

## supporting our work giftaid it

EWRSAC is a registered charity and fundraises every year to continue providing its 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 EWRSAC 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 \_\_\_\_\_

## useful contacts

### Rape Crisis Scotland Helpline

08088 01 03 02

Freephone helpline 7 days a week 6pm-midnight for survivors of sexual violence

[www.rapecrisisScotland.org.uk](http://www.rapecrisisScotland.org.uk)

### Ritual Abuse Network Scotland

[www.rans.org.uk](http://www.rans.org.uk)

### East Lothian Women's Aid

0131 665 9552

### Lothian and Borders Police

0131 311 31 31

### Family Protection Unit

0131 654 5528 (East Lothian)

### Samaritans

0131 221 9999

### East Lothian Victim Support

0131 660 3030

[vsmael@btconnect.com](mailto:vsmael@btconnect.com)

## further information

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

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



## East Lothian Sexual Abuse Service

a free and confidential service for women in East Lothian who have experienced sexual abuse

## appointments and information:

07800 604 164

email: [elsas@ewrsac.org.uk](mailto:elsas@ewrsac.org.uk)

helpline: 0131 556 9437

minicom: 0131 557 6757

fax: 0131 558 1612

East Lothian Sexual Abuse Service is part of Edinburgh Women's Rape and Sexual Abuse Centre:  
c/o P.O. Box 120  
Brunswick Road  
Edinburgh, EH7 5WX  
tel: 0131 557 6737  
[info@ewrsac.org.uk](mailto:info@ewrsac.org.uk)

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

## who we are

East Lothian Sexual Abuse Service (ELSAS) is a new service for women and girls aged 12 and over in East Lothian who are currently experiencing, or have experienced sexual abuse.

We are part of Edinburgh Women's Rape and Sexual Abuse Centre (EWRASAC), which since opening in 1978 has provided emotional and practical support, information and advocacy to thousands of women and girls and their supporters.

## where we are

We are based in Haddington every Monday and in Musselburgh every Wednesday. We will try to offer you support where you feel most comfortable. We can also arrange to visit you at home or help financially if you have difficulties with mobility, travel or transport costs.

## our support service

We respect the courage and strength it takes for you to speak out about your experience of sexual abuse.

### when you contact us:

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

We work with 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.

## how we work

Our service is run by women for women. We work to empower 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

## face to face support

When you contact us we will offer you a face-to-face session with a support worker if you want this. 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. Please contact us on **07800 604 164** or [elsas@ewrasac.org.uk](mailto:elsas@ewrasac.org.uk)

## telephone support

We can offer you support by telephone. We are part of EWRASAC, which runs a telephone helpline on 0131 556 9437. The line is open at different times.

If you are Deaf or hearing impaired, support can be provided through a minicom (0131 557 6757), via typetalk or we can arrange for a British Sign Language interpreter. If English is not your first language we can arrange for an interpreting service.

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.

## email support

If you would prefer to contact us for support via email, you can email us in confidence at [elsas@ewrasac.org.uk](mailto:elsas@ewrasac.org.uk)

## other services

We work together with EWRASAC to offer support to family, friends and partners who are supporting survivors

EWRASAC also offers group support, advocacy and complementary therapies to survivors.

For more information please contact 0131 556 9437.

## 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.