in the space of a year. Then I was put in a hostel. I went to a place called the Edinburgh Women's Rape and Sexual Abuse Centre where I met a nice worker and I got to talk about what I wanted to. I didn't have to go into the details of what happened to me and she didn't make me so my trust for her has grown. I am just trying to get back on my feet now...Happy 30th EWRASAC and good luck for all the years to come!"

Louise

Information Services

Information distributed to agencies and organisations

In 2007-8, 3,287 leaflets and information packs were requested by 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:

- Booklet on rape and sexual assault
- Booklet on recent rape and sexual assault
- Information pack for agencies containing information on different forms of sexual violence and their impact and effects on survivors
- Reporting to the police and information about the legal process (updated version)
- Information leaflet on group support at EWRASAC
- Updated information leaflet on accessing long-term support at EWRASAC
- Information leaflet on panic attacks
- Information leaflet on flashbacks

We are currently working on a comprehensive new website, which we are aiming to launch in April 2009.

Multi Agency Working

EWASAC values the opportunity to work jointly with a wide range of organisations and services, and is regularly represented on the following groups:

- Edinburgh Violence Against Women Partnership
- East Lothian Violence Against Women Forum
- North Edinburgh and City Centre Violence Against Women Cluster Groups
- Scottish Parliament Cross Party Group on Men's Violence Against Women and Children
- Lothian Violence Against Women Training Consortium
- Rape Crisis Scotland

Finances 2007-8

Income 2007-8

	£
Big Lottery Fund	38,350
City of Edinburgh Council Corporate Services	3,000
City of Edinburgh Council Health and Social Care	39,661
LankellyChase Foundation	15,000
Lloyds TSB Foundation for Scotland	10,000
Scottish Government Violence Against Women Fund	50,000
The Roberston Trust	8,000
Scottish Government Rape Crisis Specific Fund	50,000
Scottish Government Sexual Abuse Service Development Fund	37,004
Scottish Community Foundation Women's Fund for Scotland	3,220
Rape Crisis Scotland	5,000
Self-generated income	3,385
Donations	4,359
Investment income	2,931

Total income

£269,910

Expenditure

	£
Salaries/pensions	148,221
Service user/support costs	23,627
Administration and management	11,829
Premises	36,607
Fundraising	3,150

Total expenditure

£223,434

Acknowledgements

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

Aileen Christianson; Andy Dundas; Big Lottery Fund; City of Edinburgh Council Health and Social Care Department; Creative Link; Dave Smith; Edinburgh Violence Against Women Partnership; Eileen Maitland; Gregor Clark and Co; Hazel Smith; Helen Morgan; Jean Cuthbert; Joette Thomas; John Boyce; Julie Scobbie; Karen Cassidy; LankellyChase Foundation; Lesley Johnston; Lothian and Borders Police; Lily Greenan; Lloyds TSB Foundation for Scotland; Lothian Violence Against Women Training Consortium; Marcus Hammond; MMS Secretarial Solutions; Nada Hudson; Nasra Bibi; Nel Whiting; NHS Lothian Midwives; Paul Cooper; Rebecca Mitchell; Rape Crisis Scotland and its member centres; Robertson Trust; Roushan Martens; Sandie Kemp; Sandy Brindley; SASSIE (Sexual Abuse Survivors Support in Edinburgh); Scottish Community Foundation; Scottish Government; Scottish Parliament; Steve Kent; Scot-pep; Scottish Women's Aid; Tina Bryson; Women's Support Project.

Contacting EWRASAC

Support

Helpline: 0131 556 9437

Minicom: 0131 557 6757

Email: support@ewrasac.org.uk

Fax: 0131 558 1612

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

Business and administration

Telephone: 0131 557 6737

Email: info@ewrasac.org.uk

Fax: 0131 558 1612

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



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