

supporting our work giftaid it

We are a registered charity and fundraise every year to continue providing our services. If you would like to make a donation, you can contact us to discuss this further or send a cheque payable to Edinburgh Women's Rape and Sexual Abuse Centre. Our address is on the front of this leaflet.

You can also make your donation go further by using Gift Aid, which means that for every pound you give, the Inland Revenue gives an extra 28 pence (at no extra cost to you).

For your donation to go further, please complete this form and send it back to us.

I hereby declare that I want this donation to EWRASAC to be treated as Gift Aid.

Name _____

Address _____

Postcode _____

Please note: You must have paid an amount of UK income tax or capital gains tax equal to the amount we claim in the tax year.

Signature _____

Date _____

you can also support our work by:

- believing a woman or girl who tells you she's been assaulted
- supporting her to make her own choices about what she wants to do
- challenging abusive behaviour or views which promote violence

further information

We have a range of free information leaflets and packs for survivors, their supporters and agencies. Please call us on **0131 556 9437** to request copies and we will send them out to you in an unmarked envelope.

Information leaflets and packs available:

- Information and support pack
- Information for family, friends and partners
- Information about rape and sexual assault
- Information about group support
- Information about our free complementary therapy service
- Information for survivors of childhood sexual abuse
- Information about flashbacks
- Information about self-harm
- Information about panic attacks
- Information about ritual abuse
- Legal information booklet: reporting to the police and going to court

All our leaflets are available in larger print. If you would like copies please contact us on 0131 556 9437.



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

a free and confidential
service for female survivors
of sexual violence

helpline: 0131 556 9437

administration, outreach
& training: 0131 557 6737

minicom: 0131 557 6757

fax: 0131 558 1612

support@ewrasac.org.uk
info@ewrasac.org.uk

c/o P.O. Box 120
Brunswick Road
Edinburgh, EH7 5WX

Registered Charity Ref. SC 006208

Registered as a limited company by guarantee No. 297142.
Registered Company Address: Edinburgh Women's Rape
and Sexual Abuse Centre, c/o Quartermile One, 15 Lauriston
Place, Edinburgh, EH3 9EP



July 2008

who we are

Since we opened in 1978, Edinburgh Women's Rape and Sexual Abuse Centre (formerly Edinburgh Rape Crisis Centre) has provided emotional and practical support, information and advocacy to thousands of women and girls aged 12 and over, who have experienced sexual violence at any time in their lives. This includes rape, sexual assault, childhood sexual abuse and other forms of sexual violence.

We are a specialist agency providing services to female survivors of sexual violence in Central East and South East Scotland. We are often the first or only agency contacted by female survivors in the area.

The centre is run by women for women. All workers are trained to a high standard and share the feminist view that violence against women is an abuse of power and should not happen.

how we work

We work to empower women: to support women to find and make their own choices. We can give you information and support, but we believe that you are the expert in your own life. This means that we will not tell you what to do.

We do not accept referrals from third parties. This means that we ask you to contact us directly, as we believe it is important that it is your own choice to access our services.

our support service

We respect the courage and strength it takes for you to speak out about your experience of sexual violence, whether it has been a recent assault or whether it happened a long time ago.

when you contact us:

- we will believe you
- we will listen to you
- we will support you

We will listen, believe and support women of any age, race, ethnicity, sexual orientation, disability, religious and cultural background.

Please contact us if you have any questions about any of our services.

confidentiality

What you tell us remains confidential within our support team. We will not tell anyone you are being supported. We will not give anyone any information about you, unless you want us to.

There are some circumstances, however, when we are required by law to share information with other agencies. A support worker will always discuss this with you first.

If you need more information on our confidentiality policy, please phone us or speak to a support worker.

telephone support

Our helpline is open at different times. When the line is not staffed, the answering machine will tell you the times of the next lines. You can either call back then, or leave a message and we will call you back. We will not say who we are unless we speak to you directly, and our telephone number is always withheld. You can use the helpline for ongoing support. If you are Deaf or hearing impaired, support can be provided via a minicom or typetalk.

We are committed to providing a high quality support service. For this reason, from time to time, our helpline is monitored internally for training purposes.

face to face support

When you contact us we will offer you a face-to-face session with a support worker. You can use this time in any way you choose, and we can talk through what support we can offer. After this, if you would like long-term support, you can go on the waiting list. We also offer group support with other survivors, and complementary therapies. Please contact us on 0131 556 9437 for further information about these.

If English is not your first language we can arrange for an interpreter. We can also arrange for a British Sign Language interpreter.

family, friends and partners

We offer information, telephone and face-to-face support to anyone who is supporting a woman or girl aged 12 or over, who has experienced sexual violence.